

Oxfordshire Recovery College

Spring Term Course Dates In-Person and Online

15th January – 27th March 2024



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 opposite) 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 then asked to attend 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. There is a full list of all courses with descriptions available on our website.

Examples of Courses:

- Understanding Mental Health
- Menopause and Mental Health
- 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

Oxfordshire Recovery College Inductions Spring Term 2024

We ask all new students to attend a 90-minute Induction either online or in person; this gives you a better idea of how the college works, how you will be supported during the courses and lots more information.

In Person:

- Thursday 11th January - 14:00-15:30 [The Straw Bale, Oxford](#)
- Tuesday 20th February - 10:00-11:30 [The Straw Bale, Oxford](#)
- Wednesday 13th March - 14:00-15:30 [The Straw Bale, Oxford](#)

Online:

- Friday 12th January - 10:00-11:30 [Via Zoom](#)
- Monday 5th February - 14:00-15:30 [Via Zoom](#)
- Thursday 22nd February - 10:00-11:30 [Via Zoom](#)
- Wednesday 6th March - 14:00-15:30 [Via Zoom](#)
- Tuesday 26th March - 14:00-15:30 [Via Zoom](#)

To book on one of these Inductions please contact us. Call us on **01865 779613**, email us at contactORC@restore.org.uk or visit our website www.oxfordshirerecoverycollege.org.uk

Spring Term Welcome

Dear ORC Students,

We are really pleased to announce the Course Dates for Spring Term 2024, running from **Monday 15th January to Wednesday 27th March**. We will be offering courses both in-person and online again this term. All our online courses take place on **Zoom** and we've added 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 SPRING TERM:

Neurodiversity and Wellbeing - This is a course for anyone keen to understand more about neurodiversity and its impact on wellbeing, whether you feel you are struggling to find understanding for yourself or others, or if you feel like you have some understanding and knowledge but would like to increase it. We look at how we can define neurodiversity and how it may affect our wellbeing. We introduce various strategies, and we explore how wellbeing is related to reaching our goals. We explore with each other things which impact neurodiverse individuals and how to support those individuals and those who care and work with them. This course is developed to provide a brief introduction into the extensive topic of neurodiversity.

Understanding Bipolar - This course aims to increase student's understanding of Bipolar including its possible causes and symptoms, what it might be like to live with it and how we might define it. The course considers factors which help and hinder recovery, and aims to inspire students with hope that recovery is possible and achievable. It considers the challenges of stigma and ways we might tackle it. The course is suitable for anyone looking for support with their own mental health or is a carer or professional supporting someone who is living with Bipolar.

Name changes to some of our creative courses:

Expressive Writing is now called **Writing for Self Expression** (This in-person creative writing course is funded and delivered by the Royal Literary Fund)

Digital Storytelling is now called **Telling your Story** (This online course supports students to make a short video story about one aspect of their recovery)

JANUARY

MONDAY 15 th	TUESDAY 16 th	WEDNESDAY 17 th	THURSDAY 18 th	FRIDAY 19 th
Start of Spring Term	Introduction to Mindfulness (Part 1) Online 10:30-12:00	Nurturing Hope (Part 1) Online 10:30-12:00	Boosting Confidence (Part 1) Online 10:30-12:00	
Living with Social Anxiety (Part 1) Online 10:30-12:00		Gender, Sexuality and Mental Health (Part 1) The Straw Bale 13:00-16:00	Understanding Personality Disorders (Part 1) The Straw Bale 13:00-16:00	Men, Mental Health and Society (Part 1) The Straw Bale 13:00-16:00
		Thinking about a New Role (Part 1) Online 14:00-15:30		
MONDAY 22 nd	TUESDAY 23 rd	WEDNESDAY 24 th	THURSDAY 25 th	FRIDAY 26 th
Living with Social Anxiety (Part 2) Online 10:30-12:00	Introduction to Mindfulness (Part 2) Online 10:30-12:00	Nurturing Hope (Part 2) Online 10:30-12:00	Understanding Anxiety Didcot 10:00-13:00	Neurodiversity and Wellbeing (Part 1) Banbury 10:00-13:00
Understanding Trauma (Part 1) The Straw Bale 13:00-16:00	Understanding Depression The Straw Bale 13:00-16:00	Gender, Sexuality and Mental Health (Part 2) The Straw Bale 13:00-16:00	Boosting Confidence (Part 2) Online 10:30-12:00	Wellbeing at Work (Part 1) Online 10:30-12:00
		Thinking about a New Role (Part 2) Online 14:00-15:30	Understanding Personality Disorders (Part 2) The Straw Bale 13:00-16:00	Men, Mental Health and Society (Part 2) The Straw Bale 13:00-16:00

