



Company Profile

2026 - 2027



0808 196 1773



referral@togetherwe.uk

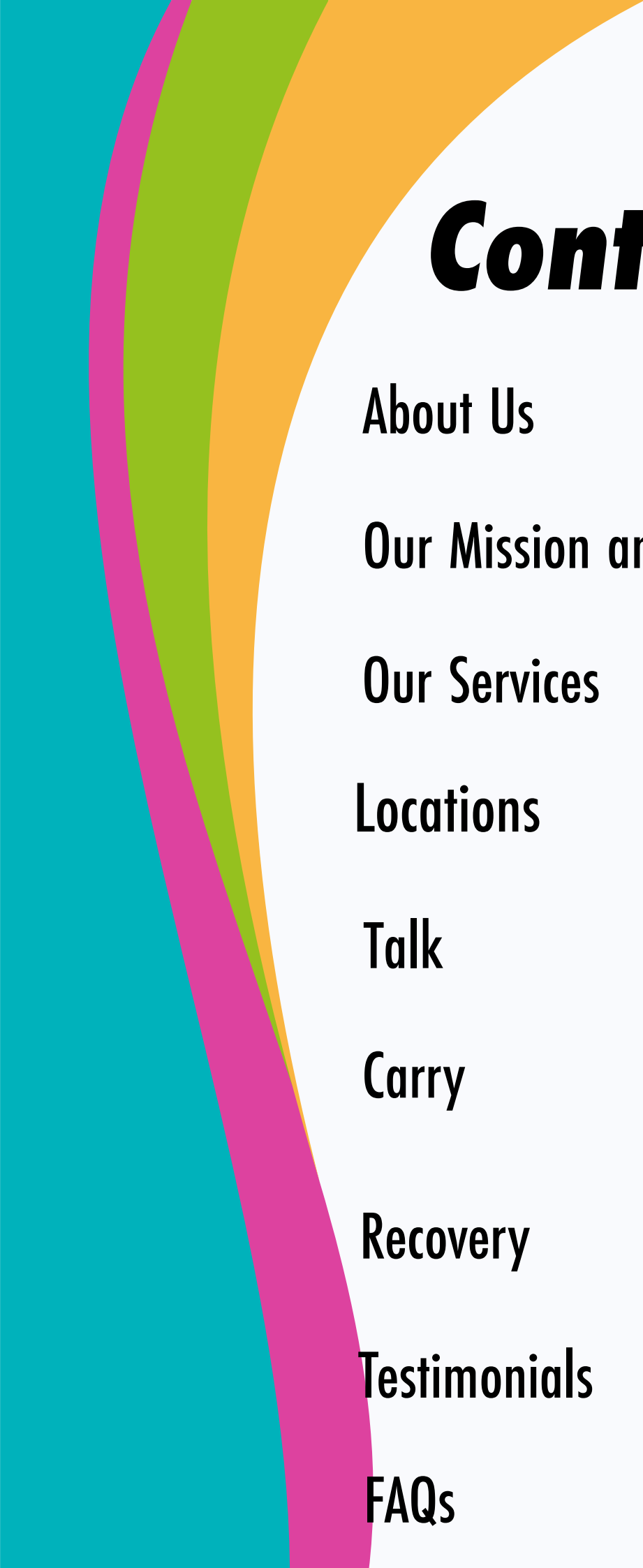


www.togetherwe.uk



16 Jane Street, Workington, CA14 3BB





Contents

About Us	4
Our Mission and Vision	5
Our Services	6
Locations	7
Talk	8
Carry	9
Recovery	10
Testimonials	11
FAQs	12

About Us

Together We is a community interest company established in 2017 by Janine and Samantha. Inspired by their personal experiences, including the loss of their brother Craig to suicide, they created the organisation to make a meaningful difference to the lives of others. Our services offer a range of interventions for mental health and physical health, all of which place the client at the centre of our work. Our two key services combine well to provide care for all ages and with a “whole person” approach to mental health and physical wellbeing.

TALK

Provides personalised one-to-one and small group talking interventions, including mental health support, link working, and guidance for those who fall between service gaps. Aims to deliver client-centred support that creates self-awareness and empowers individuals to manage their symptoms, distress and improve overall wellbeing.

RECOVERY

Provides group sessions and opportunities for anyone experiencing mental and physical health difficulties. Recovery colleges provide a range of courses, physical activity sessions and groups designed to increase self-awareness and understanding of Recovery and what it means to each individual.

All service delivery is designed to be evidence-based intervention and guided discovery. Each of the services interlinks, with a series of projects and programs for one to one and group support. We use multi-modal psychological interventions, link working, education and physical activity to improve a person's wellbeing and we aim to reduce the impact of mental health and physical health problems on individuals and on their wider community.



