

# Oxfordshire Recovery College

## Online and In-Person Course Dates

5<sup>th</sup> October – 18<sup>th</sup> December 2020  
Autumn Term (part two)



## Autumn Term Welcome

Dear Students, we are really pleased to release our brand-new course dates for the rest of the year, running all the way through from October-December 2020. As you will see from the schedule, we will be continuing to run courses both online and in-person over the coming months.

We are constantly monitoring the current situation, and we realise that things change, and they may do so again, so we will be sure to keep you up to date should anything change over the coming weeks that might affect our in-person courses. We are taking every measure to ensure that our current in-person courses are safe for students and tutors (please read the FAQs at the bottom of this document for more information). The safety of our students and tutors remains our top priority as always.

### NEW COURSES:

We will be bringing three new online courses to the Recovery College this term, including: Understanding Mental Health (2-parts), Introduction to Recovery (2-parts) and Creative Writing (4-parts) which have all been adapted to run as online courses. We will still be continuing with our other online courses including Healthy Sleep and Coping with Stress and Anxiety. All of our online courses will now be run on Zoom.

We have introduced more courses back to our in-person offering, including Understanding Self-Harm and Sharing Personal Information. We are also really pleased to be offering two brand-new courses, Life on a Budget (2 parts), and Exploring Employment Gaps, as well as re-introducing new and updated versions of Understanding Personality Disorders (now a 2-part course) and Finding your Pathway through the Services (formally known as Navigating the System). For more information on all of our courses, please head to our website for course descriptions, or contact the ORC Team.

We really look forward to welcoming you onto courses with us soon!

The ORC Team

# Autumn Term In-Person and Online Courses

October - December 2020

T: 01865 779613

E: [contactORC@restore.org.uk](mailto:contactORC@restore.org.uk)

Oxfordshire  
Recovery  
College

## OCTOBER

MONDAY 5 <sup>th</sup>	TUESDAY 6 <sup>th</sup>	WEDNESDAY 7 <sup>th</sup>	THURSDAY 8 <sup>th</sup>	FRIDAY 9 <sup>th</sup>
<b>Induction</b> <a href="#">The Straw Bale - Oxford</a> 14.00-15.00			<b>Induction</b> <a href="#">The Straw Bale - Oxford</a> 11.00-12.00	
MONDAY 12 <sup>th</sup>	TUESDAY 13 <sup>th</sup>	WEDNESDAY 14 <sup>th</sup>	THURSDAY 15 <sup>th</sup>	FRIDAY 16 <sup>th</sup>
<b>NEW COURSE:</b> <b>Life on a Budget (part 1)</b> <a href="#">The Straw Bale - Oxford</a> 13.00-16.00	<b>Online course</b> <b>Adapting to the New Normal (part 1)</b> 14.00-15.00	<b>Understanding Depression</b> <a href="#">The Straw Bale - Oxford</a> 13.00-16.00	<b>Online course</b> <b>Coping with Stress and Anxiety (part 1)</b> 11.00-12.00	

All in-person courses this term will be held at:  
The Straw Bale, Restore, Manzil Way, Oxford, OX4 1YH

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## OCTOBER

MONDAY 19 <sup>th</sup>	TUESDAY 20 <sup>th</sup>	WEDNESDAY 21 <sup>st</sup>	THURSDAY 22 <sup>nd</sup>	FRIDAY 23 <sup>rd</sup>
<b>NEW COURSE:</b> <b>Life on a Budget (part 2)</b> <a href="#">The Straw Bale - Oxford</a> 13.00-16.00	<b>Online course</b> <b>Adapting to the New Normal (part 2)</b> 14.00-15.00	<b>Understanding Anxiety</b> <a href="#">The Straw Bale - Oxford</a> 13.00-16.00	<b>Online course</b> <b>Coping with Stress and Anxiety (part 2)</b> 11.00-12.00	<b>Understanding Confidence</b> <a href="#">The Straw Bale - Oxford</a> 13.00-16.00
MONDAY 26 <sup>th</sup>	TUESDAY 27 <sup>th</sup>	WEDNESDAY 28 <sup>th</sup>	THURSDAY 29 <sup>th</sup>	FRIDAY 30 <sup>th</sup>
<b>Half term</b>	<b>Half term</b>	<b>Half term</b>	<b>Half term</b>	<b>Half term</b>

