



Oxfordshire
Mental Health
Partnership



Oxfordshire
Recovery
College

PROSPECTUS

Autumn/Winter Terms 2015/16

Hope



Control



Opportunity



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Welcome to the Oxfordshire Recovery College

All college courses and workshops are co-produced and co-delivered by tutors with personal and professional experience of mental health.

All courses and workshops are open to individuals with lived experience, carers, volunteers and staff from the Oxfordshire Mental Health Partnership.

The college follows an adult education model and we aim to deliver a responsive, peer-led education and training curriculum of recovery-focused workshops and courses.

This means that we:

- ☀ Help individuals to recognise and make use of their talents and resources
- ☀ Help individuals to explore their possibilities and develop their skills
- ☀ Support individuals in achieving their identified goals and aspirations
- ☀ Become coaches who assist individuals to find their own solutions
- ☀ Ensure students choose their own courses that help them to identify ways of making sense of their experiences, becoming experts in managing their lives

We learn from each other, and we inspire each other to help students on their road to recovery. You see the positive change in students - becoming the people they want to be.

Students will have a say in what works for them, have a voice, be heard, and determine their own choices and opportunities in their journey of recovery.

The Oxfordshire Recovery College uses a 'hub and spoke model'. All the education, learning and development that is delivered across Oxfordshire on behalf of the college are the Recovery College 'spokes'. The Recovery College administration operates through a central 'hub' which comprises the core Recovery College team and the admissions office. We will provide courses and workshops across Oxfordshire using educational and community venues. The number of courses and locations that will be available to access will grow over time.

The college welcomes and encourages continuous feedback from students as this is essential to ensuring the quality of our courses and workshops as well as enabling us to provide the best student experience possible. We welcome your comments through completing individual course or workshop evaluations and face-to-face feedback as well as review of Individual Learning Plans. This will ensure the college offers a service which is informed and shaped by all of our students.

Who can argue against the power of collaboration between peer and clinician when you see with your own eyes people living their dreams and having hope because of it?

The courses and workshops fill up very quickly, so please take a look, complete the enrolment form at the back of the prospectus and send it to us as soon as possible.

Alternatively, you can download an electronic registration form from our website and send it to us by email. Details are on page 6 of this prospectus.

Should you find yourself unable to attend a course or workshop for which you have enrolled, please contact the admissions office and let us know, giving as much notice as possible. We will then be able to offer your place to somebody else.

Student access, equality, diversity

All Oxfordshire Recovery College courses and workshops are free of charge

All courses and workshops are open to adults who are over the age of 18 who are either:

- ☀ Individuals who access mental health services
- ☀ Carers, friends or family of students
- ☀ Volunteers and staff of the Oxfordshire Mental Health Partnership organisations

Our aim is to provide an accessible and inclusive learning environment for all students at the Recovery College and we are committed to providing accessible services across all of our training venues. Please let us know of any learning, mobility or sensory challenges when registering so we can do everything possible to ensure your time at the college is both rewarding and successful.

If you do need any support with any learning or health challenges before the start of your course, please do discuss this with us. This can either be done through your Individual Learning Plan or through a discussion with our staff in the admissions office when you register.

You will, at all times, be respected as an individual. Everyone who participates in the college through learning, tuition, management or support is treated equally regardless of age, gender, ethnic origin, nationality, marital status, sexual orientation, disability, mobility, religion or beliefs.

About the courses and workshops

All the college courses and workshops are designed to contribute towards wellbeing and recovery.

Courses and Workshops will be provided under the following criteria headings:

- ☀ **Taking control and increasing opportunities**
- ☀ **Exploring and understanding mental health challenges**
- ☀ **Developing skills and knowledge**
- ☀ **Physical health and wellbeing**

The 'Introduction to Recovery' course was challenging and inspirational, with really empathetic tutors

The exercises and activities were helpful to steering a deeper understanding of the Recovery College

Frequently asked questions

Q Is this like going back to school or college?

