

# Timetable for COPELAND

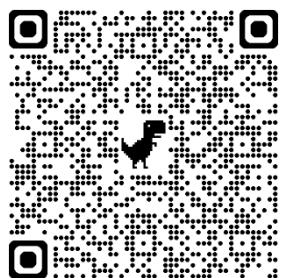
## February 2026 – March 2026

### 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)



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\*\*](#)**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	<u>Decider Life Skills</u>	<b>10:00am – 10:45am</b>	Managing stress and emotions
		<u>Assertiveness</u>	<b>11:00am – 12:00pm</b>	Getting your needs met with confidence
		<u>Women's Group</u>	<b>12:00pm – 1:00pm</b>	
	ONLINE via MS Teams	<u>Decider Life Skills</u>	<b>7:00pm – 7:45pm</b>	Managing stress and emotions
<b>Tuesdays</b> 24/02, 03/03 and 10/03	St John's in the Hall (Crossfield Community Centre), Crossfield Road, Cleator Moor, CA25 5BY	<u>Simplicity – Ease – Settling the Mind - Yoga Session</u>	<b>10:00am – 11:15am</b>	Three-week Gentle Yoga Mini series.
<b>Wednesdays</b> 25/02, 04/03, 11/03	The Senhouse Centre, Main Street, Whitehaven, CA28 7ES	<u>Simplicity – Ease – Settling the Mind - Yoga Session</u>	<b>5:30pm – 6:45pm</b>	Three-week Gentle Yoga Mini series.
<b>Wednesdays</b> (by appointment ONLY)	Time to Change (West Cumbria) Community Centre, Kells, CA28 9AN	<u>Together We Relax</u>	<b>By Appointment</b>	Contact us to book an appointment <b>07759843034</b>
<b>Thursday</b> 26/02 only	Time to Change (West Cumbria) Community Centre, Kells, CA28 9AN	<u>Supporting Autism: Suicide and Self Harm</u>	<b>4:00pm – 5:30pm</b>	<b>26/02 only</b> Delivered by <b>Every Life Matters</b>

Every life matters ...

## **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.

### **Simplicity- Ease-Setting the Mind Yoga Session**

Three week Gentle Yoga Mini series.

A mat based yoga series focused on simple movement, steady breathing and relaxation. Suitable for beginners, older adults, and experienced practitioners.

### **Supporting Autism: Suicide and Self Harm**

The session is designed for those supporting an autistic family member, or for autistic people who wish to learn more about strategies and techniques to keep themselves safe.

Learning outcomes include:

- Recognise signs that an autistic person may be having thoughts of suicide and respond safely and clearly.
- Understand and use plain, predictable communication to reduce sensory/processing barriers.
- Understand autism-friendly approaches to self-harm self-help/self-management.
- Building support in your own setting and know where to seek further help.

### **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.

### **Women's Group**

This group is an opportunity for women to share experiences and explore personal growth in a safe, welcoming and informal environment. Through guided discussions, creative activities, and peer support, participants will build confidence, strengthen resilience, and foster meaningful connections.

# 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.