Our Vision and Mission

Vision

Our vision is to create a thriving community in cumbria, where everyone irrespective of age, background, or ability, enjoys optimal mental and physical well-being



Mission

Our mission is to provide a range of support and interventions, for mental health and physical health. All of which place the client at the centre of our work. we provide intervention to those falling between service gaps.

Our Services

**Together We, offer a wide variety of
services that are designed to help
individuals with their mental health
and well being.**

These include:

1-1 Talk

**Recovery
College**



Locations

We have offices that are located in Workington and Whitehaven (West Lakes Science Park and Kells)

Westlakes Science Park



Address:

**West Lakes Science Park,
Ingwell Hall,
Buttermere Pavillion 1st floor,
CA24 3JZ**

Our office at West Lakes Science Park is very spacious, warm and welcoming. There are 3 rooms that can be used for 1-1 talk sessions. Access to this building is by an external spiral staircase in the Buttermere Pavillion.

**Address:
Time To Change,
Kells,
Whitehaven,
CA28 9AN**



Kells

Our office at Kells Whitehaven, is in the Time To Change community centre. A few different local organisations also use this space and it is a vibrant and spacious place. We use a few rooms here, for both our talk and recovery college sessions.

Access to the building can be gained through the front entrance pictured here.

There is also disabled access to the rear of the building.

Workington



**16, Jane Street,
Workington
Cumbria
CA14 3BB**

There are 4 rooms at Jane Street which are used for 1-1 talk and recovery college. Our office at Jane Street is the most used by our staff, and is full of vibrant images and welcoming feeling. To access this office, if you have the number of the practitioner who you are meeting with please let them know you have arrived. There are also instructions on the door for you to follow, if you do not have their number.

1-1 Talk

1-1 sessions are for people of all ages and we have group sessions for families and couple where there is an identified need to work together.

Within the Talk service we offer a range of modalities which include CBT, DBT, IPT, Drawing and Talking, Counselling and Talk Support.

We accept referrals from professionals as well as self-referrals.

**To make a referral please contact us on:
0808 196 1773 or email referral@togetherwe.uk.**

**You can also find our referral forms via our website:
www.togetherwe.uk**

North Cumbria Recovery College (NCRC)

A Recovery College is designed to support an individual's recovery from mental health issues through learning and education.

The courses delivered by the Recovery college are co-produced by people with lived experience and people with professional expertise.

Our Aim:

The Recovery College will aim to improve an individual's mental health and well-being and provide educational and skills development opportunities.

Research has shown there are many reasons Recovery Colleges have been so successful

West Cumbria Mental Health Partnership (WCMHP)

**The WCMHP RC is for Young People up to 17
years old, Parents and Families.**

**We deliver workshops through groupwork and courses for
parents and children alone as well as parents and children
together.**

**Our aim is to make sure
everyone feels supported, happy, and
strong when it comes to mental health
through group work and activities.**

**WCMHP RC courses typically run over a
4-6 week timeframe. Anyone can enrol
onto any of the courses, and they can
be completed as many times as you
like.**

Carry

This is ran under our Recovery College

Together We Carry:

We aim to provide personalised holistic support for pregnant women in deprived communities and those with complex social factors across North Cumbria under the pregnancy anticipatory care model.

We host North Cumbria's sling library and hire service, we deliver regular sessions in Whitehaven, Workington and Carlisle. Carry aims to improve a family's wellbeing by helping to facilitate carrying their child with different types of carriers and Slings- find our timetable on our [Carry Facebook](#) page.



Testimonials

"I have been learning techniques to be assertive in situations and say what I need, I attend and learn about DBT skills, developing chains of my unhelpful behaviours that I am now working through to break. I have been able to also bring my partner along and work as a couple to develop our wellness together"

"I can honestly say since my time at Together We, my confidence has grown, and I now have self-belief. Together We has been the support network that I needed to get me on my way to reaching my goals"

"When I started attending Together We/Recovery College my self-esteem and confidence were low. After attending the face to face and zoom sessions my confidence grew and I became a volunteer. I am now on the staff of Together We and love helping people"

Frequently Asked Questions

Q: Who Can refer into , Together We?

A: Anyone can refer into Together we, this includes Professionals, family members or yourself.

Q: How do people refer into Together We?

A: For our Talk service - by completing a simple referral form which can be found on our website,
For our Recovery College Services - You can find our enrollment link also on our website, www.togetherwe.uk

Q: What age can you refer?

A: There is no limit on age.

Q: How can we contact you?

A: Email us at: referral@togetherwe.uk
you can also give us a call on:

08081961773

this number is free to call

lines are open: 9am-3pm Monday's and Tuesday's and
1pm - 7pm Wednesdays