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## NOVEMBER

MONDAY 2 <sup>nd</sup>	TUESDAY 3 <sup>rd</sup>	WEDNESDAY 4 <sup>th</sup>	THURSDAY 5 <sup>th</sup>	FRIDAY 6 <sup>th</sup>
<b>Induction</b> <a href="#">The Straw Bale – Oxford</a> 10.00-11.00	<b>Sleep and Wellbeing</b> <a href="#">The Straw Bale - Oxford</a> 13.00-16.00  <b>Online course</b> <b>Understanding Mental Health (part 1)</b> 14.00-15.30	<b>Online course</b> <b>Creative Writing (part 1)</b> 10.30-12.00		<b>Induction</b> <a href="#">The Straw Bale – Oxford</a> 14.00-15.00
MONDAY 9 <sup>th</sup>	TUESDAY 10 <sup>th</sup>	WEDNESDAY 11 <sup>th</sup>	THURSDAY 12 <sup>th</sup>	FRIDAY 13 <sup>th</sup>
	<b>Understanding Confidence</b> <a href="#">The Straw Bale - Oxford</a> 10.00-13.00  <b>Online course</b> <b>Understanding Mental Health (part 2)</b> 14.00-15.30	<b>Online course</b> <b>Creative Writing (part 2)</b> 10.30-12.00  <b>NEW COURSE:</b> <b>Understanding Personality Disorders (part 1)</b> <a href="#">The Straw Bale - Oxford</a> 13.00-16.00	<b>Online course</b> <b>Introduction to Recovery (part 1)</b> 14.00-15.30	<b>NEW COURSE:</b> <b>Finding your Pathway through Services</b> <a href="#">The Straw Bale - Oxford</a> 10.00-13.00

All in-person courses this term will be held at:  
The Straw Bale, Restore, Manzil Way, Oxford, OX4 1YH

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October – December 2020

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## NOVEMBER

MONDAY 16 <sup>th</sup>	TUESDAY 17 <sup>th</sup>	WEDNESDAY 18 <sup>th</sup>	THURSDAY 19 <sup>th</sup>	FRIDAY 20 <sup>th</sup>
<b>Understanding Self-Harm</b> <a href="#">The Straw Bale – Oxford</a> 13.00-16.00	<b>NEW COURSE:</b> <b>Exploring Employment Gaps</b> <a href="#">The Straw Bale - Oxford</a> 10.00-13.00	<b>Online course</b> <b>Creative Writing (part 3)</b> 10.30-12.00  <b>NEW COURSE:</b> <b>Understanding Personality Disorders (part 2)</b> <a href="#">The Straw Bale - Oxford</a> 13.00-16.00	<b>Online course</b> <b>Introduction to Recovery (part 2)</b> 14.00-15.30	<b>Online course</b> <b>Coping with Stress and Anxiety (part 1)</b> 14.00-15.00
MONDAY 23 <sup>rd</sup>	TUESDAY 24 <sup>th</sup>	WEDNESDAY 25 <sup>th</sup>	THURSDAY 26 <sup>th</sup>	FRIDAY 27 <sup>th</sup>
	<b>NEW COURSE:</b> <b>Adapting to Change</b> <a href="#">The Straw Bale - Oxford</a> 13.00-16.00	<b>Online course</b> <b>Creative Writing (part 4)</b> 10.30-12.00	<b>Sharing Personal Information</b> <a href="#">The Straw Bale - Oxford</a> 10.00-13.00	<b>Online course</b> <b>Coping with Stress and Anxiety (part 2)</b> 14.00-15.00

