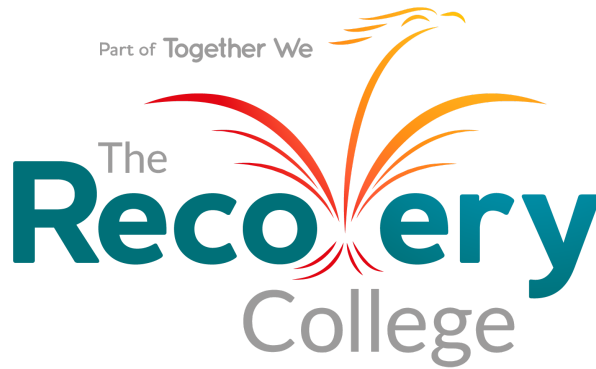




Part of Together We



Allerdale | Copeland | Carlisle | Eden

Planner for ALLERDALE and COPELAND

October 2022 to February 2023

Blocks 2 and 3

The courses that run for 12 weeks instead of 6 may suit you if you experience symptoms that have a big impact on your life. These courses are slower paced and are designed to cover skills in a more in depth way.

Please enrol and our team will be in touch to answer any questions you may have before the course(s) start.

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.

Email hello@ncrecoverycollege.org and we will arrange an appointment to call you back.

For more information about the courses visit <https://ncrecoverycollege.org> where you can download a copy of our course directory or prospectus.

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.

November 2022 | Allerdale & Copeland | Week 1 of Block 2

Monday 31st	Tuesday 1st	Wednesday 2nd	Thursday 3rd	Friday 4th	Saturday 5th
<p><u>ALLERDALE WORKINGTON THE HIVE:</u></p> <p><u>Decider Life Skills</u> (1 of 6) 11.00am-12.00pm</p> <p><u>Drawing & Talking</u> (1 of 6) 12.00pm-1.00pm</p>	<p><u>COPELAND DE LUCY CENTRE, EGREMONT:</u></p> <p><u>Wellness Recovery Action Planning</u> (1 of 6) 10.00am-11.00am</p> <p><u>Drawing & Talking</u> (1 of 6) 11.00am-12.00pm</p> <p><u>Together We Grow</u> 11.00am-1.00pm</p> <p>=====</p> <p><u>COPELAND MILLOM FIRE STATION:</u></p> <p><u>Drop in</u> (1 of 6) 4.30pm-5.00pm</p> <p><u>Decider Life Skills</u> (1 of 6) 5.00pm-5.30pm</p> <p><u>Assertiveness</u> (1 of 6) 5.30pm-6.00pm</p>	<p><u>ALLERDALE WORKINGTON TOWN COUNCIL COMMUNITY ROOM:</u></p> <p><u>Women's Group</u> 10.00am-11.00am</p> <p>=====</p> <p><u>ALLERDALE WORKINGTON COMMUNITY FIRE STATION:</u></p> <p><u>Men's Group</u> 6.00pm-7.30pm</p>	<p><u>COPELAND MIREHOUSE COMMUNITY CENTRE:</u></p> <p><u>Assertiveness</u> (7 of 12) 11.00am-12.00pm</p> <p><u>Managing Stress & Worry</u> (7 of 12) 12.00pm-1.00pm</p> <p><u>Creative Writing</u> (7 of 8) 1.00pm-3.00pm</p>	<p><u>ALLERDALE WORKINGTON COMMUNITY FIRE STATION:</u></p> <p><u>Assertiveness</u> (7 of 12) 10.00am-11.00am</p> <p><u>Wellness Recovery Action Planning</u> (7 of 12) 11.00am-12.00pm</p> <p>=====</p> <p><u>COPELAND DE LUCY CENTRE, EGREMONT:</u></p> <p><u>Together We Walk</u> 10.45am-12.00pm</p>	<p><u>ALLERDALE WORKINGTON COMMUNITY FIRE STATION & ONLINE:</u></p> <p><u>Preparing for Therapy</u> 10.00am-11.00am</p>

