

# Didcot Summer Term Course Dates

Oxfordshire  
Recovery  
College

## April-July (in-person) 2022

### Sleep and Wellbeing

Thursday 19th May (10am-1pm)

### Understanding Anxiety

Monday 23rd May (10am-1pm)

### NEW COURSE: Relationships and Mental Health (part 1)

Friday 24th June (1-4pm)

### NEW COURSE: Relationships and Mental Health (part 2)

Friday 1st July (1-4pm)

### T'ai Chi and Wellbeing

Wednesday 6th July (1-4pm)

‘Through learning together we support each other to grow in hope and confidence and develop skills to better manage our own mental health’

All of our courses in  
Didcot will take place at:

All Saints Room  
Didcot Civic Hall  
Britwell Road  
Didcot, OX11 7JN

If you would like to enrol as a student  
with us, or book onto any courses,  
please contact us on:

**T: 01865 779613**

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

Head to our website to find out more  
about what we do, our different courses  
and all the latest Recovery College news:

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