

Oxfordshire Recovery College

Summer Term 2024 Course Dates In-Person and Online

15th April - 19th July

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 fifty 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

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

Summer Term Welcome

We are really pleased to announce the Course Dates for Summer Term 2024, running from **Monday 15th April to Friday 19th July**.

We will be offering courses both in-person and online again this term. All our online courses take place on **Zoom** with online **evening courses** again this term. Our in-person courses will take place in **Oxford, Banbury, Witney, and Didcot**.

ORC Inductions -

Tuesday 16th April	10:00 - 11:30	The Straw Bale, Oxford
Thursday 18th April	14:00 - 15:30	Online, Via Zoom
Wednesday 1st May	14:00 - 15:30	The Straw Bale, Oxford
Wednesday 8th May	19:00 - 20:30	Online, Via Zoom
Friday 10th May	10:30 - 12:00	Online, Via Zoom
Friday 7th June	14:00 - 15:30	The Straw Bale, Oxford
Friday 14th June	14:00 - 15:30	Online, Via Zoom
Wednesday 26th June	10:30 - 12:00	Online, Via Zoom
Thursday 4th July	14:00 - 15:30	Online, Via Zoom
Tuesday 16th July	10:00 - 11:30	The Straw Bale, Oxford

NEW COURSES FOR THE SUMMER TERM:

Grief and Wellbeing - 2 Parts Online - This course is designed to provide information and ideas for support for anyone interested in or who has experienced grief or bereavement. It is an online course in two parts. It explores the various types of grief we can experience, and how grief can impact on our lives, wellbeing, and mental health. We explore some of the common theories of grief, share wellbeing tips, and examine how we may be able to support someone who is experiencing grief. Signposting is provided for further sources of support. We encourage students to think about their own experience of grief and loss, and how it might affect them during the course. The course is not usually suited to anyone who has experienced a recent, significant personal loss or bereavement.

Nurturing Creativity Whilst Caring - 3 Parts Online - This 3 part online course is designed specifically for people who are supporting family or close friends struggling with their mental health. The course explores the importance of self-care whilst supporting others and explores how we might overcome some of the challenges of putting self-care into practice. Together we look at the role of creativity in self-care, both having a go at creative activities but also nurturing a creative mindset, and think about how we can practise creativity together on this journey. The course will include some simple creative activities to do together in the session as well as practice at home between sessions. We will send you a small resource pack in the post before the course starts. This is a new course that has been co-produced by a researcher from King's College, London and will be evaluated in order to improve courses for carers in the future. Before enrolling we will email you with more information about the research project and ask you to consent to being a participant. ***NB* To enrol on this course please let us know if you have experience of supporting someone with a mental health difficulty, such as a family member, partner, or close friend. You do not have to be a registered 'carer', and you will not have to provide any information about the individual you support.**

Mindful Walking - In Person - Mindful walks are a chance to slow down, get outside and appreciate the beauty of nature. We'll go at a slow, gentle pace and pause regularly to pay attention to what's around us. There'll be some guided exercises to try as well as time to share your experience with others.

April

Monday 15th	Tuesday 16th	Wednesday 17th	Thursday 18th	Friday 19th
Start of Summer Term		Nurturing Hope (Part 1) Online 10:30-12:00		Boosting Confidence (Part 1) Online 10:30-12:00
	Art and Wellbeing: Landscape and Imagination (Part 1) The Straw Bale 13:00-16:00	Understanding Mental Health The Straw Bale 10:00-13:00	Understanding Depression The Straw Bale 13:00-16:00	Understanding Trauma (Part 1) The Straw Bale 13:00-16:00 *NEW* Mindful Walk Florence Park, Oxford 14:00-16:00
Monday 22nd	Tuesday 23rd	Wednesday 24th	Thursday 25th	Friday 26th
Mindful Photography The Straw Bale 10:00-12:00		Nurturing Hope (Part 2) Online 10:30-12:00		Boosting Confidence (Part 2) Online 10:30-12:00
Coping with Stress & Anxiety (Part 1) Online 10:30-12:00	Art and Wellbeing: Landscape and Imagination (Part 2) The Straw Bale 13:00-16:00	Understanding Anxiety The Straw Bale 13:00-16:00	Neurodiversity and Wellbeing (Part 1) The Straw Bale 13:00-16:00	Understanding Trauma (Part 2) The Straw Bale 13:00-16:00
Exploring Employment Gaps The Straw Bale 13:00-16:00	Intro to Mindfulness Part 1 Online 14:00-15:30			

