



# Timetable for COPELAND

## November 2024 to December 2024 Block 1

### **Enrolment:**

To enrol click on this link to enrol for [Copeland 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](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  
Wastwater Community allotments, Workington

#### **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 [Copeland Courses and Groups](#)

<b>In Person Enrolment Drop In</b> In Person drop in sessions with the opportunity to meet our facilitators and enrol onto any of our courses	
<u><b>Tuesdays</b></u> 22/10	<u><b>Thursdays</b></u> 31/10
<u><b>Time to Change</b></u> <u><b>(West Cumbria) Community Centre, Kells,</b></u> <u><b>Whitehaven</b></u>  <b>Enrolment Drop In</b> 4pm – 5pm	<u><b>Time to Change</b></u> <u><b>(West Cumbria) Community Centre, Kells,</b></u> <u><b>Whitehaven</b></u>  <b>Enrolment Drop In</b> 1pm - 2pm

<b>Copeland Courses for Block 1</b> Courses for Parents, Children and Young People and Families	
<u><b>Tuesdays</b></u> 05/11/24 12/11/24 <b>19/11/24*</b> 26/11/24 <b>3/12/24*</b> <b>10/12/24*</b>	<u><b>Thursdays</b></u> 07/11/24 14/11/24 21/11/24 28/11/24 5/12/24 12/12/24
<u><b>Senhouse Centre</b></u> <u><b>Whitehaven, CA28 7ES</b></u>  <b>Decider Life Skills</b> For Parents and Children and Young People aged 12 years and under 4pm – 4:45pm  <b>Family Singing</b> <b>*19<sup>th</sup> Nov, 3<sup>rd</sup> and 10<sup>th</sup> Dec only</b> 4:45pm – 5:45pm	<u><b>Time to Change</b></u> <u><b>(West Cumbria) Community Centre, Kells,</b></u> <u><b>Whitehaven</b></u>  <b>Parent Led CBT</b> 10am – 11am

## Course Descriptions for Copeland

### **Decider Life Skills**

#### **For Parents and Children and Young People aged 12 years and under.**

The Decider Life Skills were designed to enable participants to make effective changes to help manage distress, regulate emotion, increase mindfulness, promote effective communication and to live a more skilful, less impulsive life. The Decider Life Skills are delivered in an original, fun and creative style, using role plays, props and imagery that makes them easy to learn and teach. The demonstrations bring the 12 skills to life.

### **Family Singing**

What are the songs which unite a family? Whatever your family looks like, singing together is a fun and accessible way of lifting spirits while building and strengthening connections - to each other and to other people. Join local singer / composer Dave Camlin for a free taster session to explore the power of singing as a way of having fun together and building relationships. No previous experience necessary, no need to read music, just bring yourself with an open heart and someone else from a different generation of your family, and maybe a favourite song we could sing together. All ages welcome.

### **Parent Led CBT**

Six in-person group sessions appropriate for children dealing with anxious fears, avoidance behaviours, and worries, gain insight into cognitive-behavioural strategies that help parents support their children in overcoming anxiety-related challenges.

# **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.

