



Timetable for **EDEN & 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>

Eden in person sessions for Block 3

<p><u>Wednesdays</u> 11/01/2023 18/01/2023 25/01/2023 01/02/2023 08/02/2023 15/02/2023</p>		<p><u>Thursdays</u> 26/01/2023 02/02/2023 09/02/2023 16/02/2023 23/02/2023</p>
<p><u>EDEN</u> <u>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>Decider Skills</u> 4:00pm - 5:00pm</p> <p><u>Wellness Recovery Action</u> <u>Planning (WRAP)</u> (Sessions 1-6) 5:00pm -7:00pm</p> <p><u>Managing Stress and Worry</u> (Sessions 1-6 of 12) 7:00pm - 8:00pm</p>	<p><u>EDEN</u> <u>APPLEBY LIBRARY</u> <u>TO BE CONFIRMED</u></p>	<p><u>EDEN</u> <u>PENRITH LIBRARY</u> <u>GROUND FLOOR ROOM</u></p> <p><u>Mens Offload</u> 12:30pm - 2:00pm</p>

Course Descriptions for Eden

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.

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.

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.

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.