

Course Dates



NOVEMBER 2017

Recovery College Induction

- Friday 3rd / 13:00-14:00 / Oxford
- Wednesday 22nd / 13:00-14:00 / TBC
- Thursday 30th / 13:00-14:00 / Oxford

Introduction to Recovery

- Wednesday 1st / 13:00-16:00 / Oxford
- Wednesday 22nd / 13:00-16:00 / Oxford
- Wednesday 29th / 13:00-16:00 / Abingdon

Understanding Mental Health

- Friday 3rd / 13:00-16:00 / Didcot
- Thursday 16th / 13:00-16:00 / Oxford

Understanding Psychosis

- Tuesday 14th / 13:00-16:00 / Oxford

Employment: Exploring Confidence

- Wednesday 8th / 13:00-16:00 / Didcot SOHA
- Friday 24th / 10:00-13:00 / Oxford

Wildlife and Wellbeing: An Introduction

- Wednesday 8th / 13:00-16:00 / Banbury
- Wednesday 15th / 13:00-16:00 / Oxford

Benefits of Pets

- Friday 24th / 13:00-16:00 / Banbury

Understanding Self-Harm

- Friday 10th / 13:00-16:00 / Banbury

Tai Chi and Wellbeing

- Monday 27th / 13:00-16:00 / Oxford

All Oxfordshire Recovery College courses are open to adults accessing mental health services from the Oxfordshire Mental Health Partnership (see partner organisations below), professionals working within the OMHP and friends, relatives and carers of our students.

To book a place on any of our courses you will need to first enrol with the college and then attend an Induction and complete an Individual Learning Plan with one of our team. You can enrol via our website

www.oxfordshirerecoverycollege.org.uk/enrolment or by completing an enrolment form which can be found in our prospectus. You can also request a form by calling the office on 01865 779613.



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