November 2022 | Allerdale & Copeland | Week 2 of Block 2

Monday 7th	Tuesday 8th	Wednesday 9th	Thursday 10th	Friday 11th	Saturday 12th
<p><u>ALLERDALE WORKINGTON THE HIVE:</u></p> <p><u>Decider Life Skills</u> (2 of 6) 11.00am-12.00pm</p> <p><u>Drawing & Talking</u> (2 of 6) 12.00pm-1.00pm</p>	<p><u>COPELAND DE LUCY CENTRE, EGREMONT:</u></p> <p><u>Wellness Recovery Action Planning</u> (2 of 6) 10.00am-11.00am</p> <p><u>Drawing & Talking</u> (2 of 6) 11.00am-12.00pm</p> <p><u>Together We Grow</u> 11.00am-1.00pm</p> <p>=====</p> <p><u>COPELAND MILLOM FIRE STATION:</u></p> <p><u>Drop in</u> (2 of 6) 4.30pm-5.00pm</p> <p><u>Decider Life Skills</u> (2 of 6) 5.00pm-5.30pm</p> <p><u>Assertiveness</u> (2 of 6) 5.30pm-6.00pm</p> <p>=====</p> <p><u>COPELAND DE LUCY CENTRE, EGREMONT & ONLINE:</u></p> <p><u>Hearing Voices Group</u> 6.45pm-7.45pm</p>	<p><u>ALLERDALE WORKINGTON TOWN COUNCIL COMMUNITY ROOM:</u></p> <p><u>Women's Group</u> 10.00am-11.00am</p> <p>=====</p> <p><u>ALLERDALE WORKINGTON COMMUNITY FIRE STATION</u></p> <p><u>Men's Group</u> 6.00pm-7.30pm</p>	<p><u>COPELAND DE LUCY CENTRE, EGREMONT:</u></p> <p><u>AGE UK & Together We Brew</u> 12:00pm-2:00pm</p> <p>=====</p> <p><u>COPELAND MIREHOUSE COMMUNITY CENTRE:</u></p> <p><u>Assertiveness</u> (8 of 12) 11.00am-12.00pm</p> <p><u>Managing Stress & Worry</u> (8 of 12) 12.00pm-1.00pm</p> <p><u>Creative Writing</u> (8 of 8) 1.00pm-3.00pm</p>	<p><u>ALLERDALE WORKINGTON COMMUNITY FIRE STATION:</u></p> <p><u>Assertiveness</u> (8 of 12) 10.00am-11.00am</p> <p><u>Wellness Recovery Action Planning</u> (8 of 12) 11.00am-12.00pm</p> <p>=====</p> <p><u>COPELAND DE LUCY CENTRE, EGREMONT:</u></p> <p><u>Together We Walk</u> 10.45am-12.00pm</p>	

November 2022 | Allerdale & Copeland | Week 3 of Block 2

Monday 14th	Tuesday 15th	Wednesday 16th	Thursday 17th	Friday 18th	Saturday 19th
<p><u>COPELAND MILLOM:</u></p> <p><u>Together We Walk</u> 10.00am-12.30pm</p> <p>=====</p> <p><u>ALLERDALE WORKINGTON THE HIVE:</u></p> <p><u>Decider Life Skills</u> (3 of 6) 11.00am-12.00pm</p> <p><u>Drawing & Talking</u> (3 of 6) 12.00pm-1.00pm</p> <p><u>Dads Offload</u> 6.30pm-8.00pm</p>	<p><u>COPELAND DE LUCY CENTRE, EGREMONT:</u></p> <p><u>Wellness Recovery Action Planning</u> (3 of 6) 10.00am-11.00am</p> <p><u>Drawing & Talking</u> (3 of 6) 11.00am-12.00pm</p> <p><u>Together We Grow</u> 11.00am-1.00pm</p> <p>=====</p> <p><u>COPELAND MILLOM FIRE STATION:</u></p> <p><u>Drop in</u> (3 of 6) 4.30pm-5.00pm</p> <p><u>Decider Life Skills</u> (3 of 6) 5.00pm-5.30pm</p> <p><u>Assertiveness</u> (3 of 6) 5.30pm-6.00pm</p>	<p><u>ALLERDALE WORKINGTON TOWN COUNCIL COMMUNITY ROOM:</u></p> <p><u>Women's Group</u> 10.00am-11.00am</p> <p>=====</p> <p><u>ALLERDALE WORKINGTON COMMUNITY FIRE STATION:</u></p> <p><u>Men's Group</u> 6.00pm-7.30pm</p>	<p><u>COPELAND MIREHOUSE COMMUNITY CENTRE:</u></p> <p><u>Assertiveness</u> (9 of 12) 11.00am-12.00pm</p> <p><u>Managing Stress & Worry</u> (9 of 12) 12.00pm-1.00pm</p>	<p><u>ALLERDALE WORKINGTON COMMUNITY FIRE STATION:</u></p> <p><u>Assertiveness</u> (9 of 12) 10.00am-11.00am</p> <p><u>Wellness Recovery Action Planning</u> (9 of 12) 11.00am-12.00pm</p> <p>=====</p> <p><u>COPELAND DE LUCY CENTRE, EGREMONT:</u></p> <p><u>Together We Walk</u> @The De Lucy Centre, Egremont 10.45am-12.00pm</p>	<p><u>ALLERDALE WORKINGTON COMMUNITY FIRE STATION & ONLINE:</u></p> <p><u>Preparing for Therapy</u> 10.00am-11.00am</p>

