

Oxfordshire Recovery College

Summer Term Course Dates In-Person and Online

17th April - 21st July 2023



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 Support Officers 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
- Mindful Movement with T'ai Chi Chih
- Boosting Confidence
- Men, Mental Health and Society
- Understanding Depression
- Thinking about Thinking
- Understanding Personality Disorders
- Understanding Psychosis
- Wellbeing at Work
- Understanding Trauma
- Relationships and Mental Health
- Mindful Photography

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, **email us** at contactORC@restore.org.uk or **visit our website** www.oxfordshirerecoverycollege.org.uk

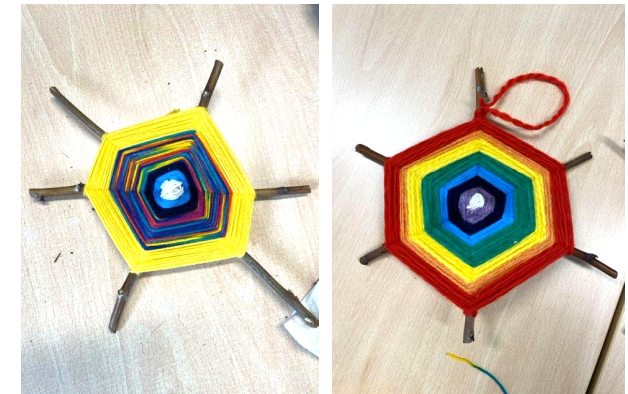
Spring Term Highlights



Easter egg hangings made by students on our Clay Pottery Art Workshop



Student tips on what helps and hinders recovery on our Introduction to Recovery course



Some beautiful God's Eyes made by students on our Weaving with Yarn course



Students capture the last of the winter frost on our Mindful Photography course



We ran 19 online courses, 34 in-person courses and had over 600 student attendances!

Summer Term Welcome

Dear ORC Students,

We are really pleased to announce the Course Dates for Summer Term 2023, running from **Monday 17th April – Friday 21st 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 usually between 7-8.30pm. Our in-person courses will take place in **Oxford, Banbury, Witney, and Didcot**.

NEW COURSES FOR THE SUMMER TERM:

The Stuff Nobody Talks About: Mental Health for Und. 25s - This two part online course for young people is a toolkit of ways to support our own mental health and the mental health of someone we know. We will equip ourselves with skills, strategies, and top tips for managing our own mental wellbeing as young adults. This, in turn, will build our confidence to talk openly about how we are feeling and help us to better support a friend or loved one. This course will also explore the mental health services available for young people in Oxfordshire and provide information on how to access them. Please only request to book a place if you are under 25.

Skills for Recovery: Acceptance, Purpose, Resilience - Recovery following any crisis is a journey. This three part course explores tools and strategies we can use to help us go forwards, gain a sense of control over our own recovery and lead a life that is meaningful to us. We will start in week one by looking at acceptance and exploring whether any unhelpful patterns of thought or behaviour are holding us back. In week two, we will look at finding purpose, and exploring which emotions and values matter to each of us most. In week three, we will focus on skills for resilience, so that we leave the course with a toolbox of different strategies to help us go forward on our own individual recovery journeys.

Induction Mornings and Afternoons - During our Summer Term, we will be trialling Induction mornings and afternoons in person at the Straw Bale. These will be run by two of our Support Team and will give students the opportunity to attend their Induction, book their Individual Learning Plan if it isn't already booked and book onto some courses as well. We will run two Inductions per day and then there will be an hour in between for students to stay on or arrive before their Induction, familiarise themselves with the space we use to run our courses, have a drink and chat with other new students and speak to the support team about any queries or concerns they may have. For further information about our Induction Days please contact us via email or phone.

