



Timetable for West Cumbria Mental Health Partnership Recovery College

April - June 2026

Enrolment:

To enrol click on this link to enrol for [WCMHP Courses and Groups](#) 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
- Phone – 0808 196 1773
- Email – 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
Northside Community Centre, Trinity Dr, Workington CA14 1AX

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

Millom Library, Community Hub, Millom LA18 5AB

St James' Community Centre, High Street, Whitehaven Cumbria, CA28 7PY (opposite St James' Church).



[Click here to Enrol](#)

ALLERDALE In person sessions – April/May

Session	Dates	Time	Location	Extra Information
<u>Exam Stress</u>	Wednesday 08/04 ONLY	11:00am – 12:30pm	Together We CIC, 16 Jane Street, Workington, CA14 3BB	For Children and Young People
<u>Eating Well for Mental Health</u> 	Thursday 14/05, 21/05 and 28/05	11:30am – 12:30pm	Northside Community Centre, Trinity Dr, Workington CA14 1AX	For Adults/Parents/Carers 18+
<u>The Best Way to Glow</u> 	Friday 17/04 ONLY	2:00pm – 4:00pm TBC	Northside Community Centre, Trinity Dr, Workington CA14 1AX	For Adults/Parents/Carers 18+
<u>Art for Wellness</u> 	Wednesday 27/05 ONLY	1:30pm – 3:30pm	TBC	Family Friendly Session

COPELAND In person sessions – April/May/June

Session	Dates	Time	Location	Extra Information
<u>Exam Stress</u>	Thursday 09/04 ONLY	4:00pm – 5:30pm	Time to Change Community Centre, Kells, Whitehaven, CA28 9AN.	For Children and Young People
<u>Eating Well for Mental Health</u> 	Tuesday 14/04, 21/04 and 28/04	11:30am – 12:30pm	St James' Community Centre, High Street, Whitehaven Cumbria, CA 28 7PY (opposite St James' Church).	For Adults/Parents/Carers 18+
<u>The Best Way to Glow</u> 	Thursday 16/04 only	10:00am – 12:00pm	St James' Community Centre, High Street, Whitehaven Cumbria, CA 28 7PY (opposite St James' Church).	For Adults/Parents/Carers 18+
<u>Art for Wellness</u> 	Wednesday 01/04 ONLY	1:30pm – 3:30pm	Time to Change Community Centre, Kells, Whitehaven, CA28 9AN.	Family Friendly Session

Atomic Habits 	Thursday 23/04, 30/04 and 07/05	10:30am – 2:00pm	Time to Change Community Centre, Kells, Whitehaven, CA28 9AN.	For Adults/Parents/Carers 18+
The Best way to Glow 	Friday 12/06 ONLY	1:30pm – 3:30pm	Millom Library, Community Hub, Millom LA18 5AB	For Adults/Parents/Carers 18+
Low Intensity Fitness Sessions	Saturday 04/04, 11/04, 18/04, 25/04 02/05, 09/05, 16/05, 23/05, 30/05	9:10am – 9:50am	Keekle Village Hall, Keekle Terrace, Cleator Moor CA25 5RQ	Family Friendly Session

Online Sessions – April/May

Session	Dates	Time	Location	Extra Information
Decider Life Skills	Thursday 09/04, 16/04, 23/04, 30/04, 07/05, 14/05	6:30pm – 7:30pm	Online via Microsoft Teams	For Parents/Carers <i>Managing stress and emotions</i>

Course Descriptions

Art for Wellness

Art for wellness is the practice of using creative expression to improve mental wellbeing. Engaging in art-making can provide an emotional release, reduce stress, and foster a sense of calm. Whether through painting, drawing, or crafting, you can make a piece you are proud of whilst boosting your mental wellbeing.

Atomic Habits

A three-session practical wellbeing programme exploring habit science, sleep, food and sugar awareness, physical activity, money habits and the impact of substances and gambling. Friendly, hands-on sessions help participants build small, realistic changes that boost everyday wellbeing.

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.

Exam Stress

Get help with unhelpful thoughts around exams. Manage worries and learn revision and exam techniques.

Low Intensity Fitness Sessions – 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.

The Best way to Glow DANDELION

Feeling more tired, overwhelmed, anxious or not quite like yourself? You might be experiencing perimenopause or menopause. Join us to learn: What's happening in your body and mind, Why these changes occur and What really helps you feel better. This **free session** hosted by the Recovery College and delivered by Dandelion offers practical tools, understanding and a supportive space for women to connect and feel empowered.

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.