Monday 21st	Tuesday 22nd	Wednesday 23rd	Thursday 24th	Friday 25th	Saturday 26th
<p><u>ALLERDALE WORKINGTON THE HIVE:</u></p> <p><u>Decider Life Skills</u> (4 of 6) 11.00am-12.00pm</p> <p><u>Drawing & Talking</u> (4 of 6) 12.00pm-1.00pm</p>	<p><u>COPELAND DE LUCY CENTRE, EGREMONT:</u></p> <p><u>Wellness Recovery Action Planning</u> (4 of 6) 10.00am-11.00am</p> <p><u>Drawing & Talking</u> (4 of 6) 11.00am-12.00pm</p> <p><u>Together We Grow</u> 11.00am-1.00pm</p> <p>=====</p> <p><u>COPELAND MILLOM FIRE STATION:</u></p> <p><u>Drop in</u> (4 of 6) 4.30pm-5.00pm</p> <p><u>Decider Life Skills</u> (4 of 6) 5.00pm-5.30pm</p> <p><u>Assertiveness</u> (4 of 6) 5.30pm-6.00pm</p> <p>=====</p> <p><u>COPELAND DE LUCY CENTRE, EGREMONT & ONLINE:</u></p> <p><u>Hearing Voices Group</u> 6.45pm-7.45pm</p>	<p><u>ALLERDALE WORKINGTON TOWN COUNCIL COMMUNITY ROOM:</u></p> <p><u>Women's Group</u> 10.00am-11.00am</p> <p>=====</p> <p><u>ALLERDALE WORKINGTON TBC:</u></p> <p><u>Men's Group</u> 6.00pm-7.30pm</p>	<p><u>COPELAND DE LUCY CENTRE, EGREMONT:</u></p> <p><u>AGE UK & Together We Brew</u> 12:00pm-2:00pm</p> <p>=====</p> <p><u>COPELAND MIREHOUSE COMMUNITY CENTRE:</u></p> <p><u>Assertiveness</u> (10 of 12) 11.00am-12.00pm</p> <p><u>Managing Stress & Worry</u> (10 of 12) 12.00pm-1.00pm</p>	<p><u>ALLERDALE WORKINGTON COMMUNITY FIRE STATION:</u></p> <p><u>Assertiveness</u> (10 of 12) 10.00am-11.00am</p> <p><u>Wellness Recovery Action Planning</u> (10 of 12) 11.00am-12.00pm</p> <p>=====</p> <p><u>COPELAND DE LUCY CENTRE, EGREMONT:</u></p> <p><u>Together We Walk</u> 10.45am-12.00pm</p>	

November 2022 | Allerdale & Copeland | Week 5 of Block 2

Monday 28th	Tuesday 29th	Wednesday 30th	Thursday 1st	Friday 2nd	Saturday 3rd
<p><u>ALLERDALE WORKINGTON THE HIVE:</u></p> <p><u>Decider Life Skills</u> (5 of 6) 11.00am-12.00pm</p> <p><u>Drawing & Talking</u> (5 of 6) 12.00pm-1.00pm</p>	<p><u>COPELAND DE LUCY CENTRE, EGREMONT:</u></p> <p><u>Wellness Recovery Action Planning</u> (5 of 6) 10.00am-11.00am</p> <p><u>Drawing & Talking</u> (5 of 6) 11.00am-12.00pm</p> <p><u>Together We Grow</u> 11.00am-1.00pm</p> <p>=====</p> <p><u>COPELAND MILLOM FIRE STATION:</u></p> <p><u>Drop in</u> (5 of 6) 4.30pm-5.00pm</p> <p><u>Decider Life Skills</u> (5 of 6) 5.00pm-5.30pm</p> <p><u>Assertiveness</u> (5 of 6) 5.30pm-6.00pm</p>	<p><u>ALLERDALE WORKINGTON TOWN COUNCIL COMMUNITY ROOM:</u></p> <p><u>Women's Group</u> 10.00am-11.00am</p> <p>=====</p> <p><u>ALLERDALE WORKINGTON COMMUNITY FIRE STATION</u></p> <p><u>Men's Group</u> 6.00pm-7.30pm</p>	<p><u>COPELAND MIREHOUSE COMMUNITY CENTRE:</u></p> <p><u>Assertiveness</u> (11 of 12) 11.00am-12.00pm</p> <p><u>Managing Stress & Worry</u> (11 of 12) 12.00pm-1.00pm</p>	<p><u>ALLERDALE WORKINGTON COMMUNITY FIRE STATION:</u></p> <p><u>Assertiveness</u> (11 of 12) 10.00am-11.00am</p> <p><u>Wellness Recovery Action Planning</u> (11 of 12) 11.00am-12.00pm</p> <p>=====</p> <p><u>COPELAND DE LUCY CENTRE, EGREMONT:</u></p> <p><u>Together We Walk</u> 10.45am-12.00pm</p>	<p><u>ALLERDALE WORKINGTON COMMUNITY FIRE STATION & ONLINE:</u></p> <p><u>Preparing for Therapy</u> 10.00am-11.00am</p>

