

# Oxfordshire Recovery College

## Autumn Term In-Person and Online Course Dates

September 6<sup>th</sup> - 17<sup>th</sup> December 2021  
Autumn Term



## An Introduction to ORC

Welcome to Oxfordshire Recovery College!

Here at the Recovery College, we offer free courses on mental health and wellbeing. Many of our students face challenges with their own mental health, but our courses are also open to family, friends and carers of anyone struggling and also mental health professionals. All our courses are interactive and based on learning together with others. Our courses are based on the recovery approach – we believe that people can and do recover from mental ill health to lead full and satisfying lives. We support people to find hope for the future, to regain a positive sense of self, to develop a sense of personal control and find opportunities to reach their own personal goals.

### 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’***

### Co-production

Our key value is co-production. This means that we do everything alongside people with their own lived experience of mental health challenges. All of our courses are designed and delivered by both an Expert by Experience (someone with lived experience), and an Expert by Training (someone with a professional background in that area).

### How do I enrol?

Students can self-refer and enrol themselves (see contact details below) or there is an enrolment form on our website. Students then complete an Individual Learning Plan (ILP) with one of our friendly Student Welfare Tutors and are offered an Induction to the College.

Our students choose which courses they want to take, and which order they want to take them in. If students like our approach, there is plenty of opportunity to get involved in the College, volunteer with us and train as a tutor on our twice-yearly tutor training. We have over thirty different courses available on a whole range of topics.

### Examples of Courses:

- Understanding Mental Health
- Sleep and Wellbeing
- Understanding Anxiety
- Introduction to Recovery
- T'ai Chi and Wellbeing
- Boosting Confidence
- Understanding Depression
- Thinking about Thinking
- Understanding Personality Disorders
- Understanding Psychosis
- Wellbeing at Work
- Introduction to Mindfulness
- Men, Mental Health and Society
- Wildlife and Wellbeing

If you'd like to enrol with the College, sign up to a course or find out more, please get in touch:

**Call us** on 01865 779613

Or **email us** at: [contactORC@restore.org.uk](mailto:contactORC@restore.org.uk)

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

## Autumn Term Welcome

Dear ORC Students,

We are really pleased to announce the latest Course Dates for our Autumn Term 2021, running from Monday 6<sup>th</sup> September – Friday 17<sup>th</sup> December. Please see the timetable below to have a look at all of the in-person and online courses we are running throughout our Autumn Term this year.

We will be offering courses both in-person and online again this term. All our online courses take place on **Zoom** and we've also added in some more online **evening courses** this term between 7-8.30pm. Our in-person courses will take place in **Oxford, Didcot and Berinsfield**. We are hoping to release our new dates for in-person courses in **Banbury and Witney** very shortly before the start of term, so do keep an eye out for these over the next few weeks.

### NEW FOR THE AUTUMN TERM:

**Student Common Room:** Would you like to connect with the College and fellow students between courses? Join us for a short informal meeting twice a term! (One online and one in-person)

We will be introducing a brand new 3-part in-person course called **Men, Mental Health and Society** which we can't wait to share with you. We have also created two new courses focused on employment, volunteering and looking after yourself in the workplace. These are called **Wellbeing at Work** and **Thinking about a New Role**, which are both online courses.

We are also excited to introduce a brand-new monthly **Art Workshop**, which will focus on different types of creative methods that you can use to boost your own mental health. We're starting off with **Illustration** and **Photography** in October and November.

We have created an updated FAQs section at the end of this document, which we hope will answer any queries about our 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 back to courses again from September!

