



# Timetable for **ALLERDALE** April - May 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, there are a number of alternative ways to register:

- Website – [www.togetherwe.uk/recovery-college](http://www.togetherwe.uk/recovery-college)
- Phone – 0808 196 1773
- Email – [hello@ncrecoverycollege.org](mailto: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  
The Carnegie Theatre, Workington, CA14 2BD  
Distington Walled Garden, CA14 4QY

### **Copeland:**

Time to Change (West Cumbria) Community Centre, B4 Haig Enterprise Park, Kells, Whitehaven, CA28 9AN  
Distington Walled Garden, CA14 4QY

### **Carlisle:**

The Lookout, Shady Grove Road, Carlisle CA2 7LD

### **Eden:**

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

[Click here to Enrol](#)

### Allerdale in person sessions - April

<b>Mondays</b> 14/04/2025 28/04/2025	<b>Tuesdays</b> 01/04/2025 08/04/2025 15/04/2025	<b>Wednesdays</b> 02/04/2025 09/04/2025 16/04/2025	<b>Thursdays</b> 03/04/2025 10/04/2025 17/04/2025
<b><u>Distington Walled Garden, CA14 4QY</u></b>  <b>Yoga Session</b> 12:00pm – 1:15pm	<b>Online via Zoom</b> (select the online option via the enrolment form to register your place)  <b>Decider Life Skills</b> 7:00pm – 7:45pm	<b><u>The Carnegie Theatre, Workington, CA14 2BD</u></b>  <b>Women's Group</b> 10:00am – 11:00am  <b>Decider Life Skills</b> 11:15am – 12:00pm  <b>Assertiveness</b> 12:00pm – 1:00pm <hr/> <b><u>16 Jane Street, Workington, CA14 3BB</u></b>  <b>Men's Group</b> 6:00pm – 7:30pm	<b><u>16 Jane Street, Workington, CA14 3BB</u></b>  <b>Alumni Group</b> 10:00am – 11:00am  <b>Drawing and Talking</b> 11:00am – 12:00pm  ----- <b><u>Banklands Hall, Christ the Good Shepherd Parish, Banklands, Workington CA14 3EP</u></b>  <b>Together We Meet – Coffee and Drop in Session</b> 5:00pm – 6:30pm

### Allerdale in person sessions April/May

<b>Wednesdays</b> 23/04/2025 30/04/2025	<b>Thursdays</b> 24/04/2025 01/05/2025
<b><u>The Carnegie Theatre, Workington, CA14 2BD</u></b>  <b>Women's Group</b> 10:00am – 11:00am  <b>Drop In Session</b> 11:15am – 12:30pm <hr/> <b><u>Jane Street, Workington</u></b>  <b>Men's Group</b> 6:00pm – 7:30pm	<b><u>16 Jane Street, Workington, Cumbria, CA14 3BB</u></b>  <b>Alumni Group</b> 10:00am – 11:00am  <b>Drop in Session</b> 11:15am – 12:30pm

## Allerdale in person sessions - May

Mondays 12/05/2025 19/05/2025	Tuesdays 13/05/2025 20/05/2025 27/05/2025	Wednesdays 07/05/2025 14/05/2025 21/05/2025	Thursdays 08/05/2025 15/05/2025 22/05/2025
<p style="text-align: center;"><b><u>Distington Walled Garden, CA14 4QY</u></b></p> <p style="text-align: center;"><b>Yoga Session</b> 12:00pm – 1:15pm</p>	<p style="text-align: center;"><b><u>Online via Zoom</u></b> (select the online option via the enrolment form to register your place)</p> <p style="text-align: center;"><b>Decider Life Skills</b> 7:00pm – 7:45pm</p>	<p style="text-align: center;"><b><u>The Carnegie Theatre, Workington, CA14 2BD</u></b></p> <p style="text-align: center;"><b>Women's Group</b> 10:00am – 11:00am</p> <p style="text-align: center;"><b>Decider Life Skills</b> 11:15am – 12:00pm</p> <p style="text-align: center;"><b>Wellness Recovery Action Planning</b> 12:00pm – 1:00pm</p> <hr/> <p style="text-align: center;"><b><u>Jane Street, Workington</u></b></p> <p style="text-align: center;"><b>Men's Group</b> 6:00pm – 7:30pm</p>	<p style="text-align: center;"><b><u>16 Jane Street, Workington, Cumbria, CA14 3BB</u></b></p> <p style="text-align: center;"><b>Alumni Group</b> 10:00am – 11:00am</p> <p style="text-align: center;"><b>Drawing and Talking</b> 11:00am – 12:00pm</p>

# 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.

## **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. The course is beneficial to those who wish to improve their confidence in 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.

## **Drawing and Talking**

These sessions introduce you to a fun and light-hearted way to enjoy drawing for wellbeing. The process of telling a story about your drawing, answering questions about your drawing and asking others about their drawings inspires creativity and promotes mindfulness.

## **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

## **Together We Meet**

A coffee and drop in session, a safe space to grow, connect and learn with others.

## **Wellness Recovery Action Planning**

Written and evidenced by Mary Ellen Copeland, this 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.

## **Yoga Session**

Simple mat-based yoga postures, calming breathing techniques, and deep relaxation in this supportive session.

# **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.

