

# Oxfordshire Recovery College

Spring Term 2025  
Course Dates  
In-Person and Online  
13th January - 4th April

## 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 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
- Gender, Sexuality and Mental Health
- Understanding Depression
- Neurodivergence and Wellbeing
- Understanding Personality Disorders
- Understanding Psychosis
- Wellbeing at Work
- Understanding Trauma
- 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](mailto:contactORC@restore.org.uk) or visit our website <https://restore.org.uk/learning/oxfordshire-recovery-college/>

# Spring Term Welcome

We are really pleased to announce the Course Dates for Spring Term 2025, running from **Monday 13th January - Friday 4th April**.

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 -

Wednesday 15th January	10:00-12:00	Online, Via Zoom
Wednesday 15th January	14:00-16:00	The Straw Bale, Oxford
Tuesday 28th January	19:00-21:00	Online, Via Zoom
Tuesday 11th February	10:00-12:00	The Straw Bale, Oxford
Thursday 27th February	10:00-12:00	Online, Via Zoom
Thursday 13th March	14:00-16:00	The Straw Bale, Oxford
Tuesday 25th March	10:00-12:00	Online, Via Zoom
Thursday 3rd April	14:00-16:00	Online, Via Zoom

## NEW COURSES FOR THE SPRING TERM:

**Menopause and Mental Health - 2 Parts Online** - 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, how they might affect the person experiencing it, and those around them, and explore ways to live and cope with it day to day.

**Structure and Routine for Positive Change** - On this course we will discuss how structure and routine help us to feel safe, create healthy habits and move towards our personal goals. We will explore how to set realistic goals for making positive changes and share lots of strategies to help you create a routine which works for you.

**Yoga workshop** - In this yoga and mindfulness workshop, we will focus on slow movement and meditation to ground body and mind. I will take you through some of the foundations of yoga and some simple breathing techniques. The workshop will calm the body and breath, and is suitable for those who are new to yoga as well as those who have some experience.

**Learning to Draw for Wellbeing** - A six week workshop looking at some of the history and theory behind drawing with demonstrations and lots of practical activities involved.

**BACK THIS TERM - Telling your Story** - This 4-part course will support students to make their own short video story about one aspect of their recovery journey. Telling personal stories benefits our mental health by helping us reflect on and make sense of things that have happened to us. Storytelling also connects us to others and inspires us to cope with new challenges in the future. This course will involve working on how to structure a story and use technology to create a short video.

**Please note:** this course will involve sharing aspects of our personal stories within a group and requires students to have a smartphone/tablet/laptop which they can use for making their video story

## January - Spring Term 2025

Monday 13th	Tuesday 14th	Wednesday 15th	Thursday 16th	Friday 17th
<b>START OF SPRING TERM</b>				Mindful Photography <a href="#">The Straw Bale</a> 10:00-12:00
			<b>EVENING COURSE</b> Conscious Doodling (Part 1) <a href="#">Online</a> 19:00-20:30	Thinking about Thinking (Part 1) <a href="#">Banbury Mind</a> 12:30-15:30
Monday 20th	Tuesday 21st	Wednesday 22nd	Thursday 23rd	Friday 24th
Mindful Movement with T'ai Chi Chih <a href="#">The Straw Bale</a> 10:00-13:00  Boosting Confidence (Part 1) <a href="#">Online</a> 10:30-12:00	<b>*NEW COURSE*</b> Structure and Routine for Positive Change <a href="#">The Straw Bale</a> 10:00-13:00  Nurturing Hope (Part 1) <a href="#">Online</a> 10:30-12:00	Understanding Depression <a href="#">The Straw Bale</a> 13:00-16:00  Neurodivergence and Wellbeing (Part 1) <a href="#">Online</a> 14:00-16:00	Understanding Personality Disorders (Part 1) <a href="#">Didcot</a> 10:00-13:00  <b>EVENING COURSE</b> Conscious Doodling (Part 2) <a href="#">Online</a> 19:00-20:30	Thinking about Thinking (Part 2) <a href="#">Banbury Mind</a> 12:30-15:30  Understanding Trauma (Part 1) <a href="#">The Straw Bale</a> 13:00-16:00  Understanding Mental Health (Part 1) <a href="#">Online</a> 14:00-15:30

