

ORC STUDENT MONTHLY NEWSLETTER



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'

An Introduction to the ORC Newsletter

- The idea of a student newsletter came from our Student Forum back in November, when students fed back that they would like to be kept more up to date with what is going on at the College
- As a result of this suggestion from the students, the ORC team put their heads together and, led by one of our brilliant volunteers, started to produce our very first Student Newsletter!
- Just like our courses and workshops, we want this newsletter to be co-produced – this means we want as much input as possible from our students, after all this newsletter is for you!
- If you have any ideas about what you'd like to see in the newsletter each month, please do drop us an email or give us a call (contact details at the bottom of each page)

A DATE FOR THE DIARY

SPRING TERM STUDENT FORUM - April 3rd in Banbury

Towards the end of every term we hold a Student Forum. It's an opportunity for students to meet each other and share ideas about shaping the future of the Recovery College. We also eat delicious scones and cake! The next one will be **1-3pm on Friday 3rd April in Banbury** at Banbury Mind, Britannia Road, Banbury, OX16 5DN. Put it in your diaries – all welcome!

Our Brand New Video! How To Find Us and What To Expect

We are very excited to announce our new short film, 'How to Find us and What to Expect'.

This film details how to find us at our Oxford base, The Straw Bale, and what to expect when you arrive. The video shows various walking and bus routes from all different locations, as well as a tour around the inside of The Straw Bale - do have a watch, we hope you find it useful!

If you have any further questions about any of our other venues across Oxfordshire and how to find them, please get in touch and the team will be more than happy to help.



To watch the video click in the image. or you can cut and paste the video link in your browser and press the ENTER key <https://youtu.be/btS4-nZxlQQ>

New Course Spotlight: Sharing Personal Information

Each month, our New Course Spotlight will feature a brand new course that we are either running or developing at the Recovery College. Our tutors are always busy developing new courses based on ideas and feedback from students, as well as our own ideas about what we think would be useful! Here's a little more information about our brand new course, Sharing Personal Information:

The course, Sharing Personal Information, helps individuals to think about whether sharing information about their mental health, or health in general, with an employer is the right thing for them. It will look at:

- Information sharing, including the pros and cons, how, when, to whom and how much to share
- Tips for information sharing when in employment, during the application process and at interview
- Creating a Wellness Recovery Action Plan, often known as a WRAP
- Reflection and planning
- Signposting to useful organisations and sources of information

Questions?

When is the course running?

Friday 7th February (1-4pm) at
The Straw Bale, Oxford

Who is it suitable for?

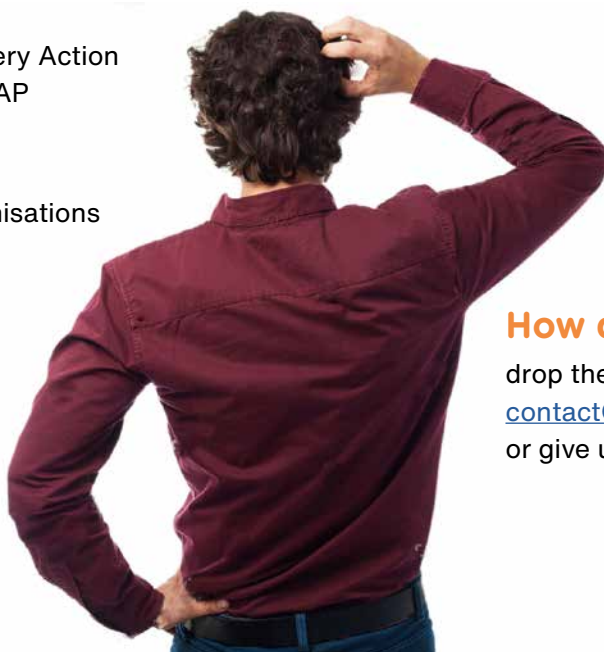
This course is suitable for people who are off sick from work, those thinking of returning to work, those at work who are unsure whether to share information, professionals supporting individuals back to work and carers

Will this course run more than once?

