

Banbury Autumn Term Course Dates

Oxfordshire
Recovery
College

11th September - 15th December
2023 (in-person)

Body Image and Mental
Health
29th September (10am-1pm)

Eat Well, Be Active,
Stay Motivated (Part 2)
1st December (1-4pm)

Introduction to Bullet
Journalling
13th October (2-4pm)

Eat Well, Be Active,
Stay Motivated (Part 3)
8th December (1-4pm)

Eat Well, Be Active, Stay
Motivated (Part 1)
24th November (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
Banbury will take place at:

Banbury Wellbeing Hub (Mind),
Britannia Road,
Banbury, OX16 5DN

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

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