April and May

Monday 29th	Tuesday 30th	Wednesday 1st May	Thursday 2nd May	Friday 3rd May
<p>Understanding Confidence Didcot Civic Hall 10:00-13:00</p> <p>Coping with Stress & Anxiety (Part 2) Online 10:30-12:00</p>	<p>Art and Wellbeing: Landscape and Imagination (Part 3) The Straw Bale 13:00-16:00</p>	<p>Understanding Eating Disorders The Straw Bale 10:00-13:00</p> <p>Living with Social Anxiety (Part 1) Online 10:30-12:00</p>	<p>Neurodiversity and Wellbeing (Part 2) The Straw Bale 13:00-16:00</p>	<p>Understanding Depression Didcot Civic Hall 10:00-13:00</p> <p>Writing for Self Expression (Part 1) The Straw Bale 10:00-12:00</p>
<p>Understanding Confidence The Straw Bale 13:00-16:00</p>	<p>Intro to Mindfulness Part 2 Online 14:00-15:30</p>			<p>Understanding Trauma (Part 3) The Straw Bale 13:00-16:00</p>
Monday 6th	Tuesday 7th	Wednesday 8th	Thursday 9th	Friday 10th
<p>BANK HOLIDAY</p>	<p>Food Memoir Writing (Part 1) Online 10:30-12:00</p> <p>Art and Wellbeing: Landscape and Imagination (Part 4) The Straw Bale 13:00-16:00</p>	<p>Living with Social Anxiety (Part 2) Online 10:30-12:00</p>	<p>Thinking about Thinking (Part 1) Online 10:00-12:00</p> <p>Skills for Recovery (Part 1 - Acceptance) The Straw Bale 13:00-16:00</p>	<p>Writing for Self Expression (Part 2) The Straw Bale 10:00-12:00</p> <p>Skills for Recovery (Part 1 - Acceptance) Banbury Mind 10:00-13:00</p>

May

Monday 13th	Tuesday 14th	Wednesday 15th	Thursday 16th	Friday 17th
Introduction to Recovery (Part 1) Online 10:30-12:00	Food Memoir Writing (Part 2) Online 10:30-12:00		Thinking about Thinking (Part 2) Online 10:00-12:00	Writing for Self Expression (Part 3) The Straw Bale 10:00-12:00
Let's Talk Loneliness The Straw Bale 10:00-13:00	Art and Wellbeing: Landscape and Imagination (Part 5) The Straw Bale 13:00-16:00	Neurodiversity and Wellbeing (Part 1) Didcot Civic Hall 13:00-16:00	Skills for Recovery (Part 2 - Purpose) The Straw Bale 13:00-16:00	Skills for Recovery (Part 2 - Purpose) Banbury Mind 10:00-13:00 Mindful Walk 14:00-16:00 Elder Stubbs Allotments
Monday 20th	Tuesday 21st	Wednesday 22nd	Thursday 23rd	Friday 24th
Understanding Bipolar Disorder The Straw Bale 10:00-13:00	Food Memoir Writing (Part 3) Online 10:30-12:00	Parenting in Recovery Witney Mind 10:00-13:00	Thinking about Thinking (Part 3) Online 10:00-12:00	Writing for Self Expression (Part 4) The Straw Bale 10:00-12:00
Introduction to Recovery (Part 2) Online 10:30-12:00	Art and Wellbeing: Landscape and Imagination (Part 6) The Straw Bale 13:00-16:00	Neurodiversity and Wellbeing (Part 2) Didcot Civic Hall 13:00-16:00	Skills for Recovery (Part 3 - Resilience) The Straw Bale 13:00-16:00	Skills for Recovery (Part 3 - Resilience) Banbury Mind 10:00-13:00