# Autumn Term Online Courses

September-December 2021

T: 01865 779613

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

Oxfordshire  
Recovery  
College

## SEPTEMBER

MONDAY 6 <sup>th</sup> September	TUESDAY 7 <sup>th</sup>	WEDNESDAY 8 <sup>th</sup>	THURSDAY 9 <sup>th</sup>	FRIDAY 10 <sup>th</sup>
<b>Start of Autumn Term</b>	<b>Online course</b> <b>Recovery College</b> <b>Online Induction</b> 11.00-12.00	<b>Recovery College Induction</b> <b>The Straw Bale – Oxford</b> 14.00-15.00	<b>Online course</b> <b>Boosting Confidence</b> <b>(part 1)</b> 14.00-15.30	<b>Online course</b> <b>Coping with Stress and</b> <b>Anxiety (part 1)</b> 10.30-12.00  <b>Understanding Anxiety</b> <b>The Straw Bale – Oxford</b> 13.00-16.00
MONDAY 13 <sup>th</sup>	TUESDAY 14 <sup>th</sup>	WEDNESDAY 15 <sup>th</sup>	THURSDAY 16 <sup>th</sup>	FRIDAY 17 <sup>th</sup>
<b>Recovery College</b> <b>Induction</b> <b>The Straw Bale – Oxford</b> 11.00-12.00  <b>Online course</b> <b>Nurturing Hope (part 1)</b> 14.00-15.30	<b>Online course</b> <b>Understanding Mental</b> <b>Health (part 1)</b> 10.30-12.00	<b>Introduction to Recovery</b> <b>The Straw Bale – Oxford</b> 13.00-16.00  <b>Online course</b> <b>Eat Well, Be Active,</b> <b>Stay Motivated (part 1)</b> 14.30-16.00	<b>Online course</b> <b>Boosting Confidence</b> <b>(part 2)</b> 14.00-15.30	<b>Online course</b> <b>Coping with Stress and</b> <b>Anxiety (part 2)</b> 10.30-12.00  <b>Online workshop</b> <b>Conscious Doodling</b> <b>(part 1)</b> 14.00-15.30
MONDAY 20 <sup>th</sup>	TUESDAY 21 <sup>st</sup>	WEDNESDAY 22 <sup>nd</sup>	THURSDAY 23 <sup>rd</sup>	FRIDAY 24 <sup>th</sup>
<b>Online course</b> <b>Nurturing Hope (part 2)</b> 14.00-15.30	<b>Online course</b> <b>Understanding Mental</b> <b>Health (part 2)</b> 10.30-12.00  <b>Understanding</b> <b>Confidence</b> <b>The Straw Bale – Oxford</b> 13.00-16.00	<b>Understanding Anxiety</b> <b>Didcot – Didcot Civic Hall</b> 13.00-16.00  <b>Online course</b> <b>Eat Well, Be Active,</b> <b>Stay Motivated (part 2)</b> 14.30-16.00	<b>Online course</b> <b>Introduction to Recovery</b> <b>(part 1)</b> 10.30-12.00  <b>Understanding</b> <b>Mental Health</b> <b>The Straw Bale – Oxford</b> 13.00-16.00	<b>Online course</b> <b>5 Ways to Wellbeing</b> <b>(part 1)</b> 11.00-12.00  <b>Online workshop</b> <b>Conscious Doodling</b> <b>(part 2)</b> 14.00-15.30

## SEPTEMBER/OCTOBER

MONDAY 27 <sup>th</sup>	TUESDAY 28 <sup>th</sup>	WEDNESDAY 29 <sup>th</sup>	THURSDAY 30 <sup>th</sup>	FRIDAY 1 <sup>st</sup> OCTOBER
<p><b>Online course</b> <b>Creative Writing (part 1)</b> 14.00-15.30</p>	<p><b>Understanding Depression</b> <a href="#">The Straw Bale – Oxford</a> 13.00-16.00</p>	<p><b>Online course</b> <b>Eat Well, Be Active, Stay Motivated (part 3)</b> 14.30-16.00</p>	<p><b>Online course</b> <b>Introduction to Recovery (part 2)</b> 10.30-12.00</p> <p><b>NEW WORKSHOP:</b> <b>Art Workshop - Illustration</b> <a href="#">The Straw Bale – Oxford</a> 13.00-15.00</p>	<p><b>Online course</b> <b>5 Ways to Wellbeing (part 2)</b> 11.00-12.00</p> <p><b>Online workshop</b> <b>Conscious Doodling (part 3)</b> 14.00-15.30</p>
MONDAY 4 <sup>th</sup> OCTOBER	TUESDAY 5 <sup>th</sup>	WEDNESDAY 6 <sup>th</sup>	THURSDAY 7 <sup>th</sup>	FRIDAY 8 <sup>th</sup>
<p><b>Online course</b> <b>Creative Writing (part 2)</b> 14.00-15.30</p>	<p><b>Understanding Mental Health</b> <b>Berinsfield – The Berin Centre</b> 10.00-13.30</p> <p><b>Online course</b> <b>Healthy Sleep (part 1)</b> 14.00-15.30</p>	<p><b>Online course</b> <b>Thinking about Thinking (part 1)</b> 10.30-12.00</p>	<p><b>Online course</b> <b>Introduction to Mindfulness (part 1)</b> 14.00-15.30</p> <p><b>Understanding Psychosis</b> <a href="#">The Straw Bale – Oxford</a> 13.00-16.00</p>	<p><b>Online course</b> <b>5 Ways to Wellbeing (part 3)</b> 11.00-12.00</p> <p><b>Adapting to Change</b> <a href="#">The Straw Bale – Oxford</a> 13.00-16.00</p>