## January - February

Monday 27th	Tuesday 28th	Wednesday 29th	Thursday 30th	Friday 31st
<p>Boosting Confidence (Part 2) <b>Online</b> 10:30-12:00</p>	<p>Nurturing Hope (Part 2) <b>Online</b> 10:30-12:00</p>		<p>Understanding Bipolar Disorder <b>The Straw Bale</b> 10:00-13:00</p> <p>Understanding Personality Disorders (Part 2) <b>Didcot Civic Hall</b> 10:00-13:00</p>	
<p>Understanding Confidence <b>The Straw Bale</b> 13:00-16:00</p>		<p>Understanding Anxiety <b>The Straw Bale</b> 13:00-16:00</p> <p>Neurodivergence and Wellbeing (Part 2) <b>Online</b> 14:00-16:00</p>	<p><b>EVENING COURSE</b> Conscious Doodling (Part 3) <b>Online</b> 19:00-20:30</p>	<p>Understanding Trauma (Part 2) <b>The Straw Bale</b> 13:00-16:00</p> <p>Understanding Mental Health (Part 2) <b>Online</b> 14:00-15:30</p>
Monday 3rd February	Tuesday 4th February	Wednesday 5th February	Thursday 6th February	Friday 7th February
<p>Journaling for Wellbeing <b>The Straw Bale</b> 10:00-13:00</p> <p><b>EVENING COURSE</b> Healthy Sleep (Part 1) <b>Online</b> 19:00-20:30</p>		<p><b>*NEW COURSE*</b> Menopause and Mental Health (Part 1) <b>Online</b> 10:30-12:00</p> <p>Neurodivergence and Wellbeing (Part 3) <b>Online</b> 14:00-16:00</p>	<p>Coping with Stress and Anxiety (Part 1) <b>Online</b> 10:30-12:00</p> <p>Understanding Mental Health <b>The Straw Bale</b> 13:00-16:00</p>	<p>Introduction to Mindfulness (Part 1) <b>Online</b> 10:30-12:00</p> <p>Understanding Trauma (Part 3) <b>The Straw Bale</b> 13:00-16:00</p>

# February

Monday 10th	Tuesday 11th	Wednesday 12th	Thursday 13th	Friday 14th
<p>Parenting in Recovery <b>The Straw Bale</b> 13:00-16:00</p> <p><b>EVENING COURSE</b> Healthy Sleep (Part 2) <b>Online</b> 19:00-20:30</p>	<p>Let's Talk Loneliness <b>The Straw Bale</b> 13:00-16:00</p>	<p><b>*NEW COURSE*</b> Menopause and Mental Health (Part 2) <b>Online</b> 10:30-12:00</p> <p>Understanding Psychosis <b>The Straw Bale</b> 13:00-16:00</p>	<p>Coping with Stress and Anxiety (Part 2) <b>Online</b> 10:30-12:00</p>	<p>Introduction to Mindfulness (Part 2) <b>Online</b> 10:30-12:00</p>
Monday 17th	Tuesday 18th	Wednesday 19th	Thursday 20th	Friday 21st