Monday 5th	Tuesday 6th	Wednesday 7th	Thursday 8th	Friday 9th	Saturday 10th
<p><u>ALLERDALE WORKINGTON THE HIVE:</u></p> <p><u>Decider Life Skills</u> (6 of 6) 11.00am-12.00pm</p> <p><u>Drawing & Talking</u> (6 of 6) 12.00pm-1.00pm</p>	<p><u>COPELAND DE LUCY CENTRE, EGREMONT:</u></p> <p><u>Wellness Recovery Action Planning</u> (6 of 6) 10.00am-11.00am</p> <p><u>Drawing & Talking</u> (6 of 6) 11.00am-12.00pm</p> <p><u>Together We Grow</u> 11.00am-1.00pm</p> <p>=====</p> <p><u>COPELAND MILLOM FIRE STATION:</u></p> <p><u>Drop in</u> (6 of 6) 4.30pm-5.00pm</p> <p><u>Decider Life Skills</u> (6 of 6) 5.00pm-5.30pm</p> <p><u>Assertiveness</u> (6 of 6) 5.30pm-6.00pm</p> <p>=====</p> <p><u>COPELAND DE LUCY CENTRE, EGREMONT & ONLINE:</u></p> <p><u>Hearing Voices Group</u> 6.45pm-7.45pm</p>	<p><u>ALLERDALE WORKINGTON TOWN COUNCIL COMMUNITY ROOM:</u></p> <p><u>Women's Group</u> 10.00am-11.00am</p> <p>=====</p> <p><u>ALLERDALE WORKINGTON COMMUNITY FIRE STATION</u></p> <p><u>Men's Group</u> 6.00pm-7.30pm</p>	<p><u>COPELAND DE LUCY CENTRE, EGREMONT:</u></p> <p><u>AGE UK & Together We Brew</u> 12:00pm-2:00pm</p> <p>=====</p> <p><u>COPELAND MIREHOUSE COMMUNITY CENTRE:</u></p> <p><u>Assertiveness</u> (12 of 12) 11.00am-12.00pm</p> <p><u>Managing Stress & Worry</u> (12 of 12) 12.00pm-1.00pm</p>	<p><u>ALLERDALE WORKINGTON COMMUNITY FIRE STATION:</u></p> <p><u>Assertiveness</u> (12 of 12) 10.00am-11.00am</p> <p><u>Wellness Recovery Action Planning</u> (12 of 12) 11.00am-12.00pm</p> <p>=====</p> <p><u>COPELAND DE LUCY CENTRE, EGREMONT:</u></p> <p><u>Together We Walk</u> 10.45am-12.00pm</p>	<p><u>COPELAND DE LUCY CENTRE, EGREMONT:</u></p> <p><u>Together We Walk</u> 11.00am-13.30pm</p>

