

Timetable for **Carlisle**

September 2026 - December 2026

Enrolment:

Click on this link to enrol for [Carlisle 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
 Westfield Family Hub, Moorclose Road, Workington, CA14 5AP
 Park End Shelter, Workington, CA14 2QA

Copeland:

Time to Change Community Centre, B4 Haig Enterprise Park, Kells, Whitehaven, CA28 9AN
 Whitehaven Family Hub, The Old Bank, Swingpump Ln, Whitehaven CA28 7LZ

Carlisle:

The Lookout, Shady Grove Road, Carlisle CA2 7LD
 Chances Family Hub (Morton), Wigton Road, Carlisle, CA2 6JP
 Botcherby Community Centre, Victoria Rd, Carlisle, CA1 2UE

Eden:

Penrith Parish Centre, St Andrews Place, Penrith CA11 7XX

Recovery College Course Themes

Our courses are organised into three themes: Regulate, Reflect and Recover. Together, they offer opportunities to build skills, explore wellbeing, connect with others, and support your recovery through learning.

Regulate

The Regulate theme focuses on helping you understand and manage your emotions, thoughts, and wellbeing. These courses offer practical tools and strategies to help you cope with everyday challenges, build confidence, and improve resilience.

In a supportive and welcoming learning environment, you will explore ways to feel more in control, manage difficult feelings, and develop skills that support your recovery and wellbeing.

Reflect

The Reflect theme provides opportunities to pause, explore your experiences, and focus on your wellbeing. Through creativity, self-expression, and personal reflection, these courses encourage you to develop greater self-awareness and understanding.

Explore ways to build confidence, recognise your strengths, support your wellbeing, and develop practical approaches to staying safe and well. These courses promote personal growth, connection, and recovery through learning and shared experiences.

Recover

The Recover theme focuses on supporting people to build connections, share experiences, and take positive steps towards recovery and wellbeing.

These courses provide opportunities to learn from one another through peer support and shared learning, develop self-confidence, and explore what recovery means to you.

[Click here to enrol](#)

Carlisle Provision - September/October 2026

Mondays

21/09, 28/09, 05/10, 12/10,
19/10 and 26/10

Newtown Family Hub, 19-23
Shadygrove Road, Carlisle,
CA2 7LE

Understanding Your Baby

10:00am - 11:00am

Tuesdays

22/09, 29/09, 06/10, 13/10 and
20/10

The Lookout, Shady Grove
Road, Carlisle, CA2 7LD

Emotional Resilience

10:00am - 11:00am

Wellness Recovery Action Planning

11:00am - 12:00pm

Assertiveness

12:00pm - 1:00pm

Thursdays

2nd and 4th Thursday of the
month

Chances Family Hub (Morton),
Wigton Road, Carlisle, CA2 6JP

Sling and Baby Carrier support session

11:30am - 1:30pm

Saturdays

1st Saturday of the month

Botcherby Community Centre,
Victoria Rd, Carlisle, CA1 2UE

Sling and Baby Carrier support session

10:00am - 12:00pm

[Click here to enrol](#)

Carlisle Provision - November/December 2026

Tuesdays

03/11, 17/11, 24/11,
01/12 and 08/12

The Lookout, Shady Grove
Road, Carlisle CA2 7LD

Decider Life Skills

10:00am - 11:00am

Emotional Resilience

11:00am - 12:00pm

Assertiveness

12:00pm - 1:00pm

Thursdays

2nd and 4th Thursday of the
month

Chances Family Hub (Morton),
Wigton Road, Carlisle, CA2 6JP

Sling and Baby Carrier support session

11:30am - 1:30pm

Saturdays

1st Saturday of the month

Botcherby Community Centre,
Victoria Rd, Carlisle, CA1 2UE

Sling and Baby Carrier support session

10:00am - 12:00pm

Course Descriptions

Course	Description	Theme
Assertiveness	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.	Recover
Decider Life Skills	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.	Regulate
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.	Regulate
Sling and Baby Carrier support sessions	Friendly, free drop-in support for parents, carers and families. No appointment or booking is needed — just come along. Mums, dads, partners, relatives and babies are all very welcome. Whether you are new to slings or already have a carrier, we can help you feel confident, comfortable and safe. We offer free safety advice and free fit checks for any sling or baby carrier. You can also borrow a sling from us for free for up to three months, giving you time to try one out and find what works best for you and your baby. Our experienced, fully trained staff will guide you through your options and provide the information you need to carry your baby safely, comfortably and with confidence.	Recover

Course Descriptions

Course	Description	Theme
Understanding your Baby	Understanding Your Baby is a relaxed and supportive postnatal group for mums and their babies. Using the Togetherness approach, we'll explore how babies communicate, their developing brains, crying, sleep and the 'dance' that happens between you and your baby as you get to know one another. We'll also make space to think about you – how becoming a mum can affect your emotions and wellbeing, and how things such as anxiety, low mood or feeling overwhelmed can influence how we experience early parenthood. This group is particularly welcoming to mums who are finding things difficult emotionally or experiencing mental health challenges. There's no expectation to have everything figured out, and no pressure to share – just a supportive space to learn, reflect and get to know your baby together.	Reflect
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.	Recover

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 The North Cumbria 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.

North Cumbria Recovery College - Frequently Asked Questions

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.