# Autumn Term Online Courses

September-December 2021

T: 01865 779613

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

Oxfordshire  
Recovery  
College

## OCTOBER

MONDAY 11 <sup>th</sup>	TUESDAY 12 <sup>th</sup>	WEDNESDAY 13 <sup>th</sup>	THURSDAY 14 <sup>th</sup>	FRIDAY 15 <sup>th</sup>
<p><b>Online course</b> <b>Creative Writing (part 3)</b> 14.00-15.30</p> <p><b>Understanding Personality Disorders (part 1)</b> <a href="#">The Straw Bale – Oxford</a> 13.00-16.00</p>	<p><b>Online course</b> <b>Healthy Sleep (part 2)</b> 14.00-15.30</p> <p><b>Evening Online Course:</b> <b>Coping with Stress and Anxiety (part 1)</b> 19.00-20.30</p>	<p><b>Online course</b> <b>Thinking about Thinking (part 2)</b> 10.30-12.00</p>	<p><b>Online course</b> <b>Introduction to Mindfulness (part 2)</b> 14.00-15.30</p> <p><b>Understanding Depression</b> <b>Didcot – Didcot Civic Hall</b> 13.00-16.00</p>	<p><b>Online course</b> <b>5 Ways to Wellbeing (part 4)</b> 11.00-12.00</p> <p><b>Wildlife and Wellbeing (part 1)</b> <a href="#">The Straw Bale – Oxford</a> 13.00-16.00</p>
MONDAY 18 <sup>th</sup>	TUESDAY 19 <sup>th</sup>	WEDNESDAY 20 <sup>th</sup>	THURSDAY 21 <sup>st</sup>	FRIDAY 22 <sup>nd</sup>
<p><b>Online course</b> <b>Creative Writing (part 4)</b> 14.00-15.30</p> <p><b>Understanding Personality Disorders (part 2)</b> <a href="#">The Straw Bale – Oxford</a> 13.00-16.00</p>	<p><b>Evening Online Course:</b> <b>Coping with Stress and Anxiety (part 2)</b> 19.00-20.30</p>	<p><b>Online course</b> <b>Thinking about Thinking (part 3)</b> 10.30-12.00</p> <p><b>NEW ONLINE:</b> <b>Student Common Room</b> 14.00-15.30</p>	<p><b>NEW WORKSHOP:</b> <b>Art Workshop - Photography</b> <a href="#">The Straw Bale – Oxford</a> 13.00-15.00</p>	<p><b>Online course</b> <b>5 Ways to Wellbeing (part 5)</b> 11.00-12.00</p> <p><b>Wildlife and Wellbeing (part 2)</b> <a href="#">The Straw Bale – Oxford</a> 13.00-16.00</p>
MONDAY 25 <sup>th</sup>	TUESDAY 26 <sup>th</sup>	WEDNESDAY 27 <sup>th</sup>	THURSDAY 28 <sup>th</sup>	FRIDAY 29 <sup>th</sup>