A The Recovery College is based on college principles but uses courses that have been designed and are delivered jointly by people with lived experience of mental health problems, carers and people who work and volunteer in mental health services. Recovery is at the very heart of all our courses. You are in control and can choose the course or courses that are of interest to you and that will best help you on your recovery journey.

Q How will the Recovery College monitor my learning?

A Every student will work alongside a tutor to develop an Individual Learning Plan. This will also help you monitor your own learning and see your progression towards achieving the goals you identified.

Q What is the cost of courses?

A There is currently no charge for courses.

Q Will I need to bring books and other equipment?

A The college and course tutors will provide all of the materials needed. Although it may be helpful to you to bring a notebook, pen, and perhaps a folder to keep your notes in.

Q Do I have to attend every session?

A It is really important for you to attend all the sessions for your course. We do understand that there are sometimes unexpected events or emergencies and in these instances, we ask that you contact us and let us know that you aren't able to attend. If you miss several sessions, we will provide an opportunity to meet and discuss any possible issues that may be preventing you from learning on that particular course.

Q What can I hope to get out of coming to the Recovery College?

A The Recovery College courses are designed to help develop the knowledge, understanding and skills of students, about recovery, mental health, living well and education. This may be a stepping stone to other opportunities and may also be an important part of your personal and professional development.

Q I care for somebody who has mental health challenges – can I attend courses?

A The Recovery College acknowledges and understands the importance of carers, family and friends, and so some of our courses have been co-developed and delivered by carers. If these are of interest you can enrol at the Recovery College as a student.

Q I have some physical and learning problems. Will I still be able to do courses?

A Yes. We have learning environments that are accessible and we are inclusive. If you have concerns please tell us when you first contact us. A tutor will work with you to develop an Individual Learning Plan which includes a section on your individual support needs.

Q Do I need to be referred to the college?

A No. It is your decision entirely to become a student the Recovery College, to enrol and to determine the course or courses you would like to do.

Q Who can access the Recovery College?

A You can enrol at the college if you are a person who uses mental health services, if you are a carer, friend or family of a person who uses services, or if you are a volunteer or employee of one of the partnership organisations.

| How to enrol

Look through the courses available on page 9, and when you find a course or workshop that interests you, you can enrol in the following ways:

Online

Download the enrolment form from www.oxfordshirerecoverycollege.org.uk and email your completed form to us at: oxfordshirerecoverycollege@restore.org.uk

By post

Complete the enrolment form attached at the end of this prospectus and post it to: Oxfordshire Recovery College, c/o Restore, Manzil Way, Oxford OX4 1YH.

If you have any questions, or would like to discuss the courses available, then please contact us on 07542 593614, or email info@oxfordshirerecoverycollege.org.uk

| Learning support

We will provide you with information and guidance about all our courses and their content. We will also work with you to create your Individual Learning Plan (ILP) prior to starting as a student at the Recovery College. We will review this with you each term, to ensure that you continue to get the most from our courses and workshops.

| Student Code of Conduct

It is important that we ensure that every student's experience at the college is enriching and positive.

The Code of Conduct is a guide to highlight what our expectations are of students at the college in order that we may help you to achieve success in a supportive and non-threatening environment.

As a student we expect you to:

- ☀ Behave in a responsible manner that fosters mutual respect and understanding between all members of the college
- ☀ Respect the rights, life choices and opinions of others
- ☀ Not to behave in a way that may be considered threatening or disruptive, or that is likely to lead to physical or emotional harm to any students or tutors
- ☀ Behave in a way that does not prevent or disrupt learning or other activities
- ☀ Not to use violent, disorderly or offensive behaviour or language
- ☀ Refrain from the use of alcohol or illicit substances whilst attending the Recovery College

We all have a responsibility to ensure that this Code of Conduct is respected and adhered to. Please do approach any member of college staff if you have any concerns. If we feel you have breached this Code of Conduct, we will discuss this with you and work towards finding a way forward.

| Student Charter

Our Commitment to you before you become a student of the Recovery College:

- ☀ We will deal with your enquiries in an efficient, professional and friendly manner
- ☀ We will provide information, guidance and advice on courses and programmes of study

