

Oxfordshire Recovery College

Spring Term Online Course Dates

January 7th - 1st April 2021
Spring Term



Spring Term Welcome

Dear ORC Students,

We are really pleased to announce the latest Course Dates for our Spring Term 2021, running from Thursday 7th January – Friday 1st April. Please see the timetable below to have a look at all the online courses we are running throughout our Spring Term next year.

For the moment, we have just scheduled **online** courses next term. However, we will reassess the situation in the New Year, and if it is safe to do so we will look to schedule some **in-person courses** in Oxford before the end of term. We remain hopeful!

BRAND NEW COURSES FOR SPRING 2021:

We will be bringing **four** new online courses to the Recovery College this term, including: Introduction to Mindfulness (2-parts), Introduction to the Caring Role (1-part), Thinking about Thinking (2-parts) and Life on a Budget (2-parts). We will still be continuing with our other popular online courses, all of which are listed on the timetable below. For more info and course descriptions, please head to our website to have a look.

BRAND NEW WORKSHOP - CONSCIOUS DOODLING:

We are also very excited to announce we will be running a brand-new creative workshop in January – **Conscious Doodling** (3-parts). This is not an ORC co-produced workshop but will be on offer specifically for ORC students this term. Here's a quick taster of what's in store: *'This workshop is an opportunity to try different doodling and abstract drawing techniques and to discover the potential for creating moment of calm in our lives. No special skills or equipment are required, just some paper or a sketch book, something to draw with and the willingness to put the two together and see what happens.'* We can't wait!

We have created an updated FAQs section at the end of this document, which we hope will answer any queries about our online courses next term. As always, if you have any questions, please don't hesitate to get in touch with the team.

We are really looking forward to welcoming you to courses once more in the New Year!

The ORC Team

Spring Term Online Courses

January-April 2020

T: 01865 779613
E: contactORC@restore.org.uk

Oxfordshire
Recovery
College

JANUARY

MONDAY 4 th	TUESDAY 5 th	WEDNESDAY 6 th	THURSDAY 7 th	FRIDAY 8 th
<div style="border: 1px solid red; padding: 5px;"> All courses this term will take place online via Zoom </div>		Start of Spring Term	Online course ORC Induction 14.00-15.00	
MONDAY 11 th	TUESDAY 12 th	WEDNESDAY 13 th	THURSDAY 14 th	FRIDAY 15 th
Online course ORC Induction 11.00-12.00		Online course 5 Ways to Wellbeing (part 1) 14.00-15.00	Online course Introduction to Recovery (part 1) 14.00-15.30	NEW Online workshop* Conscious Doodling (part 1) 14.00-15.30
				<div style="border: 1px solid blue; padding: 5px;"> * External workshop open to ORC students only </div>
MONDAY 18 th	TUESDAY 19 th	WEDNESDAY 20 th	THURSDAY 21 st	FRIDAY 22 nd
	Online course Creative Writing (part 1) 10.30-12.00 Online course Boosting Confidence (part 1) 14.00-15.30	Online course 5 Ways to Wellbeing (part 2) 14.00-15.00	Online course Introduction to Recovery (part 2) 14.00-15.30	Online course Understanding Mental Health (part 1) 10.30-12.00 NEW Online workshop* Conscious Doodling (part 2) 14.00-15.30

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JANUARY/FEBRUARY

MONDAY 25 th	TUESDAY 26 th	WEDNESDAY 27 th	THURSDAY 28 th	FRIDAY 29 th
	<p>Online course Creative Writing (part 2) 10.30-12.00</p> <p>Online course Boosting Confidence (part 2) 14.00-15.30</p>	<p>Online course 5 Ways to Wellbeing (part 3) 14.00-15.00</p>	<p>Online course Healthy Sleep (part 1) 14.00-15.30</p>	<p>Online course Understanding Mental Health (part 2) 10.30-12.00</p> <p>NEW Online workshop* Conscious Doodling (part 3) 14.00-15.30</p>
MONDAY 1 st FEBRUARY	TUESDAY 2 nd	WEDNESDAY 3 rd	THURSDAY 4 th	FRIDAY 5 th
<p>Online course Boosting Confidence (part 1) 10.00-11.30</p>	<p>Online course Creative Writing (part 3) 10.30-12.00</p> <p>Online course Coping with Stress and Anxiety (part 1) 14.00-15.00</p>	<p>NEW COURSE: Online course Introduction to the Caring Role 10.30-12.00</p> <p>Online course 5 Ways to Wellbeing (part 4) 14.00-15.00</p>	<p>NEW COURSE: Online course Introduction to Mindfulness (part 1) 10.30-12.00</p> <p>Online course Healthy Sleep (part 2) 14.00-15.30</p>	<p>Online course Adapting to Change (part 1) 10.00-11.00</p> <p>Online course Nurturing Hope (part 1) 14.00-15.30</p>
MONDAY 8 th	TUESDAY 9 th	WEDNESDAY 10 th	THURSDAY 11 th	FRIDAY 12 th
<p>Online course Boosting Confidence (part 2) 10.00-11.30</p>	<p>Online course Creative Writing (part 4) 10.30-12.00</p> <p>Online course Coping with Stress and Anxiety (part 2) 14.00-15.00</p>	<p>Online course 5 Ways to Wellbeing (part 5) 14.00-15.00</p>	<p>NEW COURSE: Online course Introduction to Mindfulness (part 2) 10.30-12.00</p>	<p>Online course Adapting to Change (part 2) 10.00-11.00</p> <p>Online course Nurturing Hope (part 2) 14.00-15.30</p>

