

Timetable for **COPELAND** July 2026 – August 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
- 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](#)

Copeland Provision – July/August 2026

Day	Location	Session	Time	Extra Information
Tuesdays 28/07, 04/08, 11/08, 18/08 and 25/08	Time to Change (West Cumbria) Community Centre, Kells, CA28 9AN	<u>Decider Life Skills</u>	10:00am – 10:45am	<i>Managing stress and emotions</i>
		<u>Wellness Recovery Action Planning</u>	11:00am – 12:00pm	Managing Stress Triggers and Keeping Yourself Well
		<u>Women's Group (weekly)</u>	12:00pm – 1:00pm	<i>This group is ongoing (weekly)</i>
Wednesdays (by appointment ONLY)	Time to Change (West Cumbria) Community Centre, Kells, CA28 9AN	<u>Together We Relax</u>	By Appointment	Contact us to book an appointment 07759843034
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>
Thursdays (weekly)	Time to Change (West Cumbria) Community Centre, Kells, CA28 9AN	<u>PitStop Wellbeing Cafe</u>	12:00pm – 2:30pm	

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.

PitStop Wellbeing Café

Take a break, unwind, and connect with others in a warm and welcoming environment at our **Pit Stop Wellbeing Café**. Enjoy a hot drink, friendly conversation, and a supportive atmosphere where everyone is welcome.

Whether you're looking to catch up with friends, meet new people, or simply take some time for yourself, this informal drop-in session offers a safe and relaxed space to connect, share experiences, and support your 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.**

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.

Wellness Recovery Action Planning

Written and evidenced by Mary Ellen Copeland, this 6-session course provides you with tools to keep yourself well, notice triggers, identify early warning signs and plan for crisis in an engaging and creative way. It's a great course for anyone who would like to manage their health and wellbeing better.

If you need to create a more detailed Wellness Recovery Action Plan the longer course will include guidance for people that might need to make decisions for you when you are unwell and need someone to act on your behalf to keep you safe and well, it will also cover planning for post in patient care.

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.