

# course dates

April 2018

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## Induction

| 1 Hour

This course gives you more information about how the Recovery College works - who we are, what we do and what you can expect. Attending the Induction is part of your enrolment, so everyone attends this course before booking onto any others.

**Mon 16th** | 10:00 - 11:00 | Oxford

**Mon 16th** | 14:00 - 15:00 | Didcot

**Thu 19th** | 13:00 - 14:00 | Oxford

**Fri 20th** | 13:00 - 14:00 | Banbury

**Wed 25th** | 10:00 - 11:00 | Witney

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## Benefits of Pets

| 3 Hours

This course aims to look at the ways in which companion animals can help us improve and maintain our own well-being, while acknowledging the commitments and difficulties that can be involved with caring for our pets. Acknowledging that not everyone is in a position to own a pet, we also explore some of the alternatives to pet ownership and help people evaluate the pros and cons of owning different kinds of pets considering individual circumstances.

A course suitable for anyone interested in finding out more about how pets can enhance recovery.

**Tue 24th** | 10:00 - 13:00 | Oxford

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## T'ai Chi and Wellbeing

| 3 Hours

This course offers the opportunity to learn some easy T'ai Chi movements as a stress-reduction tool to help in recovery. No previous knowledge is required and you will be given opportunities to experience the beneficial effects in your own mind and body whilst being guided through movements during the workshop. There will be details of a link to a free online tutorial and further practical classes.

**Wed 18th** | 10:00 - 13:00 | Witney

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## Understanding Depression

| 3 Hours

This course will provide a chance to think about what depression is like and how it affects someone's life, as well as an understanding of what causes depression and how to respond to it. The course will examine personal experiences of depression (on video and in text) to illustrate that depression is not an isolated experience and that it is possible to recover.

**Tue 17th** | 10:00 - 13:00 | Oxford

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Oxfordshire  
Recovery  
College

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## **Understanding Mental Health**

**| 3 Hours**

What is mental health? This course will explain what is meant by 'mental health' and the most common mental health conditions. It will 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 through developing a deeper understanding.

**Thu 26th** | 10:00 - 13:00 | Oxford

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## **Wildlife and Wellbeing: An Introduction**

**| 3 Hours**

This course includes a brief look at the current research that shows the benefits of spending time in natural environments. There are opportunities for students to share their experiences and students will examine case studies exploring simple and practical ways of increasing opportunities to connect with natural environments using the resources they have available to them. It is suitable for those who have an interest in gardening or simply enjoy natural environments. It may also be of interest to people who would like to help the people they care for to make the most of their interest in nature.

**Mon 23rd** | 13:00 - 16:00 | Oxford