

Oxfordshire Recovery College

Autumn Term 2024 Course Dates In-Person and Online

9th September - 18th December

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 a Tutor by Experience (someone with lived experience), and a Tutor 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 Team and are then invited to attend an Introduction 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 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
- Loss, Grief and Wellbeing
- Men, Mental Health and Society
- Understanding Depression
- Neurodivergence and Wellbeing
- 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

Autumn Term Welcome

We are really pleased to announce the Course Dates for Summer Term 2024, running from **Monday 9th September to Wednesday 18th December**. 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**.

Introduction to Oxfordshire Recovery College -

Tuesday 10th September	10:30 - 12:30	Online, Via Zoom
Wednesday 11th September	14:00 - 16:00	The Straw Bale, Oxford
Wednesday 25th September	19:00 - 21:00	Online, Via Zoom
Wednesday 2nd October	14:00 - 16:00	Online, Via Zoom
Thursday 10th October	14:00 - 16:00	The Straw Bale, Oxford
Friday 25th October	10:30 - 12:30	Online, Via Zoom
Monday 15th November	14:00-16:00	The Straw Bale, Oxford
Monday 25th November	14:00-16:00	Online, Via Zoom
Tuesday 10th December	14:00 - 16:00	The Straw Bale, Oxford
Tuesday 17th December	10:00 - 12:00	Online, Via Zoom

NEW COURSES FOR THE AUTUMN TERM:

Journaling for Wellbeing - 1 Part In Person (3 Hours) In this course we discuss how journaling in its widest sense (recording some aspects of our day to day experiences) supports wellbeing by helping us gain perspective on our lives, notice what's good and focus on what is meaningful to us. Students will be introduced to both bullet journaling and scrapbook journaling and have the opportunity to experiment with different methods and materials (which will be provided) to find a way of journaling which works for them

Neurodivergence and Wellbeing - 3 Parts Online - This course looks at how we can define neurodivergence 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 neurodivergent 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 neurodivergence.

Kelmscott Manor Art Workshop - This workshop will be delivered by Kelmscott Manor facilitators, supported by ORC tutors. Students will make a concertina sketchbook followed by creative journaling in the beautiful grounds of Kelmscott Manor. The workshop includes a tour of the Manor and a break for refreshments. **You must be able to make your own way to Kelmscott Manor** - please check its location before you sign up - **Kelmscott, Lechlade GL7 3HJ**

BACK THIS TERM - Conscious Doodling - 3 Parts Online - During the Conscious Doodling sessions you are given opportunities to follow short guided exercises using simple shapes and patterns, often inspired by the natural world, which may help you connect to the body and breath. The sessions are a safe space to experiment with doodling where there is no right or wrong, just a focus on experiencing the process.

Understanding Courses - In Person and Online

Course Name	Venue	Description	Month	How Many Parts
Understanding Mental Health	The Straw Bale Online	What is mental health? This course will explain what is meant by 'mental health and the most common mental health conditions.	Once a month September and November	One part
Understanding Depression	The Straw Bale	This course will provide a chance to think about what depression is like and how it affects someone's life, as well as an understanding of what causes depression and how to respond to it.	September November	One Part
Understanding Anxiety	The Straw Bale Banbury Mind	This course focuses on anxiety, what it is and how it affects us, and how we can learn to manage it better.	September and December November	One Part
Understanding Personality Disorders	The Straw Bale	In Part 1 we consider how personality disorders are defined and how they may develop, then discuss ways to move forward – both support which may be offered and how people with this diagnosis can help themselves. In Part 2 we discuss some models for understanding human relationships and think about how we make positive changes in our lives.	October	Two Parts

Understanding Courses - In Person and Online

Course Name	Venue	Description	Month	How Many Parts
Understanding Trauma	The Straw Bale	Going through very stressful, frightening or distressing events can be called trauma. Trauma can significantly impact our mental health, the way we function as human beings and our resilience to coping with further stressful life events. This course will encourage students to talk in general terms about their own experiences but in order to keep everyone safe we will not talk specifically about distressing events we have personally experienced.	November	Three Parts
Understanding Psychosis	The Straw bale	This course follows the journey of someone who has experienced psychosis, exploring what can be challenging and what can be helpful in someone's recovery journey. This course aims to inspire students with the hope of recovery through education.	October and December	One Part
Understanding Bipolar Disorder	The Straw Bale	Our Understanding Bipolar course (in-person) 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.	September and December	One Part

