



## Timetable for ALLERDALE & ONLINE

### January 2023 to February 2023 Block 3

#### **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](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. 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 3

<b><u>Mondays</u></b> 09/01/2023 16/01/2023 23/01/2023 30/01/2023 06/02/2023 13/02/2023	<b><u>Tuesdays</u></b> 17/01/2023 31/01/2023 14/02/2023	<b><u>Saturdays</u></b> 21/01/2023 04/02/2023 18/02/2023
<b><u>ONLINE ZOOM:</u></b> <b><u>Decider Life Skills</u></b> (Sessions 1-6) 2.00pm-3.00pm	<b><u>ONLINE &amp; THE DE LUCY CENTRE</u></b> <b><u>Hearing Voices Group</u></b> 6.45pm-7.45pm	<b><u>ONLINE &amp; WORKINGTON</u></b> <b><u>Preparing for Therapy</u></b> 10.00am-11.00am

### Allerdale in person sessions for Block 3

<b><u>Mondays</u></b> 09/01/2023 16/01/2023 23/01/2023 30/01/2023 06/02/2023 13/02/2023	<b><u>Wednesdays</u></b> 11/01/2023 18/01/2023 25/01/2023 01/02/2023 08/02/2023 15/02/2023	<b><u>Fridays</u></b> 13/01/2023 20/01/2023 27/01/2023 03/02/2023 10/02/2023 17/02/2023	<b><u>Saturdays</u></b> 21/01/2023 04/02/2023 18/02/2023
<p style="text-align: center;"><b><u>ALLERDALE WORKINGTON THE HIVE:</u></b></p> <p><b><u>Managing Stress &amp; Worry</u></b> (Sessions 1-6 of 12) 11.00am-12.00pm</p> <p><b><u>Friendship and Boundaries</u></b> (One off session 09/01/23) 12pm -1pm</p> <p><b><u>Assertiveness</u></b> (Session 1 of 11 starts 16/01/23) 12:00pm-1:00pm</p> <p><b><u>Dads Offload</u></b> (09/01/2023 only) 6.30pm-8.00pm</p>	<p style="text-align: center;"><b><u>ALLERDALE WORKINGTON TOWN COUNCIL COMMUNITY ROOM:</u></b></p> <p><b><u>Women's Group</u></b> (Weekly) 10.00am-11.00am</p> <p style="text-align: center;">=====</p> <p style="text-align: center;"><b><u>ALLERDALE WORKINGTON THE HIVE:</u></b></p> <p><b><u>Art for Bereavement</u></b> (Sessions 1-6 of 6) 11.30am-12.30pm</p> <p style="text-align: center;">=====</p> <p style="text-align: center;"><b><u>ALLERDALE WORKINGTON COMMUNITY FIRE STATION:</u></b></p> <p><b><u>Men's Group</u></b> (Weekly) 6.00pm-7.30pm</p>	<p style="text-align: center;"><b><u>ALLERDALE WORKINGTON COMMUNITY FIRE STATION:</u></b></p> <p><b><u>Decider Life Skills</u></b> (Sessions 1-6 of 6) 10.00am-11.00am</p> <p><b><u>Emotional Resilience</u></b> (Sessions 1-6 of 6) 11.00am-12.00pm</p>	<p style="text-align: center;"><b><u>ALLERDALE WORKINGTON THE HIVE &amp; ONLINE:</u></b></p> <p><b><u>Preparing for Therapy</u></b> (Fortnightly) 10.00am-11.00am</p>

## Course Descriptions

### **Art for bereavement with Amanda:** <https://icanfitnesscumbria.co.uk>

This 6 week course is designed to engage you in peer supported sessions based around bereavement through art including painting, drawing and the Japanese art of Kintsugi. You will be provided with materials, you may wish to wear clothing that is comfortable for painting in. The sessions are held in a private space where you will be uninterrupted.

### **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.

### **Dads Offload with Liam Edmondson:** <https://www.facebook.com/DadsOffload>

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.

### **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.

### **Friendship and Boundaries**

This is a one off session to explore creating and maintaining friendships with effective use of boundaries to promote wellbeing and maintain recovery.

### **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.

### **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, 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.

## **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.