



Planner for
CARLISLE and EDEN
Oct 2022 to Feb 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 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.

November 2022 | Block 2 | Carlisle Week 1

Monday 31st	Tuesday 1st	Wednesday 2nd	Thursday 3rd	Friday 4th	Saturday 5th
	<p><u>CARLISLE CORNERSTONE:</u></p> <p><u>Drop in Session</u> 10.00am-10:30am</p> <p><u>Emotional Resilience</u> (1 of 6) 10.30am-11:30am</p> <p>===</p> <p><u>CARLISLE THE LOOKOUT:</u></p> <p><u>Coffee & Drop in</u> 11:00am-12:00pm</p> <p><u>Assertiveness</u> (7 of 12) 12.30pm-1.30pm</p> <p><u>Decider Life Skills</u> (1 of 6) 2.00pm - 3.00pm</p> <p><u>Drawing & Talking</u> (1 of 6) 3.00pm-4.00pm</p> <p><u>Coffee & Drop in</u> 4.00pm-4.45pm</p> <p><u>Offload Men's Group</u> 5.00pm-6.30pm</p>				<p><u>ONLINE & WORKINGTON</u></p> <p><u>Preparing for Therapy</u> 10.00am-11.00am</p>

November 2022 | Block 2 | Carlisle Week 2 | Eden Week 1

Monday 7th	Tuesday 8th	Wednesday 9th	Thursday 10th	Friday 11th	Saturday 12th
<p><u>ONLINE ZOOM</u> <u>Decider Life Skills</u> (1 of 6) 6.00pm-7.00pm</p>	<p><u>CARLISLE CORNERSTONE:</u> <u>Drop in Session</u> 10.00am-10:30am</p> <p><u>Emotional Resilience</u> (2 of 6) 10.30am-11:30am</p> <p>===</p> <p><u>CARLISLE THE LOOKOUT:</u> <u>Coffee & Drop in</u> 11:00am-12:00pm</p> <p><u>Assertiveness</u> (8 of 12) 12.30pm-1.30pm</p> <p><u>Decider Life Skills</u> (2 of 6) 2.00pm - 3.00pm</p> <p><u>Drawing & Talking</u> (2 of 6) 3.00pm-4.00pm</p> <p><u>Coffee & Drop in</u> 4.00pm-4.45pm</p> <p><u>Offload Men's Group</u> 5.00pm-6.30pm</p> <p><u>ONLINE & THE DE LUCY CENTRE</u> <u>Hearing Voices Group</u> 6.45pm-7.45pm</p>	<p><u>EDEN NEWTON RIGG GRIZEDALE BUILDING:</u></p> <p><u>Women's Group</u> 1:00pm - 2:00pm</p> <p><u>Here and Now Group</u> 2:00pm - 4:00pm</p> <p><u>Taster Sessions</u> 4:00pm - 5:00pm</p> <p><u>Decider Life Skills</u> (1 of 6) 5:00pm - 6:00pm</p> <p><u>Assertiveness</u> (1 of 6) 6.00pm - 7.00pm</p> <p><u>Managing Stress & Worry</u> (1 of 6) 7.00pm - 8.00pm</p>			

November 2022 | Block 2 | Carlisle Week 3 | Eden Week 2

Monday 14th	Tuesday 15th	Wednesday 16th	Thursday 17th	Friday 18th	Saturday 19th
<p><u>ONLINE ZOOM</u> <u>Decider Life Skills</u> (2 of 6) 6.00pm-7.00pm</p>	<p><u>CARLISLE CORNERSTONE:</u> <u>Drop in Session</u> 10.00am-10:30am</p> <p><u>Emotional Resilience</u> (3 of 6) 10.30am-11:30am</p> <p>===</p> <p><u>CARLISLE THE LOOKOUT:</u> <u>Coffee & Drop in</u> 11:00am-12:00pm</p> <p><u>Assertiveness</u> (9 of 12) 12.30pm-1.30pm</p> <p><u>Decider Life Skills</u> (3 of 6) 2.00pm - 3.00pm</p> <p><u>Drawing & Talking</u> (3 of 6) 3.00pm-4.00pm</p> <p><u>Coffee & Drop in</u> 4.00pm-4.45pm</p> <p><u>Offload Men's Group</u> 5.00pm-6.30pm</p>	<p><u>EDEN NEWTON RIGG GRIZEDALE BUILDING:</u></p> <p><u>Women's Group</u> 1:00pm - 2:00pm</p> <p><u>Here and Now Group</u> 2:00pm - 4:00pm</p> <p><u>Taster Sessions</u> 4:00pm - 5:00pm</p> <p><u>Decider Life Skills</u> (2 of 6) 5:00pm - 6:00pm</p> <p><u>Assertiveness</u> (2 of 6) 6.00pm - 7.00pm</p> <p><u>Managing Stress & Worry</u> (2 of 6) 7.00pm - 8.00pm</p>			<p><u>ONLINE & WORKINGTON</u> <u>Preparing for Therapy</u> 10.00am-11.00am</p>