Understanding Courses - In Person and Online

Course Name	Venue	Description	Month	How Many Parts
Understanding Self Harm	The Straw Bale	This course aims to provide a safe space in which students can think about and discuss the different reasons that a person might engage in self harming behaviour – focusing on why, not how.	October	One Part
Understanding Stigma	The Straw Bale	Understanding Stigma is a course aimed at students looking to increase their awareness of what we mean when we talk about stigma in relation to mental health, and its potential impacts on people from all walks of life.	November	One Part
Neurodivergence and Wellbeing	The Straw Bale Online	This course is 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.	October November	Three Parts
Introduction to the Caring Role	Online	The course aims to provide an understanding of the carer's role; explores the potential journey that friends and family may undertake within the role.	November	One Part

Understanding Courses - In Person and Online

Course Name	Venue	Description	Month	How Many Parts
Finding your Pathway through Services	The Straw Bale	This course explores the experience of those seeking and engaging with mental health services in Oxfordshire, and the common frustrations that people can face, with particular focus on problem solving around these issues. Students will discover different ways in which they might prepare for an appointment, deal with long waiting times and have their needs met by appropriate services.	November	One Part
Men, Mental Health and Society	The Straw Bale Didcot Civic Hall	This course explores why men may find it harder to talk about their mental health or seek help, the impact of how we use language and the stigma around men's mental health. It's suitable for anyone interested in the effects of gender on our mental health.	September November	Three Parts
Coping with Stress and Anxiety	Online	This course is for anyone keen to understand more about anxiety and stress, how it can affect us, and who would like to learn how to manage it better. It is suitable for anyone who has experienced anxiety or stress, or is a carer or professional supporting someone who is dealing with anxiety.	September and December	Two Parts

Understanding Courses - In Person and Online

Course Name	Venue	Description	Month	How Many Parts
Living with Social Anxiety	Online	Social anxiety is the most common form of anxiety, and can have a substantial impact on our lives. This course explores what social anxiety is (and isn't), and how it may arise. We explore strategies and tools to help us live better with social anxiety, plus ways to get more support. This is a welcoming course for anyone who sometimes struggles in social situations.	September and December	Two Parts

Please see the full course dates timetable for dates and times of all courses.
Further descriptions are available on our website.
<https://oxfordshirerecoverycollege.org.uk/>

Increasing Resilience Courses - In Person and Online

Course Name	Venue	Description	Month	How Many Parts
Understanding Confidence	The Straw Bale	This course aims to create a greater understanding of the meaning of confidence. It will help develop existing skills and provide a space to explore possible ways of increasing confidence.	September and November	One Part
Thinking about Thinking	The Straw Bale Online	This course is designed as an introduction to how we as individuals think about thinking, to help students explore and understand more about this subject. The way we habitually think (or "mentalisation") has a major impact on our wellbeing and mental health. Identifying some common and potentially unhelpful thinking patterns and traps can help us to better understand and potentially adapt our thinking.	November October	Two Parts In Person Three Parts Online
Skills for Recovery - Acceptance, Purpose and Resilience	The Straw Bale	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.	December	Three Parts

Increasing Resilience Courses - In Person and Online

Course Name	Venue	Description	Month	How Many Parts
Eat Well, Be Active, Stay Motivated	The Straw Bale	We will explore how we can look after ourselves through healthy eating and exercise and how this can positively impact our mental health. We will explore how we can motivate ourselves to make positive changes and keep going with changes. We will think about how we can best apply new knowledge in our day to day living in a meaningful, sustainable and enjoyable way.	November	Three Parts
Body Image and Mental Health	The Straw Bale	Body Image and Mental Health looks at the impact that thoughts, feelings and ideas about our appearance can have on our mental health. We consider where assumptions and biases about our own and other people's appearances come from.	November	One Part
Menopause and Mental Health	The Straw Bale	While the Menopause isn't a mental health condition, it can directly affect your mental health. Hormonal changes during the menopause can sometimes make existing mental health conditions worse. In this course we look at what the menopause and perimenopause actually are.	October	One Part

