

Oxfordshire Recovery College

We design and deliver free educational courses and workshops that aim to help people to take steps towards recovery from mental health issues, or to support someone in their own recovery journey. Our courses are designed to help develop knowledge and understanding, and to gain some practical tools for recovery, mental health, living well and education.

Our Mission Statement:

‘Through learning together we support each other to grow in hope and confidence and develop skills to better manage our own mental health’

Who can come?

Anyone accessing services within the Oxfordshire Mental Health Partnership as well Carers, Family, Friends and Professionals. We encourage all students to self-refer

Co-production:

All of our courses are designed and delivered by both an Expert by Experience (someone with lived experience) and an Expert by Training (someone with a professional background in that area)

How do I enrol?

Attend a one-hour Induction course with the College, and complete an Individual Learning Plan (ILP) with one of our friendly Student Welfare Tutors

Examples of Courses:

- Understanding Mental Health
- Sleep and Wellbeing
- Introduction to Recovery
- Wildlife and Wellbeing
- Art and Flow
- Understanding Anxiety
- Tai Chi and Wellbeing
- Understanding Confidence
- Parenting in Recovery
- Understanding Psychosis
- Introduction to Personality Disorders

How to get involved?

Call us on 01865 779613

or email us at

contactORC@restore.org.uk

“the tutors had a great deal of insight into the subject and were very compassionate and warm”

WE ARE BETTER

TOGETHER

The Oxfordshire Mental Health Partnership

www.oxfordshirerecoverycollege.org.uk