



## Timetable for COPELAND

### February 2024 to April 2024 Block 3

#### **Enrolment:**

To enrol click on this link to enrol for [Copeland Courses and Groups](#). Some of our courses below do have separate enrolment forms, please click on the course title on the timetable to enrol for those, they are highlighted in **Dark Blue**.

If you are viewing this as a paper copy, call 0808 196 1773 for free during working hours 9am - 4pm or send us an email [hello@ncrecoverycollege.org](mailto:hello@ncrecoverycollege.org) and we will arrange a time to call you back.

You will find course descriptions and our frequently asked questions at the end of the timetable.

Based on demand some courses may be changed or replaced with alternative courses to ensure we are meeting the needs of our service users as best as possible.

#### **Where we work from (all areas):**

##### **Allerdale:**

16 Jane Street, Workington, CA14 3BB  
Workington Community Fire Station, Workington, CA14 5BF  
The Settlement, High Street, Maryport, CA15 6BQ

##### **Copeland:**

De Lucy Centre, Egremont, CA22 2AF  
Vulture Club Health and Wellbeing Centre, Unit 8-9 Tangier Buildings, Greggs Lane, Whitehaven, CA28 7UH

##### **Carlisle:**

The Lookout, Shady Grove Road, Carlisle, CA2 7LD  
Brampton Community Centre, Union Ln, Brampton CA8 1BX

##### **Eden:**

Dunmail Building, Newton Rigg, Penrith, CA11 0AH  
Penrith Library, Penrith, CA11 7YA

Click on this link to enrol for [Copeland Courses and Groups](#)

## Copeland in person session for Block 2

Copeland in person session for Block 2			
<p style="text-align: center; color: #76a53b;"><u>Tuesdays</u></p> <p style="color: #000080;"><b>20/2/24 *Disordered Eating Programme Begins</b></p> <p style="text-align: center;">27/2/24 5/3/24 12/3/24 19/3/24 26/3/24 2/4/24</p>	<p style="text-align: center; color: #76a53b;"><u>Wednesdays</u></p> <p style="text-align: center;">03/04/2024 08/05/2024 22/05/2024</p>	<p style="text-align: center; color: #76a53b;"><u>Thursdays</u></p> <p style="text-align: center;">29/2/24 7/3/24 14/3/24 21/3/24 28/3/24 4/4/24</p>	<p style="text-align: center; color: #76a53b;"><u>Fridays</u></p> <p style="text-align: center;">1/3/24 8/3/24 15/3/24 22/3/24 29/3/24 5/4/24</p>
<p style="text-align: center; color: #76a53b;"><u>DE LUCY CENTRE, EGREMONT:</u></p> <p style="text-align: center; margin-top: 20px;"><b>Drop in session</b> 9.00am - 9.30am</p> <p style="text-align: center; margin-top: 10px;"><b>Healthy Habits with CADAS</b> 9.30am - 11.30am</p> <p style="text-align: center; margin-top: 10px;"><b>Eating for Mental Health</b> 11:45am - 12:45pm (*27/02, 12/03 and 26/03 only*)</p> <p style="text-align: center; margin-top: 10px;">*Above provision begins week of 27th February*</p> <p style="text-align: center; margin-top: 10px; color: #000080;"><u>Understanding Disordered Eating</u> 1pm - 2pm (12 week programme from 20/02/2024) Click above to enrol</p> <p style="text-align: center; margin-top: 10px;"><b>Together We Relax (by appointment only)</b> 12:00pm-2:00pm</p>	<p style="text-align: center; color: #76a53b;"><u>DE LUCY CENTRE, EGREMONT:</u></p> <p style="text-align: center; margin-top: 20px;"><b>Singing for Fun</b> 6.30pm - 8pm</p>	<p style="text-align: center; color: #76a53b;"><u>DE LUCY CENTRE, EGREMONT:</u></p> <p style="text-align: center; margin-top: 20px;"><b>Together We Relax (by appointment only)</b> 12:00pm-2:00pm</p>	<p style="text-align: center; color: #76a53b;"><u>DE LUCY CENTRE, EGREMONT:</u></p> <p style="text-align: center; margin-top: 20px;"><b>Together We Walk (Every Friday including holidays)</b> 10:45am - 12:00pm</p>

## Course Descriptions for Copeland

### **CADAS - Healthy Habits Course**

6 week course:

Session 1 – 'atomic habits' focusing on the thinking behind habits (getting rid of old unhelpful ones and setting up new) that can be applied to anything people want to change

Session 2 – Looking at yourself – what are helpful and unhelpful habits for YOU?

Session 3 – Smoking/Vaping\*

Session 4 – low level alcohol use\*

Session 5 – overeating/comfort eating\*

Session 6 – sleep hygiene\*

\*these sessions will feature tips on how to help self/others and will involve some action planning for change



### **Drop in Sessions**

These sessions are provided as an opportunity to pop in and meet the team, to find out more about what we do and hopefully enrol on a course or two.

### **Eating for Mental Health with Jackie Wilkinson**

These sessions aim to help you choose foods for your physical and mental health. The sessions are for anyone who would like to learn to eat well and live a more vibrantly healthy life.

### **Singing for Fun**

This is an all ability session for people who enjoy singing along to their favourite tunes and those already singing in groups.

### **Together We Relax**

Wellbeing and therapeutic services available by appointment only - contact Chloe on 07434 472524 to book an appointment. In order to make the service accessible to all we ask that you consider making a donation for the treatment you have, the services include therapeutic massage, crystal healing, aromatherapy massage and more.

### **Together We Walk**

Do you enjoy walking? Join us for a gentle one hour walk once a week from Egremont. The walks will be over gentle terrain and we hope you will have the chance for a good natter along the way.

### **Understanding Disordered Eating - 12 week programme beginning 20/02/2024 [Click here to enrol](#)**

Embark on a transformative journey towards healing with our 12-session course tailored for adults (18+) navigating distress related to food, weight, and shape. Integrating therapeutic intervention with group support, this program empowers individuals with essential skills to support recovery. Join us in fostering a compassionate and supportive environment, guiding you towards a healthier relationship with food and self.

# North Cumbria Recovery College

## Frequently Asked Questions

### **What is a Recovery College?**

It's a place you can go to learn techniques and strategies to help manage mental and physical wellbeing for yourself or someone you might be caring for. Sessions are supported by Lived Experience Peers which includes NHS Peer Supporters, Together We CIC Volunteers and helpers.

### **Who is a Recovery College for?**

Recovery Colleges are for all Adults aged 18+ that would like to improve their overall mental health and physical wellbeing. Our overall aim at the North Cumbria Recovery College is to improve hope for everyone that uses our service.

### **Where is the North Cumbria Recovery College based?**

We have bases in Allerdale and Copeland where we provide a range of courses and groups.

### **When are the sessions on and how much do they cost?**

The sessions run on a 6 week block timetable format, with drop in sessions in between. Timetables are published online on the website, social media and sent out via email to those on our mailing list. Sessions are fully funded by grants and donations.

### **What is the difference between a course and a group?**

A course typically lasts 4-6 sessions and follows a set structure, a group is ongoing and the people attending the group often discuss the theme and activities of the group more informally than a course.

### **What is the attendance criteria?**

If you join a course we would like you to attend all of the sessions if you can, but we understand that life gets in the way sometimes and we would encourage you to attend as much as you can. It is OK to repeat our courses if you'd like to. A group is ongoing and you can freely pop in and out of the group sessions as you need to.