Your Commitment to us before you become a student of the Recovery College:

- ☀ You will make the most of the opportunities to research what the college has to offer
- ☀ You will ask us to clarify or explain anything you are not sure about

Our Commitment to you throughout your time as a student at the Recovery College:

- ☀ We will provide you with a warm and professional welcome at all times
- ☀ We will provide information explaining what your course will offer
- ☀ We will ensure courses and workshops are of a high quality and promote hope, opportunity and control
- ☀ We will offer advice and guidance on learning and study skills and the use of learning resources
- ☀ We will provide tutorial support that will help you monitor and review your progress
- ☀ We will devise well planned timetables that will, where possible, take your needs into consideration
- ☀ We will provide support for your specific needs if you tell us about a disability or learning difficulty
- ☀ We will provide advice about the progression routes open to you on completion of your course, such as choosing another course, attending college or university, volunteering, becoming a peer tutor or looking for employment
- ☀ We will provide a safe and healthy study environment
- ☀ We will provide an environment free from discrimination
- ☀ We will respect your personal beliefs, religious and cultural practices and traditions
- ☀ We will provide ongoing opportunities to express your views of the college and its services without fear of recrimination

Your Commitment to us throughout your time as a student at the Recovery College:

- ☀ To respect the individual rights of all members of the college
- ☀ To consider the convenience of all students of the college by observing the Student Code of Conduct
- ☀ To take an active part in your own learning and use the resources made available to you
- ☀ To provide us with the information that we need to support your enrolment and ongoing learning
- ☀ To communicate your wishes as to how we can support your wellbeing whilst attending courses or workshops
- ☀ To advise us of things that may be preventing you from getting the most out of your learning experience
- ☀ To attend courses punctually

Confidentiality

During the registration and enrolment process, students are asked to provide personal information and to agree to the purposes for which it may be used.

Information that will be passed to tutors:

- ☀ Student's name
- ☀ Support learning needs
- ☀ A copy of the student's Individual Learning Plan
- ☀ Student's phone number in case of an emergency
- ☀ Details of a named person to contact in an emergency

Student health records are not accessible to course tutors.

Students do not have to mention anything at all during course of workshop attendance about their professional life, their history or their personal experience of mental health. If students do share anything this will be treated in confidence unless the tutors assess that someone's safety is at risk and therefore need to discuss this with the appropriate person or service that can provide the required support.

In line with the Data Protection Act (1998), any student may request to view information held about them by the Recovery College and can do so by contacting us in the office.

I will now be more considered in my approach to carers and their challenges

Lovely, friendly tutor style

Very good slides and presentation, and very good input from all involved

The carer journey workshop impacted me enormously, and brought me to a place of greater understanding of my own journey through a caring role

Course Information

Autumn/Winter Terms 2015/16

Guiding principle of the Oxfordshire Recovery College

Oxfordshire Recovery College uses the power of education in a safe and supportive environment, to promote recovery through learning together and from each other. Our courses are co-produced and co-delivered by those with expertise of mental health through lived and professional experience. Each course is designed to empower students to take control of their lives by enabling them to recognise and develop their own personal strengths, confidence, skills and ambitions.

Taking Control and Increasing Opportunities

Introduction to Recovery College (half day)

This course will provide an understanding of the purpose of the Recovery College. It will explore the aims and principles of the college, provide information on the benefits of attending the college as a student and how to become involved in co-producing courses or workshops. The course provides a variety of interactive activities to encourage the sharing of ideas in a relaxed and supportive environment.