JANUARY - FEBRUARY

MONDAY 29 th	TUESDAY 30 th	WEDNESDAY 31 st	THURSDAY 1 st	FRIDAY 2 nd
	Understanding Mental Health The Straw Bale 10:00-13:00	Healthy Sleep (Part 1) Online 10:30-12:00	Sharing Personal Information The Straw Bale 10:00-13:00	Neurodiversity and Wellbeing (Part 2) Banbury 10:00-13:00
Understanding Trauma (Part 2) The Straw Bale 13:00-16:00	Introduction to Recovery (Part 1) Online 14:00-15:30	Let's Talk Loneliness Witney 10:00-13:00	Life on a Budget (Part 1) Online 14:00-15:30	Wellbeing at Work (Part 2) Online 10:30-12:00
		Menopause and Mental Health The Straw Bale 13:00-16:00		Men, Mental Health and Society (Part 3) The Straw Bale 13:00-16:00
MONDAY 5 th	TUESDAY 6 th	WEDNESDAY 7 th	THURSDAY 8 th	FRIDAY 9 th
Understanding Trauma (Part 3) The Straw Bale 13:00-16:00	Let's Talk Loneliness The Straw Bale 13:00-16:00	Parenting in Recovery The Straw Bale 10:00-13:00	Art Workshop - Scrapbook Journaling Didcot 10:00-12:00	Wellbeing at Work (Part 3) Online 10:30-12:00
	Introduction to Recovery (Part 2) Online 14:00-15:30	Understanding Anxiety Witney 10:00-13:00	Life on a Budget (Part 2) Online 14:00-15:30	Art Workshop - Scrapbook Journaling Witney 14:00-16:00
		Healthy Sleep (Part 2) Online 10:30-12:00		Understanding Psychosis The Straw Bale 13:00-16:00

FEBRUARY

MONDAY 12th TUESDAY 13th WEDNESDAY 14th THURSDAY 15th FRIDAY 16th

Half term

Half term

Half term

Half term

Half term

MONDAY 19th TUESDAY 20th WEDNESDAY 21st THURSDAY 22nd FRIDAY 23rd

<p>Telling your Story (Part 1) Online 10:30-12:00</p>		<p>Coping with Stress and Anxiety (Part 1) Online 10:30-12:00</p>	<p>Writing for Self Expression (Part 1) The Straw Bale 10:00-12:00</p>	<p>Understanding Confidence Banbury 10:00-13:00</p>
<p>Neurodiversity and Wellbeing (Part 1) The Straw Bale 13:00-16:00</p>	<p>EVENING COURSE Eat Well, Be Active, Stay Motivated (Part 1) Online 19:00-20:30</p>	<p>Understanding Confidence The Straw Bale 13:00-16:00</p>		<p>Understanding Bipolar The Straw Bale 10:00-13:00</p>
				<p>Art Workshop - Mindful Photography The Straw Bale 14:00-16:00</p>

