



Timetable for **CARLISLE & 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 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

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

Carlisle in person sessions for Block 3

<p><u>Tuesdays</u> 10/01/2023 17/01/2023 24/01/2023 31/01/2023 07/02/2023 14/02/2023</p>	<p><u>CARLISLE</u> <u>CARLTON CLINIC:</u> <u>In Reach Sessions</u> <u>Canteen</u></p> <p><u>Drop in</u> 12.00pm - 2.00pm</p> <p><u>Closed group Courses</u> 2.00pm-4.00pm</p>	<p><u>CARLISLE</u> <u>THE LOOKOUT:</u> <u>Chair Based Exercise</u> 10.00am - 11.00am</p> <p><u>Coffee & Drop in</u> 11.15am-12.15pm</p> <p><u>Anger Management</u> (Sessions 1-6) 12.30pm-1.30pm</p> <p><u>Emotional Resilience</u> (Sessions 1-6) 2.00pm-3.00pm</p> <p><u>Decider Life Skills</u> (Sessions 1-6) 3.00pm-4.00pm</p> <p><u>Friendship & Boundaries</u> 4.00pm-4.45pm **10/01/2023 ONLY**</p> <p><u>Coffee & Drop in</u> 4.00pm-4.45pm **FROM 17/01/2023**</p> <p><u>Offload Men's Group</u> 5.00pm-6.30pm</p>
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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

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.

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.

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.

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.