Increasing Resilience Courses - In Person and Online

Course Name	Venue	Description	Month	How Many Parts
Relationships and Mental Health	The Straw Bale Banbury Mind	This course explores the impact of our mental health on relationships with others, and also the impact of relationships on our mental health. We consider relationships with partners, children, friends and work colleagues. We share ideas for how we can build healthier relationships within all these settings.	November October	Two Parts
Let's Talk Loneliness	The Straw Bale	Let's Talk Loneliness is a course suitable for anyone wishing to understand more about loneliness, how it can affect us in our day to day lives, and how we can manage it better. We will spend time looking at the different impacts that loneliness might have on our lives, and discuss some useful coping strategies and share tips.	October and December	One Part
Sharing Personal Information	The Straw Bale	This course helps individuals to think about whether sharing information about their health with an employer is the right thing for them. It explores: when to share information, how to share information and how much to share.	November	One Part

Increasing Resilience Courses - In Person and Online

Course Name	Venue	Description	Month	How Many Parts
Life on a Budget	Online	This two-part course explores ways to look after your health and well-being without spending a fortune. It's suitable for anyone wanting to build strategies and share ideas around shopping, eating and getting the most out of everyday life, whilst sticking to a budget.	November	Two Parts

Wellbeing Courses - In Person and Online

Course Name	Venue	Description	Month	How Many Parts
Wildlife and Wellbeing	The Straw Bale	We will explore ways in which people relate to the natural world and look at research that shows the positive impacts of increased interaction and awareness of nature on our wellbeing and mental health.	October	Two Parts
Mindful Movement with Tai Chi Chih	The Straw Bale	You will learn simple T'ai Chi Chih movements and breathing skills to reduce stress in your Body and manage your Mind/Emotions. By flowing gently through easy movements, you experience the calming effect of grounding your attention and focusing on the present moment.	October and December	One Part
Introduction to Mindfulness	The Straw Bale Didcot Civic Hall Online	We explore the proven benefits of mindfulness, as well as advice about when it may not be so useful. Students will be provided with a toolkit of ideas for being more mindful in everyday life.	November November November	One Part In Person 2 Parts Online
Mindful Walk	Florence Park	Mindful walks are a chance to slow, 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.	September	One Part

Wellbeing Courses - In Person and Online

Course Name	Venue	Description	Month	How Many Parts
Mindful Photography	The Straw Bale	Mindful Photography is a tool that uses our own eyes and a camera lens (be it a smartphone or a camera) to help ground us in the present moment by looking more closely at the world around us.	September and December	One Part
Journaling for Mental Health *NEW COURSE*	The Straw Bale Banbury Mind Witney Mind Didcot Civic Hall	In this course we discuss how journaling in its widest sense (recording some aspects of our day to day experiences) supports wellbeing by helping us gain perspective on our lives, notice what's good and focus on what is meaningful to us. Students will be introduced to both bullet journaling and scrapbook journaling and have the opportunity to experiment with different methods and materials (which will be provided) to find a way of journaling which works for them	September and November September September	One Part
Writing for Self Expression	The Straw Bale	Expressive writing is not creative writing or therapy, but the important process of getting our insides outside. It is a form of self-expression which helps a person to think about their life and put their thoughts and feelings into words with often surprising results.	November	Four Parts
Winter Wellbeing Event	The Straw Bale Banbury Mind Didcot Civic Hall	A chance to get together with other students and join in without a creative activity. A chance to share some of the courses you have done this term and reflect on them.	December December December	

Wellbeing Courses - In Person and Online

Course Name	Venue	Description	Month	How Many Parts
Healthy Sleep	Online	We will explore some positive tips for improving sleep for students to try out. In part two, we will look in more depth at how sleep affects our mental health. We will discuss as a group what helps and hinders healthy sleep and have a look at further tips and techniques that students can try out.	October and December	Two Parts
Five Ways to wellbeing	Online	The course focuses on one of the 5 Ways to Wellbeing each week: Keep Learning, Give, Connect, Be Active, Take Notice. This course aims to highlight the benefits of incorporating the 5 Ways to Wellbeing into our lives.	November	Five Parts
Wellbeing at Work	Online	This course is suitable for any student thinking about going back into the workplace (voluntary or paid) or returning to work after a period of absence, or students who are currently in work but considering how to better support their wellbeing.	October	Three Parts

