



## Timetable for COPELAND

### July 2024 to August 2024 Block 6

#### **Enrolment:**

To enrol click on this link to enrol for [Copeland 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](mailto: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,

##### **Copeland:**

De Lucy Centre, Egremont, CA22 2AF  
Time to Change (West Cumbria) Community Centre, B4 Haig Enterprise Park, Kells, Whitehaven, CA28 9AN

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

<b>Copeland in person sessions for Block 6</b>		
<p><b><u>Mondays</u></b> 22/7/24 5/8/24 19/8/24</p>	<p><b><u>Tuesdays</u></b> 23/7/24 30/7/24 6/8/24 13/8/24 20/8/24 27/8/24</p>	<p><b><u>Fridays</u></b> 26/7/24 2/8/24 9/8/24 16/8/24 23/8/24 30/8/24</p>
<p style="text-align: center;"><b><u>The Tin Chapel, Millom</u></b></p> <p style="text-align: center;"><b>Eating for Mental Health with Jackie Wilkinson</b> 1.00pm - 2.00pm (For MIND in Furness clients only)</p>	<p style="text-align: center;"><b><u>Time to Change (West Cumbria) Community Centre, Kells, Whitehaven</u></b></p> <p style="text-align: center;"><b>Coffee and Drop In</b> 9.00am - 9.30am</p> <p style="text-align: center;"><b>Decider Life Skills</b> 9.30am - 10.15am</p> <p style="text-align: center;"><b>Wellness Recovery Action Planning</b> 10.15am - 11.15am</p> <p style="text-align: center;"><b>Managing Stress and Worry</b> 11.15am - 12.15pm</p> <p style="text-align: center;"><b><u>DE LUCY CENTRE, EGREMONT:</u></b></p> <p style="text-align: center;"><b>Together We Relax (by appointment only)</b> 12:00pm-2:00pm</p>	<p style="text-align: center;"><b><u>DE LUCY CENTRE, EGREMONT:</u></b></p> <p style="text-align: center;"><b>Together We Walk (Every Friday including holidays)</b> 10:45am - 12:00pm Meeting point is outside the De Lucy Centre</p>

### Course Descriptions for Copeland

#### **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**

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.

### **Managing Stress and Worry**

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

### **Together We Relax**

Wellbeing and therapeutic services available by appointment only - contact Chloe on 07434 472524 to book an appointment. In order to make the service accessible to all we ask that you consider making a donation for the treatment you have, the services include therapeutic massage, crystal healing, aromatherapy massage and more.

### **Together We Walk**

Do you enjoy walking? Join us for a gentle one hour walk once a week from Egremont. The walks will be over gentle terrain and we hope you will have the chance for a good natter along the way.

### **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.

## **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.