All in-person courses this term will be held at:  
The Straw Bale, Restore, Manzil Way, Oxford, OX4 1YH

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## DECEMBER

MONDAY 30 <sup>th</sup> NOVEMBER	TUESDAY 1 <sup>st</sup> DECEMBER	WEDNESDAY 2 <sup>nd</sup>	THURSDAY 3 <sup>rd</sup>	FRIDAY 4 <sup>th</sup>
	<b>Online course</b> <b>Understanding Mental Health (part 1)</b> 10.30-12.00	<b>Understanding Anxiety</b> <i>The Straw Bale - Oxford</i> 13.00-16.00	<b>Online course</b> <b>Healthy Sleep (part 1)</b> 11.00-12.00	<b>Understanding Confidence</b> <i>The Straw Bale - Oxford</i> 10.00-13.00
MONDAY 7 <sup>th</sup>	TUESDAY 8 <sup>th</sup>	WEDNESDAY 9 <sup>th</sup>	THURSDAY 10 <sup>th</sup>	FRIDAY 11 <sup>th</sup>
	<b>Online course</b> <b>Understanding Mental Health (part 2)</b> 10.30-12.00	<b>Online course</b> <b>Introduction to Recovery (part 1)</b> 10.30-12.00	<b>Online course</b> <b>Healthy Sleep (part 2)</b> 11.00-12.00	
	<b>Online course</b> <b>Adapting to the New Normal (part 1)</b> 14.00-15.30		<b>Understanding Mental Health</b> <i>The Straw Bale - Oxford</i> 13.00-16.00	
MONDAY 14 <sup>th</sup>	TUESDAY 15 <sup>th</sup>	WEDNESDAY 16 <sup>th</sup>	THURSDAY 17 <sup>th</sup>	FRIDAY 18 <sup>th</sup>
	<b>Online course</b> <b>Adapting to the New Normal (part 2)</b> 14.00-15.30	<b>Online course</b> <b>Introduction to Recovery (part 2)</b> 10.30-12.00		<b>End of Autumn Term</b>

## FAQS – In-Person Courses

### How will they look different from normal? – the main things you need to know:

Before attending a course face-to-face, you will be asked to sign an Oxfordshire Recovery College COVID-19 Code of Conduct

### The main things that we need you to remember:

Don't come to a course if you:

- are experiencing COVID-19 symptoms (a high temperature, a new, continuous cough and a loss or change to your sense of smell or taste)
- have returned from another country requiring quarantine in the last 14 days
- have had close contact with someone with COVID-19 symptoms
- have been contacted by the NHS test and trace service and told to self-isolate

### Will I need to wear a mask/face-covering?

You will be asked to wear a face covering when inside The Straw Bale \* – we will ask you to bring your own face covering in, however we will have plenty of spares if you wish to change yours at any point. Face coverings can include: non-medical masks, face shields, bandanas or scarves – all of which will cover your nose and mouth.

\* If you are medically exempt from wearing a face covering, please let us know as soon as possible before coming to a course. Under Restore guidelines, we would ask you to write a short note explaining why you are exempt, and we can then arrange for you to receive a Restore Mask Exemption badge. If you need support with this, please do ask us.

### How will the room be set-up?

The tutors will sanitise and clean all work surfaces before and after the course. We have spaced out all tables and chairs at The Straw Bale so that every seat at a table is appropriately distanced in line with the latest guidelines. We have changed the layout too, so there will be tables with groups of up to four students per table. Please be patient, respectful and ask nicely if you feel someone is too close. Likewise, please be patient and respectful if someone asks you to move further away.

### Do I need to bring anything else?

Other than a face covering, we suggest that you might like to bring an extra layer of clothing - we will keep windows and the doors open during the course to allow air flow through the building. Therefore, if you think you might get chilly then please bring an extra layer.

