

# Oxfordshire Recovery College

## Summer Term In-Person and Online Course Dates

25<sup>th</sup> April - 15<sup>th</sup> July 2022  
Summer 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
- Let’s Talk Loneliness
- Boosting Confidence
- Gender, Sexuality and Mental Health
- Understanding Depression
- Thinking about Thinking
- Understanding Personality Disorders
- Understanding Psychosis
- Wellbeing at Work
- Introduction to Mindfulness
- Relationships and Mental Health
- 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)

## Summer Term Welcome

Dear ORC Students,

We are really pleased to announce the Course Dates for Summer Term 2022, running from **Monday 25<sup>th</sup> April – Friday 15<sup>th</sup> July**.

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, Banbury, Witney and Berinsfield**.

### NEW COURSES FOR THE SUMMER TERM:

**Relationships and Mental Health** – This course explores the impact of our mental health on relationships with others, and also the impact of relationships on our mental health. We consider relationships with partners, children, friends and work colleagues. We share ideas for how we can build healthier relationships within all these settings. We also consider how we can be more self-compassionate in our relationships with ourselves.

**Let's Talk Loneliness** – This course is suitable for anyone wishing to understand more about loneliness, how it can affect us in our day to day lives, and how we can manage it better. Together we will explore the different meanings of loneliness and look to understand more about what might contribute to it. Together we will discuss some useful coping strategies and share tips and ideas together as a group.

**Expressive Writing with The Royal Literary Fund (RLF)** – We are so pleased to be teaming up with the RLF to deliver a four-week course on Expressive Writing. We will listen to and talk about some poems and pieces of prose, before trying out some expressive writing of our own. Expressive writing is not creative writing or therapy, but the important process of getting our insides outside. It is a form of self-expression which helps a person to think about their life and put their thoughts and feelings into words with often surprising results. It is personal, freestyle writing that is not constrained by concerns about the 'end result', or writing conventions such as structure, spelling or grammar. Instead, expressive writing fosters personal awareness, resilience and wellbeing.

**Yoga Taster Workshop with Sport in Mind** – We are delighted that Sport in Mind are coming to The Straw Bale this Summer to deliver a bespoke Yoga Taster Workshop for ORC Students. Sport in Mind is an award-winning Mental Health Charity whose mission is to improve the lives of people experiencing mental health problems through sport and physical activity. The Yoga Taster workshop in June will be a gentle introduction to yoga, with all abilities welcome.

We really look forward to welcoming you to our courses in the Summer Term!

# Summer Term Courses

April - July 2022

T: 01865 779613

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

Oxfordshire  
Recovery  
College

## APRIL/MAY

MONDAY 25<sup>th</sup> APRIL      TUESDAY 26<sup>th</sup>      WEDNESDAY 27<sup>th</sup>      THURSDAY 28<sup>th</sup>      FRIDAY 29<sup>th</sup>

**Start of Summer Term**

**Online course**  
**Recovery College**  
**Online Induction**  
11.00-12.00

**Art Workshop -**  
**Self-Care Scrapbooking**  
[The Straw Bale – Oxford](#)  
13.00-15.00

**Recovery College Induction**  
[The Straw Bale – Oxford](#)  
14.00-15.00

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

**NEW COURSE:**  
**Relationships and**  
**Mental Health (part 1)**  
[The Straw Bale – Oxford](#)  
13.00-16.00

**Understanding**  
**Confidence**  
Witney (Mind)  
10.00-13.00

MONDAY 2<sup>nd</sup> MAY      TUESDAY 3<sup>rd</sup>      WEDNESDAY 4<sup>th</sup>      THURSDAY 5<sup>th</sup>      FRIDAY 6<sup>th</sup>

**Online course**  
**Recovery College**  
**Online Induction**  
10.30-11.30

**NEW EXTERNAL**  
**WORKSHOP:**  
**Expressive Writing**  
**(part 1) with the**  
**Royal Literary Fund**  
[The Straw Bale – Oxford](#)  
14.00-16.00

