



Timetable for **ALLERDALE**

June 2024 to July 2024 Block 5

Enrolment:

To enrol click on this link to enrol for [Allerdale Courses and Groups](#). Some of our courses below do have separate enrolment forms, please click on the course title on the timetable to enrol for those, they are highlighted in **Dark Blue**.

If you are viewing this as a paper copy, call 0808 196 1773 for free during working hours 9am - 4pm or send us an email hello@ncrecoverycollege.org and we will arrange a time to call you back.

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
Workington Community Fire Station, Workington, CA14 5BF
Wastwater Community allotments, Workington,
The Settlement, High Street, Maryport, CA15 6BQ

Copeland:

De Lucy Centre, Egremont, CA22 2AF
Time to Change (West Cumbria) Community Centre, B4 Haig Enterprise Park, Kells, Whitehaven, CA28 9AN
Skills For You, Ennerdale Rd, Cleator Moor CA25 5NB

Click on this link to enrol for [Allerdale Courses and Groups](#)

In person sessions in Allerdale for Block 5

<u>Mondays</u> 3/6/24 *10/6/24* *17/6/24* 24/6/24 1/7/24	<u>Wednesdays</u> 5/6/24 12/6/24 19/6/24 26/6/24 3/7/24 10/7/24	<u>Thursdays</u> 6/6/24 13/6/24 20/6/24 27/6/24 4/7/24 11/7/24
<p style="text-align: center;"><u>WORKINGTON</u> <u>Workington Fire Station</u></p> <p>*10/6/24 and 17/6/24 will be held at the Oval Centre, Salterbeck, Workington, CA14 5HA</p> <p style="text-align: center;">Drop In Session (weekly) 9.45am - 10.15am</p> <p>Laughter Workshop with Always Another Way *3rd June* 10.15am - 11.15am</p> <p>Hungry Ghost Art Session with Always Another Way *10th June* 10.15am - 11.15am</p> <p>Aromatherapy Session with Always Another Way *17th June* 10.15am - 11.15am</p> <p>Safety planning & Finding Hope with Every Life Matters 3/6/24, 10/6/24, 17/6/24 11.30am - 1.00pm 24/6/24 & 1/7/24 10.15am - 11.45am</p> <p>Drawing & Talking 24/6/24 & 1/7/24 Only 11.45am - 12.45pm</p> <p style="text-align: center;"><u>WORKINGTON</u> <u>16 Jane Street</u></p> <p><u>Understanding Disordered Eating</u> 5:30pm - 6:30pm (12 week programme from 20/05/2024 *except 27th May due to bank Holiday*) Click above to enrol</p>	<p style="text-align: center;"><u>WORKINGTON</u> <u>16 Jane Street</u></p> <p style="text-align: center;">Women's Group (weekly) 10.00am - 11.00am</p> <p style="text-align: center;">Preparing for therapy 11:00am – 12:30am</p> <p style="text-align: center;">Allotment Group (18+) 1.00pm - 2.00pm Wastwater Community allotments Workington</p> <p style="text-align: center;">Men's Group (weekly) 6.00pm - 7.30pm</p>	<p style="text-align: center;"><u>MARYPORT</u> <u>The Settlement</u></p> <p style="text-align: center;">Drop In Session (Weekly) 9.45am – 10.15am</p> <p style="text-align: center;">Decider Life Skills 10.15am - 11.00am</p> <p style="text-align: center;">Wellness Recovery Action Planning 11.00am - 12.00pm</p> <p style="text-align: center;">Managing Stress and Worry 12.00pm - 1.00pm</p>

Course Descriptions for Allerdale

Allotment Group

Join us for slow and peaceful outdoor gardening sessions! You will also get to bring home a free plant. Comfortable clothing to be worn (that you don't mind getting dirty) and be prepared for the weather.

Aromatherapy session

We will be learning about how aromatherapy oils are beneficial to helping mental wellbeing. The session will include mood lifting and calming oils as well as oils that can help with energy. You will be making your own bottle of oil to take home and be shown how to give a reflexology massage to your hand as a self help technique.



Art session - Hungry Ghosts

An exercise that involves painting and getting to know your inner demons in a way that helps individuals to familiarise themselves with more difficult aspects of their feelings and emotions in order to better understand them and form a healthier balanced relationship.



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.

Decider Life Skills (12 Skills)

The Decider Life Skills were designed to enable you to make effective changes to help manage distress, regulate emotion, increase mindfulness, promote effective communication and to live a more skilful, less impulsive life. They are delivered in an original, fun and creative style, using role plays, props and imagery that makes them easy to learn and teach. The Decider Life Skills A5 booklets are on sale in sessions for £3.00, if you'd like to purchase one to make notes in.

Drop in Sessions / Coffee and Drop In

These sessions are provided as an opportunity to pop in and meet the team, to find out more about what we do and hopefully enrol on a course or two.

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.

Laughter Workshop

Come and connect with others through the power of laughter - No equipment needed, just join in with a smile and a laugh, Lyn will lead us through a guided session of warm up, laughter exercises and relaxation.



Managing Stress and Worry

In these sessions you will be introduced to a variety of strategies for understanding and managing stress.

Men's Group

This group is an opportunity for men to learn strategies for understanding how to better manage their mental health.

Preparing for Therapy

Not sure what to expect or how to prepare for a therapy session? Come to this session to find out more. Learn how to prepare yourself and manage expectations. You can attend online as well as face to face.

Safety Planning and finding hope with Every life Matters

<https://www.every-life-matters.org.uk>

This six session course gives you the skills and tools to create your own individual safety plan, tailored to your own personal needs, it will include what you would do and who might support you in a suicide crisis. Sessions include group discussion, information based lectures and supported solo reflection. This course is co-created and co-delivered in partnership with Every Life Matters, drawing on a wealth of experience and knowledge to provide a safe learning environment



Understanding Disordered Eating - 12 week programme beginning 20/05/2024 [Click here to enrol](#)

Embark on a transformative journey towards healing with our 12-session course tailored for adults (18+) navigating distress related to food, weight, and shape. Integrating therapeutic intervention with group support, this program empowers individuals with essential skills to support recovery. Join us in fostering a compassionate and supportive environment, guiding you towards a healthier relationship with food and self.

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 fun way.

It is a great course for anyone who would like to manage their health and wellbeing better.

Women's Group

This group is an opportunity for women to learn strategies for understanding how to better manage their mental health.

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 in 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.

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 Volunteer Manager to begin the process of becoming a volunteer with us.