Yes! As it is the first time running the course this term, we are only running it once – we will run it several times in the Summer term, and in different locations too

How do I book?

drop the team an email:
contactORC@restore.org.uk
or give us a call on 01865 779613



Spotlight Of The Month

Sport in Mind

Our Spotlight of the Month features places from outside of the Recovery College, such as other charities, activities or great events that we want to share with you!

Sport in Mind is a small independent charity which has the simple and clear aim of providing sport to promote the physical health and mental wellbeing of adults experiencing mental health issues. They work in cooperation with the NHS and mental health charities and aim to make the sessions as fun, accessible and supportive as possible. Participants of all ability levels are welcome and the sessions are free!

Over on the righthand side of this page are details of what is happening in Oxford and Didcot this term.


How do I book onto these sessions?

Give their team a call on:
07341 267740 or
email: info@sportinmind.org

They also have a brilliant website with videos and further details:


www.sportinmind.org

To watch the video click in the image. or you can cut and paste the video link in your browser and press the ENTER key
<https://www.youtube.com/watch?v=Ke-Db6GstSw>



2020

Working in partnership with



Oxfordshire Timetable

Sport in Mind is an independent mental health charity formed in Berkshire in 2010 with a simple mission: 'to improve the lives of people experiencing mental health problems through sport and physical activity'.


Didcot Sessions


Day	Time	Activity	Contact	Venue
Mon	15.00-16.00	Group Gym Session	Su	Willowbrook Leisure Centre, Bowmont Water, Didcot, Oxfordshire, OX11 7AF
Tues	12.00-13.00	Table Tennis	Aled	Didcot Leisure Centre, Mereland Road, Didcot, Oxfordshire OX11 8AY
Wed	15.00-16.00	Badminton	Aled	Willowbrook Leisure Centre, Bowmont Water, Didcot, Oxon OX11 7AF (term time only)
Thurs	15.30-16.30	Yoga	Alison	All Saints Youth & Community Hall, Roman Place off Foxhall Rd Didcot OX11 7ER


Oxford Sessions


Day	Time	Activity	Contact	Venue
Tues	11.30-12.30	Table tennis	Anne	Grace Church Hall, Oxford Rd, Temple Cowley. OX4 2ES
Fri	13.00-14.00	Football	Ryan or Jordon	Oxford University Sport, Iffley Road, Oxford, OX4 1EQ


Contact Liz McElroy on: 07760 958668 or info@sportinmind.org for more info


 info@sportinmind.org

 www.sportinmind.org

 07341 267740

 www.facebook.com/sportinmind

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 www.virginmoneygiving.com/sportinmind



A few words from Stephanie Byrne, Head of the Recovery College

I'm proud to share with you a new mission statement which we've co-produced with students.

This is it

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

At our Student Forum in November a group of us shared ideas about what the Recovery College does, why we do it and what we want to achieve. Students talked about how the Recovery College helps people share their knowledge and experiences, breaks down barriers between service users and service givers, and builds a sense of belonging. Our new mission statement came out of this work.

As you can see, there's no 'us' or 'them' in this statement and it doesn't use the terms 'service users' or 'mental health difficulties' - it's about everyone learning together, whatever their experiences. If you'd like to read any more about the ideas people gave and how we put them together, please email me on:
stephanie.byrne@restore.org.uk.



**2020 Vision-
Please help shape our future!**

Over 2020 we're going to work hard to review all of our courses and make sure they are as good as they can be. We also want to think about how to develop new courses in the future. We want students' ideas about what courses you'd like, whether you'd like more courses which go over a series of weeks or what handouts are useful.

How can I get involved?

We are setting up some "working groups" to review our courses and develop ideas for the future. The working groups will meet for a couple of hours once or twice a month for the next few months. We are looking for some students who have a few hours to spare and can help us shape the future of the Recovery College by joining one of our working groups. You'll be working together with other students and tutors, it will be fun and there will be refreshments! Travel expenses will be paid.

Please email stephanie.byrne@restore.org.uk to express an interest or for more details. I'm really looking forward to working closely with some of you over the next few months!

