



# Timetable for **COPELAND** January – March 2026

## **Enrolment:**

Click on this link to enrol for [Copeland 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  
Stella Maris Room, Banklands Hall, Workington, CA14 3EP

### **Copeland:**

Time to Change (West Cumbria) Community Centre, B4 Haig Enterprise Park, Kells, Whitehaven, CA28 9AN  
St John's in the Hall (Crossfield Community Centre), Crossfield Road, Cleator Moor, CA25 5BY  
Millom Library, Community Hub, Millom LA18 5AB  
The Senhouse Centre, Main Street, Whitehaven, CA28 7ES

### **Carlisle:**



The Lookout, Shady Grove Road, Carlisle CA2 7LD  
The Newcastle Building Society, 65 English St, Carlisle CA3 8JU

### **Eden:**

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

[Click here to Enrol](#)

## Copeland Provision – January/February

Day	Location	Session	Time	Extra Information
<b>Tuesdays</b> 13/01, 20/01, 27/01, 03/02, 10/02	Time to Change (West Cumbria) Community Centre, Kells, CA28 9AN	<b><u>Decider Life Skills</u></b> 	10:00am – 10:45am	<i>Managing stress and emotions</i> <i>In partnership with Hope Haven</i>
		<b><u>Preparing for Therapy</u></b> 	11:00am – 12:00pm	<i>In partnership with Hope Haven</i>
	ONLINE via MS Teams	<b><u>Decider Life Skills</u></b>	7:00pm – 7:45pm	<i>Managing stress and emotions</i>
<b>Tuesdays</b> 06/01, 13/01, 20/01, 27/01	St John's in the Hall (Crossfield Community Centre), Crossfield Road, Cleator Moor, CA25 5BY.	<b><u>Root to Rise (Yoga Session)</u></b>	10:15am – 11:30am	Foundational yoga practices to support strength and lightness, stillness and energy (mat-based yoga session)
<b>Tuesdays</b> 27/01, 03/02, 10/02	Millom Library, Community Hub, Millom LA18 5AB	<b><u>Eating Well for Mental Health</u></b>	11am – 12pm	
<b>Wednesdays</b> (by appointment ONLY)	Time to Change (West Cumbria) Community Centre, Kells, CA28 9AN	<b><u>Together We Relax</u></b>	By Appointment	Contact us to book an appointment <b>07759843034</b>
<b>Wednesdays</b> 07/01, 14/01, 21/01	The Senhouse Centre, Main Street, Whitehaven, CA28 7ES	<b><u>Root to Rise (Yoga Session)</u></b>	5:45pm – 7:00pm	Foundational yoga practices to support strength and lightness, stillness and energy (mat-based yoga session)
<b>Saturday</b> 24/01 ONLY	Time to Change (West Cumbria) Community Centre, Kells, CA28 9AN	<b><u>Level 2 First Aid for Mental Health</u></b>	9:15am – 4:30pm	
<b>Saturday</b> 17/01, 24/01, 31/01, 07/02	Keekle Village Hall, Keekle Terrace, Cleator Moor CA25 5RQ	<b><u>Low Intensity Exercise Class</u></b>	9:10am – 9:50am	These sessions are family friendly

## Copeland Provision – February/March

Day	Location	Session	Time	Extra Information
<b>Tuesdays</b> 24/02, 03/03, 10/03, 17/03, 24/03, 31/03	Time to Change (West Cumbria) Community Centre, Kells, CA28 9AN	<b><u>Decider Life Skills</u></b>	10:00am – 10:45am	<i>Managing stress and emotions</i>
		<b><u>Assertiveness</u></b>	11:00am – 12:00pm	<i>Getting your needs met with confidence</i>
	ONLINE via MS Teams	<b><u>Decider Life Skills</u></b>	7:00pm – 7:45pm	<i>Managing stress and emotions</i>
<b>Wednesdays</b> (by appointment ONLY)	Time to Change (West Cumbria) Community Centre, Kells, CA28 9AN	<b><u>Together We Relax</u></b>	By Appointment	Contact us to book an appointment <b>07759843034</b>

# **Course Descriptions**

## **Assertiveness – Getting your needs met with confidence**

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 – Managing stress and emotions in your everyday life**

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 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.

## **Level 2 First Aid for Mental Health**

This full day course is aimed at giving participants both the confidence and the knowledge to be someone who steps forward and helps. The day includes a mix of knowledge delivery, skills practice and Q&A to give learners the tools to be able to help someone in crisis.

A Level 2 Award in First Aid for Mental Health will be issued to the learner, subject to successful assessment. This qualification is valid for 3 years.

## **Low Impact Exercise Class – Family Friendly Sessions**

A gentle fitness session designed to improve strength, flexibility, and overall wellbeing. Perfect for beginners or anyone looking for a safe, easy way to stay active.

## **Managing Stress and Worry**

In these sessions you will be introduced to a variety of strategies for understanding and managing stress.

## **Preparing for Therapy**

Not sure what to expect or how to prepare for a therapy or group session? Come to this session to find out more. Learn how to prepare yourself and manage expectations.

## **Root to Rise**

Foundational yoga practices to support strength and lightness, stillness and energy (mat-based yoga session)

## **Together We Relax**

Wellbeing and therapeutic services available by appointment only - **contact Mandy on 07759843034 to book an appointment or register via our enrolment form.**

In order to make the service accessible to all we ask that you consider making a donation for the treatment you have, the services include therapeutic massage, crystal healing, aromatherapy massage and more.

# **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 across North Cumbria 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 Team Leader to begin the process of becoming a volunteer with us.