



Timetable for **CARLISLE & ONLINE** October 2022 to December 2022 Block 2

How to enrol

Click on the course name in the timetable below if you are viewing this online. 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 planner. To view our prospectus online go to our website <https://ncrecoverycollege.org> where you can download a copy or call/email us with your postal address and we will send you a printed copy.

Please be aware that Partner Organisation Provision still needs to be allocated and we will send out an updated copy of the full timetable in due course.

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.

Online sessions for Block 2

<u>Mondays</u>	<u>Tuesdays</u>	<u>Saturdays</u>
07/11/2022 14/11/2022 21/11/2022 28/11/2022 05/12/2022 12/12/2022	08/11/2022 22/11/2022 06/12/2022	05/11/2022 19/11/2022 03/12/2022 17/12/2022
<u>ONLINE ZOOM:</u> <u>Decider Life Skills</u> (Sessions 1-6) 6.00pm-7.00pm	<u>ONLINE & THE DE LUCY CENTRE:</u> <u>Hearing Voices Group</u> 6.45pm-7.45pm	<u>ONLINE & WORKINGTON:</u> <u>Preparing for Therapy</u> 10.00am-11.00am

Carlisle in person sessions for Block 2

<u>Tuesdays</u>	<u>CARLISLE</u>	<u>CARLISLE</u>
01/11/2022 08/11/2022 15/11/2022 22/11/2022 29/11/2022 06/12/2022	<u>CORNERSTONE:</u> <u>Drop in Session</u> 10.00am-10:30am <u>Emotional Resilience</u> (Sessions 1-6) 10.30am-11:30am	<u>THE LOOKOUT:</u> <u>Coffee & Drop in</u> 11:00am-12:00pm <u>Assertiveness</u> (Sessions 7-12) 12.30pm-1.30pm <u>Decider Life Skills</u> (Sessions 1-6) 2.00pm - 3.00pm <u>Drawing & Talking</u> (Sessions 1-6) 3.00pm-4.00pm <u>Coffee & Drop in</u> 4.00pm-4.45pm <u>Offload Men's Group</u> 5.00pm-6.30pm

Course Descriptions for Carlisle

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 wishing to improve 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.

Drawing and Talking

These sessions introduce you to a fun and lighthearted way to enjoy drawing for wellbeing. The process of telling a story about your drawing, answering questions about your drawing and asking others about their drawings inspires creativity and promotes mindfulness. These sessions are for all abilities, we will provide you with a pencil and paper.

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.

Hearing Voices Group

The Hearing Voices Group provides information and support for anyone affected by hearing voices and can be attended online as well as in person.

Offload with Liam Edmondson: <https://offloadcumbria.co.uk/>

Offload is a venture set up to bridge the gap between self and professional help for males aged 18+ suffering from mental health issues in Cumbria. The group has been established to provide an informal, safe, supportive and non-judgemental place for male adults aged 18+ struggling with their mental wellbeing to come together and share their experiences. We aim to do this by encouraging participants to talk about their journey and share ideas on how to move forward and manage issues as well as signposting to other organisations where needed.



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.

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, Copeland, Carlisle and Eden, where we provide a range of courses and groups in person and online. We also have a smaller number of sessions and groups that run both online and in person.

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. 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.