



Timetable for **ALLERDALE**

January – March 2025

Enrolment:

Click on this link to enrol for [Allerdale Courses and Groups](#), suitable for adults aged **18+**.

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 [Allerdale Courses and Groups](#)

Allerdale 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>TBC</u></p> <p>Welcome Session 9:45am – 10:00am</p> <p>Decider Life Skills 10:00am – 10:45am</p> <p>Emotional Resilience 11:00am – 12:00pm</p>		<p><u>16 Jane Street, Workington</u></p> <p>Women's Group 10:00am – 11:00am</p> <p>Men's Group 6:00pm – 7:30pm</p>	<p><u>Workington Community Firestation</u></p> <p>Alumni Session 10:00am – 11:00am</p> <p>External Provider 11:00am – 12:30pm</p>	

Allerdale in person sessions - February				
Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
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><u>TBC</u></p> <p>Welcome Session 9:45am – 10:00am</p> <p>Decider Life Skills 10:00am – 10:45am</p> <p>Assertiveness 11:00am – 12:00pm</p>		<p><u>16 Jane Street, Workington</u></p> <p>Women's Group 10:00am – 11:00am</p> <p>Men's Group 6:00pm – 7:30pm</p> <hr/> <p><u>Mi Studio, Cockermouth</u></p> <p>Mindful Guru (19/02 only) 10:00am – 3:00pm</p>	<p><u>Workington Community Firestation</u></p> <p>Alumni Session 10:00am – 11:00am</p> <p>External Provider 11:00am – 12:30pm</p>	

Allerdale 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
<u>TBC</u> Welcome Session 9:45am – 10:00am Decider Life Skills 10:00am – 10:45am Wellness Recovery Action Planning 11:00am – 12:00pm	<u>TBC</u> Eating Well – Full Day Workshop (11/03 only) 10:00am – 3:00pm	<u>16 Jane Street, Workington</u> Women's Group 10:00am – 11:00am Men's Group 6:00pm – 7:30pm	<u>Workington Community Firestation</u> Alumni Session 10:00am – 11:00am External Provider 11:00am – 12:30pm	

Course Descriptions

Alumni Session

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.

Assertiveness

Would you like to be more assertive? Attend this course to find out what assertiveness is and isn't, we will explore the different elements of assertive behaviours. This course is beneficial to those who wish to improve their confidence in their everyday life.

Decider Life Skills

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, imagery and music, that makes them easy to learn and easy to teach.

The demonstrations bring the 12 skills to life.

Eating Well

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.

Emotional Resilience

These sessions will help you to understand and manage your own resilience and increase understanding about the resilience of others. You will learn how wellbeing is affected and the positive changes that can be made to improve wellbeing.

Men's Group

This group is an opportunity for men to learn strategies for understanding how to better manage their mental health

Mindful Guru

TBC

Wellness Recovery Action Planning

Written and evidenced by Mary Ellen Copeland, this 6 session course provides you with tools to keep yourself well, notice triggers, identify early warning signs and plan for crisis in an engaging and fun way.

It is a great course for anyone who would like to manage their health and wellbeing better.

Women's Group

This group is an opportunity for women to learn strategies for understanding how to better manage their mental health.

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.