



Timetable for ALL AREAS April 2026

Enrolment:

Click on this link to enrol for [NCRC 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.



Scan Here to Register!

Where we work from (all areas):

Allerdale:

16 Jane Street, Workington, CA14 3BB
The Carnegie Theatre, Workington, CA14 2BD
The Oval Centre, Salterbeck Dr, Salterbeck, Workington CA14 5HA

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
The Senhouse Centre, Main Street, Whitehaven, CA28 7ES

Carlisle:

The Lookout, Shady Grove Road, Carlisle CA2 7LD

Eden:

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

[Click here to Enrol](#)

ALL AREAS – April 2026

Allerdale	Copeland	Carlisle	Eden
<p>Wednesdays 08/04, 15/04, 22/04 and 29/04 <u>The Carnegie Theatre, Workington, CA14 3BB (Studio 1)</u></p> <p>Thursdays 16/04, 23/04 and 30/04 <u>16 Jane Street, Workington, CA14 3BB</u></p> <p>Thursday 23/04 <u>The Oval Centre, Salterbeck, Workington, CA14 5HA</u></p>	<p>Tuesdays 07/04, 21/04, 28/04 <u>Time to Change Community Centre, Kells, CA28 9AN</u></p> <p>Tuesdays 21/04, 28/04, 05/05 and 12/05 <u>St John's in the Hall (Crossfield Community Centre), Crossfield Road, Cleator Moor, CA25 5BY.</u></p> <p>Wednesdays 15/04, 22/04, 29/04 and 06/05 <u>The Senhouse Centre, 3 Senhouse St, Main Street, Whitehaven CA28 7ES</u></p> <p>Wednesdays (weekly by appointment only) <u>Time to Change Community Centre, Kells, CA28 9AN</u></p>	<p>Tuesdays 21/04 and 28/04 <u>The Lookout Community Hub, Shady Grove Road, Carlisle CA2 7LD</u></p>	<p>Wednesdays 15/04, 22/04 and 29/04 <u>Penrith Library, St Andrew's Churchyard, Penrith, CA11 7YA</u></p>
<p><u>Wednesdays</u></p> <p>Women's Group 10:00am – 11:00am</p> <p>Regulate, Reflect and Thrive (3 weeks from 15/04) 11:15am – 12:15pm</p> <p><u>Thursdays</u></p> <p>Alumni Group 10:00am – 11:00am</p> <p>Drawing and Talking 11:00am – 12:00pm</p> <p>Grief Café 2:00pm – 3:00pm *The Oval Centre*</p>	<p><u>Tuesdays</u></p> <p>Building Mental Healthiness (2 weeks from 21/04) 10:30am – 11:30am</p> <p>Women's Group 12:00pm – 1:00pm</p> <p>Yoga for Spring (4 weeks from 21/04) 10:00am – 11:15am *St John's in the Hall*</p> <p><u>Wednesdays</u></p> <p>Yoga for Spring (4 weeks from 15/04) 5:30pm – 6:45pm *The Senhouse Centre*</p> <p>Register here for Yoga for Spring</p> <p><u>Wednesdays</u></p> <p>Together We Relax Weekly by Appointment Only Contact us to book an appointment 07759843034</p>	<p>Regulate, Reflect and Thrive 10:00am – 11:00am</p> <p>Alumni Group 11:00am – 12:00pm</p>	<p>Emotional Resilience (continuation from March) 10:00am – 11:00am</p> <p>Assertiveness (continuation from March) 11:00am – 12:00pm</p> <p>Grief Café (22/04 only) 1:00pm – 3:00pm</p>

Course Descriptions

Alumni Group

These 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 - 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.

Building Mental Healthiness

This workshop better enables you with understanding your mental health, your brain and how emotions help us to regulate our body and how to encourage better mental healthiness. The session structures skills and knowledge that help meet the 5 steps to mental wellness developed by the NHS and ends with your creating a mental healthiness plan.

Drawing and Talking

These sessions introduce you to a fun and light-hearted way to enjoy drawing for wellbeing. The process of telling a story about your drawing, answering questions about your drawing and asking others about their drawings inspires creativity and promotes mindfulness.

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.

Grief Cafe

Navigating grief can be overwhelming, but you don't have to do it alone. Join us at our welcoming Grief Support Cafés, where you'll find a safe space to share, listen, and heal with others who understand.

Men's Group

This group offers a safe, supportive space for men to come together, share experiences, and explore personal wellbeing. Through open conversation, creative activities, and peer support, participants will develop tools for emotional resilience and managing wellbeing.

Regulate, Reflect and Thrive

This workshop will help to develop your ability to be a reflective person, regulate emotions and manage your mental health. It also covers techniques to enable this and how to thrive in life, working towards goals and values.

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.**

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.

Yoga for Spring – [Click here to register](#)

A four-week yoga series to support a sense of lightness, ease and steady energy as we move into spring. Each session includes simple, adaptable practices, breathing and relaxation. Suitable for beginners and those with experience.

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.