April

MONDAY 17th	TUESDAY 18th	WEDNESDAY 19th	THURSDAY 20th	FRIDAY 21st
			Recovery College Induction Online 11.00 - 12.00	
	Recovery College Induction Afternoon The Straw Bale 13.00 - 16.00	Coping with Stress and Anxiety (Part 1) Online 14.00 - 15.30		
MONDAY 24th	TUESDAY 25th	WEDNESDAY 26th	THURSDAY 27th	FRIDAY 28th
Understanding Psychosis The Straw Bale 13.00 - 16.00	Nurturing Hope (Part 1) Online 10.30 - 12.00	Introduction to Mindfulness The Straw Bale 13.00 - 16.00	Five Ways to Wellbeing (Part 1) Online 10.30 - 12.00	Mindful Movement with T'ai Chi Chih Witney (Mind) 10.00 - 13.00
		Coping with Stress and Anxiety (Part 2) Online 14.00 - 15.30	Understanding Depression The Straw Bale 13.00 - 16.00	Men, Mental Health and Society (Part 1) Banbury (Mind) 10.00 - 13.00
			Introduction to the Caring Role Online 14.00 - 15.30	

May

MONDAY 1st May	TUESDAY 2nd	WEDNESDAY 3rd	THURSDAY 4th	FRIDAY 5th
Bank Holiday	<p>Understanding Anxiety The Straw Bale 10.00 - 13.00</p> <p>Nurturing Hope (Part 2) Online 10.30 - 12.00</p>		<p>Five Ways to Wellbeing (Part 2) Online 10.30 - 12.00</p> <p>Understanding Personality Disorders (Part 1) The Straw Bale 13.00 - 16.00</p> <p>Boosting Confidence (Part 1) Online 14.00 - 15.30</p>	<p>Recovery College Induction Online 10.00 - 11.00</p> <p>Men, Mental Health and Society (Part 2) Banbury (Mind) 10.00 - 11.00</p>
MONDAY 8th	TUESDAY 9th	WEDNESDAY 10th	THURSDAY 11th	FRIDAY 12th
Bank Holiday	<p>Body Image and Mental Health Didcot Civic Hall 10.00 - 13.00</p> <p>Recovery College Induction Morning The Straw Bale 10.00 - 13.00</p> <p>Art Workshop: Painting The Straw Bale 14.00 - 16.00</p>	<p>Food Memoir Writing (Part 1) Online 10.30 - 12.00</p>	<p>Five Ways to Wellbeing (Part 3) Online 10.30 - 12.00</p> <p>Understanding Personality Disorders (Part 2) The Straw Bale 13.00 - 16.00</p> <p>Boosting Confidence (Part 2) Online 14.00 - 15.30</p>	<p>Men, Mental Health and Society (Part 3) Banbury (Mind) 10.00 - 13.00</p> <p>Understanding Trauma (Part 1) The Straw Bale 13.00 - 16.00</p>

May

MONDAY 15th	TUESDAY 16th	WEDNESDAY 17th	THURSDAY 18th	FRIDAY 19th
<p>Living with Social Anxiety (Part 1) Online 10.30 - 12.00</p> <p>Wildlife and Wellbeing (Part 1) The Straw Bale 13.00 - 16.00</p> <p>Evening Course The Stuff Nobody Talks About: Mental Health for Und. 25s (Part 1) Online 18.00 - 19.30</p>	<p>Understanding Mental Health The Straw Bale 13.00 - 16.00</p>	<p>Food Memoir Writing (Part 2) Online 10.30 - 12.00</p> <p>Introduction to Recovery (Part 1) Online 14.00 - 15.30</p>	<p>Introduction to Recovery The Straw Bale 10.00 - 13.00</p> <p>Five Ways to Wellbeing (Part 4) Online 10.30 - 12.00</p> <p>Recovery College Induction Online 14.00 - 15.00</p>	<p>Relationships and Mental Health (Part 1) Witney (Mind) 13.00 - 16.00</p> <p>Understanding Trauma (Part 2) The Straw Bale 13.00 - 16.00</p>
MONDAY 22nd	TUESDAY 23rd	WEDNESDAY 24th	THURSDAY 25th	FRIDAY 26th
<p>Living with Social Anxiety (Part 2) Online 10.30 - 12.00</p> <p>Wildlife and Wellbeing (Part 2) The Straw Bale 13.00 - 16.00</p> <p>Evening Course The Stuff Nobody Talks About: Mental Health for Und. 25s (Part 2) Online 18.00 - 19.30</p>	<p>Art Workshop: Origami Online 10.30 - 12.00</p> <p>Sleep and Wellbeing The Straw Bale 13.00 - 16.00</p>	<p>Food Memoir Writing (Part 3) Online 10.30 - 12.00</p> <p>Introduction to Recovery (Part 2) Online 14.00 - 15.30</p>	<p>Five Ways to Wellbeing (Part 5) Online 10.30 - 12.00</p> <p>Understanding Anxiety The Straw Bale 13.00 - 16.00</p>	<p>Relationships and Mental Health (Part 2) Witney (Mind) 13.00 - 16.00</p> <p>Understanding Trauma (Part 3) The Straw Bale 13.00 - 16.00</p>

