



# Timetable for West Cumbria Mental Health Partnership Recovery College

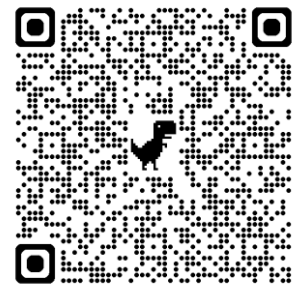
**February 2026 – March 2026**

## **Enrolment:**

To enrol click on this link to enrol for [WCMHP Courses and Groups](https://www.togetherwe.uk/recovery-college) suitable for **Parents, Children and Young People and Families.**

If you are viewing this as a paper copy, there are a number of alternative ways to register:

- Website – [www.togetherwe.uk/recovery-college](https://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

### **Copeland:**

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

Keekle Village Hall, Keekle Terrace, Cleator Moor CA25 5RQ

West Lakes Science Park, Ingwell Hall, Buttermere Pavillion 1st floor, CA24 3JZ (accessible by external staircase only)

[Click here to Enrol](#)

### In person sessions – February/March

Day	Location	Session	Time	Extra Information
<b>Tuesday</b> 24/02, 03/02, 10/02, 17/02, 24/02, 31/02	Time to Change (West Cumbria) Community Centre, B4 Haig Enterprise Park, Kells, Whitehaven, CA28 9AN	<u><b>Decider Life Skills</b></u>	<b>10:00am – 11:00am</b>	Session for parents/carers
<b>Wednesday</b> 25/02 ONLY	Studio 1, The Carnegie Theatre, Workington, CA14 2BD	<u><b>Supporting Autism, Suicide and Self Harm</b></u>	<b>11:30am – 1:00pm</b>	<b>25/02 only</b> Delivered by <b>Every Life Matters</b> 
<b>Thursday</b> 19/02 ONLY	Time to Change (West Cumbria) Community Centre, B4 Haig Enterprise Park, Kells, Whitehaven, CA28 9AN	<u><b>Information Session</b></u>	<b>4:30pm – 5:15pm</b>	Come along to our information session and find out more about the WCMHP Recovery College and the courses/workshops that we offer.
<b>Thursday</b> 26/02 ONLY	Time to Change (West Cumbria) Community Centre, B4 Haig Enterprise Park, Kells, Whitehaven, CA28 9AN	<u><b>Supporting Autism, Suicide and Self Harm</b></u>	<b>4:00pm – 5:30pm</b>	<b>26/02 only</b> Delivered by <b>Every Life Matters</b> 
<b>Saturday TBC</b>	Keekle Village Hall, Keekle Terrace, Cleator Moor CA25 5RQ	<u><b>Low Intensity Exercise Class</b></u>	<b>9:10am – 9:50am</b>	These sessions are family friendly

# Course Descriptions

## **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.

## **Information Session – for families**

Come along to our information session and find out more about the WCMHP Recovery College and the courses/workshops that we offer.

## **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.

## **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.

# **West Cumbria Mental Health Partnership 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?**

The West Cumbria Mental Health Partnership Recovery College is for Parents, Children and Young People and Families that would like to improve their overall mental health and physical wellbeing. Our overall aim at the West Cumbria Mental Health Partnership Recovery College is to improve hope for everyone that uses our service.

### **Where is the WCMHP 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.