November 2022 | Block 2 | Carlisle Week 4 | Eden Week 3

Monday 21st	Tuesday 22nd	Wednesday 23rd	Thursday 24th	Friday 25th	Saturday 26th
<p><u>ONLINE</u> <u>ZOOM</u> <u>Decider Life Skills</u> (3 of 6) 6.00pm-7.00pm</p>	<p><u>CARLISLE</u> <u>CORNERSTONE:</u></p> <p><u>Drop in Session</u> 10.00am-10:30am</p> <p><u>Emotional Resilience</u> (4 of 6) 10.30am-11:30am</p> <p>===</p> <p><u>CARLISLE</u> <u>THE LOOKOUT:</u></p> <p><u>Coffee & Drop in</u> 11:00am-12:00pm</p> <p><u>Assertiveness</u> (10 of 12) 12.30pm-1.30pm</p> <p><u>Decider Life Skills</u> (4 of 6) 2.00pm - 3.00pm</p> <p><u>Drawing & Talking</u> (4 of 6) 3.00pm-4.00pm</p> <p><u>Coffee & Drop in</u> 4.00pm-4.45pm</p> <p><u>Offload Men's Group</u> 5.00pm-6.30pm</p> <p>===</p> <p><u>ONLINE & THE DE</u> <u>LUCY CENTRE</u> <u>Hearing Voices</u> <u>Group</u> 6.45pm-7.45pm</p>	<p><u>EDEN</u> <u>NEWTON RIGG</u> <u>GRIZEDALE</u> <u>BUILDING:</u></p> <p><u>Women's Group</u> 1:00pm - 2:00pm</p> <p><u>Here and Now</u> <u>Group</u> 2:00pm - 4:00pm</p> <p><u>Taster Sessions</u> 4:00pm - 5:00pm</p> <p><u>Decider Life Skills</u> (3 of 6) 5:00pm - 6:00pm</p> <p><u>Assertiveness</u> (3 of 6) 6.00pm - 7.00pmpm</p> <p><u>Managing Stress & Worry</u> (3 of 6) 7.00pm - 8.00pm</p>			

November 2022 | Block 2 | Carlisle Week 5 | Eden Week 4

Monday 28th	Tuesday 29th	Wednesday 30th	Thursday 1st	Friday 2nd	Saturday 3rd
<p><u>ONLINE ZOOM</u> <u>Decider Life Skills</u> (4 of 6) 6.00pm-7.00pm</p>	<p><u>CARLISLE CORNERSTONE:</u> <u>Drop in Session</u> 10.00am-10:30am</p> <p><u>Emotional Resilience</u> (5 of 6) 10.30am-11:30am</p> <p>===</p> <p><u>CARLISLE THE LOOKOUT:</u> <u>Coffee & Drop in</u> 11:00am-12:00pm</p> <p><u>Assertiveness</u> (11 of 12) 12.30pm-1.30pm</p> <p><u>Decider Life Skills</u> (5 of 6) 2.00pm - 3.00pm</p> <p><u>Drawing & Talking</u> (5 of 6) 3.00pm-4.00pm</p> <p><u>Coffee & Drop in</u> 4.00pm-4.45pm</p> <p><u>Offload Men's Group</u> 5.00pm-6.30pm</p>	<p><u>EDEN NEWTON RIGG GRIZEDALE BUILDING:</u> <u>Women's Group</u> 1:00pm - 2:00pm</p> <p><u>Here and Now Group</u> 2:00pm - 4:00pm</p> <p><u>Taster Sessions</u> 4:00pm - 5:00pm</p> <p><u>Decider Life Skills</u> (4 of 6) 5:00pm - 6:00pm</p> <p><u>Assertiveness</u> (4 of 6) 6.00pm - 7.00pm</p> <p><u>Managing Stress & Worry</u> (4 of 6) 7.00pm - 8.00pm</p>			<p><u>ONLINE & WORKINGTON</u> <u>Preparing for Therapy</u> 10.00am-11.00am</p>

