

Timetable for **WCMHP RC**

September 2026 - December 2026

Enrolment:

Click on this link to enrol for WCMHP courses, suitable for children, 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
- 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

Copeland:

Time to Change Community Centre, B4 Haig Enterprise Park, Kells,
Whitehaven, CA28 9AN

Keekle Village Hall, Keekle Terrace, Cleator Moor CA25 5RQ



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](#)

Provision - October/November 2026

Tuesdays

6/10, 13/10, 20/10,
27/10, 03/11 and 10/11

Online via Microsoft
Teams

Decider Life Skills

(family session)

5:00pm - 6:00pm

Wednesdays

7/10, 14/10, 21/10,
28/10, 04/11 and 11/11

Time to Change (West
Cumbria) Community
Centre, Kells, CA28 9AN

Community Drop-In Session

07/10 ONLY

4:00pm - 5:00pm

Anger Management (Family Session)

5:00pm - 6:00pm

Thursdays

08/10, 15/10, 22/10,
29/10, 05/11 and 12/11

Time to Change (West
Cumbria) Community
Centre, Kells, CA28 9AN

Understanding your child's needs

(Parent session)

5:00pm - 6:00pm

Community Drop-In Session

15/10 ONLY

6:00pm - 7:00pm

Online via Microsoft
Teams

Emotional Resilience

(family session)

5:00pm - 6:00pm

Saturdays

Weekly

Keekle Village Hall, Keekle
Terrace, Cleator Moor
CA25 5RQ

Low Impact Exercise Class

(Family Friendly session)

9:10am - 9:50am

Course Descriptions

Course	Description	Theme
Anger Management	This interactive 6-week course helps children and young people develop a better understanding of anger and learn practical ways to manage it positively. Participants will explore what anger is, identify personal triggers, recognise how anger affects their thoughts, feelings, body and relationships, and discover healthier ways to express emotions.	Regulate
Community Drop In Session	In partnership with South Whitehaven Priden in Place, come along to our friendly and informal drop in to share your ideas around what you value within the community, any challenges and what you would like to see prioritised for future investment to improve mental health and wellbeing.	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

Course Descriptions

Course	Description	Theme
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
Understanding your child's needs	This supportive course helps parents and carers develop a deeper understanding of their child's behaviour, emotions, and developmental needs. Participants will explore the factors that influence behaviour, strengthen communication and relationships, and learn practical strategies to support their child's emotional wellbeing, confidence, and positive development at home.	Reflect

WCMHP 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 The West Cumbria Mental Health Partnership Recovery College For?

WCMHP RC is for Children and Young People, Parents/Carers and Families that would like to improve their overall mental health and physical wellbeing. Our overall aim within WCMHP RC is to improve hope for everyone that uses our service.

Where is the West Cumbria Mental Health Partnership based?

We have bases across 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.

WCMHP 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.