

Didcot Spring Term Course Dates

Oxfordshire
Recovery
College

15th January - 27th March 2024
(in-person)

Understanding Anxiety
Thursday 25th January
(10:00-13:00)

Wildlife and Wellbeing (Part
2) Thursday 7th March
(10:00-13:00)

Art Workshop - Scrapbook
Journaling - Thursday 8th
February (10:00-13:00)

Mindful Movement with Tai
Chi Chih Thursday 21st
March (10:00-13:00)

Wildlife and Wellbeing (Part 1)
Thursday 29th February
(10:00-13:00)

‘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