December 2022 | Allerdale & Copeland | Drop in Sessions

Monday 12th	Tuesday 13th	Wednesday 14th	Thursday 15th	Friday 16th	Saturday 17th
<p><u>COPELAND MILLOM:</u> <u>Together We Walk</u> 10.00am-12.30pm</p> <p><u>ALLERDALE WORKINGTON THE HIVE:</u></p> <p><u>Drop in</u> 11.00am-1.00pm</p>	<p><u>COPELAND DE LUCY CENTRE, EGREMONT:</u></p> <p><u>Drop In</u> 10.00am-12.00pm</p> <p><u>Together We Grow</u> 11.00am-1.00pm</p>	<p><u>ALLERDALE WORKINGTON TOWN COUNCIL COMMUNITY ROOM:</u></p> <p><u>Women's Group</u> 10.00am-11.00am</p> <p><u>ALLERDALE WORKINGTON COMMUNITY FIRE STATION</u></p> <p><u>Men's Group</u> 6.00pm-7.30pm</p>	<p><u>COPELAND MIREHOUSE COMMUNITY CENTRE:</u></p> <p><u>Drop in</u> 11.00am-1.00pm</p>	<p><u>ALLERDALE WORKINGTON TBC:</u> <u>Drop in</u> 11.00am-1.00pm</p> <p><u>COPELAND DE LUCY CENTRE, EGREMONT:</u></p> <p><u>Together We Walk</u> 10.45am-12.00pm</p>	<p><u>ALLERDALE WORKINGTON TBC & ONLINE:</u></p> <p><u>Preparing for Therapy</u> 10.00am-11.00am</p>

January 2023 | Allerdale & Copeland | Week 1 of Block 3

Monday 9th	Tuesday 10th	Wednesday 11th	Thursday 12th	Friday 13th	Saturday 14th
<p><u>ALLERDALE WORKINGTON</u> <u>TBC:</u></p> <p><u>Managing Stress & Worry</u> (1 of 12) 11.00am-12.00pm</p> <p><u>Assertiveness</u> (1 of 12) 12.00pm-1.00pm</p> <p><u>Dads Offload</u> 6.30pm-8.00pm</p>	<p><u>COPELAND DE LUCY CENTRE, EGREMONT:</u></p> <p><u>Assertiveness</u> (1 of 12) 10.00am-11.00am</p> <p><u>Managing Stress & Worry</u> (1 of 12) 11.00am-12.00pm</p> <p><u>Together We Grow</u> 11.00am-1.00pm</p> <p>=====</p> <p><u>COPELAND DE LUCY CENTRE, EGREMONT & ONLINE:</u></p> <p><u>Hearing Voices Group</u> 6.45pm-7.45pm</p>	<p><u>ALLERDALE WORKINGTON TOWN COUNCIL COMMUNITY ROOM:</u></p> <p><u>Women's Group</u> 10.00am-11.00am</p> <p>=====</p> <p><u>ALLERDALE WORKINGTON THE HIVE:</u></p> <p><u>Art for Bereavement</u> (1 of 6) 11.30am-1.30pm</p> <p>=====</p> <p><u>ALLERDALE WORKINGTON TBC:</u> <u>Men's Group</u> 6.00pm-7.30pm</p>	<p><u>COPELAND DE LUCY CENTRE, EGREMONT:</u></p> <p><u>AGE UK & Together We Brew</u> 12:00pm-2:00pm</p> <p>=====</p> <p><u>COPELAND MIREHOUSE COMMUNITY CENTRE:</u></p> <p><u>Decider Life Skills</u> (1 of 6) 11.00am-12.00pm</p> <p><u>Emotional Resilience</u> (1 of 6) 12.00pm-1.00pm</p>	<p><u>ALLERDALE WORKINGTON TBC:</u> <u>Decider Life Skills</u> (1 of 6) 10.00am-11.00am</p> <p><u>Emotional Resilience</u> (1 of 6) 11.00am-12.00pm</p> <p><u>COPELAND DE LUCY CENTRE, EGREMONT:</u></p> <p><u>Together We Walk</u> 10.45am-12.00pm</p>	

