



Timetable for **ALLERDALE**

November 2024 to December 2024 Block 1

Enrolment:

To enrol click on this link to enrol for [Allerdale Courses and Groups](#) suitable for **Parents, Children and Young People and Families**.

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 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

Copeland:

Time to Change (West Cumbria) Community Centre, B4 Haig Enterprise Park, Kells, Whitehaven, CA28 9AN
Senhouse Centre, 3 Senhouse St, Whitehaven CA28 7ES

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

In Person Enrolment Drop In

In Person drop in sessions with the opportunity to meet our facilitators and enrol onto any of our courses

<p><u>Mondays</u> 28/10/24</p>	<p><u>Wednesdays</u> 23/10/24 30/10/24</p>	<p><u>Fridays</u> 25/10/24</p>
<p><u>WORKINGTON</u> <u>16 Jane Street</u></p> <p>Enrolment Drop In 2pm – 3pm</p>	<p><u>WORKINGTON</u> <u>16 Jane Street</u></p> <p>Enrolment Drop In 11am – 1pm</p>	<p><u>WORKINGTON</u> <u>16 Jane Street</u></p> <p>Enrolment Drop In 5pm – 6pm</p>

Allerdale Courses for Block 1

Courses for Parents, Children and Young People and Families

<p><u>Mondays</u> 04/11/24 11/11/24 18/11/24 25/11/24 2/12/24 9/12/24</p>	<p><u>Wednesdays</u> 06/11/24 13/11/24 20/11/24 27/11/24 4/12/24 11/12/24</p>	<p><u>Saturdays</u> 30/11/224</p>
<p><u>WORKINGTON</u> <u>Workington Community Fire Station</u></p> <p>Angel Advocates 10.00am – 12.00pm *4/11 & 11/11 only</p>	<p><u>WORKINGTON</u> <u>16 Jane Street</u></p> <p>Allotment Group 9.30am - 1.00pm Wastwater Avenue Community Garden, Workington</p>	<p><u>WORKINGTON</u> <u>16 Jane Street</u></p> <p>Talking to your Child about Mental Health 10.00am – 11.00am</p>

Course Descriptions for Allerdale

Allotment Group

Join us for slow and peaceful outdoor gardening sessions! You will also get to bring home a free plant. Comfortable clothing to be worn (that you don't mind getting dirty) and be prepared for the weather.

Angel Advocates

The workshop will include an introduction to advocacy generally and to independent advocacy specifically, what it is and isn't, how and where we can support and what you can expect from your advocate. We will be having a look at what a statutory right to advocacy is, who qualifies and what it means. We will also look at human rights and how the Human Rights Act informs what we do as advocates. We will look at advocating for ourselves, including preparing advanced statements.

Talking to your Child about Mental Health

This one session workshop is designed to develop your knowledge and confidence around communicating with your child about mental health and wellbeing and mental health difficulties they may be facing, as well as increasing skills for supporting them at home.

West Cumbria Mental Health Partnership 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?

The West Cumbria Mental Health Partnership Recovery College is for Parents, Children and Young People and Families that would like to improve their overall mental health and physical wellbeing. Our overall aim at the West Cumbria Mental Health Partnership Recovery College is to improve hope for everyone that uses our service.

Where is the WCMHP 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.

Would I be able to volunteer at the Recovery College?

Yes, absolutely. We would recommend that you attend some of the sessions or groups to gain an insight to the organisation first and then contact our Volunteer Manager to begin the process of becoming a volunteer with us.