

Oxfordshire Recovery College

Spring Term In-Person and Online Course Dates

January 10th - 8th April 2022
Spring 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
- Introduction to Recovery
- Understanding Anxiety
- T'ai Chi and Wellbeing
- Boosting Confidence
- Gender, Sexuality and Mental Health
- 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

www.oxfordshirerecoverycollege.org.uk

Spring Term Welcome

Dear ORC Students,

We are really pleased to announce the Course Dates for Spring Term 2022, running from Monday 10th January – Friday 8th April. Please see the timetable below to have a look at all of the in-person and online courses we are running throughout the Spring Term.

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, Banbury, Witney, Didcot and Berinsfield**.

NEW COURSES FOR THE SPRING TERM:

Gender, Sexuality and Mental Health (2 parts, in person) – this course seeks to explore issues around gender identity, gender expression and sexual orientation, and how these can impact our mental health. The course is suitable for everyone wishing to consider these issues in a supportive group, however they describe their identity.

Eat Well, Be Active, Stay Motivated (3 parts, in person) – This course looks out how our physical health is connected with our mental health. The course explores how we can look after ourselves through healthy eating and exercise and how this can positively impact our mental health. We will look at how we can motivate ourselves to make positive changes, as well as how we can best apply new knowledge in our daily lives in a meaningful, sustainable, and enjoyable way.

Food Memoir Writing (3 parts, online) – This course supports students to write a short memoir about a favourite meal or recipe. Memoir writing helps us process and gain a new perspective on past events. It also helps us to build a stronger sense of self-identity, which is a key element in recovery.

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.

We are really looking forward to welcoming you back to courses again in the New Year!

The ORC Team

JANUARY

MONDAY 10th JANUARY

TUESDAY 11th

WEDNESDAY 12th

THURSDAY 13th

FRIDAY 14th

Start of Spring Term

Online course
Recovery College
Online Induction
11.00-12.00

Recovery College Induction
The Straw Bale – Oxford
14.00-15.00

Online course
Understanding Mental
Health (part 1)
14.00-15.30

Understanding
Confidence
The Straw Bale – Oxford
13.00-16.00

MONDAY 17th

TUESDAY 18th

WEDNESDAY 19th

THURSDAY 20th

FRIDAY 21st

Online course
Coping with Stress
and Anxiety (part 1)
14.00-15.30

Online course
Recovery College
Online Induction
14.00-15.00

Thinking about Thinking
(part 1)
Banbury (Mind)
13.00-16.00

Online course
Understanding Mental
Health (part 2)
14.00-15.30

Understanding Anxiety
The Straw Bale – Oxford
13.00-16.00

JANUARY/FEBRUARY

| MONDAY 24 th | TUESDAY 25 th | WEDNESDAY 26 th | THURSDAY 27 th | FRIDAY 28 th |
|--|---|--|--|--|
| <p>Online course Coping with Stress and Anxiety (part 2) 14.00-15.30</p> <p>NEW COURSE: Gender, Sexuality and Mental Health (Part 1) The Straw Bale – Oxford 13.00-16.00</p> | <p>Online course Boosting Confidence (part 1) 14.00-15.30</p> | <p>Understanding Stigma Witney (Mind) 10.00-13.00</p> <p>Thinking about Thinking (part 2) Banbury (Mind) 13.00-16.00</p> | <p>Art Workshop – Creating a Collage The Straw Bale – Oxford 13.00-15.00</p> <p>Evening Online Course: Wellbeing at Work (part 1) 19.00-20.30</p> | <p>NEW IN-PERSON COURSE: Eat Well, Be Active, Stay Motivated (Part 1) The Straw Bale – Oxford 13.00-16.00</p> |
| MONDAY 31 st | TUESDAY 1 st FEBRUARY | WEDNESDAY 2 nd | THURSDAY 3 rd | FRIDAY 4 th |
| <p>NEW COURSE: Gender, Sexuality and Mental Health (Part 2) The Straw Bale – Oxford 13.00-16.00</p> | <p>Online course Boosting Confidence (part 2) 14.00-15.30</p> | <p>Understanding Depression Witney (Mind) 10.00-13.00</p> <p>Understanding Depression Banbury (Mind) 13.00-16.00</p> | <p>Evening Online Course: Wellbeing at Work (part 2) 19.00-20.30</p> | <p>NEW IN-PERSON COURSE: Eat Well, Be Active, Stay Motivated (Part 2) The Straw Bale – Oxford 13.00-16.00</p> <p>Online workshop Conscious Doodling (part 1) 14.00-15.30</p> |

