



## Timetable for **CARLISLE**

### January – March 2025

#### **Enrolment:**

Click on this link to enrol for [Carlisle 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](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

##### **Carlisle:**

The Lookout, Shady Grove Road, Carlisle CA2 7LD

##### **Eden:**

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

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### Carlisle in person sessions - January

<p><b>Tuesdays</b> 07/01/2025 14/01/2025 21/01/2025 28/01/2025</p>	<p><b><u>The Lookout Community Hub,</u> <u>Carlisle</u></b></p> <p><b>Decider Life Skills (4 sessions from 07/01)</b> 11:00am – 11:45am</p> <p><b>Emotional Resilience (4 sessions from 07/01)</b> 11:45am – 1:00pm</p> <p><b>Alumni Session</b> 1:15pm – 2:30pm</p>
<p><b>Friday</b> 31/01/2025</p>	<p><b><u>The Learning Lounge, Carleton Clinic, Cumwhinton</u> <u>Dr, Carlisle CA1 3SX</u></b></p> <p><b>First aid for Mental Health L2 (31/01 only)</b> 9:30am - 5:00pm</p>

### Carlisle in person sessions - February

<p><b>Tuesdays</b> 04/02/2025 11/02/2025 18/02/2025 25/02/2025</p>	<p><b><u>The Lookout Community Hub,</u> <u>Carlisle</u></b></p> <p><b>Confident Me (4 sessions from 04/02)</b> 11:00am – 1:00pm</p> <p><b>Decider Life Skills (4 sessions from 04/02)</b> 1:30pm – 2:30pm</p> <p><b>Alumni Session</b> 2:30pm – 3:15pm</p> <p><b>Safety Planning and Finding Hope (4 sessions for 04/02)</b> 3:30pm – 5:00pm</p>
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## Carlisle in person sessions - March

### **Tuesdays**

04/03/2025

11/03/2025

18/03/2025

25/03/2025

**The Lookout Community Hub,**  
**Carlisle**

**Assertiveness**  
**(4 sessions from 04/03)**

11:00am – 12:00am

**Wellness Recovery Action Planning**  
**(4 sessions from 04/03)**

12:00am – 1:00pm

**Alumni Session**

1:15pm – 2:30pm

# 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.

## 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.

## 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.

## 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.

## 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.

### **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.

## **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.