November 2022 | Block 2 | Carlisle Week 6 | Eden Week 5

Monday 5th	Tuesday 6th	Wednesday 7th	Thursday 8th	Friday 9th	Saturday 10th
<p><u>ONLINE</u> <u>ZOOM</u> <u>Decider Life Skills</u> (5 of 6) 6.00pm-7.00pm</p>	<p><u>CARLISLE</u> <u>CORNERSTONE:</u></p> <p><u>Drop in Session</u> 10.00am-10:30am</p> <p><u>Emotional Resilience</u> (6 of 6) 10.30am-11:30am</p> <p>===</p> <p><u>CARLISLE</u> <u>THE LOOKOUT:</u></p> <p><u>Coffee & Drop in</u> 11:00am-12:00pm</p> <p><u>Assertiveness</u> (12 of 12) 12.30pm-1.30pm</p> <p><u>Decider Life Skills</u> (6 of 6) 2.00pm - 3.00pm</p> <p><u>Drawing & Talking</u> (6 of 6) 3.00pm-4.00pm</p> <p><u>Coffee & Drop in</u> 4.00pm-4.45pm</p> <p><u>Offload Men's Group</u> 5.00pm-6.30pm</p> <p>===</p> <p><u>ONLINE & THE DE</u> <u>LUCY CENTRE</u> <u>Hearing Voices</u> <u>Group</u> 6.45pm-7.45pm</p>	<p><u>EDEN</u> <u>NEWTON RIGG</u> <u>GRIZEDALE</u> <u>BUILDING:</u></p> <p><u>Women's Group</u> 1:00pm - 2:00pm</p> <p><u>Here and Now Group</u> 2:00pm - 4:00pm</p> <p><u>Taster Sessions</u> 4:00pm - 5:00pm</p> <p><u>Decider Life Skills</u> (5 of 6) 5:00pm - 6:00pm</p> <p><u>Assertiveness</u> (5 of 6) 6.00pm - 7.00pm</p> <p><u>Managing Stress</u> <u>& Worry</u> (5 of 6) 7.00pm - 8.00pm</p>			

November 2022 | Block 2 | Carlisle Drop In | Eden Week 6

Monday 12th	Tuesday 13th	Wednesday 14th	Thursday 15th	Friday 16th	Saturday 17th
<p><u>ONLINE ZOOM</u> <u>Decider Life Skills</u> (6 of 6) 6.00pm-7.00pm</p>	<p><u>CARLISLE THE LOOKOUT</u> <u>Coffee & Drop in</u> 4.00pm-4.45pm</p> <p><u>Offload Men's Group</u> 5.00pm-6.30pm</p>	<p><u>EDEN NEWTON RIGG GRIZEDALE BUILDING:</u></p> <p><u>Women's Group</u> 1:00pm - 2:00pm</p> <p><u>Here and Now Group</u> 2:00pm - 4:00pm</p> <p><u>Taster Sessions</u> 4:00pm - 5:00pm</p> <p><u>Decider Life Skills (6 of 6)</u> 5:00pm - 6:00pm</p> <p><u>Assertiveness (6 of 6)</u> 6.00pm - 7.00pm</p> <p><u>Managing Stress & Worry (6 of 6)</u> 7.00pm - 8.00pm</p>			<p><u>ONLINE & WORKINGTON</u> <u>Preparing for Therapy</u> 10.00am-11.00am</p>