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## February - March

Monday 24th	Tuesday 25th	Wednesday 26th	Thursday 27th	Friday 28th
<p>Understanding Mental Health (Part 1) Online 10:30-12:00</p> <p><b>*NEW COURSE*</b> Drawing for Wellbeing (Part 1) The Straw Bale 13:00-16:00</p>	<p>Coping with Self Harm The Straw Bale 13:00-16:00</p> <p>Thinking about Thinking (Part 1) Didcot Civic Hall 13:00-16:00</p>	<p>Living with Social Anxiety (Part 1) Online 10:30-12:00</p> <p>Writing for Self Expression (Part 1) The Straw Bale 14:00-16:00</p>		<p>Let's Talk Loneliness Banbury Mind 12:30-15:30</p>
Monday 3rd March	Tuesday 4th March	Wednesday 5th March	Thursday 6th March	Friday 7th March
<p>Understanding Mental Health (Part 2) Online 10:30-12:00</p> <p><b>*NEW COURSE*</b> Drawing for Wellbeing (Part 2) The Straw Bale 13:00-16:00</p>	<p>Thinking about Thinking (Part 2) Didcot Civic Hall 13:00-16:00</p> <p>Mindful Photography The Straw Bale 14:00-16:00</p>	<p>Living with Social Anxiety (Part 2) Online 10:30-12:00</p> <p>Writing for Self Expression (Part 2) The Straw Bale 14:00-16:00</p> <p>Mindful Photography Witney Mind 14:00-16:00</p>	<p>Understanding Stigma The Straw Bale 10:00-13:00</p> <p>Wellbeing at Work (Part 1) Online 14:00-15:30</p>	<p>Gender, Sexuality and Mental Health (Part 1) The Straw Bale 13:30-16:30 <b>*Alternative Time*</b></p>



## March

Monday 10th	Tuesday 11th	Wednesday 12th	Thursday 13th	Friday 14th
<p>Telling your Story (Part 1) Online 10:30-12:00</p>			<p>Understanding Anxiety The Straw Bale 10:00-13:00</p>	<p>Mindful Walk Florence Park 10:00-12:00</p>
<p><b>*NEW COURSE*</b> Drawing for Wellbeing (Part 3) The Straw Bale 13:00-16:00</p>	<p><b>EVENING COURSE</b> Thinking about a New Role (Part 1) Online 19:00-20:30</p>	<p>Journaling for Wellbeing Witney Mind 13:00-16:00</p> <p>Writing for Self Expression (Part 3) The Straw Bale 14:00-16:00</p>	<p>Wellbeing at Work (Part 2) Online 14:00-15:30</p>	<p>Gender, Sexuality and Mental Health (Part 2) The Straw Bale 13:30-16:30 <b>*Alternative Time*</b></p>
Monday 17th	Tuesday 18th	Wednesday 19th	Thursday 20th	Friday 21st
<p>Telling your Story (Part 2) Online 10:30-12:00</p>		<p>Loss, Grief and Wellbeing (Part 1) Online 10:30-12:00</p>	<p>Exploring Employment Gaps Didcot Civic Hall 10:00-13:00</p>	<p>Neurodivergence and Wellbeing (Part 1) The Straw Bale 10:00-13:00</p>
<p><b>*NEW COURSE*</b> Drawing for Wellbeing (Part 4) The Straw Bale 13:00-16:00</p>	<p><b>EVENING COURSE</b> Thinking about a New Role (Part 2) Online 19:00-20:30</p>	<p>Writing for Self Expression (Part 4) The Straw Bale 14:00-16:00</p>	<p>Wellbeing at Work (Part 3) Online 14:00-15:30</p>	<p>Understanding Confidence Banbury Mind 12:30-15:30</p> <p>Nurturing Hope (Part 1) Online 14:00-15:30</p>