January 2023 | Allerdale & Copeland | Week 2 of Block 3

Monday 16th	Tuesday 17th	Wednesday 18th	Thursday 19th	Friday 20th	Saturday 21st
<p><u>ALLERDALE WORKINGTON TBC:</u></p> <p><u>Managing Stress & Worry</u> (2 of 12) 11.00am-12.00pm</p> <p><u>Assertiveness</u> (2 of 12) 12.00pm-1.00pm</p>	<p><u>COPELAND DE LUCY CENTRE, EGREMONT:</u></p> <p><u>Assertiveness</u> (2 of 12) 10.00am-11.00am</p> <p><u>Managing Stress & Worry</u> (2 of 12) 11.00am-12.00pm</p> <p><u>Together We Grow</u> 11.00am-1.00pm</p>	<p><u>ALLERDALE WORKINGTON TOWN COUNCIL COMMUNITY ROOM:</u></p> <p><u>Women's Group</u> 10.00am-11.00am</p> <p>=====</p> <p><u>ALLERDALE WORKINGTON THE HIVE:</u></p> <p><u>Art for Bereavement</u> (2 of 6) 11.30am-1.30pm</p> <p>=====</p> <p><u>ALLERDALE WORKINGTON TBC:</u></p> <p><u>Men's Group</u> 6.00pm-7.30pm</p>	<p><u>COPELAND MIREHOUSE COMMUNITY CENTRE:</u></p> <p><u>Decider Life Skills</u> (2 of 6) 11.00am-12.00pm</p> <p><u>Emotional Resilience</u> (2 of 6) 12.00pm-1.00pm</p>	<p><u>ALLERDALE WORKINGTON TBC:</u></p> <p><u>Decider Life Skills</u> (2 of 6) 10.00am-11.00am</p> <p><u>Emotional Resilience</u> (2 of 6) 11.00am-12.00pm</p> <p>=====</p> <p><u>COPELAND DE LUCY CENTRE, EGREMONT:</u></p> <p><u>Together We Walk</u> 10.45am-12.00pm</p>	<p><u>ALLERDALE WORKINGTON TBC & ONLINE:</u></p> <p><u>Preparing for Therapy</u> 10.00am-11.00am</p>

January 2023 | Allerdale & Copeland | Week 3 of Block 3

Monday 23rd	Tuesday 24th	Wednesday 25th	Thursday 26th	Friday 27th	Saturday 28th
<p><u>ALLERDALE WORKINGTON TBC:</u></p> <p><u>Managing Stress & Worry</u> (3 of 12) 11.00am-12.00pm</p> <p><u>Assertiveness</u> (3 of 12) 12.00pm-1.00pm</p>	<p><u>COPELAND DE LUCY CENTRE, EGREMONT:</u></p> <p><u>Assertiveness</u> (3 of 12) 10.00am-11.00am</p> <p><u>Managing Stress & Worry</u> (3 of 12) 11.00am-12.00pm</p> <p><u>Together We Grow</u> 11.00am-1.00pm</p> <p>=====</p> <p><u>COPELAND DE LUCY CENTRE, EGREMONT & ONLINE:</u></p> <p><u>Hearing Voices Group</u> 6.45pm-7.45pm</p>	<p><u>ALLERDALE WORKINGTON TOWN COUNCIL COMMUNITY ROOM:</u></p> <p><u>Women's Group</u> 10.00am-11.00am</p> <p>=====</p> <p><u>ALLERDALE WORKINGTON THE HIVE:</u></p> <p><u>Art for Bereavement</u> (3 of 6) 11.30am-1.30pm</p> <p>=====</p> <p><u>ALLERDALE WORKINGTON TBC:</u></p> <p><u>Men's Group</u> 6.00pm-7.30pm</p>	<p><u>COPELAND DE LUCY CENTRE, EGREMONT:</u></p> <p><u>AGE UK & Together We Brew</u> 12:00pm-2:00pm</p> <p>=====</p> <p><u>COPELAND MIREHOUSE COMMUNITY CENTRE:</u></p> <p><u>Decider Life Skills</u> (3 of 6) 11.00am-12.00pm</p> <p><u>Emotional Resilience</u> (3 of 6) 12.00pm-1.00pm</p>	<p><u>ALLERDALE WORKINGTON TBC:</u></p> <p><u>Decider Life Skills</u> (3 of 6) 10.00am-11.00am</p> <p><u>Emotional Resilience</u> (3 of 6) 11.00am-12.00pm</p> <p>=====</p> <p><u>COPELAND DE LUCY CENTRE, EGREMONT:</u></p> <p><u>Together We Walk</u> 10.45am-12.00pm</p>	

