



Timetable for **CARLISLE** April – May 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, 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
The Carnegie Theatre, Workington, CA14 2BD

Copeland:

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

Carlisle:

The Lookout, Shady Grove Road, Carlisle CA2 7LD

Eden:

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

[Click here to Enrol](#)

Carlisle in person sessions - April

Tuesdays

01/04/2025
08/04/2025
15/04/2025

The Lookout Community Hub,
Carlisle

Decider Life Skills
10:00am – 10:45am

Assertiveness
11:00am – 12:00pm

Alumni Group
12:30pm – 2:30pm

Online via Zoom
(select the online option via the enrolment form to register your place)

Decider Life Skills
7:00pm – 7:45pm

Carlisle in person sessions - April

Tuesdays

22/04/2025
29/04/2025

The Lookout Community Hub,
Carlisle

Drop in Session
10am – 11:15am

Alumni Group
11:30am – 1:00pm

Carlisle in person sessions - May

Tuesdays

06/05/2025

13/05/2025

20/05/2025

27/05/2025

The Lookout Community Hub, Carlisle

Decider Life Skills

10:00am – 10:45am

Wellness Recovery Action Planning

11:00am – 12:00pm

Alumni Group

12:30pm – 2:30pm

Online via Zoom

(select the online option via the enrolment form to register your place)

Decider Life Skills

(from 13/05 for 3 weeks)

7:00pm – 7:45pm

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. 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.

Drop in Session

These sessions offer a chance to drop by, meet the team, learn more about what we do, and potentially sign up for a course or two.

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.