Dates and Times:

Monday 26th October <i>Reference ORC/T1/01</i>	09.30 – 12.30	Oxford: Elder Stubbs Recovery College Hub
Monday 9th November <i>Reference ORC/T1/02</i>	09.30 – 12.30	Oxford: Elder Stubbs Recovery College Hub
Thursday 12th November <i>Reference ORC/T1/03</i>	13.00 – 16.00	Abingdon: The Charter
Monday 7th December <i>Reference ORC/T1/04</i>	13.00 – 16.00	Faringdon: The Corn Exchange
Monday 14th December <i>Reference ORC/T1/05</i>	13.00 – 16.00	Didcot: The Civic Hall
Monday 8th February <i>Reference ORC/T1/06</i>	13.00 – 16.00	Banbury: The Dupuis Centre
Wednesday 24th February <i>Reference ORC/T1/07</i>	09.30 – 12.30	Oxford: Elder Stubbs Recovery College Hub

Exploring and Understanding Mental Health Challenges

Introduction to Recovery (half day)

This course aims to provide an understanding of what recovery is, what the recovery journey means and how unique each person's journey is. The course facilitates small and large group discussions and individual exercises, alongside an exploration of the different approaches to recovery. This course will help you to decide if you would like to develop your knowledge further through our recovery courses and may be the beginning of your discovery of what makes you unique and what recovery means to you.

Dates and Times:

Wednesday 28th October <i>Reference ORC/T1/08</i>	09.30 – 12.30	Oxford: Elder Stubbs Recovery College Hub
Monday 2nd November <i>Reference ORC/T1/09</i>	09.30 – 12.30	Oxford: Elder Stubbs Recovery College Hub
Tuesday 10th November <i>Reference ORC/T1/10</i>	13.00 – 16.00	Abingdon: The Charter
Friday 20th November <i>Reference ORC/T1/11</i>	13.00 – 16.00	Banbury: The Dupuis Centre
Friday 27th November <i>Reference ORC/T12/12</i>	09.30 – 12.30	Oxford: Elder Stubbs Recovery College

Understanding Mental Health (half day)

This course will explain what is meant by 'mental health' and the most common mental health conditions, explore some of the terminology applied to mental health to improve understanding of some diagnoses and discuss myths and prejudices surrounding mental health and the need to challenge them. The course seeks to enhance the recovery journey.

Dates and Times:

Thursday 29th October <i>Reference ORC/T1/13</i>	13.00 – 16.00	Oxford: Elder Stubbs Recovery College Hub
Thursday 26th November <i>Reference ORC/T1/14</i>	13.00 – 16.00	Abingdon: The Charter

Introduction to the Caring Role (half day)

This course explores the experience of friends or family members who become 'carers'. The course aims to provide an understanding of the carer's role; explores the potential journey that friends and family may undertake within the role, provides facts and information and discusses recovery for carers and the need for carers to recover a life outside of their caring role.

Dates and Times:

Friday 30th October <i>Reference ORC/T1/16</i>	09.30 – 12.30	Oxford: Elder Stubbs Recovery College Hub
Friday 13th November <i>Reference ORC/T1/17</i>	09.30 – 12.30	Oxford: Elder Stubbs Recovery College Hub
Friday 27th November <i>Reference ORC/T1/18</i>	13.00 – 16.00	Abingdon: The Charter
Friday 11th December <i>Reference ORC/T1/19</i>	13.00 – 16.00	Banbury: The Dupuis Centre
Friday 15th January <i>Reference ORC/T1/20</i>	13.00 – 16.00	Faringdon: The Corn Exchange
Friday 12th February <i>Reference ORC/T1/21</i>	09.30 – 12.30	Oxford: Elder Stubbs Recovery College Hub

Developing Skills and Knowledge

Peer Support and Tutor Training (8 half days)

Reference ORC/T1/22

This course is for students who have expressed interest in and interviewed for Peer Tutor roles for the Oxfordshire Recovery College and students interested in Peer Support. The course content will include modules on: recovery, challenging behaviour, confidentiality, safeguarding vulnerable adults, giving and receiving feedback, helping others to reflect, code of conduct and tutor and peer support role case studies.