May and June

Monday 27th

Tuesday 28th

Wednesday 29th

Thursday 30th

Friday 31st

HALF TERM

HALF TERM

HALF TERM

HALF TERM

HALF TERM

Monday 3rd June

Tuesday 4th

Wednesday 5th

Thursday 6th

Friday 7th

Mindful Movement with Tai Chi
Chih
The Straw Bale
10:00-13:00

Introduction to the Caring Role
Online
10:30-12:00

Menopause and Mental Health
Witney Mind
10:00-13:00

Understanding Mental Health (Part 1)
Online
10:30-12:00

Healthy Sleep (Part 1)
Online
10:30-12:00

Thinking about a New Role
(Part 1) **Online**
14:00-15:30

Art Workshop - Origami
Online
14:00-15:30

EVENING COURSE

Wellbeing at Work (Part 1)
Online
19:00-20:30

Understanding Personality Disorders
(Part 1) **The Straw Bale**
13:00-16:00

Finding your Pathway through Services
Banbury Mind
13:00-16:00

June

Monday 10th	Tuesday 11th	Wednesday 12th	Thursday 13th	Friday 14th
Gender, Sexuality and Mental Health (Part 1) The Straw Bale 10:00-13:00		Wildlife & Wellbeing (Part 1) The Straw Bale 10:00-13:00	Understanding Mental Health (Part 2) Online 10:30-12:00	Understanding Depression The Straw Bale 10:00-13:00
Thinking about a New Role (Part 2) Online 14:00-15:30	Boosting Confidence (Part 1) Online 14:00-15:30	EVENING COURSE Wellbeing at Work (Part 2) Online 19:00-20:30	Understanding Personality Disorders (Part 2) The Straw Bale 13:00-16:00	Healthy Sleep (Part 2) Online 10:30-12:00
Monday 17th	Tuesday 18th	Wednesday 19th	Thursday 20th	Friday 21st
Gender, Sexuality and Mental Health (Part 2) The Straw Bale 10:00-13:00	Introduction to Recovery The Straw Bale 13:00-16:00	Finding your Pathway through Services Didcot Civic Hall 10:00-13:00	Neurodiversity & Wellbeing (Part 1) The Straw Bale 13:00-16:00	Understanding Self Harm The Straw Bale 13:00-16:00
	Boosting Confidence (Part 2) Online 14:00-15:30	Wildlife & Wellbeing (Part 2) The Straw Bale 10:00-13:00	EVENING COURSE U25s Learning to Manage our Mental Health (Part 1) Online 18:00-19:30	Introduction to Mindfulness (Part 1) Online 14:00-15:30
		EVENING COURSE Wellbeing at Work (Part 3) Online 19:00-20:30		

June and July

Monday 24th	Tuesday 25th	Wednesday 26th	Thursday 27th	Friday 28th
<p>Understanding Mental Health The Straw Bale 13:00-16:00</p>	<p>Mindful Walk 10:00-12:00 Didcot</p>	<p>Understanding Anxiety The Straw Bale 10:00-13:00</p>	<p>Neurodiversity & Wellbeing (Part 2) The Straw Bale 13:00-16:00</p>	<p>Understanding Psychosis The Straw Bale 10:00-13:00</p> <p>Understanding Depression Banbury Mind 13:00-16:00</p>
<p>*NEW* Nurturing Creativity Whilst Caring (Part 1) Online 14:00-15:30</p>			<p>EVENING COURSE U25s Learning to Manage our Mental Health (Part 2) Online 18:00-19:30</p>	<p>Introduction to Mindfulness (Part 2) Online 14:00-15:30</p>
Monday 1st July	Tuesday 2nd	Wednesday 3rd	Thursday 4th	Friday 5th
	<p>Nurturing Hope (Part 1) Online 10:30-12:00</p>	<p>Mindful Photography The Straw Bale 10:00-12:00</p>		
<p>Nurturing Creativity Whilst Caring (Part 2) Online 14:00-15:30</p>				<p>Coping with Stress & Anxiety (Part 1) Online 14:00-15:30</p>

July

Monday 8th	Tuesday 9th	Wednesday 10th	Thursday 11th	Friday 12th
Relationships & Mental Health (Part 1) The Straw Bale 13:00-16:00	Nurturing Hope (Part 2) Online 10:30-12:00	*NEW* Grief & wellbeing (Part 1) Online 10:30-12:00 Understanding Depression Witney Mind 10:00-13:00	Understanding Bipolar Disorder Didcot Civic Hall 10:00-13:00	Understanding Bipolar Disorder The Straw Bale 13:00-16:00
Nurturing Creativity Whilst Caring (Part 3) Online 14:00-15:30		Introduction to Recovery (Part 1) Online 14:00-15:30	Living with Social Anxiety (Part 1) Online 14:00-15:30	Coping with Stress & Anxiety (Part 2) Online 14:00-15:30
Monday 15th	Tuesday 16th	Wednesday 17th	Thursday 18th	Friday 19th
Relationships & Mental Health (Part 2) The Straw Bale 13:00-16:00	Let's Talk Loneliness The Straw Bale 13:00-16:00	Grief & wellbeing (Part 2) Online 10:30-12:00 Introduction to Recovery (Part 2) Online 14:00-15:30	Understanding Confidence The Straw Bale 10:00-13:00 Living with Social Anxiety (Part 2) Online 14:00-15:30	Summer Celebration and Wellbeing Event The Straw Bale 14:00-16:00

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.

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 Student Support Team to create an Individual Learning Plan (ILP) 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/>

How many students will be on a course?

There will be up to 15 students on each online course, and up to a maximum of 14 on an in-person course, with two tutors for each course.

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

T: 01865 779613
E: contactORC@restore.org.uk

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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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