



Timetable for COPELAND April – May 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, there are a number of alternative ways to register:

- Website – www.togetherwe.uk/recovery-college
- Phone – 0808 196 1773
- Email – hello@ncrecoverycollege.org

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

Copeland:

Time to Change (West Cumbria) Community Centre, B4 Haig Enterprise Park, Kells, Whitehaven, CA28 9AN

The Former Chamber of Trade Building, High Street, Cleator Moor, Cumbria, CA25 5AH

[Click here to Enrol](#)

Copeland in person sessions - April

Tuesdays 08/04/2025 15/04/2025	Wednesdays 09/04/2025	Fridays 11/04/2025
<p><u>The Former Chamber of Trade Building, High Street, Cleator Moor, Cumbria, CA25 5AH</u></p> <p>Cooking on a budget Full day workshop</p>	<p><u>The Former Chamber of Trade Building, High Street, Cleator Moor, Cumbria, CA25 5AH</u></p> <p>Cooking on a budget Full day workshop</p>	<p><u>Time to Change (West Cumbria) Community Centre, Kells</u></p> <p>Supporting your child's mental health For parents/carers 10:00am – 12:00pm</p>

Copeland in person sessions - May

Tuesdays 27/05/2025	Wednesdays 28/05/2025	Thursdays 01/05/2025 08/05/2025 15/05/2025
<p><u>The Former Chamber of Trade Building, High Street, Cleator Moor, Cumbria, CA25 5AH</u></p> <p>Cooking on a budget Full day workshop</p>	<p><u>The Former Chamber of Trade Building, High Street, Cleator Moor, Cumbria, CA25 5AH</u></p> <p>Cooking on a budget Full day workshop</p>	<p><u>Time to Change (West Cumbria) Community Centre, Kells</u></p> <p>Eating well for Mental Health 11:00am – 12:00pm</p> <hr/> <p><u>The Former Chamber of Trade Building, High Street, Cleator Moor, Cumbria, CA25 5AH</u></p> <p>Cooking on a budget Full day workshop</p>

Course Descriptions

Cooking on a budget

Come and join our wonderful course where you will enjoy a day of baking and decorating your cakes. This class is inclusive of age and parents are actively encouraged to bring children along. You will learn the fundamentals of cooking on a budget and how to make activities more affordable.

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.

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.

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.