**Online course**  
**Nurturing Hope (part 1)**  
10.30-12.00

**Online course**  
**Coping with Stress**  
**and Anxiety (part 2)**  
14.00-15.30

**Understanding**  
**Mental Health**  
[The Straw Bale – Oxford](#)  
13.00-16.00

**Understanding Eating**  
**Disorders**  
Banbury (Mind)  
10.00-13.00

**Thinking about Thinking**  
**(part 1)**  
Witney (Mind)  
10.00-13.00

**NEW COURSE:**  
**Relationships and**  
**Mental Health (part 2)**  
[The Straw Bale – Oxford](#)  
13.00-16.00

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## MAY

MONDAY 9 <sup>th</sup> MAY	TUESDAY 10 <sup>th</sup>	WEDNESDAY 11 <sup>th</sup>	THURSDAY 12 <sup>th</sup>	FRIDAY 13 <sup>th</sup>
<p><b>Understanding Psychosis</b> <a href="#">The Straw Bale – Oxford</a> 13.00-16.00</p>	<p><b>Online course</b> <b>Wellbeing at Work (part 1)</b> 14.00-15.30</p> <p><b>NEW EXTERNAL WORKSHOP:</b> <b>Expressive Writing (part 2) with the Royal Literary Fund</b> <a href="#">The Straw Bale – Oxford</a> 14.00-16.00</p>	<p><b>Online course</b> <b>Nurturing Hope (part 2)</b> 10.30-12.00</p> <p><b>Understanding Stigma</b> <a href="#">The Straw Bale – Oxford</a> 13.00-16.00</p>	<p><b>Recovery College Induction</b> <a href="#">The Straw Bale – Oxford</a> 10.00-11.00</p> <p><b>Understanding Confidence</b> <a href="#">The Straw Bale – Oxford</a> 13.00-16.00</p>	<p><b>Thinking about Thinking (part 2)</b> <a href="#">Witney (Mind)</a> 10.00-13.00</p>
MONDAY 16 <sup>th</sup>	TUESDAY 17 <sup>th</sup>	WEDNESDAY 18 <sup>th</sup>	THURSDAY 19 <sup>th</sup>	FRIDAY 20 <sup>th</sup>
<p><b>Online course</b> <b>Introduction to Recovery (part 1)</b> 10.00-11.30</p>	<p><b>Online course</b> <b>Wellbeing at Work (part 2)</b> 14.00-15.30</p> <p><b>NEW EXTERNAL WORKSHOP:</b> <b>Expressive Writing (part 3) with the Royal Literary Fund</b> <a href="#">The Straw Bale – Oxford</a> 14.00-16.00</p>		<p><b>Sleep and Wellbeing</b> <a href="#">Didcot Civic Hall</a> <b>10.00-13.00</b></p> <p><b>Evening Online Course:</b> <b>Boosting Confidence (part 1)</b> 19.00-20.30</p>	

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## MAY/JUNE

MONDAY 23 <sup>rd</sup> MAY	TUESDAY 24 <sup>th</sup>	WEDNESDAY 25 <sup>th</sup>	THURSDAY 26 <sup>th</sup>	FRIDAY 27 <sup>th</sup>
<p><b>Online course</b> <b>Introduction to Recovery (part 2)</b> 10.00-11.30</p> <p><b>Understanding Anxiety</b> <b>Didcot Civic Hall</b> 10.00-13.00</p>	<p><b>Online course</b> <b>Wellbeing at Work (part 3)</b> 14.00-15.30</p> <p><b>EXTERNAL WORKSHOP:</b> <b>Expressive Writing (part 4) with the Royal Literary Fund</b> <b>The Straw Bale – Oxford</b> 14.00-16.00</p>	<p><b>Online</b> <b>Student Common Room</b> 10.00-12.00</p> <p><b>Wildlife and Wellbeing (Part 1)</b> <b>The Straw Bale – Oxford</b> 13.00-16.00</p>	<p><b>Evening Online Course:</b> <b>Boosting Confidence (part 2)</b> 19.00-20.30</p>	<p><b>Understanding Self-Harm</b> <b>The Straw Bale – Oxford</b> 10.00-13.00</p> <p><b>Art Workshop – Self-Care Scrapbooking</b> <b>Banbury (Mind)</b> 13.00-15.00</p>
MONDAY 30 <sup>th</sup>	TUESDAY 31 <sup>st</sup>	WEDNESDAY 1 <sup>st</sup> JUNE	THURSDAY 2 <sup>nd</sup>	FRIDAY 3 <sup>rd</sup>