Wellbeing Courses - In Person and Online

Course Name	Venue	Description	Month	How Many Parts
Creative Writing	Online	This course provides a chance to think about and develop the use of creative skills to aid recovery, we will look at the effects and benefits that creative writing can have on our mental health, and how creativity can be a community activity, bringing people together to foster a sense of connection.	October	Four Parts
Conscious Doodling	Online	During the Conscious Doodling sessions you are given opportunities to follow short guided exercises using simple shapes and patterns, often inspired by the natural world, which may help you connect to the body and breath.	September	Three Parts

September - Autumn Term 2024

Monday 9th	Tuesday 10th	Wednesday 11th	Thursday 12th	Friday 13th
START OF AUTUMN TERM		<p>Coping with Stress and Anxiety (Part 1) Online 10:30-12:00</p>	<p>Understanding Mental Health The Straw Bale 13:00-16:00</p>	<p>Understanding Anxiety The Straw Bale 10:00-13:00</p>
Monday 16th	Tuesday 17th	Wednesday 18th	Thursday 19th	Friday 20th
<p>Understanding Depression The Straw Bale 10:00-13:00</p> <p>Understanding Mental Health (Part 1) Online 10:30-12:00</p>	<p>Boosting Confidence (Part 1) Online 10:30-12:00</p> <p>Mindful Photography The Straw Bale 14:00-16:00</p>	<p>Coping with Stress and Anxiety (Part 2) Online 10:30-12:00</p> <p>Living with Social Anxiety (Part 1) Online 14:00-15:30</p>	<p>Journaling for Wellbeing The Straw Bale 13:00-16:00</p> <p>EVENING COURSE Conscious Doodling (Part 1) Online 19:00-20:30</p>	<p>Journaling for Wellbeing Banbury Mind 10:00-13:00</p> <p>Men, Mental Health and Society (Part 1) The Straw Bale 13:00-16:00</p>

September - October

Monday 23rd	Tuesday 24th	Wednesday 25th	Thursday 26th	Friday 27th
<p>Understanding Bipolar The Straw Bale 10:00-13:00</p> <p>Understanding Mental Health (Part 2) Online 10:30-12:00</p>	<p>Introduction to Mindfulness The Straw Bake 10:00-13:00</p> <p>Boosting Confidence (Part 2) Online 10:30-12:00</p>	<p>Journaling for Wellbeing Didcot Civic Hall 10:00-13:00</p>	<p>Menopause and Mental Health The Straw Bale 13:00-16:00</p>	<p>Mindful Walk Florence Park, Oxford 10:00-12:00</p> <p>Nurturing Hope (part 1) Online 10:30-12:00</p>
<p>EXTERNAL SESSION Kelmscott Manor Art Workshop 13:00-16:00</p>		<p>Living with Social Anxiety (Part 2) Online 14:00-15:30</p>	<p>EVENING COURSE Conscious Doodling (Part 2) Online 19:00-20:30</p>	<p>Men, Mental Health and Society (Part 2) The Straw Bale 13:00-16:00</p>
Monday 30th	Tuesday 1st October	Wednesday 2nd October	Thursday 3rd October	Friday 4th October
<p>Creative Writing (Part 1) Online 10:30-12:00</p> <p>Understanding Confidence The Straw Bale 13:00-16:00</p>		<p>Mindful Movement with T'ai Chi Chih The Straw Bale 10:00-13:00</p> <p>Loss, Grief and Wellbeing (Part 1) Online 10:30-12:00</p>	<p>Let's Talk Loneliness The Straw Bale 10:00-13:00</p> <p>EVENING COURSE Conscious Doodling (Part 3) Online 19:00-20:30</p>	<p>Nurturing Hope (part 2) Online 10:30-12:00</p> <p>Men, Mental Health and Society (Part 3) The Straw Bale 13:00-16:00</p>

