

ORC STUDENT MONTHLY NEWSLETTER

Welcome to the second edition of the student newsletter!

In this edition of the Newsletter you will find:

- Information about our brand new workshop for the Spring, 'Small Steps to Healthy Habits'
- An exciting opportunity to attend a Mental Health workshop in Oxford hosted by an award winning comedian
- How you can contribute your ideas and have your say about the next Oxfordshire Mental Health Partnership event (previously 'My Life Fest', 'Celebrating Our Lives')
- How you can become involved in a brand new Oxford Health study looking at 'is there a social cure for Psychosis?'

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'

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!



New course spotlight: Small Steps to Healthy Habits

We are really excited to announce our brand new workshop for this term, 'Small Steps to Healthy Habits'.

Our Small Steps to Healthy Habits workshop is for anyone who would like to explore ideas around how taking small steps can help you on your own journey of recovery.

During this workshop we will explore the reasons why small steps work and the evidence behind how taking small, manageable steps can lead to improved wellbeing.

We will also share ideas within the group about what we find most useful, and give examples of what small steps and healthy habits can be

helpful to us in our day to day lives - hopefully you will come away with plenty of ideas to try out!

We will also look at the concept of what it means to 'fail', and try to break down the stigma around this concept.

When is the course running?

Saturday 21st March (10-1pm)
at The Straw Bale, Oxford.

How do I book?

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



Would you like to come to a workshop about mental health delivered by an award-winning comedian?

On Tuesday March 10th the award winning comedian, Juliette Burton will be offering Restore and the Recovery College a free mental health workshop called Defined.

About

Developed with Adrian Garcia from the charity SANE, the workshop is a fun and relaxed mix of activities exploring mental health conditions and conversation surrounding depression, anxiety, panic attacks, bipolar disorder, schizophrenia, eating disorders and post traumatic stress.

When and Where

This workshop from 11am to 3pm on March 10th at The Old Fire Station, 40 George St, Oxford, OX1 2AQ

How can I book?

Please contact us on contactorc@restore.org.uk by Monday 2nd March if you are interested in going along. Tickets are free, but will be offered on a first come first served basis.

Please note, this is not a Recovery College course, so we aren't responsible for the content

Separate to the workshop, Juliette is also presenting an evening show at 7.30pm (which you can buy tickets for online), for more information, please visit her **website:** <https://www.julietteburton.co.uk/>



WE ARE BETTER
TOGETHER

The Oxfordshire Mental Health Partnership

**Come get involved with this year's
event led by those who use the services!**



Previously known as My Life Fest (2019)
and Celebrating Our Lives (2018, 2017),
this year's event planning is up to you!



Come along to the initial workshop to
have your say on where the event is to be
held, when the event will take place, what
you want the event to look like and more.

Your contribution, no matter how large or
small, will be greatly appreciated!

Refreshments will be available and you
will be reimbursed for your time.

March 4th 2020

2:00 - 4:00pm

Restore, Straw Bale Room

209B Cowley Road, Oxford OX4 1XF

Interested in Helping out in local research?

Is there a social cure for Psychosis?

Lorna Hogg from Oxford Health is recruiting people with lived experience of Psychosis to join a Lived Experience Advisory Panel (LEAP). Your help is essential to develop and test the feasibility and acceptability of two interventions, one individual and the other a group. Both interventions aim to help people with psychosis overcome loneliness and improve their quality of life and wellbeing.

If you would like the opportunity to get involved please either phone Lorna Hogg on 01865 226431 or email: lorna.hogg@hmc.ox.ac.uk

Closing date for this is Monday 2nd March.



Oxford Health
NHS Foundation Trust