**Half-term - no courses running this week**

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## JUNE

MONDAY 6 <sup>th</sup> JUNE	TUESDAY 7 <sup>th</sup>	WEDNESDAY 8 <sup>th</sup>	THURSDAY 9 <sup>th</sup>	FRIDAY 10 <sup>th</sup>
<b>Recovery College Induction</b> <a href="#">The Straw Bale – Oxford</a> 10.30-11.30	<b>Online course</b> <b>Food Memoir Writing (part 1)</b> 10.30-12.00	<b>Online course</b> <b>Healthy Sleep (part 1)</b> 10.30-12.00	<b>Online Workshop</b> <b>Conscious Doodling (part 1)</b> 10.30-12.00	<b>Understanding Confidence</b> <a href="#">Banbury (Mind)</a> 10.00-13.00
<b>Understanding Personality Disorders (part 1)</b> <a href="#">The Straw Bale – Oxford</a> 13.00-16.00	<b>Parenting in Recovery</b> <a href="#">Berinsfield (The Berin Centre)</a> 10.00-13.30  <b>Online course</b> <b>Recovery College Induction</b> 14.00-15.00	<b>Wildlife and Wellbeing (part 2)</b> <a href="#">The Straw Bale – Oxford</a> 13.00-16.00  <b>Online course</b> <b>5 Ways to Wellbeing (part 1)</b> 14.30-16.00	<b>Gender, Sexuality and Mental Health (part 1)</b> <a href="#">The Straw Bale – Oxford</a> 13.00-16.00  <b>Online course</b> <b>Coping with Stress and Anxiety (part 1)</b> 14.00-15.30	<b>Eat Well, Be Active, Stay Motivated (part 1)</b> <a href="#">The Straw Bale – Oxford</a> 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>Understanding Personality Disorders (part 2)</b> <a href="#">The Straw Bale – Oxford</a> 13.00-16.00	<b>Online course</b> <b>Food Memoir Writing (part 2)</b> 10.30-12.00  <b>Evening Online Course</b> <b>Introduction to Mindfulness (part 1)</b> 19.00-20.30	<b>Online course</b> <b>Healthy Sleep (part 2)</b> 10.30-12.00  <b>Online course</b> <b>5 Ways to Wellbeing (part 2)</b> 14.30-16.00	<b>Online Workshop</b> <b>Conscious Doodling (part 2)</b> 10.30-12.00  <b>Gender, Sexuality and Mental Health (part 2)</b> <a href="#">The Straw Bale – Oxford</a> 13.00-16.00  <b>Online course</b> <b>Coping with Stress and Anxiety (part 2)</b> 14.00-15.30	<b>Understanding Anxiety</b> <a href="#">Banbury (Mind)</a> 10.00-13.00  <b>Eat Well, Be Active, Stay Motivated (part 2)</b> <a href="#">The Straw Bale – Oxford</a> 13.00-16.00

