



## Timetable for ALLERDALE

### January to March 2025

#### **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](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

##### **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](#)

Allerdale in person sessions - January				
<b>Mondays</b>	<b>Tuesdays</b>	<b>Wednesdays</b>	<b>Thursdays</b>	<b>Fridays</b>
06/01/2025 13/01/2025 20/01/2025 27/01/2025	07/01/2024 14/01/2024 21/01/2024 28/01/2024	08/01/2024 15/01/2024 22/01/2024 29/01/2024	09/01/2024 16/01/2024 23/01/2024 30/01/2024	10/01/2024 17/01/2024 24/01/2024 31/01/2024
<p><b><u>Workington Community Fire Station</u></b></p> <p><b>Advocacy Drop In</b> (06/01 only) 10:00am - 12:00pm</p> <p><b>Confident Me</b> (4 sessions from 20/01) 11:00am - 1:00pm</p>			<p><b><u>16 Jane Street, Workington</u></b></p> <p><b>Eating Well for Mental Health</b> (30/01, 6/02 &amp; 13/02) 11:00am – 1:00pm</p>	<p><b><u>16 Jane Street, Workington</u></b></p> <p><b>Parent Led CBT</b> (10/01 for 6 weeks) 10:00am – 11:00am</p>

Allerdale in person sessions - February				
<b>Mondays</b>	<b>Tuesdays</b>	<b>Wednesdays</b>	<b>Thursdays</b>	<b>Fridays</b>
03/02/2025 10/02/2025 17/02/2025 24/02/2025	04/02/2025 11/02/2025 18/02/2025 25/02/2025	05/02/2025 12/02/2025 19/02/2025 26/02/2025	06/02/2025 13/02/2025 20/02/2025 27/02/2025	07/02/2025 14/02/2025 21/02/2025 28/02/2025
<p><b><u>Workington Community Fire Station</u></b></p> <p><b>Confident Me</b> (4 sessions from 20/01) 11:00am - 1:00pm</p>		<p><b><u>Workington Community Fire Station</u></b></p> <p><b>Safety Planning and Finding Hope</b> (26/02, 05/03, 12/03, 19/03, 26/03, 2/04) Time TBC</p>	<p><b><u>16 Jane Street, Workington</u></b></p> <p><b>Eating Well for Mental Health</b> (30/01, 6/02 &amp; 13/02) 11:00am – 1:00pm</p>	<p><b><u>16 Jane Street, Workington</u></b></p> <p><b>Parent Led CBT</b> (10/01 for 6 weeks) 10:00am – 11:00am</p>

## Allerdale in person sessions - March

<b>Mondays</b>	<b>Tuesdays</b>	<b>Wednesdays</b>	<b>Thursdays</b>	<b>Fridays</b>
03/03/2025 10/03/2025 17/03/2025 24/03/2025	04/03/2025 11/03/2025 18/03/2025 25/03/2025	05/03/2025 12/03/2025 19/03/2025 26/03/2025	06/03/2025 13/03/2025 20/03/2025 27/03/2025	07/03/2025 14/03/2025 21/03/2025 28/03/2025
		<p><b><u>Workington</u></b> <b><u>Community Fire</u></b> <b><u>Station</u></b></p> <p><b>Safety Planning</b> <b>and Finding Hope</b> (26/02, 05/03, 12/03, 19/03, 26/03, 2/04) Time TBC</p>		

# Course Descriptions

## **Advocacy Drop In**

A drop in session to find out more information about advocacy, what it is and isn't, how and where we can support and what you can expect from your advocate.

## **Confident Me**

This course aims to help you to deal with stress and stressful situations, realise your true value in your life, accept life's ups and downs, increase your confidence and help you to have a happier life. This course was well received in our taster sessions last year and would benefit anyone looking for a different approach to improving their confidence and happiness.

## **Eating Well for Mental Health**

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.

## **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.

## **Safety Planning and Finding Hope**

Thoughts of suicide affects around 1 in 5 people in the UK so it's important to know how to deal with those thoughts and put in safety measures. Safety Plans take a person centered and stepped approach. They help us manage those fleeting thoughts of suicide that emerge at the edge of your mind – through to situations where the desire to die becomes so overwhelming you no longer think you can keep yourself safe. A Safety Plan includes what you would do, and who might support you, in a suicide crisis. This six-week course gives you the skills and tools to create your own individual safety plan tailored to the individual's own personal needs.

The sessions are made up of elements of group discussion, information-based lectures and supported solo reflection. The course has been created in partnership with Every Life Matters and Recovery College staff, drawing upon a wealth of experience and knowledge to provide a safe learning environment.

# **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.