October half-term - no courses running this week

## NOVEMBER

MONDAY 1 <sup>st</sup> NOVEMBER	TUESDAY 2 <sup>nd</sup>	WEDNESDAY 3 <sup>rd</sup>	THURSDAY 4 <sup>th</sup>	FRIDAY 5 <sup>th</sup>
<p><b>Recovery College Induction</b> The Straw Bale – Oxford 14.00-15.00</p>	<p><b>Evening Online Course:</b> <b>NEW COURSE:</b> <b>Wellbeing at Work (part 1)</b> 19.00-20.30</p>	<p><b>Understanding Anxiety</b> The Straw Bale – Oxford 13.00-16.00</p>	<p><b>Online course</b> <b>Online Induction</b> 10.00-11.00</p> <p><b>Online course</b> <b>Eat Well, Be Active, Stay Motivated (part 1)</b> 14.00-15.30</p>	<p><b>NEW COURSE:</b> <b>Men, Mental Health and Society (part 1)</b> The Straw Bale – Oxford 13.00-15.00</p> <p><b>Online workshop</b> <b>Conscious Doodling (part 1)</b> 14.00-15.30</p>
MONDAY 8 <sup>th</sup>	TUESDAY 9 <sup>th</sup>	WEDNESDAY 10 <sup>th</sup>	THURSDAY 11 <sup>th</sup>	FRIDAY 12 <sup>th</sup>
	<p><b>Understanding Anxiety</b> Berinsfield – The Berin Centre 10.00-13.30</p> <p><b>Evening Online Course:</b> <b>NEW COURSE:</b> <b>Wellbeing at Work (part 2)</b> 19.00-20.30</p>	<p><b>Online course</b> <b>Boosting Confidence (part 1)</b> 10.30-12.00</p> <p><b>Understanding Stigma</b> The Straw Bale – Oxford 13.00-16.00</p>	<p><b>Online course</b> <b>Eat Well, Be Active, Stay Motivated (part 2)</b> 14.00-15.30</p> <p><b>Introduction to Mindfulness</b> The Straw Bale – Oxford 13.00-16.00</p>	<p><b>Online course</b> <b>Nurturing Hope (part 1)</b> 10.30-12.00</p> <p><b>NEW COURSE:</b> <b>Men, Mental Health and Society (part 2)</b> The Straw Bale – Oxford 13.00-16.00</p> <p><b>Online workshop</b> <b>Conscious Doodling (part 2)</b> 14.00-15.30</p>

## NOVEMBER/DECEMBER

MONDAY 15 <sup>th</sup>	TUESDAY 16 <sup>th</sup>	WEDNESDAY 17 <sup>th</sup>	THURSDAY 18 <sup>th</sup>	FRIDAY 19 <sup>th</sup>
	<p><b>Online course</b> <b>5 Ways to Wellbeing (part 1)</b> 11.00-12.00</p> <p><b>Introduction to Recovery</b> <b>Didcot – Didcot Civic Hall</b> 13.00-16.00</p> <p><b>Evening Online Course:</b> <b>NEW COURSE:</b> <b>Wellbeing at Work (part 3)</b> 19.00-20.30</p>	<p><b>Online course</b> <b>Boosting Confidence (part 2)</b> 10.30-12.00</p> <p><b>Thinking about Thinking (part 1)</b> <b>The Straw Bale – Oxford</b> 13.00-16.00</p>	<p><b>Online course</b> <b>Eat Well, Be Active, Stay Motivated (part 3)</b> 14.00-15.30</p>	<p><b>Online course</b> <b>Nurturing Hope (part 2)</b> 10.30-12.00</p> <p><b>NEW COURSE:</b> <b>Men, Mental Health and Society (part 3)</b> <b>The Straw Bale – Oxford</b> 13.00-16.00</p> <p><b>Online workshop</b> <b>Conscious Doodling (part 3)</b> 14.00-15.30</p>
MONDAY 22 <sup>nd</sup>	TUESDAY 23 <sup>rd</sup>	WEDNESDAY 24 <sup>th</sup>	THURSDAY 25 <sup>th</sup>	FRIDAY 26 <sup>th</sup>
	<p><b>Online course</b> <b>5 Ways to Wellbeing (part 2)</b> 11.00-12.00</p>	<p><b>Online course</b> <b>Coping with Stress and Anxiety (part 1)</b> 10.30-12.00</p> <p><b>Thinking about Thinking (part 2)</b> <b>The Straw Bale – Oxford</b> 13.00-16.00</p>	<p><b>Online course</b> <b>Introduction to the Caring role</b> 11.00-12.30</p> <p><b>NEW WORKSHOP:</b> <b>Art Workshop -</b> <b>The Straw Bale – Oxford</b> 13.00-15.00</p>	<p><b>Understanding Self-Harm</b> <b>The Straw Bale – Oxford</b> 13.00-16.00</p> <p><b>Online course</b> <b>Thinking about Thinking (part 1)</b> 14.00-15.30</p>