Spring Term Courses

January - April 2022

T: 01865 779613

E: contactORC@restore.org.uk

Oxfordshire
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FEBRUARY

| MONDAY 7 th | TUESDAY 8 th | WEDNESDAY 9 th | THURSDAY 10 th | FRIDAY 11 th |
|--|---|---|--|--|
| <p>Understanding Personality Disorders (part 1) The Straw Bale – Oxford 13.00-16.00</p> | | <p>Online course Thinking about a New Role (part 1) 10.30-12.00</p> <p>T'ai Chi and Wellbeing Witney (Mind) 10.00-13.00</p> <p>Understanding Self-Harm Banbury (Mind) 13.00-16.00</p> | <p>Evening Online Course: Wellbeing at Work (part 3) 19.00-20.30</p> | <p>NEW IN-PERSON COURSE: Eat Well, Be Active, Stay Motivated (Part 3) The Straw Bale – Oxford 13.00-16.00</p> <p>Online workshop Conscious Doodling (part 2) 14.00-15.30</p> |
| MONDAY 14 th | TUESDAY 15 th | WEDNESDAY 16 th | THURSDAY 17 th | FRIDAY 18 th |
| <p>Understanding Personality Disorders (part 2) The Straw Bale – Oxford 13.00-16.00</p> | <p>Understanding Confidence Berinsfield (The Berin Centre) 10.00-13.30</p> | <p>Online course Thinking about a New Role (part 2) 10.30-12.00</p> <p>Art Workshop - Clay Pottery The Straw Bale – Oxford 10.00-12.00</p> | <p>Online Student Common Room 14.00-16.00</p> | <p>Online workshop Conscious Doodling (part 3) 14.00-15.30</p> |
| MONDAY 21 st | TUESDAY 22 nd | WEDNESDAY 23 rd | THURSDAY 24 th | FRIDAY 25 th |

February half-term - no courses running this week

MARCH

| MONDAY 28 th FEBRUARY | TUESDAY 1 st MARCH | WEDNESDAY 2 nd | THURSDAY 3 rd | FRIDAY 4 th |
|--|---|---|--|---|
| | <p>Online course Online Induction 10.00-11.00</p> <p>Understanding Confidence Didcot – The Civic Hall 13.00-16.00</p> | <p>Online course Introduction to the Caring Role 10.30-12.00</p> <p>Understanding Stigma The Straw Bale – Oxford 13.00-16.00</p> | <p>Recovery College Induction The Straw Bale – Oxford 14.00-15.00</p> <p>Online course 5 Ways to Wellbeing (part 1) 10.30-12.00</p> | <p>Understanding Eating Disorders The Straw Bale – Oxford 13.00-16.00</p> |
| MONDAY 7 th | TUESDAY 8 th | WEDNESDAY 9 th | THURSDAY 10 th | FRIDAY 11 th |
| <p>Understanding Confidence The Straw Bale – Oxford 13.00-16.00</p> | <p>Evening Online Course: Thinking about Thinking (part 1) 19.00-20.30</p> | <p>NEW COURSE: Online course Food Memoir Writing (part 1) 10.30-12.00</p> | <p>Online course 5 Ways to Wellbeing (part 2) 10.30-12.00</p> | <p>Men, Mental Health and Society (part 1) The Straw Bale – Oxford 13.00-16.00</p> |

MARCH

| MONDAY 14 th | TUESDAY 15 th | WEDNESDAY 16 th | THURSDAY 17 th | FRIDAY 18 th |
|---|---|--|---|---|
| Online course Recovery College Online Induction 10.30-11.30 | Online course Healthy Sleep (Part 1) 14.00-15.30 | NEW COURSE: Online course Food Memoir Writing (part 2) 10.30-12.00 | Online course 5 Ways to Wellbeing (part 3) 10.30-12.00 | Understanding Stigma Didcot – The Civic Hall 13.00-16.00 |
| | Evening Online Course: Thinking about Thinking (part 2) 19.00-20.30 | | Introduction to Mindfulness The Straw Bale – Oxford 13.00-16.00 | Men, Mental Health and Society (part 2) The Straw Bale – Oxford 13.00-16.00 |
| MONDAY 21 st | TUESDAY 22 nd | WEDNESDAY 23 rd | THURSDAY 24 th | FRIDAY 25 th |
| Understanding Psychosis The Straw Bale – Oxford 13.00-16.00 | Online course Healthy Sleep (Part 2) 14.00-15.30 | NEW COURSE: Online course Food Memoir Writing (part 3) 10.30-12.00 | Online course 5 Ways to Wellbeing (part 4) 10.30-12.00 | Men, Mental Health and Society (part 3) The Straw Bale – Oxford 13.00-16.00 |
| | Evening Online Course: Thinking about Thinking (part 3) 19.00-20.30 | | Exploring Employment Gaps The Straw Bale – Oxford 13.00-16.00 | |

MARCH/APRIL

| MONDAY 28 th | TUESDAY 29 th | WEDNESDAY 30 th | THURSDAY 31 st | FRIDAY 1 st APRIL |
|---|--|---|--|---|
| | | Online course Nurturing Hope (part 1) 14.00-15.30 | Online course 5 Ways to Wellbeing (part 5) 10.30-12.00 | Understanding Anxiety Didcot – The Civic Hall 13.00-16.00 |
| | | | Art Workshop - Drawing from Nature The Straw Bale – Oxford 13.00-15.00 | Wildlife and Wellbeing (Part 1) The Straw Bale – Oxford 13.00-16.00 |
| MONDAY 4 th | TUESDAY 5 th | WEDNESDAY 6 th | THURSDAY 7 th | FRIDAY 8 th |
| Finding your Pathway through Services The Straw Bale – Oxford 13.00-16.00 | Sleep and Wellbeing Berinsfield (The Berin Centre) 10.00-13.30 | Online course Nurturing Hope (part 2) 14.00-15.30 | Student Common Room The Straw Bale – Oxford 14.00-16.00 | Wildlife and Wellbeing (Part 2) The Straw Bale – Oxford 13.00-16.00 |

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 or call us: **01865 779613**

Or you can fill out the online Enrolment form:
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

Didcot Civic Hall,
Britwell Road,
Didcot, OX11 7JN

Berinsfield

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

Banbury

Banbury Mind,
Britannia Road,
Banbury OX16 5DN

Witney

Witney Mind,
8 Moorland Rd,
Witney OX28 6LS

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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