January 2023 | Carlisle and Eden | Week 1 of Block 3

Monday 9th	Tuesday 10th	Wednesday 11th	Thursday 12th	Friday 13th	Saturday 14th
	<p><u>CARLISLE</u> <u>CORNERSTONE</u> <u>Drop in Session</u> 10.00am-10:30am</p> <p><u>Assertiveness</u> (1 of 6) 10.30am-11:30am</p> <p>===</p> <p><u>CARLISLE</u> <u>THE LOOKOUT</u> <u>Coffee & Drop in</u> 11.00am-12.00pm</p> <p><u>Anger</u> <u>Management</u> (1 of 6) 12.30pm-1.30pm</p> <p><u>Partner</u> <u>Organisation</u> to be confirmed 1.30pm-2.30pm</p> <p><u>Partner</u> <u>Organisation</u> to be confirmed 3.00pm-4.00pm</p> <p><u>Coffee & Drop in</u> 4.00pm-4.45pm</p> <p><u>Offload Men's</u> <u>Group</u> 5.00pm-6.30pm</p> <p>===</p> <p><u>ONLINE & THE</u> <u>DE LUCY CENTRE</u> <u>Hearing Voices</u> <u>Group</u> 6.45pm-7.45pm</p>	<p><u>EDEN</u> <u>NEWTON RIGG</u> <u>GRIZEDALE</u> <u>BUILDING:</u></p> <p><u>Women's Group</u> 1:00pm - 2:00pm</p> <p><u>Here and Now</u> <u>Group</u> 2:00pm - 4:00pm</p> <p><u>Taster Sessions</u> 4:00pm - 5:00pm</p> <p><u>Wellness Recovery</u> <u>Action Plan</u> (1 of 6) 5:00pm -6:00pm</p> <p><u>Partner</u> <u>Organisation</u> to be confirmed 6:00pm - 7:00pm</p> <p><u>Partner</u> <u>Organisation</u> to be confirmed 7:00pm - 8:00pm</p>			

January 2023 | Carlisle and Eden | Week 2 of Block 3

Monday 16th	Tuesday 17th	Wednesday 18th	Thursday 19th	Friday 20th	Saturday 21st
	<p><u>CARLISLE</u> <u>CORNERSTONE</u> <u>Drop in Session</u> 10.00am-10:30am</p> <p><u>Assertiveness</u> (2 of 6) 10.30am-11:30am</p> <p>===</p> <p><u>CARLISLE</u> <u>THE LOOKOUT</u> <u>Coffee & Drop in</u> 11.00am-12.00pm</p> <p><u>Anger</u> <u>Management</u> (2 of 6) 12.30pm-1.30pm</p> <p><u>Partner</u> <u>Organisation</u> to be confirmed 1.30pm-2.30pm</p> <p><u>Partner</u> <u>Organisation</u> to be confirmed 3.00pm-4.00pm</p> <p><u>Coffee & Drop in</u> 4.00pm-4.45pm</p> <p><u>Offload Men's</u> <u>Group</u> 5.00pm-6.30pm</p>	<p><u>EDEN</u> <u>NEWTON RIGG</u> <u>GRIZEDALE</u> <u>BUILDING:</u></p> <p><u>Women's Group</u> 1:00pm - 2:00pm</p> <p><u>Here and Now</u> <u>Group</u> 2:00pm - 4:00pm</p> <p><u>Taster Sessions</u> 4:00pm - 5:00pm</p> <p><u>Wellness Recovery</u> <u>Action Plan</u> (2 of 6) 5:00pm -6:00pm</p> <p><u>Partner</u> <u>Organisation</u> to be confirmed 6:00pm - 7:00pm</p> <p><u>Partner</u> <u>Organisation</u> to be confirmed 7:00pm - 8:00pm</p>			<p><u>ONLINE &</u> <u>WORKINGTON</u> <u>Preparing for</u> <u>Therapy</u> 10.00am-11.00am</p>

