



Timetable for **EDEN** February to March 2024 Block 2

Enrolment:

To enrol click on this link to enrol for [Eden Courses and Groups](#). Some of our courses below do have separate enrolment forms, please click on the course title on the timetable to enrol for those, they are highlighted in **Dark Blue**.

If you are viewing this as a paper copy, 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.

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.

Where we work from (all areas):

Allerdale:

16 Jane Street, Workington, CA14 3BB
Workington Community Fire Station, Workington, CA14 5BF
The Settlement, High Street, Maryport, CA15 6BQ

Copeland:

De Lucy Centre, Egremont, CA22 2AF
Vulture Club Health and Wellbeing Centre, Unit 8-9 Tangier Buildings, Greggs Lane, Whitehaven, CA28 7UH

Carlisle:

The Lookout, Shady Grove Road, Carlisle, CA2 7LD

Eden:

Dunmail Building, Newton Rigg, Penrith, CA11 0AH
Penrith Library, Penrith, CA11 7YA

Click this link to enrol for [Eden Courses and Groups](#)

Eden in person sessions for Block 2

WEDNESDAY

14/02/2024

21/02/2024

28/02/2024

06/03/2024

13/03/2024

20/03/2024

NEWTON RIGG

DUNMAIL BUILDING:

**Transport is available from Sandgate Bus Station (SPAR shop). Please contact us if you do need transport.*

**We would recommend you bring food/snacks and plenty of drinks if you plan to stay all day as there are no shops on site.*

Coffee and Drop In

(weekly)

11:00am - 11:30am

Decider Life Skills

11:30am - 12:15pm

Nature Journaling

12:30pm - 2:30pm

Assertiveness

2:30pm - 3:00pm

Course Descriptions for Eden

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.

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.

Nature Journaling

These sessions will show you how connecting with the outdoors can improve your health and wellbeing. All resources will be provided.



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.