



## Timetable for COPELAND & 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 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 3

<p><b><u>Mondays</u></b>            09/01/2023            16/01/2023            23/01/2023            30/01/2023            06/02/2023            13/02/2023</p>	<p><b><u>Tuesdays</u></b>            17/01/2023            31/01/2023            14/02/2023</p>	<p><b><u>Wednesday</u></b>            01/02/2023</p>	<p><b><u>Saturdays</u></b>            21/01/2023            04/02/2023            18/02/2023</p>
<p><b><u>ONLINE ZOOM:</u></b>  <b><u>Decider Life Skills</u></b>            (Sessions 1-6)            2.00pm-3.00pm</p>	<p><b><u>ONLINE &amp;</u></b>  <b><u>THE DE LUCY CENTRE</u></b>  <b><u>Hearing Voices Group</u></b>            6.45pm-7.45pm</p>	<p><b><u>ONLINE ZOOM:</u></b>  <b><u>Singing For Fun</u></b>            Taster Session            6.30pm-8.00pm</p>	<p><b><u>ONLINE &amp; WORKINGTON</u></b>  <b><u>Preparing for Therapy</u></b>            10.00am-11.00am</p>

## Copeland in person sessions for Block 3

<p><b><u>Tuesdays</u></b>            10/01/2023            17/01/2023            24/01/2023            31/01/2023            07/02/2023            14/02/2023</p>	<p><b><u>Wednesdays</u></b>            18/01/2023            25/01/2023            01/02/2023            08/02/2023            15/02/2023</p>	<p><b><u>Thursdays</u></b>            12/01/2023            19/01/2023            26/01/2023            02/02/2023            09/02/2023            16/02/2023</p>	<p><b><u>Fridays</u></b>            13/01/2023            20/01/2023            27/01/2023            03/02/2023            10/02/2023            17/02/2023</p>
<p><b><u>COPELAND</u></b>  <b><u>DE LUCY CENTRE,</u></b>  <b><u>EGREMONT:</u></b></p> <p><b><u>Assertiveness</u></b>            (Sessions 1-6 of 12)            10.00am-11.00am</p> <p><b><u>Managing Stress &amp; Worry</u></b>            (Sessions 1-6 of 12)            11.00am-12.00pm</p> <p><b><u>Together We Grow</u></b>            (Weekly)            11.00am-1.00pm</p> <p><b><u>Menopause Matters</u></b>            (17/01/2023 &amp; 31/01/2023)            6.00pm-6.45pm</p> <p style="text-align: center;">=====</p> <p><b><u>COPELAND</u></b>  <b><u>DE LUCY CENTRE,</u></b>  <b><u>EGREMONT &amp; ONLINE:</u></b></p> <p><b><u>Hearing Voices Group</u></b>            (Fortnightly)            6.45pm-7.45pm</p>	<p><b><u>COPELAND</u></b>  <b><u>DE LUCY CENTRE,</u></b>  <b><u>EGREMONT</u></b></p> <p><b><u>MenoFit</u></b>            (Sessions 1-5 of 14            from 18/01/2023)            9.30am-11am</p> <p><b><u>Singing For Fun</u></b>            Fortnightly from 15/02/2023            6.30pm-8pm</p>	<p><b><u>COPELAND</u></b>  <b><u>DE LUCY CENTRE,</u></b>  <b><u>EGREMONT:</u></b></p> <p><b><u>AGE UK &amp; Together We Brew</u></b>            (Fortnightly from 12/01/2023)            12:00pm-2:00pm</p> <p style="text-align: center;">=====</p> <p><b><u>COPELAND</u></b>  <b><u>MIREHOUSE COMMUNITY</u></b>  <b><u>CENTRE:</u></b></p> <p><b><u>Decider Life Skills</u></b>            (Sessions 1-6 of 6)            11.00am-12.00pm</p> <p><b><u>Emotional Resilience</u></b>            (Sessions 1-6 of 6)            12.00pm-1.00pm</p>	<p><b><u>COPELAND</u></b>  <b><u>DE LUCY CENTRE,</u></b>  <b><u>EGREMONT:</u></b></p> <p><b><u>Together We Walk</u></b>            10.45am-12.00pm</p>

## Course Descriptions for Copeland in Block 3 (Jan - Feb 2023)

### **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.

### **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.

### **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.

### **Singing for Fun**

We hope, under the guidance of Dave Camlin, to form a singing for fun group that will enjoy singing for wellbeing. This is an **all ability** session for people who enjoy singing along to their favourite tunes and those already singing in groups.

### **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.

# 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.