

Course Dates



OCTOBER 2017

Recovery College Induction

- Thursday 5th / 13:00-14:00 / Bicester
- Wednesday 11th / 13:00-14:00 / Oxford
- Monday 16th / 13:00-14:00 / Didcot (Fleet Meadow)
- Tuesday 24th / 13:00-14:00 / Didcot (SOHA)
- Friday 27th / 13:00-14:00 / Banbury

Introduction to Recovery

- Wednesday 25th / 13:00-16:00 / Bicester

Understanding Mental Health

- Friday 6th / 13:00-16:00 / Banbury
- Thursday 19th / 13:00-16:00 / Oxford

Introduction to the Caring Role

- Thursday 12th / 13:00-16:00 / Oxford

Understanding Psychosis

- Tuesday 10th / 13:00-16:00 / Abingdon

Employment: Exploring Confidence

- Friday 20th / 10:00-13:00 / Oxford

Wildlife and Wellbeing: An Introduction

- Wednesday 11th / 13:00-16:00 / Witney
- Wednesday 18th / 13:00-16:00 / Oxford

Benefits of Pets

- Wednesday 4th / 13:00-16:00 / Oxford

Understanding Self-Harm

- Thursday 26th / 13:00-16:00 / Oxford

Tai Chi and Wellbeing

- Monday 30th / 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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