



Timetable for Recovery College Alumni Sessions

December 2024

Enrolment:

To enrol click on this link to enrol for [Recovery College Alumni sessions](#) suitable for **those who have attended the Recovery College previously.**

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

Carlisle:

The Lookout, Shady Grove Road, Carlisle CA2 7LD

Eden:

Penrith Library, St Andrew's Churchyard, Penrith, CA11 7YA

Click on this link to enrol for [Alumni Sessions](#)

Recovery College Alumni Sessions Sessions for those who have previously attended the Recovery College See below for the description of each session			
ALLERDALE Workington Community Fire Station Monday 2/12/2024 9/12/2024 16/12/2024 10am – 11.30am Session 1 – Regulate Session 2 – Reflection Session 3 - Recovery	COPELAND Time to Change Community Centre, Kells Tuesday 3/12/2024 10/12/2024 17/12/2024 10am – 11.30am Session 1 – Regulate Session 2 – Reflection Session 3 - Recovery	CARLISLE The Lookout Tuesday 3/12/2024 10/12/2024 17/12/2024 10am – 11.30am Session 1 – Regulate Session 2 – Reflection Session 3 - Recovery	EDEN Penrith Library Wednesday 4/12/2024 11/12/2024 18/12/2024 10am – 11.30am Session 1 – Regulate Session 2 – Reflection Session 3 - Recovery

Session Descriptions

All three sessions will allow you to meet up with your peers from previous Recovery College courses to discuss how you have been doing since completing the courses and will give you the opportunity to talk about how you have implemented the skills you have learned in your everyday life. The focus of each session will be as follows:

Session 1 – Regulate - Refresh your Decider Life Skills. Do you remember the Fizz? Have you implemented STOPP in your everyday life? Join us to recap the 12 skills and see how you can use them to help your everyday life.

Session 2 – Reflection - Have you been able to be more assertive since completing or assertiveness course or do you need to reflect on the skills you learned and refresh your memory? Are you using the managing stress and worry skills you gained or would a reminder be helpful?

Session 3 – Recovery - Have you got a WRAP plan? Do you need to revisit it and update it or is it put away in a drawer and you don't look at it? See how you can get the most benefit from your WRAP by joining us for this session. Make sure you bring your plan along to the session.

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.

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.

