

Timetable for **ALLERDALE** July 2026 – August 2026

Enrolment:

Click on this link to enrol for [Allerdale 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



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](#)

Allerdale Provision – July/August 2026

Day	Location	Session	Time	Extra Information
Wednesdays 29/07, 05/08, 12/08, 19/08 and 26/08	Studio 1, The Carnegie Theatre, Workington, CA14 2BD	<u>Women's Group (weekly)</u>	10:00am – 11:00am	<i>This group is ongoing</i>
		<u>Assertiveness</u>	11:00am – 12:00pm	<i>Getting your needs met with confidence</i>
	16 Jane Street, Workington, CA14 3BB	<u>Decider Life Skills</u>	6:00pm – 7:00pm	<i>Managing stress and emotions</i>
Thursdays 30/07, 06/08, 13/08, 20/08 and 27/08	16 Jane Street, Workington, CA14 3BB	<u>Alumni Group (weekly)</u>	10:00am – 11:00am	
Thursday TBC	The Oval Centre, Salterbeck Dr, Salterbeck, Workington CA14 5HA	<u>Grief Cafe</u>	2:00pm – 3:00pm	
Tuesdays 28/07, 04/08, 11/08, 18/08 and 25/08	Online via MS Teams	<u>Decider Life Skills</u>	7:00pm – 7:45pm	<i>Managing stress and emotions</i>

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.

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.

Grief Café

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.

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.