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## JUNE

MONDAY 20 <sup>th</sup> JUNE	TUESDAY 21 <sup>st</sup>	WEDNESDAY 22 <sup>nd</sup>	THURSDAY 23 <sup>rd</sup>	FRIDAY 24 <sup>th</sup>
<b>Understanding Anxiety</b> <a href="#">The Straw Bale – Oxford</a> 13.00-16.00	<b>Online course</b> <b>Food Memoir Writing (part 3)</b> 10.30-12.00	<b>Online course</b> <b>5 Ways to Wellbeing (part 3)</b> 14.30-16.00	<b>Online Workshop</b> <b>Conscious Doodling (part 3)</b> 10.30-12.00	<b>NEW EXTERNAL WORKSHOP:</b> <b>Yoga Taster Workshop with Sport in Mind</b> <a href="#">The Straw Bale - Oxford</a> 11.00-12.00
	<b>Evening Online Course:</b> <b>Introduction to Mindfulness (part 2)</b> 19.00-20.30	<b>Introduction to Recovery</b> <a href="#">The Straw Bale – Oxford</a> 13.00-16.00	<b>NEW COURSE:</b> <b>Let's Talk Loneliness</b> <a href="#">The Straw Bale – Oxford</a> 13.00-16.00	<b>NEW COURSE:</b> <b>Relationships and Mental Health (part 1)</b> <a href="#">Didcot Civic Hall</a> 13.00-16.00
				<b>Eat Well, Be Active, Stay Motivated (part 3)</b> <a href="#">The Straw Bale – Oxford</a> 13.00-16.00
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> JULY
<b>Recovery College Induction</b> <a href="#">The Straw Bale – Oxford</a> 10.00-11.00	<b>Introduction to the Caring Role</b> <a href="#">The Straw Bale – Oxford</a> 10.00-13.00	<b>Online course</b> <b>5 Ways to Wellbeing (part 4)</b> 14.30-16.00	<b>Art Workshop – Drawing</b> <a href="#">The Straw Bale – Oxford</a> 10.00-12.00	<b>NEW COURSE:</b> <b>Relationships and Mental Health (part 2)</b> <a href="#">Didcot Civic Hall</a> 13.00-16.00
				<b>Men, Mental Health and Society (part 1)</b> <a href="#">The Straw Bale – Oxford</a> 13.00-16.00



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## JULY

MONDAY 4 <sup>th</sup> JULY	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>Recovery College</b> <b>Induction</b> 14.00-15.00</p> <p><b>Parenting in Recovery</b> <a href="#">The Straw Bale – Oxford</a> 13.00-16.00</p>	<p><b>Understanding</b> <b>Depression</b> <a href="#">The Straw Bale – Oxford</a> 13.00-16.00</p>	<p><b>Online course</b> <b>Boosting Confidence</b> <b>(part 1)</b> 10.30-12.00</p> <p><b>T'ai Chi and Wellbeing</b> <a href="#">Didcot Civic Hall</a> 13.00-16.00</p> <p><b>Online course</b> <b>5 Ways to Wellbeing</b> <b>(part 5)</b> 14.30-16.00</p>	<p><b>Thinking about Thinking</b> <b>(part 1)</b> <a href="#">The Straw Bale – Oxford</a> 10.00-13.00</p>	<p><b>Men, Mental Health</b> <b>and Society (part 2)</b> <a href="#">The Straw Bale – Oxford</a> 13.00-16.00</p> <p><b>Art Workshop –</b> <b>Self-Care Scrapbooking</b> <a href="#">Witney (Mind)</a> 13.00-15.00</p>
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>Sharing Personal</b> <b>Information</b> <a href="#">The Straw Bale – Oxford</a> 13.00-16.00</p>	<p><b>Student Common Room</b> <a href="#">The Straw Bale – Oxford</a> 13.00-15.00</p>	<p><b>Online course</b> <b>Boosting Confidence</b> <b>(part 2)</b> 10.30-12.00</p>	<p><b>Thinking about Thinking</b> <b>(part 2)</b> <a href="#">The Straw Bale – Oxford</a> 10.00-13.00</p>	<p><b>Men, Mental Health</b> <b>and Society (part 3)</b> <a href="#">The Straw Bale – Oxford</a> 13.00-16.00</p> <p><b>End of the Summer Term</b></p>

**End of Term Celebration - 2-4pm at The Straw Bale, Oxford on Friday 22<sup>nd</sup> July. Details to follow**

## FAQS + Information - ORC 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 enrol with Oxfordshire Recovery College?

To sign up, please contact us via email or phone:  
email: [contactORC@restore.org.uk](mailto:contactORC@restore.org.uk)  
telephone: **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

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



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Oxfordshire Recovery College



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