

1st December 2020

ORC

End of term update

Dear ORC Students,

As we approach the last few weeks of our Autumn term, we'd love to give you an update of what's been going on at the College. There's a lot still to look forward to this term and looking ahead into Spring, as well as some exciting new projects and opportunities that we are eager to tell you about!

It has been wonderful to see and hear so many of you on our courses throughout this term. Your flexibility and adaptability as students, volunteers and tutors with us has been incredible - something which we should all feel proud of, at the end of what has been a difficult year. We are already busy thinking about next term and what more we can offer for ORC Spring Term 2021. We will be releasing our new course dates very soon, so do keep an eye out for this over the next couple of weeks... there's a glimpse of some of the things we have in store for next term further on, so do keep reading!

Oxfordshire and Buckinghamshire Mental Health Phonenumber

The 24/7 mental health helpline provides people with mental health advice. This round-the-clock helpline will make it quicker and easier for people in Oxfordshire and Buckinghamshire to get the right advice they need for their mental health and emotional wellbeing. This line operates 24 hours a day, 7 days a week for people who need mental health care when their situation is not life threatening.

Phone number for adults: 0800 783 0119

Phone number for Children and Young people: 0800 783 0121

End of Term Origami Workshop: Festive Fold

Festive Origami

All ORC students, volunteers and tutors are invited to a Festive Origami workshop to celebrate the end of term, on Thursday 17th December, 2-3pm. This will be run by Dr Lizzie Burns, who helps people of all ages to discover origami in a relaxing environment focused on wellbeing - all you will need is some paper! This is not an ORC co-produced workshop,



but Lizzie has many years of experience offering origami workshops as a way to lift mood and support wellbeing (one fold at

a time!). If you would like to book a space, please contact us on:

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

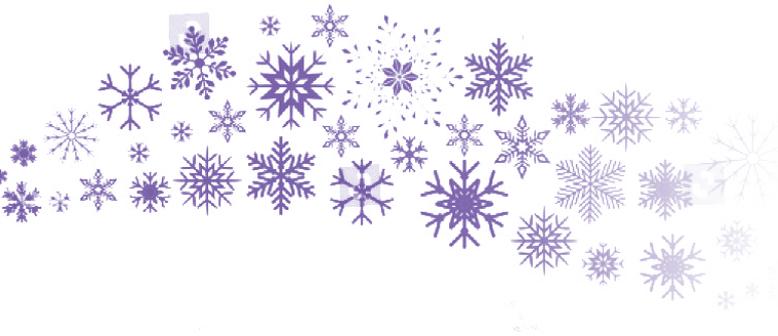
Exciting opportunity to join a Recovery College Lived Experience Advisory Panel

We are looking for someone to join a national Lived Experience Advisory Panel (LEAP). This panel will look specifically at research around Recovery Colleges across the country. Whether you're a student, volunteer or tutor with ORC, we'd love to hear from you if you are interested in finding out more about this opportunity.

For further information, please contact Stephanie on:
stephanie.byrne@restore.org.uk

Coping with Christmas and Holding onto Hope

For many people Christmas can be a difficult time of year - every Christmas evokes strong memories of the past, and there can be a lot to worry about, including who to spend Christmas with, how many presents we need to get, and how to maintain our own wellbeing without our usual routines. We've put together some suggestions - you could try coping with Christmas using some **SPARKLE**.



S - Set boundaries

Say No to things which aren't helpful for you

P - Plan ahead

What will help you cope when things feel difficult?

A - Arrange activities

Plan in some time for a walk or time to call family

R - Realistic expectations

No Christmas can ever be perfect

K - Be kind to yourself

Keep doing the things which you know help you feel OK

L - Look for support

Make a list of people and places you can turn to

E - Enjoy what you can

Live in the moment and savour any small joys

Podcasts

Look out for two new Podcasts in December: Coping with Christmas and Holding onto Hope. Both will contain lots of ideas for how we can look after our own mental health through the winter. Our Podcasts are based on conversations with our wide team of tutors, and they are a resource you can listen to through your phone any time - they are both informative and entertaining. In early 2021 we will have a third Podcast for you - Coping with January.



