Part of Together We

The Recovery College

Allerdale | Copeland | Carlisle | Eden

together we Cumbria

Peer Support

NHS North East and North Cumbria

Timetable for

Allerdale

September 2026 - December 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
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
Newtown Hub, Shadygrove Road, Carlisle, CA2 7LE

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

Allerdale Provision - November/December 2026

Mondays

09/11, 16/11, 23/11, 30/11, 07/12 and 14/12

The Park End Shelter, Vulcans Park, Workington, CA14 2QA

Understanding Your Baby

12:30pm - 2:30pm

Tuesdays

The Park End Shelter, Vulcans Park, Workington, CA14 2QA

Sling Library

03/11 and 01/12
9:30am - 11:30am

Neurodiverse Mums

10/11 and 24/11
1:00pm - 2:30pm

Wednesdays

04/11, 11/11, 18/11, 25/11, 02/12 and 09/12

Studio 2, The Carnegie Theatre, Workington, CA14 2BD

Women's Group

(weekly)
10:00am - 11:00am

Decider Life Skills

11:00am - 12:00pm

16 Jane Street, Workington, CA14 3BB

Improving Self Esteem

6:00pm - 7:00pm

Thursdays

05/11, 12/11, 19/11, 26/11, 03/12 and 10/12

16 Jane Street, Workington, CA14 3BB

Alumni Group

(weekly)
10:00am - 11:00am

The Oval Centre, Salterbeck Dr, Salterbeck, Workington CA14 5HA

The Grief Cafe

22/10
2:00pm - 3:00pm

Course Descriptions

Course	Description	Theme
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.	**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**
Grief Cafe	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.	**Recover**
Improving Self Esteem	Improving Self-Esteem is designed to help build confidence and develop a more positive view of themselves. In a safe and supportive environment, you'll explore self-esteem, understand how experiences can shape confidence, and learn practical strategies to challenge negative thinking, recognise your strengths, and develop greater self-compassion.	**Reflect**

Course Descriptions

Course	Description	Theme
Neurodiverse Mums	A supportive space to connect with other mums, learn wellbeing tools, share experiences, and celebrate your strengths in a safe and welcoming environment.	**Regulate**
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**
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.	**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.