February 2023 | Allerdale & Copeland | Week 4 of Block 3

Monday 30th	Tuesday 31st	Wednesday 1st	Thursday 2nd	Friday 3rd	Saturday 4th
<p><u>ALLERDALE WORKINGTON</u> <u>TBC:</u></p> <p><u>Managing Stress & Worry</u> (4 of 12) 11.00am-12.00pm</p> <p><u>Assertiveness</u> (4 of 12) 12.00pm-1.00pm</p>	<p><u>COPELAND DE LUCY CENTRE, EGREMONT:</u></p> <p><u>Assertiveness</u> (4 of 12) 10.00am-11.00am</p> <p><u>Managing Stress & Worry</u> (4 of 12) 11.00am-12.00pm</p> <p><u>Together We Grow</u> 11.00am-1.00pm</p>	<p><u>ALLERDALE WORKINGTON TOWN COUNCIL COMMUNITY ROOM:</u></p> <p><u>Women's Group</u> 10.00am-11.00am</p> <p>=====</p> <p><u>ALLERDALE WORKINGTON THE HIVE:</u></p> <p><u>Art for Bereavement</u> (4 of 6) 11.30am-1.30pm</p> <p>=====</p> <p><u>ALLERDALE WORKINGTON TBC:</u> <u>Men's Group</u> 6.00pm-7.30pm</p>	<p><u>COPELAND MIREHOUSE COMMUNITY CENTRE:</u></p> <p><u>Decider Life Skills</u> (4 of 6) 11.00am-12.00pm</p> <p><u>Emotional Resilience</u> (4 of 6) 12.00pm-1.00pm</p>	<p><u>ALLERDALE WORKINGTON TBC:</u></p> <p><u>Decider Life Skills</u> (4 of 6) 10.00am-11.00am</p> <p><u>Emotional Resilience</u> (4 of 6) 11.00am-12.00pm</p> <p>=====</p> <p><u>COPELAND DE LUCY CENTRE, EGREMONT:</u></p> <p><u>Together We Walk</u> 10.45am-12.00pm</p>	<p><u>ALLERDALE WORKINGTON TBC & ONLINE:</u></p> <p><u>Preparing for Therapy</u> 10.00am-11.00am</p>

February 2023 | Allerdale & Copeland | Week 5 of Block 3

Monday 6th	Tuesday 7th	Wednesday 8th	Thursday 9th	Friday 10th	Saturday 11th
<p><u>ALLERDALE WORKINGTON TBC:</u></p> <p><u>Managing Stress & Worry</u> (5 of 12) 11.00am-12.00pm</p> <p><u>Assertiveness</u> (5 of 12) 12.00pm-1.00pm</p>	<p><u>COPELAND DE LUCY CENTRE, EGREMONT:</u></p> <p><u>Assertiveness</u> (5 of 12) 10.00am-11.00am</p> <p><u>Managing Stress & Worry</u> (5 of 12) 11.00am-12.00pm</p> <p><u>Together We Grow</u> 11.00am-1.00pm</p> <p>=====</p> <p><u>COPELAND DE LUCY CENTRE, EGREMONT & ONLINE:</u></p> <p><u>Hearing Voices Group</u> 6.45pm-7.45pm</p>	<p><u>ALLERDALE WORKINGTON TOWN COUNCIL COMMUNITY ROOM:</u></p> <p><u>Women's Group</u> 10.00am-11.00am</p> <p>=====</p> <p><u>ALLERDALE WORKINGTON THE HIVE:</u></p> <p><u>Art for Bereavement</u> (5 of 6) 11.30am-1.30pm</p> <p>=====</p> <p><u>ALLERDALE WORKINGTON TBC:</u></p> <p><u>Men's Group</u> 6.00pm-7.30pm</p>	<p><u>COPELAND DE LUCY CENTRE, EGREMONT:</u></p> <p><u>AGE UK & Together We Brew</u> 12:00pm-2:00pm</p> <p>=====</p> <p><u>COPELAND MIREHOUSE COMMUNITY CENTRE:</u></p> <p><u>Decider Life Skills</u> (5 of 6) 11.00am-12.00pm</p> <p><u>Emotional Resilience</u> (5 of 6) 12.00pm-1.00pm</p>	<p><u>ALLERDALE WORKINGTON TBC:</u></p> <p><u>Decider Life Skills</u> (5 of 6) 10.00am-11.00am</p> <p><u>Emotional Resilience</u> (5 of 6) 11.00am-12.00pm</p> <p>=====</p> <p><u>COPELAND DE LUCY CENTRE, EGREMONT:</u></p> <p><u>Together We Walk</u> 10.45am-12.00pm</p>	