January 2023 | Carlisle and Eden | Week 3 of Block 3

Monday 23rd	Tuesday 24th	Wednesday 25th	Thursday 26th	Friday 27th	Saturday 28th
	<p><u>CCARLISLE</u> <u>CORNERSTONE</u> <u>Drop in Session</u> 10.00am-10:30am</p> <p><u>Assertiveness</u> (3 of 6) 10.30am-11:30am</p> <p>===</p> <p><u>CARLISLE</u> <u>THE LOOKOUT</u> <u>Coffee & Drop in</u> 11.00am-12.00pm</p> <p><u>Anger</u> <u>Management</u> (3 of 6) 12.30pm-1.30pm</p> <p><u>Partner</u> <u>Organisation</u> to be confirmed 1.30pm-2.30pm</p> <p><u>Partner</u> <u>Organisation</u> to be confirmed 3.00pm-4.00pm</p> <p><u>Coffee & Drop in</u> 4.00pm-4.45pm</p> <p><u>Offload Men's</u> <u>Group</u> 5.00pm-6.30pm</p> <p>===</p> <p><u>ONLINE & THE</u> <u>DE LUCY CENTRE</u> <u>Hearing Voices</u> <u>Group</u> 6.45pm-7.45pm</p>	<p><u>EDEN</u> <u>NEWTON RIGG</u> <u>GRIZEDALE</u> <u>BUILDING:</u></p> <p><u>Women's Group</u> 1:00pm - 2:00pm</p> <p><u>Here and Now</u> <u>Group</u> 2:00pm - 4:00pm</p> <p><u>Taster Sessions</u> 4:00pm - 5:00pm</p> <p><u>Wellness Recovery</u> <u>Action Plan</u> (3 of 6) 5:00pm -6:00pm</p> <p><u>Partner</u> <u>Organisation</u> to be confirmed 6:00pm - 7:00pm</p> <p><u>Partner</u> <u>Organisation</u> to be confirmed 7:00pm - 8:00pm</p>			

February 2023 | Carlisle and Eden | Week 4 of Block 3

Monday 30th	Tuesday 31st	Wednesday 1st	Thursday 2nd	Friday 3rd	Saturday 4th
	<p><u>CARLISLE</u> <u>CORNERSTONE</u> <u>Drop in Session</u> 10.00am-10:30am</p> <p><u>Assertiveness</u> (4 of 6) 10.30am-11:30am</p> <p>===</p> <p><u>CARLISLE</u> <u>THE LOOKOUT</u> <u>Coffee & Drop in</u> 11.00am-12.00pm</p> <p><u>Anger</u> <u>Management</u> (4 of 6) 12.30pm-1.30pm</p> <p><u>Partner</u> <u>Organisation</u> to be confirmed 1.30pm-2.30pm</p> <p><u>Partner</u> <u>Organisation</u> to be confirmed 3.00pm-4.00pm</p> <p><u>Coffee & Drop in</u> 4.00pm-4.45pm</p> <p><u>Offload Men's</u> <u>Group</u> 5.00pm-6.30pm</p>	<p><u>EDEN</u> <u>NEWTON RIGG</u> <u>GRIZEDALE</u> <u>BUILDING:</u></p> <p><u>Women's Group</u> 1:00pm - 2:00pm</p> <p><u>Here and Now</u> <u>Group</u> 2:00pm - 4:00pm</p> <p><u>Taster Sessions</u> 4:00pm - 5:00pm</p> <p><u>Wellness Recovery</u> <u>Action Plan</u> (4 of 6) 5:00pm -6:00pm</p> <p><u>Partner</u> <u>Organisation</u> to be confirmed 6:00pm - 7:00pm</p> <p><u>Partner</u> <u>Organisation</u> to be confirmed 7:00pm - 8:00pm</p>			<p><u>ONLINE &</u> <u>WORKINGTON</u> <u>Preparing for</u> <u>Therapy</u> 10.00am-11.00am</p>

February 2023 | Carlisle and Eden | Week 5 of Block 3

Monday 6th	Tuesday 7th	Wednesday 8th	Thursday 9th	Friday 10th	Saturday 11th
	<p><u>CARLISLE CORNERSTONE</u> <u>Drop in Session</u> 10.00am-10:30am</p> <p><u>Assertiveness</u> (5 of 6) 10.30am-11:30am</p> <p>===</p> <p><u>CARLISLE THE LOOKOUT</u> <u>Coffee & Drop in</u> 11.00am-12.00pm</p> <p><u>Anger Management</u> (5 of 6) 12.30pm-1.30pm</p> <p><u>Partner Organisation</u> to be confirmed 1.30pm-2.30pm</p> <p><u>Partner Organisation</u> to be confirmed 3.00pm-4.00pm</p> <p><u>Coffee & Drop in</u> 4.00pm-4.45pm</p> <p><u>Offload Men's Group</u> 5.00pm-6.30pm</p> <p>===</p> <p><u>ONLINE & THE DE LUCY CENTRE</u> <u>Hearing Voices Group</u> 6.45pm-7.45pm</p>	<p><u>EDEN NEWTON RIGG</u> <u>GRIZEDALE BUILDING:</u></p> <p><u>Women's Group</u> 1:00pm - 2:00pm</p> <p><u>Here and Now Group</u> 2:00pm - 4:00pm</p> <p><u>Taster Sessions</u> 4:00pm - 5:00pm</p> <p><u>Wellness Recovery Action Plan</u> (5 of 6) 5:00pm -6:00pm</p> <p><u>Partner Organisation</u> to be confirmed 6:00pm - 7:00pm</p> <p><u>Partner Organisation</u> to be confirmed 7:00pm - 8:00pm</p>			

