



# Timetable for COPELAND May 2026 – July 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  
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

### **Carlisle:**

The Lookout, Shady Grove Road, Carlisle CA2 7LD

### **Eden:**

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

[Click here to Enrol](#)

### Copeland Provision – May 2026

Day	Location	Session	Time	Extra Information
<b>Tuesdays</b> 19/05 and 26/05	Time to Change (West Cumbria) Community Centre, Kells, CA28 9AN	<u><b>Drop In Session</b></u>	<b>10:00am – 11:30am</b>	<i>Drop in to learn more about our Recovery College, chat to our facilitators, and sign up to any of our courses!</i>
		<u><b>Women's Group (weekly)</b></u>	<b>12:00pm – 1:00pm</b>	<i>This group is ongoing (weekly)</i>
<b>Wednesdays</b> (by appointment ONLY)		<u><b>Together We Relax</b></u>	<b>By Appointment</b>	Contact us to book an appointment on <b>07759843034</b>

### Copeland Provision – June/July 2026

Day	Location	Session	Time	Extra Information
<b>Tuesdays</b> 02/06, 09/06, 16/06, 23/06, 30/06 and 07/07	Time to Change (West Cumbria) Community Centre, Kells, CA28 9AN	<u><b>Decider Life Skills</b></u>	<b>10:00am – 10:45am</b>	<i>Managing stress and emotions</i>
		<u><b>Emotional Resilience</b></u>	<b>11:00am – 12:00pm</b>	<i>Dealing with emotions in the moment and overcoming challenges</i>
		<u><b>Women's Group (weekly)</b></u>	<b>12:00pm – 1:00pm</b>	<i>This group is ongoing (weekly)</i>
<b>Wednesdays</b> (by appointment ONLY)	Time to Change (West Cumbria) Community Centre, Kells, CA28 9AN	<u><b>Together We Relax</b></u>	<b>By Appointment</b>	Contact us to book an appointment <b>07759843034</b>
<b>Tuesdays</b> 02/06, 09/06, 16/06, 23/06, 30/06 and 07/07	Online via MS Teams	<u><b>Decider Life Skills</b></u>	<b>7:00pm – 7:45pm</b>	<i>Managing stress and emotions</i>

## **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.

### **Drop In Session**

Drop in to learn more about our Recovery College, chat to our facilitators, and sign up to any of our courses!

### **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.

### **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.