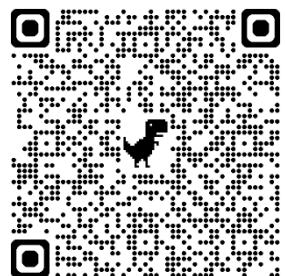


**Enrolment:**

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](http://www.togetherwe.uk/recovery-college)
- Phone – 0808 196 1773
- Email – [hello@ncrecoverycollege.org](mailto:hello@ncrecoverycollege.org)



**OR SCAN HERE!**

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](#)

Carlisle Provision – February/March				
Day	Location	Session	Time	Extra Information
<b>Tuesdays</b> 24/02, 03/03, 10/03, 17/03, 24/03, 31/03	The Lookout, Shady Grove Road, Carlisle CA2 7LD	<u>Assertiveness</u>	<b>10:00am – 11:00am</b>	Getting your needs met with confidence
		<u>Wellness</u> <u>Recovery Action</u> <u>Planning</u>	<b>11:00am – 12:00pm</b>	Managing Stress Triggers and Keeping Yourself Well
	ONLINE via MS Teams	<u>Decider Life</u> <u>Skills</u>	<b>7:00pm – 7:45pm</b>	Managing stress and emotions
<b>Tuesdays</b> 03/03, 10/03, 17/03, 24/03	Upstairs Boardroom (accessible by stairs only) The Newcastle Building, 65 English Street, Carlisle CA3 8JU	<u>Emotional</u> <u>Resilience</u>	<b>1:30pm – 2:30pm</b>	Dealing with emotions in the moment and overcoming challenges
		<u>Assertiveness</u>	<b>2:30pm – 3:30pm</b>	Getting your needs met with confidence

## Course Descriptions

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

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.

### **Emotional Resilience – Dealing with emotions in the moment and overcoming challenges**

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.

### **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 creative way. It's a great course for anyone who would like to manage their health and wellbeing better.

If you need to create a more detailed Wellness Recovery Action Plan the longer course will include guidance for people that might need to make decisions for you when you are unwell and need someone to act on your behalf to keep you safe and well, it will also cover planning for post in patient care.

# **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.