## March - April

Monday 24th	Tuesday 25th	Wednesday 26th	Thursday 27th	Friday 28th
<p>Telling your Story (Part 3) <b>Online</b> 10:30-12:00</p>		<p>Wildlife and Wellbeing (Part 1) <b>The Straw Bale</b> 10:00-13:00</p> <p>Loss, Grief and Wellbeing (Part 2) <b>Online</b> 10:30-12:00</p>		<p>Neurodivergence and Wellbeing (Part 2) <b>The Straw Bale</b> 10:00-13:00</p> <p>Coping with Self Harm <b>Banbury Mind</b> 12:30-15:30</p>
<p><b>*NEW COURSE*</b> Drawing for Wellbeing (Part 5) <b>The Straw Bale</b> 13:00-16:00</p>	<p>Understanding Depression <b>The Straw Bale</b> 13:00-16:00</p>		<p><b>*NEW COURSE*</b> Structure and Routine for Positive Change <b>The Straw Bale</b> 13:00-16:00</p> <p><b>EVENING COURSE</b> Boosting Confidence (Part 1) <b>Online</b> 19:00-20:30</p>	<p>Nurturing Hope (Part 2) <b>Online</b> 14:00-15:30</p>
Monday 31st	Tuesday 1st April	Wednesday 2nd April	Thursday 3rd April	Friday 4th April <i>LAST DAY OF TERM</i>
<p>Telling your Story (Part 4) <b>Online</b> 10:30-12:00</p>		<p>Wildlife and Wellbeing (Part 2) <b>The Straw Bale</b> 10:00-13:00</p> <p>Spring Wellbeing Event <b>Witney Mind</b> 14:00-16:00</p>		<p>Neurodivergence and Wellbeing (Part 3) <b>The Straw Bale</b> 10:00-13:00</p> <p>Spring Wellbeing Event <b>Banbury Mind</b> 10:00-12:00</p>
<p><b>*NEW COURSE*</b> Drawing for Wellbeing (Part 6) <b>The Straw Bale</b> 13:00-16:00</p>	<p>Understanding Mental Health <b>The Straw Bale</b> 13:00-16:00</p> <p>Spring Wellbeing Event <b>Didcot Civic Hall</b> 14:00-16:00</p>		<p>Yoga Workshop <b>The Straw Bale</b> 14:00-16:00</p> <p><b>EVENING COURSE</b> Boosting Confidence (Part 2) <b>Online</b> 19:00-20:30</p>	<p>Spring Wellbeing Event <b>The Straw Bale</b> 14:00-16:00</p>

## Understanding Courses - In Person and Online

Course Name	Description	Venue	Month	How Many Parts
Understanding Mental Health	What is mental health? This course will explain what is meant by 'mental health' and the most common mental health conditions.	Online The Straw Bale Online	January February March	One Part
Understanding Depression	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.	The Straw Bale The Straw Bale	January March	One Part
Understanding Anxiety	This course focuses on anxiety, what it is and how it affects us, and how we can learn to manage it better.	The Straw Bale The Straw Bale	January March	One Part
Understanding Personality Disorders	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.	Didcot Civic Hall	January	Two Parts
Understanding Psychosis	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.	The Straw Bale	February	One Part

<b>Understanding Courses - In Person and Online</b>				
Course Name	Description	Venue	Month	How Many Parts
Understanding Trauma	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.	The Straw Bale	January	Three Parts
Understanding Bipolar Disorder	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.	The Straw Bale	January	One Part
Coping with Self Harm	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.	The Straw Bale Banbury	February March	One Part
Understanding Stigma	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.	The Straw Bale	March	One Part

<b>Understanding Courses - In Person and Online</b>				
Course Name	Description	Venue	Month	How Many Parts
<b>Neurodivergence and Wellbeing</b>	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.	Online In Person	January March	Three Parts
<b>Coping with Stress and Anxiety</b>	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.	Online	February	Two Parts
<b>Living with Social Anxiety</b>	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.	Online	February	Two Parts
<b>Gender, Sexuality and Mental Health</b>	This course seeks to explore issues around gender identity, gender expression and sexual orientation, and how these can impact on our mental health. We will explore themes around developing our sense of identity and look at dealing with stigma and discrimination. The course is suitable for everyone wishing to consider these issues in a supportive group, however they describe their own identity	The Straw Bale	March	Two Parts

## Increasing Resilience Courses - In Person and Online

Course Name	Description	Venue	Month	How Many Parts
Understanding Confidence	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.	The Straw Bale Banbury Mind	January March	One Part
Thinking about Thinking	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.	Didcot Civic Hall	February	Two Parts In Person Three Parts Online
Parenting in Recovery	All parents face challenges, but struggling with your mental health can make parenting even harder. This course is a safe space in which to discuss the challenges of being a parent and to receive support and encouragement from each other. We will talk about how we can be “good enough” parents whilst still taking care of ourselves. We will talk about seeking support for both ourselves and our families. This course particularly focuses on parenting a young family but also relates to general themes within family relationships.	The Straw Bale	February	One Part
Nurturing Hope	This is a course for anyone keen to strengthen a sense of hope, whether you feel you are struggling to find hope at the moment, or if you feel like you have a small amount of hope but would like to increase it. We look at how we can define hope and how we can look for it using our five senses. We introduce the concept of making a hope box. In Week 2, we explore how hope is related to reaching achievable goals and we share with each other things which inspire us.	Online	January March	Two Parts