October

Monday 7th	Tuesday 8th	Wednesday 9th	Thursday 10th	Friday 11th
Creative Writing (Part 2) Online 10:30-12:00	Thinking about Thinking (Part 1) Online 10.30-12.30	Loss, Grief and Wellbeing (Part 2) Online 10:30-12:00	Understanding Self Harm The Straw Bale 10:00-13:00	Relationships and Mental Health (Part 1) Banbury Mind 12:30-15:30 (*NEW TIME*)
Neurodivergence and Wellbeing (Part 1) The Straw Bale 13:00-16:00		Evening Course Wellbeing at Work (Part 1) Online 19:00-20:30	Healthy Sleep (Part 1) Online 14:00-15:30	Understanding Psychosis The Straw Bale 13:00-16:00
Monday 14th	Tuesday 15th	Wednesday 16th	Thursday 17th	Friday 18th
Creative Writing (Part 3) Online 10:30-12:00	Thinking about Thinking (Part 2) Online 10.30-12.30	Introduction to Mindfulness Didcot Civic Hall 10:00-13:00		Relationships and Mental Health (Part 2) Banbury Mind 12:30-15:30 (*NEW TIME*)
Neurodivergence and Wellbeing (Part 2) The Straw Bale 13:00-16:00	Introduction to Mindfulness (Part 1) Online 14:00-15:30	Evening Course Wellbeing at Work (Part 2) Online 19:00-20:30	Understanding Personality Disorders (Part 1) The Straw Bale 13:00-16:00 Healthy Sleep (Part 2) Online 14:00-15:30	Wildlife and Wellbeing (Part 1) The Straw Bale 13:00-16:00

October - November

Monday 21st	Tuesday 22nd	Wednesday 23rd	Thursday 24th	Friday 25th
<p>Creative Writing (Part 4) Online 10:30-12:00</p>	<p>Thinking about Thinking (Part 3) Online 10:00-12:00</p>	<p>Understanding Mental Health The Straw Bale 10:00-13:00</p>		
<p>Neurodivergence and Wellbeing (Part 3) The Straw Bale 13:00-16:00</p>	<p>Introduction to Mindfulness (Part 2) Online 14:00-15:30</p>	<p>Evening Course Wellbeing at Work (Part 3) Online 19:00-20:30</p>	<p>Understanding Personality Disorders (Part 2) The Straw Bale 13:00-16:00</p>	<p>Wildlife and Wellbeing (Part 2) The Straw Bale 13:00-16:00</p>
Monday 28th	Tuesday 29th	Wednesday 30th	Thursday 31st	Friday 1st November
HALF TERM	HALF TERM	HALF TERM	HALF TERM	HALF TERM

November

Monday 4th	Tuesday 5th	Wednesday 6th	Thursday 7th	Friday 8th
	Writing for Self Expression (Part 1) The Straw Bale 10:00-12:00	Neurodivergence and Wellbeing (Part 1) Online 10:00-12:00	Journaling for Wellbeing The Straw Bale 10:00-13:00	Eat Well, Be Active, Stay Motivated (Part 1) The Straw Bale 10:00-13:00
Thinking about Thinking (Part 1) The Straw Bale 13:00-16:00	Sharing Personal Information The Straw Bale 13:00-16:00	Finding your Pathway through Services The Straw Bale 13:00-16:00	Men, Mental Health and Society (Part 1) Didcot 13:00-16:00	
		Five Ways to Wellbeing (Part 1) Online 14:00-15:30		
Monday 11th	Tuesday 12th	Wednesday 13th	Thursday 14th	Friday 15th
	Writing for Self Expression (Part 2) The Straw Bale 10:00-12:00	Understanding Trauma (Part 1) The Straw Bale 10:00-13:00		Eat Well, Be Active, Stay Motivated (Part 2) The Straw Bale 10:00-13:00
	Introduction to the Caring Role Online 10:30-12:00	Neurodivergence and Wellbeing (Part 2) Online 10:00-12:00	Men, Mental Health and Society (Part 2) Didcot 13:00-16:00	Understanding Anxiety Banbury 10:00-13:00
Thinking about Thinking (Part 2) The Straw Bale 13:00-16:00	Relationships and Mental Health (Part 1) The Straw Bale 13:00-16:00	Five Ways to Wellbeing (Part 2) Online 14:00-15:30	Understanding Stigma The Straw Bale 13:00-16:00	