# Autumn Term Online Courses

September – December 2021

T: 01865 779613

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

Oxfordshire  
Recovery  
College

## NOVEMBER/DECEMBER

MONDAY 29 <sup>th</sup>	TUESDAY 30 <sup>th</sup>	WEDNESDAY 1 <sup>st</sup> DECEMBER	THURSDAY 2 <sup>nd</sup>	FRIDAY 3 <sup>rd</sup>
<b>T'ai Chi and Wellbeing</b> <a href="#">The Straw Bale – Oxford</a> 13.00-16.00	<b>Online course</b> <b>5 Ways to Wellbeing (part 3)</b> 11.00-12.00	<b>Online course</b> <b>Coping with Stress and Anxiety (part 2)</b> 10.30-12.00  <b>Understanding Psychosis</b> <a href="#">The Straw Bale – Oxford</a> 13.00-16.00	<b>Adapting to Change</b> <b>Didcot – Didcot Civic Hall</b> 13.00-16.00  <b>Evening Online Course:</b> <b>Healthy Sleep (part 1)</b> 19.00-20.30	<b>NEW COURSE:</b> <b>Online course</b> <b>Thinking about a New Role (part 1)</b> 10.30-12.00  <b>Online course</b> <b>Thinking about Thinking (part 2)</b> 14.00-15.30
MONDAY 6 <sup>th</sup>	TUESDAY 7 <sup>th</sup>	WEDNESDAY 8 <sup>th</sup>	THURSDAY 9 <sup>th</sup>	FRIDAY 10 <sup>th</sup>
<b>Life on a Budget (part 1)</b> <a href="#">The Straw Bale – Oxford</a> 13.00-16.00	<b>Understanding Depression</b> <b>Berinsfield – The Berin Centre</b> 10.00-13.30  <b>Online course</b> <b>5 Ways to Wellbeing (part 4)</b> 11.00-12.00	<b>Online course</b> <b>Introduction to Recovery (part 1)</b> 14.00-15.30	<b>Finding your Pathway through Services</b> <a href="#">The Straw Bale – Oxford</a> 13.00-16.00  <b>Evening Online Course:</b> <b>Healthy Sleep (part 2)</b> 19.00-20.30	<b>NEW COURSE:</b> <b>Online course</b> <b>Thinking about a New Role (part 2)</b> 10.30-12.00  <b>Online course</b> <b>Thinking about Thinking (part 3)</b> 14.00-15.30
MONDAY 13 <sup>th</sup>	TUESDAY 14 <sup>th</sup>	WEDNESDAY 15 <sup>th</sup>	THURSDAY 16 <sup>th</sup>	FRIDAY 17 <sup>th</sup>
<b>Life on a Budget (part 2)</b> <a href="#">The Straw Bale – Oxford</a> 13.00-16.00	<b>Online course</b> <b>5 Ways to Wellbeing (part 5)</b> 11.00-12.00	<b>Online course</b> <b>Introduction to Recovery (part 2)</b> 14.00-15.30	<b>NEW WORKSHOP:</b> <b>Art Workshop -</b> <a href="#">The Straw Bale – Oxford</a> 13.00-15.00	<b>Student Common Room</b> <a href="#">The Straw Bale - Oxford</a> 14.00-15.30

End of Autumn Term

## FAQS + Information - ORC Courses

### Covid-19 safety

The safety of our students and tutors is our top priority. We will continue to follow the latest government guidelines. We will ensure on all in-person courses that we will keep spaces well ventilated and maintain our hygiene standards. We will follow the latest advice regarding wearing masks during our in-person courses.

### 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 many students will be on a course?

There will be up to 15 students on each online course, and up to a max of 14 on an in-person course, with two tutors for each course.

### Course cancellations

If you need to cancel a course with us that you've been booked onto then we understand; plans change, or you might not feel well enough on the day. We would really appreciate if you were able to let us know if you are not able to attend your course, even if it's on the same day. This means that we are able to offer out your space to someone on the waiting list. The best way to contact us is via phone or email.

### 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 (ILP) with you, and you can then sign up to any of our courses.

### How do I sign up to the College?

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

Or you can fill out the online Enrolment form:  
[www.oxfordshirerecoverycollege.org.uk](http://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**

### Our in-person courses will run at the following locations this term:

#### Oxford

**The Straw Bale**  
Restore, Manzil Way,  
Cowley Road,  
Oxford,  
OX4 1YH

#### Didcot

**The Park Room,**  
Didcot Civic Hall,  
Britwell Road,  
Didcot,  
OX11 7JN

#### Berinsfield

**The Berin Centre**  
Wimblestraw Road,  
Berinsfield,  
Wallingford,  
OX10 7LZ (OX10 7NR for Sat Navs)

**Banbury and Witney course dates will be released separately before the beginning of the Autumn term in September**

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)



@OxfordshireRC



Oxfordshire Recovery College



@oxfordshirerecoverycollege