



Timetable for COPELAND

January to March 2025

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 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](#)

Copeland in person sessions - January

| Mondays | Tuesdays | Wednesdays | Thursdays | Fridays |
|--|---|--|--|--|
| 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><u>Senhouse Centre, Whitehaven</u></p> <p>Family Singing (07/01, 14/01 & 21/01) 4:30pm – 5:30pm</p> <hr/> <p><u>Time to Change (West Cumbria) Community Centre, Kells</u></p> <p>Worry Management For Parents/Carers and Children to attend together 4:30pm – 5:30pm (6 sessions from 28/01)</p> | | | |

Copeland in person sessions - February

| Mondays | Tuesdays | Wednesdays | Thursdays | Fridays | Saturdays |
|--|--|--|--|--|--|
| 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 | 01/02 |
| <p><u>Time to Change Community Centre, Kells</u></p> <p>Advocacy Drop In (17/02 only) 10:00am - 12:00pm</p> <p>Mindfully Managing Change 11:00am – 1:00pm (4 sessions from 24/02)</p> | <p><u>Time to Change, Community Centre, Kells</u></p> <p>Worry Management For Parents/Carers and Children to attend together 4:30pm – 5:30pm (6 sessions from 28/01)</p> | | | | <p><u>Time to Change (West Cumbria) Community Centre, Kells</u></p> <p>Supporting your Child's Mental Health 10:00am – 11:30am</p> |

Copeland in person sessions - March

| Mondays | Tuesdays | Wednesdays | Thursdays | Fridays |
|--|---|--|--|--|
| 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><u>Time to Change</u> <u>(West Cumbria)</u> <u>Community Centre.</u> <u>Kells</u></p> <p>Mindfully Managing Change 11:00am – 1:00pm (4 sessions from 24/02)</p> | <p><u>Time to Change</u> <u>(West Cumbria)</u> <u>Community Centre.</u> <u>Kells</u></p> <p>Worry Management For Parents/Carers and Children to attend together 4:30pm – 5:30pm (6 sessions from 28/01)</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.

Family Singing

Series of Free family singing workshops with local musician Dave Camlin, suitable for all ages. Start the new year with a fun family workshop that will bring everyone closer together in a shared activity.

Bring your favourite songs, a sense of fun and your singing voice whatever state you find it in!

Mindfully Managing Change

A big part of Mindfulness is noticing. Creating self-awareness to notice our internal emotional landscape. Noticing this helps you to adapt yourself to deal more effectively to external change. Looking to others to help us with the changes around us has always caused problems for the modern human brain and emotions.

This course will benefit anyone wishing to learn about their emotional selves and how to focus on personal balance and emotional wellbeing.

Supporting your Child's Mental Health

This workshop is for parents and carers who want to improve their understanding of a child's mental health, gain confidence in how to talk to children about their mental health, and feel better equipped to support your child with mental health concerns.

Worry Management - *For Parents/Carers and Children to attend together*

In these sessions you will be introduced to a variety of strategies for understanding and managing worry.

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.