Dates and Times:

Wednesday 18th November	11.00 – 15.00	Oxford: Elder Stubbs Recovery College Hub
Friday 20th November	11.00 – 15.00	Oxford: Elder Stubbs Recovery College Hub
Monday 23rd November	11.00 – 15.00	Oxford: Elder Stubbs Recovery College Hub
Thursday 26th November	11.00 – 15.00	Oxford: Elder Stubbs Recovery College Hub
Monday 30th November	11.00 – 15.00	Oxford: Elder Stubbs Recovery College Hub
Thursday 3rd December	11.00 – 15.00	Oxford: Elder Stubbs Recovery College Hub
Monday 7th December	11.00 – 15.00	Oxford: Elder Stubbs Recovery College Hub
Thursday 10th December	11.00 – 15.00	Oxford: Elder Stubbs Recovery College Hub
Monday 14th December	11.00 – 15.00	Oxford: Elder Stubbs Recovery College Hub

Courses in development

- **Introduction to Well Being** (half day)
- **Understanding Psychosis** (half day)
- **Introduction to Yoga** (half day)
- **Volunteering in Recovery** (half day)
- **On The Road to Employment** (5 half day sessions)
- **Wellness Recovery Action Planning (WRAP)**

Our thanks

The Oxfordshire Recovery College is an exciting new venture and is still in early development. The college is being co-produced, co-designed, co-developed and co-delivered, and we have been very fortunate to receive support, interest and involvement from many groups, individuals and organisations. We are inspired by their continuing support, involvement and interest so would like to thank them on behalf of everyone involved in the Oxfordshire Mental Health Partnership.





Enrolment form

You may choose up to three courses:

1

Course Name

Date

Course Code

Course Location

2

Course Name

Date

Course Code

Course Location

3

Course Name

Date

Course Code

Course Location

YOUR CONTACT INFORMATION

Title Mr Mrs Miss Ms Other (please state)

First Name(s)

Surname

Date of Birth

Address

Postcode

Telephone

Email

WHO CAN WE CONTACT IN AN EMERGENCY?

Emergency contact name

What is this person's relationship to you?

Telephone

Please continue form overleaf...

You can also download this form at
www.oxfordshirerecoverycollege.org.uk



FURTHER INFORMATION (PLEASE TICK)

Do you currently access mental health services? Yes No

Are you a: Carer Relative Friend OMHP Staff

Preferred method of contact?

Telephone Email Text message Other

Preferred time of contact?

Morning Afternoon Evening

Ethnicity

- | | |
|--|--|
| <input type="checkbox"/> White British | <input type="checkbox"/> White Irish |
| <input type="checkbox"/> Any other White | <input type="checkbox"/> Mixed White and Black Caribbean |
| <input type="checkbox"/> Mixed White and Black African | <input type="checkbox"/> Mixed White and Asian |
| <input type="checkbox"/> Any other mixed background | <input type="checkbox"/> Indian |
| <input type="checkbox"/> Not stated | <input type="checkbox"/> Bangladeshi |
| <input type="checkbox"/> Any other Asian background | <input type="checkbox"/> Caribbean |
| <input type="checkbox"/> African | <input type="checkbox"/> Any other Black background |
| <input type="checkbox"/> Chinese | <input type="checkbox"/> Any other ethnic group |
| <input type="checkbox"/> Pakistani | |

How did you hear about the college?

Data Protection Act 1998

The information you provide on this form will be held on computer and will be available to College staff. The information you provide may be shared with other partner organisations for purposes relating to education training or research. Separate consent and opt out forms will be used in this case.

Your enrolment details will be kept securely in line with the Data Protection Act (1998) . Please feel free to e-mail or phone us with any questions.

Please return completed form to:

Oxfordshire Recovery College, c/o Restore, Manzil Way, Oxford, OX4 1YH

You can also download this form at www.oxfordshirerecoverycollege.org.uk
and email it to: info@oxfordshirerecoverycollege.org.uk



OUR PARTNERS





**Oxfordshire
Recovery
College**

www.oxfordshirerecoverycollege.org.uk

Oxfordshire Recovery College, c/o Restore, Manzil Way, Oxford, OX4 1YH

Telephone: 07542 593614

Email: info@oxfordshirerecoverycollege.org.uk

Connection
floating support



Oxford Health **NHS**
NHS Foundation Trust



restore
working for mental health