Spring Term 2021 - Course Preview

Here at ORC we have been busy writing and co-producing some brand new courses in time to bring you for our new Spring Term next year. We are really excited to introduce our new courses, as well as continuing our provision of our most popular courses that we've been running online since May.

Here's a little preview into some of the brand-new courses we will be running online next term:

Introduction to Mindfulness

Thinking about Thinking

Life on a Budget

Introduction to the Caring Role

We will also still be running our popular current courses such as:

Coping with Stress and Anxiety

Healthy Sleep

Boosting Confidence

Nurturing Hope

Creative Writing

Understanding Mental Health

Introduction to Recovery

Adapting to Change

5 Ways to Wellbeing



new course

In person courses update

We are constantly checking the latest guidelines to work out when we will be able to run courses in person, we won't be scheduling in any immediately – but we very much hope to be able to provide something again for you in-person around the start of Spring

Can You Help?

Please see the poster below for details of how to join an online workshop run by Oxford Health, one of our partners as part of the OMHP (Oxfordshire Mental Health Partnership). These workshops are aimed at helping to improve mental health services across Oxfordshire. Get in touch using the details at the bottom of the poster if you are interested!


Oxford Health
NHS Foundation Trust

Can You Help?

Do you or a family member, friend or carer have experience of using adult or older adult community mental health services within Oxfordshire?

We believe that service users, and their family, friends and carers should be able to make decisions about the services they receive. Could you help improve mental health services so that GPs, mental health teams and other support organisations in the community work better together?

Join us

at one of our 1.5 hour Online Workshops

Banbury area
Tuesday 15th December 2020 at 10.00am

Oxford City area
Tuesday 15th December 2020 at 14.00pm

Abingdon area
Thursday 17th December 2020 at 13.00pm

Please contact us for joining instructions or to find out other ways you can get involved:

Email:
Beth Morphy - beth.morphy@oxfordhealth.nhs.uk
Di Hilson - diane.hilson@oxfordhealth.nhs.uk

Phone:
07899 967506



Signposting

NHS Foundation Trust Mental Health Helpline

A specific mental health helpline or Oxfordshire and Buckinghamshire. These helplines are operating 24/7, 7 days a week to provide people with specialised mental health care advice and support – please see the numbers below for Adults and young people/Children:

Phone number for adults: 0800 783 0119

Phone number for Children and Young people: 0800 783 0121

Safe Haven: Oxford and Banbury

If you experience a mental health crisis at the weekend. Safe Haven offer crisis support from Friday-Monday from 6-10pm, but you must call ahead first:

Oxford: 01865 903037 (their phone line is open from 5pm)

Banbury: 01295 270004 (their phone line is open from 5pm)

Carers Oxfordshire

Is a free service which offers information, advice and support to carers. This covers people aged 18 and over, who are looking after someone aged 18 and over, living in Oxfordshire. You can contact them on: 0345 050 7666, via email: carersoxfordshire@oxfordshire.gov.uk, or visit their website: <http://www.carersoxfordshire.org.uk/cms/>

Oxfordshire Mind

Information and Signposting services run by Mind, are open 9:30am-4:30pm Monday to Friday. You can ask them about: where to get help near you, treatment options, advocacy services, mental health problems

T: 01865 247788

E: info@oxfordshiremind.org.uk

Please do remember that if you are in Crisis, you can contact:

Samaritans - 116 123
(free-phone, 24/7 support)

Dial 999
if you feel you are at immediate risk

Dial 111
if you need medical help quickly, but are not at immediate risk

For a full list of organisations that you can contact, please click on the link below to head to the Signposting document on our website

<https://oxfordshirerecoverycollege.org.uk/signposting/>

If you need to get in touch, please do so:
by emailing contactORC@restore.org.uk, or calling us on 01865 779613