

Oxfordshire Recovery College

UPDATED: Online Course Dates

November - December 2020
Autumn Term



Dear Students,

You will have seen from our communications at ORC last week that we have taken the difficult decision to cancel the rest of our in-person courses that were originally scheduled for this term. This was disappointing for all of us, but protecting health has to be our priority.

However, we are delighted to announce that we are introducing **more online courses** for the rest of the term, from 16th November onwards.

NEW COURSES:

We are bringing back 5 Ways to Wellbeing across November-December, and introducing **two brand-new online courses**: Boosting Confidence (2-parts) which we are running twice, and Nurturing Hope (2-parts). We have also added two extra dates for our Healthy Sleep course, due to popular demand. All newly added courses this term will be signified by the words: **NEWLY ADDED COURSE** on the dates below.

COURSE BOOKINGS:

We have very limited places on these courses, so we do encourage you to contact us as soon as possible if you'd like to book onto a course. Some of our courses are already fully booked from when the original dates were released back in September, but this will be shown next to the date below if this is the case. If you are not able to book onto the course straight away, we will put you on our waiting list and contact you as soon as possible should a space become available. We are now working hard to create a plan for courses in the New Year as we speak, where there will be an even wider range of courses on offer.

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 online courses with us soon!

The ORC Team

NOVEMBER

| MONDAY 16 th | TUESDAY 17 th | WEDNESDAY 18 th | THURSDAY 19 th | FRIDAY 20 th |
|-------------------------|--|--|---|--|
| | NEWLY ADDED COURSE Healthy Sleep (part 1) 11.00-12.00 | Online course Creative Writing (part 3) 10.30-12.00 (fully booked) | Online course Introduction to Recovery (part 2) 14.00-15.30 (fully booked) | NEWLY ADDED COURSE 5 Ways to Wellbeing (part 1) 11.00-12.00 Online course Coping with Stress and Anxiety (part 1) 14.00-15.00 (fully booked) |
| MONDAY 23 rd | TUESDAY 24 th | WEDNESDAY 25 th | THURSDAY 26 th | FRIDAY 27 th |
| | NEWLY ADDED COURSE Healthy Sleep (part 2) 11.00-12.00 | Online course Creative Writing (part 4) 10.30-12.00 (fully booked) | NEWLY ADDED COURSE Boosting Confidence (part 1) 14.00-15.30 (fully booked) | NEWLY ADDED COURSE 5 Ways to Wellbeing (part 2) 11.00-12.00 Online course Coping with Stress and Anxiety (part 2) 14.00-15.00 (fully booked) |

Autumn Term Online Courses

November - December 2020

T: 01865 779613

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Oxfordshire
Recovery
College

DECEMBER

| MONDAY 30 th NOVEMBER | TUESDAY 1 st DECEMBER | WEDNESDAY 2 nd | THURSDAY 3 rd | FRIDAY 4 th |
|---|---|---|---|---|
| NEWLY ADDED COURSE Nurturing Hope (part 1) 14.00-15.30 | Online course Understanding Mental Health (part 1) 10.30-12.00 (fully booked) | | Online course Healthy Sleep (part 1) 11.00-12.00 (fully booked) | NEWLY ADDED COURSE 5 Ways to Wellbeing (part 3) 11.00-12.00 |
| | | | NEWLY ADDED COURSE Boosting Confidence (part 2) 14.00-15.30 (fully booked) | |
| MONDAY 7 th | TUESDAY 8 th | WEDNESDAY 9 th | THURSDAY 10 th | FRIDAY 11 th |
| NEWLY ADDED COURSE Nurturing Hope (part 2) 14.00-15.30 | Online course Understanding Mental Health (part 2) 10.30-12.00 (fully booked) | Online course Introduction to Recovery (part 1) - 10.30-12.00 | Online course Healthy Sleep (part 2) 11.00-12.00 (fully booked) | NEWLY ADDED COURSE 5 Ways to Wellbeing (part 4) 11.00-12.00 |
| | Online course Adapting to the New Normal (part 1) 14.00-15.00 | NEWLY ADDED COURSE Boosting Confidence (part 1) 14.00-15.30 | | |
| MONDAY 14 th | TUESDAY 15 th | WEDNESDAY 16 th | THURSDAY 17 th | FRIDAY 18 th |
| | Online course Adapting to the New Normal (part 2) 14.00-15.00 | Online course Introduction to Recovery (part 2) - 10.30-12.00 | Online Workshop Festive Fold - Origami Workshop 14.00-15.00 <i>(not an ORC course, but all students are welcome)</i> | NEWLY ADDED COURSE 5 Ways to Wellbeing (part 5) 11.00-12.00 |
| | | NEWLY ADDED COURSE Boosting Confidence (part 2) 14.00-15.30 | | |

FAQS - ORC Online Courses

How long will each course last online?

Each online course will last between one hour and 90 minutes per part (see calendar for timings). For example, if you sign up to a 2-part course, the course will be spread out over two weeks and so on.

How do I access the courses online?

All of our online courses take place on 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 courses 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. There is also a chat section enabled on the video call if you would prefer to interact using this rather than speaking. We may use PowerPoint slides and videos during some online courses, but the emphasis will be on group discussion and sharing ideas as normal.

How many students will be on an online course?

There will be up to 10 students on each online course, and two tutors. We have reduced the number of students on each course from our in-person courses, to allow for group interaction within the timeframe for each online 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. You are welcome to bring a pen and paper with you should you wish to take any notes, but this 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 Student Welfare Tutors to create an Individual Learning Plan (ILP) with you, and you can then sign up to any of our courses.

How do I sign up?

To sign up, please email or phone us:

E: contactORC@restore.org.uk

T: **01865 779613**

If you have any further questions, please don't hesitate to contact us. We really look forward to welcoming you onto a course 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



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