May - June

MONDAY 29th	TUESDAY 30th	WEDNESDAY 31st	THURSDAY 1st June	FRIDAY 2nd
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Half Term

Half Term

Half Term

Half Term

Half Term

MONDAY 5th	TUESDAY 6th	WEDNESDAY 7th	THURSDAY 8th	FRIDAY 9th
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Recovery College
Induction Morning
[The Straw Bale](#)
10.00 - 12.00

Nurturing Hope (Part 1)
[Online](#)
10.30 - 12.00

Skills for Recovery:
Acceptance, Purpose,
Resilience (Part 1)
[The Straw Bale](#)
10.00 - 13.00

Wellbeing at Work (Part 1)
[Online](#)
10.30 - 12.00

Art Workshop:
Wellbeing Jars
[Banbury \(Mind\)](#)
10.00 - 12.00

Understanding
Confidence
[The Straw Bale](#)
13.00 - 16.00

June

MONDAY 12th	TUESDAY 13th	WEDNESDAY 14th	THURSDAY 15th	FRIDAY 16th
<p>Thinking about a New Role (Part 1) Online 10.30 - 12.00</p> <p>Mindful Movement with T'ai Chi Chih The Straw Bale 13.00 - 16.00</p> <p>Recovery College Induction Online 14.00 - 15.00</p>	<p>Understanding Mental Health (Part 1) Online 10.30 - 12.00</p> <p>Understanding Trauma (Part 1) Didcot Civic Hall 13.00 - 16.00</p>	<p>Nurturing Hope (Part 2) Online 10.30 - 12.00</p> <p>Skills for Recovery:: Acceptance, Purpose, Resilience (Part 2) The Straw Bale 10.00 - 13.00</p> <p>Evening Course Coping with Stress and Anxiety (Part 1) Online 19.00 - 20.30</p>	<p>Wellbeing at Work (Part 2) Online 10.30 - 12.00</p>	<p>Let's Talk Loneliness Banbury (Mind) 10.00 - 13.00</p>
MONDAY 19th	TUESDAY 20th	WEDNESDAY 21st	THURSDAY 22nd	FRIDAY 23rd
<p>Relationships and Mental Health (Part 1) The Straw Bale 10.00 - 13.00</p> <p>Thinking about a New Role (Part 2) Online 10.30 - 12.00</p> <p>Evening Course Introduction to Mindfulness Online 19.00 - 20.30</p>	<p>Understanding Mental Health (Part 2) Online 10.30 - 12.00</p> <p>Understanding Trauma (Part 2) Didcot Civic Hall 13.00 - 16.00</p>	<p>Skills for Recovery: Acceptance, Purpose, Resilience (Part 3) The Straw Bale 10.00 - 13.00</p> <p>Evening Course Coping with Stress and Anxiety (Part 2) Online 19.00 - 20.30</p>	<p>Wellbeing at Work (Part 3) Online 10.30 - 12.00</p>	<p>Art Workshop: Weaving with Yarn The Straw Bale 10.00 - 12.00</p> <p>Understanding Self-Harm The Straw Bale 13.00 - 16.00</p>