FEBRUARY/MARCH

MONDAY 15 th	TUESDAY 16 th	WEDNESDAY 17 th	THURSDAY 18 th	FRIDAY 19 th
Half term	Half term	Half term	Half term	Half term
MONDAY 22 nd	TUESDAY 23 rd	WEDNESDAY 24 th	THURSDAY 25 th	FRIDAY 26 th
		<p>Online course ORC Induction 14.00-15.00</p>	<p>NEW COURSE: Online course Thinking about Thinking (part 1) 10.30-12.00</p>	<p>Online course Understanding Mental Health (part 1) 10.30-12.00</p>
MONDAY 1 st MARCH	TUESDAY 2 nd	WEDNESDAY 3 rd	THURSDAY 4 th	FRIDAY 5 th
<p>NEW COURSE: Online course Life on a Budget (part 1) 14.00-15.30</p>	<p>Online course Coping with Stress and Anxiety (part 1) 14.00-15.00</p>		<p>NEW COURSE: Online course Thinking about Thinking (part 2) 10.30-12.00</p>	<p>Online course Understanding Mental Health (part 2) 10.30-12.00</p> <p>Online course Introduction to Recovery (part 1) 14.00-15.30</p>

MARCH

MONDAY 8 th	TUESDAY 9 th	WEDNESDAY 10 th	THURSDAY 11 th	FRIDAY 12 th
NEW COURSE: Online course Life on a Budget (part 2) 14.00-15.30	Online course Coping with Stress and Anxiety (part 2) 14.00-15.00	Online course Creative Writing (part 1) 10.30-12.00	Online course Nurturing Hope (part 1) 10.30-12.00 NEW COURSE: Online course Introduction to Mindfulness (part 1) 14.00-15.30	Online course Introduction to Recovery (part 2) 14.00-15.30
MONDAY 15 th	TUESDAY 16 th	WEDNESDAY 17 th	THURSDAY 18 th	FRIDAY 19 th
Online course Boosting Confidence (part 1) 10.30-12.00	Online course Healthy Sleep (part 1) 14.00-15.30	Online course Creative Writing (part 2) 10.30-12.00	Online course Nurturing Hope (part 2) 10.30-12.00 NEW COURSE: Online course Introduction to Mindfulness (part 2) 14.00-15.30	NEW COURSE: Online course Thinking about Thinking (part 1) 14.00-15.30

MARCH

MONDAY 22 nd	TUESDAY 23 rd	WEDNESDAY 24 th	THURSDAY 25 th	FRIDAY 26 th
<p>Online course Boosting Confidence (part 2) 10.30-12.00</p>	<p>Online course Healthy Sleep (part 2) 14.00-15.30</p>	<p>Online course Creative Writing (part 3) 10.30-12.00</p> <p>Online course Coping with Stress and Anxiety (part 1) 14.00-15.00</p>		<p>NEW COURSE: Online course Thinking about Thinking (part 2) 14.00-15.30</p>
MONDAY 29 th	TUESDAY 30 th	WEDNESDAY 31 st	THURSDAY 1 st April	FRIDAY 2 nd April
	<p>NEW COURSE: Online course Introduction to the Caring Role 14.00-15.30</p>	<p>Online course Creative Writing (part 4) 10.30-12.00</p> <p>Online course Coping with Stress and Anxiety (part 2) 14.00-15.00</p>	<p>End of Spring term</p>	

FAQS - ORC Online Courses

How long will each course last online?

Each online course will last between 60-90 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.

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, approximately 24 hours before the course is due to start, 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 would 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, videos and break-out rooms 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 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. Any materials used will be sent out to you via email after the course is finished.

Is there an opportunity for me to give feedback after the course?

Yes! Your feedback as students is so important to us and is essential for the running of our courses and the development of new ones. Your feedback means we are able to learn what we do well, and most importantly what we can improve on so that we are able to make the service as best as it can be for you, the students. You will be sent out a short online feedback survey after the end of each course. We would really appreciate if you could fill this in to let us know how the course went for you.

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

If you are feeling particularly anxious about attending a course with the College 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.

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

To sign up, please email us: contactORC@restore.org.uk or call us: **01865 779613**

Or you can fill out the online Enrolment form on our website:

www.oxfordshirerecoverycollege.org.uk

and head to the tab at the top of the home page:

Learn with Us → I want to be a Student - Enrol

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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