November

Monday 18th	Tuesday 19th	Wednesday 20th	Thursday 21st	Friday 22nd
	<p>Writing for Self Expression (Part 3) The Straw Bale 10:00-12:00</p>	<p>Understanding Trauma (Part 2) The Straw Bale 10:00-13:00</p> <p>Neurodivergence and Wellbeing (Part 3) Online 10:00-12:00</p>		<p>Eat Well, Be Active, Stay Motivated (Part 3) The Straw Bale 10:00-13:00</p>
<p>Understanding Depression The Straw Bale 13:00-16:00</p>	<p>Relationships and Mental Health (Part 2) The Straw Bale 13:00-16:00</p> <p>Understanding Mental Health (Part 1) Online 14:00-15:30</p>	<p>Five Ways to Wellbeing (Part 3) Online 14:00-15:30</p>	<p>Men, Mental Health and Society (Part 3) Didcot 13:00-16:00</p> <p>EVENING COURSE Life on a Budget (Part 1) Online 19:00-20:30</p>	<p>Nurturing Hope (Part 1) Online 14:00-15:30</p>
Monday 25th	Tuesday 26th	Wednesday 27th	Thursday 28th	Friday 29th
<p>Understanding Confidence The Straw Bale 10:00-13:00</p>	<p>Writing for Self Expression (Part 4) The Straw Bale 10:00-12:00</p> <p>Understanding Mental Health (Part 2) Online 14:00-15:30</p>	<p>Understanding Trauma (Part 3) The Straw Bale 10:00-13:00</p> <p>Five Ways to Wellbeing (Part 4) Online 14:00-15:30</p>	<p>Body Image and mental Health The Straw Bale 13:00-16:00</p> <p>EVENING COURSE Life on a Budget (Part 2) Online 19:00-20:30</p>	<p>Understanding Mental Health The Straw Bale 13:00-16:00</p> <p>Nurturing Hope (Part 2) Online 14:00-15:30</p>

December

Monday 2nd	Tuesday 3rd	Wednesday 4th	Thursday 5th	Friday 6th
<p>Skills for Recovery (Part 1) Acceptance The Straw Bale 10:00-13:00</p>	<p>Let's Talk Loneliness The Straw Bale 13:00-16:00</p> <p>Boosting Confidence (Part 1) Online 14:00-15:30</p>	<p>Five Ways to Wellbeing (Part 5) Online 14:00-15:30</p> <p>EVENING COURSE Coping with Stress and Anxiety (Part 1) Online 19:00-20:30</p>	<p>Understanding Anxiety The Straw Bale 13:00-16:00</p>	<p>Understanding Psychosis The Straw Bale 13:00-16:00</p> <p>Living with Social Anxiety (Part 1) Online 14:00-15:30</p>
Monday 9th	Tuesday 10th	Wednesday 11th	Thursday 12th	Friday 13th
<p>Skills for Recovery (Part 2) Acceptance The Straw Bale 10:00-13:00</p> <p>Healthy Sleep (Part 1) Online 10:30-12:00</p>	<p>Boosting Confidence (Part 2) Online 14:00-15:30</p>	<p>Mindful Movement with T'ai Chi Chih 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>Understanding Mental Health The Straw Bale 13:00-16:00</p>	<p>Understanding Bipolar Disorder The Straw Bale 13:00-16:00</p> <p>Winter wellbeing Event Banbury 13:00-15:00</p> <p>Living with Social Anxiety (Part 2) Online 14:00-15:30</p>

December

Monday 16th	Tuesday 17th	Wednesday 18th	Thursday 19th	Friday 20th
<p>Skills for Recovery (Part 2) Acceptance The Straw Bale 10:00-13:00</p> <p>Healthy Sleep (Part 2) Online 10:30-12:00</p>	<p>Mindful Photography The Straw Bale 10:00-13:00</p>	<p><i>LAST DAY OF TERM</i></p> <p>Winter Wellbeing Event Didcot 10:00 - 12:00</p> <p>Winter Wellbeing Event The Straw Bale 14:00 - 16:00</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

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Witney Mind,
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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:

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