February 2023 | Allerdale & Copeland | Week 6 of Block 3

Monday 13th	Tuesday 14th	Wednesday 15th	Thursday 16th	Friday 17th	Saturday 18th
<p><u>ALLERDALE WORKINGTON</u> <u>TBC:</u></p> <p><u>Managing Stress & Worry</u> (6 of 12) 11.00am-12.00pm</p> <p><u>Assertiveness</u> (6 of 12) 12.00pm-1.00pm</p>	<p><u>COPELAND DE LUCY CENTRE, EGREMONT:</u></p> <p><u>Assertiveness</u> (6 of 12) 10.00am-11.00am</p> <p><u>Managing Stress & Worry</u> (6 of 12) 11.00am-12.00pm</p> <p><u>Together We Grow</u> 11.00am-1.00pm</p>	<p><u>ALLERDALE WORKINGTON TOWN COUNCIL COMMUNITY ROOM:</u></p> <p><u>Women's Group</u> 10.00am-11.00am</p> <p>=====</p> <p><u>ALLERDALE WORKINGTON THE HIVE:</u></p> <p><u>Art for Bereavement</u> (6 of 6) 11.30am-1.30pm</p> <p>=====</p> <p><u>ALLERDALE WORKINGTON TBC:</u></p> <p><u>Men's Group</u> 6.00pm-7.30pm</p>	<p><u>COPELAND MIREHOUSE COMMUNITY CENTRE:</u></p> <p><u>Decider Life Skills</u> (6 of 6) 11.00am-12.00pm</p> <p><u>Emotional Resilience</u> (6 of 6) 12.00pm-1.00pm</p>	<p><u>ALLERDALE WORKINGTON TBC:</u></p> <p><u>Decider Life Skills</u> (6 of 6) 10.00am-11.00am</p> <p><u>Emotional Resilience</u> (6 of 6) 11.00am-12.00pm</p> <p>=====</p> <p><u>COPELAND DE LUCY CENTRE, EGREMONT:</u></p> <p><u>Together We Walk</u> 10.45am-12.00pm</p>	<p><u>ALLERDALE WORKINGTON TBC & ONLINE:</u></p> <p><u>Preparing for Therapy</u> 10.00am-11.00am</p>

February 2023 | Allerdale & Copeland | Drop in Sessions

Monday 20th	Tuesday 21st	Wednesday 22nd	Thursday 23rd	Friday 24th	Saturday 25th
<p><u>ALLERDALE WORKINGTON</u> <u>TBC:</u></p> <p><u>Drop in</u> 11.00am-1.00pm</p>	<p><u>COPELAND DE LUCY CENTRE, EGREMONT:</u></p> <p><u>Drop In</u> 10.00am-12.00pm</p> <p><u>Together We Grow</u> 11.00am-1.00pm</p> <p><u>COPELAND DE LUCY CENTRE, EGREMONT & ONLINE:</u></p> <p><u>Hearing Voices Group</u> 6.45pm-7.45pm</p>		<p><u>COPELAND DE LUCY CENTRE, EGREMONT:</u></p> <p><u>AGE UK & Together We Brew</u> 12:00pm-2:00pm</p> <p><u>COPELAND MIREHOUSE COMMUNITY CENTRE:</u></p> <p><u>Drop in</u> 11.00am-1.00pm</p>	<p><u>ALLERDALE WORKINGTON</u> <u>TBC:</u></p> <p><u>Drop in</u> 11.00am-1.00pm</p> <p><u>COPELAND DE LUCY CENTRE, EGREMONT:</u></p> <p><u>Together We Walk</u> 10.45am-12.00pm</p>	

Course Descriptions

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

Creative Writing

Explore and express your creativity with creative writing! An 8 session workshop on various elements of creative writing through fun activities. We will explore creating your own characters, plot, settings and different aspects of creative writing from stories to poetry. All welcome from seasoned writers to beginners.

Dads Offload with Liam Edmondson:

<https://www.facebook.com/DadsOffload> & <https://www.offloadcumbria.co.uk>

Dads Offload offers a safe space for dads at all stages of fatherhood to be able to share experiences within a peer support environment. Our sessions are for dads aged 18 and over.

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

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.

Managing Stress & 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.

Together We Brew

A fortnightly session at The De Lucy Centre, Egremont where you can join us for a cuppa and cake in association with AgeUk. There will also be the opportunity to take part in some craft activities and have a good chat.

Together We Grow

Join us in the garden at The De Lucy Centre, Egremont. The gardening project is open to all to look after the community garden.

Together We Walk

Do you enjoy walking? Join us for a gentle two and a half hour walk once a month from either Millom or 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 (WRAP)

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 creative way. It's a great course for anyone who would like to manage their health and wellbeing better. If you need to create a more detailed Wellness Recovery Action Plan the longer course will include guidance for people that might need to make decisions for you when you are unwell and need someone to act on your behalf to keep you safe and well, it will also cover planning for post in patient care.

Women's Group

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