FEBRUARY - MARCH

MONDAY 26 th	TUESDAY 27 th	WEDNESDAY 28 th	THURSDAY 29 th	FRIDAY 1 st
Telling your Story (Part 2) Online 10:30-12:00	Five Ways to Wellbeing (Part 1) Online 10:30-12:00	Coping with Stress and Anxiety (Part 2) Online 10:30-12:00	Writing for Self Expression (Part 2) The Straw Bale 10:00-12:00	Art Workshop - Scrapbook Journaling Banbury 10:00-12:00
Neurodiversity and Wellbeing (Part 2) The Straw Bale 13:00-16:00	EVENING COURSE Eat Well, Be Active Stay Motivated (Part 2) Online 19:00-20:30	Understanding Anxiety The Straw Bale 13:00-16:00	Wildlife and Wellbeing (Part 1) Didcot 10:00-13:00	Relationships and Mental Health (Part 1) The Straw Bale 13:00-16:00
MONDAY 4 th	TUESDAY 5 th	WEDNESDAY 6 th	THURSDAY 7 th	FRIDAY 8 th
Telling your Story (Part 3) Online 10:30-12:00	Five Ways to Wellbeing (Part 2) Online 10:30-12:00	Thinking about Thinking (Part 1) Online 10:00-12:00	Writing for Self Expression (Part 3) The Straw Bale 10:00-12:00	Menopause and Mental Health Banbury 10:00-13:00
Healthy Sleep (Part 1) Online 14:00-15:30	EVENING COURSE Eat Well, Be Active, Stay Motivated (Part 3) Online 19:00-20:30	Understanding Self Harm The Straw Bale 13:00-16:00	Wildlife and Wellbeing (Part 2) Didcot 10:00-13:00	Relationships and Mental Health (Part 2) The Straw Bale 13:00-16:00

MARCH

MONDAY 11 th	TUESDAY 12 th	WEDNESDAY 13 th	THURSDAY 14 th	FRIDAY 15 th
Telling your Story (Part 4) Online 10:30-12:00	Five Ways to Wellbeing (Part 3) Online 10:30-12:00	Thinking about Thinking (Part 2) Online 10:00-12:00	Writing for Self Expression (Part 4) The Straw Bale 10:00-12:00	Boosting Confidence (Part 1) Online 10:30-12:00
Mindful Movement with Tai Chi Chih The Straw Bale 10:00-13:00	Skills for Recovery - Acceptance (Part 1) The Straw Bale 13:00-16:00		Art Workshop - Scrapbook Journaling The Straw Bale 14:00-16:00	
Healthy Sleep (Part 2) Online 14:00-15:30			Evening Course Learning to Manage our Mental Health for under 25s (Part 1) Online 18:00-19:30	
MONDAY 18 th NOVEMBER	TUESDAY 19 th	WEDNESDAY 20 th	THURSDAY 21 st	FRIDAY 22 nd
Nurturing Hope (Part 1) Online 10:30-12:00	Five Ways to Wellbeing (Part 4) Online 10:30-12:00	Thinking about Thinking (Part 3) Online 10:00-12:00	Mindful Movement with Tai Chi Chih Didcot 10:00-13:00	Boosting Confidence (Part 2) Online 10:30-12:00
Understanding Depression The Straw Bale 13:00-16:00	Skills for Recovery - Purpose (Part 2) The Straw Bale 13:00-16:00	Body Image and Mental Health The Straw Bale 10:00-13:00	EVENING COURSE Learning to Manage our Mental Health for under 25s (Part 2) Online 18:00-19:30	Understanding Eating Disorders The Straw Bale 13:00-16:00

MARCH

MONDAY 25 th	TUESDAY 26 th	WEDNESDAY 27 th	THURSDAY 28 th	FRIDAY 29 th
Understanding Confidence The Straw Bale 10:00-13:00	Five Ways to Wellbeing (Part 5) Online 10:30-12:00	LAST DAY OF SPRING TERM Spring Wellbeing Event The Straw Bale 14:00-16:00 A creative event and a chance to connect with other students, with refreshments.		
Nurturing Hope (Part 2) Online 10:30-12:00	Skills for Recovery - Resilience (Part 3) The Straw Bale 13:00-16:00			

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. You can enrol via our website. We will then contact you to arrange a phone call for you with one of our Student Support Officers to create an Individual Learning Plan (ILP) with you. You will also be asked to attend a 90 minute induction either online or in person.

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 the 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



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