February 2023 | Carlisle and Eden | Week 6 of Block 3

Monday 13th	Tuesday 14th	Wednesday 15th	Thursday 16th	Friday 17th	Saturday 18th
	<p><u>CARLISLE</u> <u>CORNERSTONE</u> <u>Drop in Session</u> 10.00am-10:30am</p> <p><u>Assertiveness</u> (6 of 6) 10.30am-11:30am</p> <p>===</p> <p><u>CARLISLE</u> <u>THE LOOKOUT</u> <u>Coffee & Drop in</u> 11.00am-12.00pm</p> <p><u>Anger</u> <u>Management</u> (6 of 6) 12.30pm-1.30pm</p> <p><u>Partner</u> <u>Organisation</u> to be confirmed 1.30pm-2.30pm</p> <p><u>Partner</u> <u>Organisation</u> to be confirmed 3.00pm-4.00pm</p> <p><u>Coffee & Drop in</u> 4.00pm-4.45pm</p> <p><u>Offload Men's</u> <u>Group</u> 5.00pm-6.30pm</p>	<p><u>EDEN</u> <u>NEWTON RIGG</u> <u>GRIZEDALE</u> <u>BUILDING:</u></p> <p><u>Women's Group</u> 1:00pm - 2:00pm</p> <p><u>Here and Now</u> <u>Group</u> 2:00pm - 4:00pm</p> <p><u>Taster Sessions</u> 4:00pm - 5:00pm</p> <p><u>Wellness Recovery</u> <u>Action Plan</u> (6 of 6) 5:00pm -6:00pm</p> <p><u>Partner</u> <u>Organisation</u> to be confirmed 6:00pm - 7:00pm</p> <p><u>Partner</u> <u>Organisation</u> to be confirmed 7:00pm - 8:00pm</p>			<p><u>ONLINE &</u> <u>WORKINGTON</u> <u>Preparing for</u> <u>Therapy</u> 10.00am-11.00am</p>

February 2023 | Carlisle and Eden | Drop in Sessions

Monday 20th	Tuesday 21st	Wednesday 22nd	Thursday 23rd	Friday 24th	Saturday 25th
	<p><u>CARLISLE</u> <u>THE LOOKOUT</u> <u>Coffee & Drop in</u> 4.00pm-4.45pm</p> <p><u>Offload Men's</u> <u>Group</u> 5.00pm-6.30pm</p> <p>===</p> <p><u>ONLINE & THE</u> <u>DE LUCY CENTRE</u> <u>Hearing Voices</u> <u>Group</u> 6.45pm-7.45pm</p>	<p><u>EDEN</u> <u>NEWTON RIGG</u> <u>GRIZEDALE</u> <u>BUILDING:</u></p> <p><u>Women's Group</u> 1:00pm - 2:00pm</p> <p><u>Here and Now</u> <u>Group</u> 2:00pm - 4:00pm</p> <p><u>Taster Session</u> 4:00pm - 5:00pm</p>			

Course Descriptions

Anger Management

These sessions are designed to help you to understand your relationship with anger better; looking at what your triggers might be, learning ways to deal with anger when it happens and looking at ways to reduce the frequency and impact of anger

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 & 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.

Here & Now Group

The here & Now Group is a drop in session for all adults aged 18+
More information to follow!

Managing Stress & Worry

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

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.

Taster Sessions

Taster sessions are an opportunity for you to come and find out more about a course or group before you register. Meet the team, find out more and hopefully join us for more sessions.

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.