June - July

MONDAY 26th	TUESDAY 27th	WEDNESDAY 28th	THURSDAY 29th	FRIDAY 30th
Relationships and Mental Health (Part 2) The Straw Bale 10.00 - 13.00 Evening Course Introduction to Mindfulness (Part 2) Online 19.00 - 20.30	Recovery College Induction Online 10.00 - 11.00 Understanding Trauma (Part 3) Didcot Civic Hall 13.00 - 16.00	Body Image and Mental Health The Straw Bale 10.00 - 13.00	Introduction to Recovery The Straw Bale 10.00 - 13.00 Expressive Writing with the Royal Literary Fund (Part 1) The Straw Bale 14.00 - 16.00	Understanding Trauma (Part 1) The Straw Bale 13.00 - 16.00
MONDAY 3rd July	TUESDAY 4th	WEDNESDAY 5th	THURSDAY 6th	FRIDAY 7th
Art Workshop: Mindful Photography Didcot Civic Hall 14.00 - 16.00 Life on a Budget (Part 1) Online 10.30 - 12.00 Living with Social Anxiety (Part 1) Online 14.00 - 15.30	Recovery College Induction Afternoon The Straw Bale 13.00 - 16.00 Art Workshop: Origami Online 14.00 - 15.30	Thinking about Thinking (Part 1) Online 14.00 - 16.00	Understanding Depression The Straw Bale 10.00 - 13.00 Expressive Writing with the Royal Literary Fund (Part 2) The Straw Bale 14.00 - 16.00 Recovery College Induction Online 14.00 - 15.00	Sleep and Wellbeing Witney (Mind) 10.00 - 13.00 Understanding Trauma (Part 2) The Straw Bale 13.00 - 16.00

July

MONDAY 10th	TUESDAY 11th	WEDNESDAY 12th	THURSDAY 13th	FRIDAY 14th
<p>Life on a Budget (Part 2) Online 10.30 - 12.00</p> <p>Living with Social Anxiety (Part 2) Online 14.00 - 15.30</p> <p>Exploring Employment Gaps The Straw Bale 13.00 - 16.00</p>	<p>Understanding Personality Disorders (Part 1) The Straw Bale 13.00 - 16.00</p>	<p>Let's Talk Loneliness The Straw Bale 13.00 - 16.00</p> <p>Thinking about Thinking (Part 2) Online 14.00 - 16.00</p> <p>Evening Course Healthy Sleep (Part 1) Online 19.00 - 20.30</p>	<p>Expressive Writing with the Royal Literary Fund (Part 3) The Straw Bale 14.00 - 16.00</p>	<p>Understanding Trauma (Part 3) The Straw Bale 13.00 - 16.00</p> <p>Art Workshop: Crochet Witney (Mind) 10.00 - 12.00</p>
MONDAY 17th	TUESDAY 18th	WEDNESDAY 19th	THURSDAY 20th	FRIDAY 21st
<p>Recovery College Induction Online 10.00 - 11.00</p> <p>Parenting in Recovery The Straw Bale 13.00 - 16.00</p>	<p>Understanding Personality Disorders (Part 2) The Straw Bale 13.00 - 16.00</p>	<p>Understanding Eating Disorders The Straw Bale 10.00 - 13.00</p> <p>Thinking about Thinking (Part 3) Online 14.00 - 16.00</p> <p>Evening Course Healthy Sleep (Part 2) Online 19.00 - 20.30</p>	<p>Expressive Writing with the Royal Literary Fund (Part 4) The Straw Bale 14.00 - 16.00</p>	<p>Summer Wellbeing Event The Straw Bale 14.00 - 16.00</p> <p>End of Summer Term</p>

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 it 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

telephone: 01865 779613

Or, you can fill out our online **enrolment form:**

<https://oxfordshirerecoverycollege.org.uk/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

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

Twitter @OxfordshireRC

Facebook @Oxfordshire Recovery College

Instagram @oxfordshirerecoverycollege