**Refreshments:** please bring something along with you to drink from e.g. a water bottle or flask to keep yourselves hydrated. Unfortunately, we have had to close the kitchen area and facilities in The Straw Bale for the moment. The Restore café will be open from 20<sup>th</sup> August, so you will be able to purchase takeaway drinks and refreshments

### How many people will be on a course?

There will be no more than 12 people in the room at once, this includes two tutors per course, so there will never be more than 10 students. The layout of The Straw Bale has been re-designed specifically to keep students and tutors spaced apart adhering to social distancing guidelines.

### Are there only in-person courses in Oxford?

All of our in-person courses in September will take place in Oxford only, at The Straw Bale, Manzil Way, Cowley Road, OX4 1YH. We are really keen to return to other locations as soon as possible, such as Banbury, Didcot, Witney and many more – but for reasons out of our control we are unable to do this at the moment. We are working hard to try and run courses outside of central Oxford in the near future.

### How long will an in-person course last?

In-person courses will be 3 hours long as normal. There will always be at least one break in the middle, and tutors will be happy to accommodate extra breaks if needed whilst we all get used to this new way of working together. As on any normal course, if you wish to step outside at any point during the course, please feel free to do so.

### Bathroom facilities?

The bathroom in The Straw Bale will be in use as normal – we just ask that you are extra vigilant with washing your hands and sanitising the space (there will be a small set of easy to read instructions by the bathroom)

### I am feeling anxious, is there anything else I can do to help me prepare?

If you are feeling particularly anxious about coming back to in-person courses then don't worry, you are not alone. We can book you in for a telephone call appointment with one of our team or Student Welfare tutors, to discuss if there's anything we can put in place for you to make attending easier. If you have any queries or further questions, please don't hesitate to contact us



## FAQS - ORC Online Courses

### How long will each course last online?

Each online course will last one hour. If you sign up to a 2-part course, each part will last one hour, and be spread out over the two weeks (see calendar for example).

### How do I access the courses online?

**From October onwards, we will be moving our online courses to Zoom.** Once we have confirmed your space, you will be emailed a Zoom link which you will need to click on to access the course on the day. You will be sent this link in advance alongside some simple instructions in the email. We have tried to make this process as simple and accessible for students as possible. You shouldn't have to download the Zoom app beforehand to access the course, but it might be useful to do so. If you need any help with the technology, please don't hesitate to contact the team.

### How will interactions work during an online course?

Our online workshops have been designed to give students the opportunity to listen and talk to each other just as we do on our in-person courses. Tutors will explain how this will work at the start of each course. What we've found works best, is if students mute their microphones when they are not speaking - this helps with the sound quality of the call and to reduce any interference. When you are speaking and sharing ideas, you will of course be prompted to turn your microphones back on! There is also a chat section enabled on the video call if you would prefer to interact using this rather than speaking.

### How many students will be on an online course?

There will be up to 8 students on each online course, and two tutors. We have reduced the number of students on each course, to allow for group interaction within the hour for each course.

### What will I need for an online course?

Yourself most importantly - other than that, you will need a computer/laptop/tablet/phone to join the course. For online courses, we suggest that you download Zoom beforehand when possible – but it is not necessary.

### Can I join if I'm not a student of the College?

If you've never attended an ORC course before, you are welcome to enrol as a new student – please email or call us using the details below and we will take down a few details to enrol you. We will arrange a phone call for you with one of our Welfare Tutors to create an individual learning plan with you, and you can then sign up to any of our workshops.

### How do I sign up?

To sign up, please email us: [contactORC@restore.org.uk](mailto:contactORC@restore.org.uk) or call us: **01865 779613**

**If you have any further questions, please don't hesitate to contact us. We really look forward to welcoming you to back to courses with us soon!**

If you would like to book onto any of these courses, or enrol as a student with Oxfordshire Recovery College, please contact us to sign up:

Email: contactORC@restore.org.uk  
Telephone: 01865 779613

For further information, including descriptions of our courses, please head to our website:

[www.oxfordshirerecoverycollege.org.uk](http://www.oxfordshirerecoverycollege.org.uk)



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Oxfordshire Recovery College



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