

# course dates

**MAY 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.

**Tue 1st** | 13:00 - 14:00 | Oxford

**Thu 17th** | 10:00 - 11:00 | Oxford

**Thu 3rd** | 10:30 - 11:30 | Cholsey

**Fri 18th** | 13:00 - 14:00 | Banbury

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## 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.

**Tue 22nd** | 13:00 - 16:00 | Oxford

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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.

**Thu 17th** | 13:00 - 16:00 | Oxford

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## 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 15th** | 13:00 - 16:00 | Banbury

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## **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 makes you unique, and what recovery means to you.

**Wed 9th** | 10:00 - 13:00 | Oxford

**Wed 30th** | 10:00 - 13:00 | Didcot

**Wed 23rd** | 10:00 - 13:00 | Banbury

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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 30th** | 10:00 - 13:00 | Banbury

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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.

**Wed 2nd** | 10:00 - 13:00 | Banbury

**Wed 16th** | 10:00 - 13:00 | Witney

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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.

**Fri 4th** | 13:00 - 16:00 | Banbury

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## **Understanding Self-Harm | 3 Hours**

This course aims to provide a safe space in which students can think about and discuss the different reasons that a person might engage in self harming behaviour – focussing on why, not how. Self harm is prevalent in the UK and we think together about what might drive so many people to engage in these behaviours and we talk through possible coping-strategy alternatives.

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

**Thu 31st** | 13:00 - 16:00 | Didcot

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## **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.

**Tue 8th** | 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 21st** | 13:00 - 16:00 | Didcot

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