



# Timetable for West Cumbria Mental Health Partnership Recovery College

## May - 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](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  
Northside Community Centre, Trinity Dr, Workington CA14 1AX  
The Market Hall, Church St, Wigton CA7 9AA

#### **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

[Click here to Enrol](#)

### ALLERDALE In person sessions – May/June 2026

Session	Dates	Time	Location	Extra Information
<b>Art for Wellness</b> 	<b>Wednesday</b> 27/05 ONLY	<b>1:30pm – 3:30pm</b>	Northside Community Centre, Trinity Dr, Workington CA14 1AX	Family Friendly Session
<b>Exam Stress</b>	<b>Thursday</b> 28/05 ONLY	<b>12:00pm – 1:30pm</b>	16 Jane Street, Workington, CA14 3BB	For Children/Young People
<b>The Best way to Glow</b> 	<b>Friday</b> 19/06 ONLY	<b>10:00am – 12:00pm</b>	The Market Hall, Church St, Wigton CA7 9AA	For Adults/Parents/Carers 18+

### COPELAND In person sessions – May/June 2026

Session	Dates	Time	Location	Extra Information
<b>Exam Stress</b>	<b>Thursday</b> 28/05 ONLY	<b>4:00pm – 5:30pm</b>	Time to Change Community Centre, Kells, Whitehaven, CA28 9AN	For Children/Young People
<b>Atomic Habits</b>	<b>To be Confirmed – please register your interest via our enrolment form!</b>		Time to Change Community Centre, Kells, Whitehaven, CA28 9AN	For Adults/Parents/Carers 18+
<b>Managing Stress and Worry</b>	<b>Thursday</b> 04/06, 11/06, 18/06, 02/07, 09/07, 16/07	<b>4:00pm – 5:00pm</b>	Time to Change Community Centre, Kells, Whitehaven, CA28 9AN	Family Friendly session (Parents/Carers and Children and Young People to attend together)
<b>Emotional Resilience</b>	<b>Friday</b> 05/06, 12/06, 19/06, 26/06, 03/07 and 10/07	<b>4:00pm – 5:00pm</b>	Time to Change Community Centre, Kells, Whitehaven, CA28 9AN	Family Friendly session (Parents/Carers and Children and Young People to attend together)
<b>The Best way to Glow</b> 	<b>Friday</b> 12/06 ONLY	<b>1:30pm – 3:30pm</b>	Millom Library, Community Hub, Millom LA18 5AB	For Adults/Parents/Carers 18+
<b>Supporting your child's mental health</b>	<b>Thursday</b> 02/07, 09/07, 16/07, 23/07, 30/07 and 06/08	<b>5:00pm – 6:00pm</b>	Time to Change Community Centre, Kells, Whitehaven, CA28 9AN	For Parents/Carers
<b>Low Intensity Fitness Sessions</b>	<b>Saturdays (weekly)</b>	<b>9:10am – 9:50am</b>	Keekle Village Hall, Keekle Terrace, Cleator Moor CA25 5RQ	Family Friendly Session

# 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.

## Emotional Resilience

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.

## 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.

## Managing Stress and Worry

In these sessions you will be introduced to a variety of strategies for understanding and managing stress.

## Supporting your child's mental health

This workshop is for parents and carers who want to improve their understanding of a child's mental health, gain confidence in how to talk to children about their mental health, and feel better equipped to support your child with mental health concerns.

## The Best way to Glow



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.