

course dates

JUNE 2018

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.

Wed 6th | 10:00 - 11:00 | Banbury

Wed 6th | 14:00 - 15:00 | Oxford

Fri 8th | 13:00 - 14:00 | Witney

Mon 11th | 13:00 - 14:00 | Didcot

Fri 22nd | 10:00 - 11:00 | Oxford

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.

Thu 7th | 12:00 - 15:00 | Cholsey

Mon 18th | 13:00 - 16:00 | Oxford

Employment: Exploring Confidence

| 3 Hours

This course aims to create a greater understanding of the meaning of confidence, why we need it and how we get it. It will help recognise and develop existing skills and provide a space to explore possible ways of increasing confidence. This course is suitable for anyone interested in starting on the journey to finding employment, caring for someone who wishes to find work or anyone who works in a supportive role and wants a better understanding of how to help someone improve their confidence.

Fri 8th | 13:00 - 16:00 | Banbury

Wed 20th | 13:00 - 16:00 | Witney

Mon 25th | 13:00 - 16:00 | Didcot

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Food and Wellbeing

| 3 Hours

Eating well and taking control of our food choices is key to feeling better about ourselves physically and mentally. This course explores the current eating habits of ourselves and those we care for – what we eat and why we eat. We discuss the importance of a balanced diet and what this means. We explore how simple changes can be easy and effective - with top tips. We conclude the course by making something healthy and tasty to eat.

Wed 13th | 10:00 - 13:00 | Banbury

Navigating The System

| 3 Hours

This course will explore some of the common frustrations that people can face, with particular focus on problem solving. Students will discover different ways in which they might prepare for an appointment, deal with long waiting times and have their needs met by appropriate services. The course is suitable for people who are engaged with services or seeking to engage, and the people who support them.

Tue 5th | 13:00 - 16:00 | Oxford

Tue 19th | 10:00 - 13:00 | Oxford

Introduction to the Caring Role

| 3 Hours

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 discussions recovery for carers and the need for carers to recover a life outside of the caring role.

Thu 7th | 13:00 - 16:00 | Banbury

Introduction to Recovery

| 3 Hours

What is recovery? 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 explores the different approaches to recovery. It will help you to decide if you would like to develop your knowledge further through our recovery courses, and may help you to discover what make you unique, and what recovery means to you.

Fri 15th | 13:00 - 16:00 | Witney

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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.

Tue 12th | 13:00 - 16:00 | Oxford

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 26th | 13:00 - 16:00 | Oxford

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.

Fri 22nd | 13:00 - 16:00 | Witney

Understanding Stigma

| 3 Hours

Understanding Stigma is a course aimed at students looking to increase their awareness of what we mean when we talk about stigma in relation to mental health, and its potential impacts on people from all walks of life. We look at how legislation, the media, education and our daily interactions can all influence, and be influenced by stigma, and at the different ways in which people can and are working to challenge and change stigma. The course is suitable for anyone wishing to gain a better understanding of stigma and its impacts, and may be of particular interest to people with an interest in mental health advocacy.

Fri 1st | 13:00 - 16:00 | Banbury

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Oxfordshire
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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 4th | 10:00 - 13:00 | Oxford