## Increasing Resilience Courses - In Person and Online

Course Name	Description	Venue	Month	How Many Parts
Menopause and Mental Health	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.	Online	February	Two Parts
Structure and Routine for positive Change	During this course we will discuss how structure and routine help us to feel safe, create healthy habits and move towards our personal goals. We will explore how to set realistic goals for making positive changes and share lots of strategies to help you create a routine which works for you.	The Straw Bale	January March	One Part
Let's Talk Loneliness	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.	The Straw Bale Banbury Mind	February February	One Part
Thinking about a New Role	This course is suitable for anyone thinking about taking on a new role in the future, whether it's starting employment or changing jobs, starting to volunteer or taking on new responsibilities. The two-part course focuses on building confidence to take steps forward in a new direction.	Online	March	Two Parts
Thinking about Thinking	This course is an introduction to how we as individuals think about thinking, and will help students to explore and understand more about this subject. We will identify some common and potentially unhelpful thinking patterns which may impact our mental health negatively, and with greater understanding explore how we can adapt our thinking to promote our own wellbeing in a self-compassionate way	Banbury Didcot Civic Hall	January February	Two Parts
Exploring Employment Gaps	This course explores students' concerns around employment gaps, chiefly though not exclusively related to mental illness, and the associated feelings and anxieties. Practicalities are explored, including how to provide references if you have not recently been in employment, ways to gain experience, how to find good employers, and CV tips (though this is not a CV workshop).	Didcot Civic Hall	March	One Part

## Wellbeing Courses - In Person and Online

Course Name	Description	Venue	Month	How Many Parts
Wildlife and Wellbeing	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.	The Straw Bale	March	Two Parts
Mindful Movement with T'ai Chi Chih	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.	The Straw Bale	January	One Part
Introduction to Mindfulness	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.	Online	February	Two Parts
Mindful Walk	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.	Florence Park	March	One Part
Mindful Photography	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.	The Straw Bale The Straw Bale Witney Mind	January March March	One Par
Writing for Self Expression	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.	The Straw Bale	March	Four Parts
Learning to Draw for Wellbeing	Art- related courses may differ from term to term, but all offer opportunities to develop creativity in a safe space. Lots of evidence indicates that art is linked to wellbeing, particularly in terms of taking notice of the world around us and within us,	The Straw Bale	February	Six Parts



## Wellbeing Courses - In Person and Online

Course Name	Description	Venue	Month	How Many Parts
<b>Loss, Grief and Wellbeing</b>	This course is designed to provide information and ideas for support for anyone interested in or who has experienced grief or bereavement. 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.	Online	March	Two Parts
<b>Healthy Sleep</b>	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.	Online	February	Two Parts
<b>Wellbeing at Work</b>	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.	Online	March	Three Parts
<b>Boosting Confidence</b>	Mental ill-health often leads to a loss of confidence, making it difficult for people to get the most out of their lives. We appreciate that developing or regaining confidence is an important part of many people's recovery. This course will help you recognise your existing skills, and consider some practical ways to move forwards with increased confidence	Online	January March	Two Parts

Wellbeing Courses - In Person and Online				
Course Name	Description	Venue	Month	How Many Parts
Telling your Story	This 4-part course will support students to make their own short video story about one aspect of their recovery journey. Telling personal stories benefits our mental health by helping us reflect on and make sense of things that have happened to us. Storytelling also connects us to others and inspires us to cope with new challenges in the future. This course will involve working on how to structure a story and use technology to create a short video. Please note: this course will involve sharing aspects of our personal stories within a group and requires students to have a smartphone/tablet/laptop which they can use for making their video story	Online	March	Four Parts
Journaling for Wellbeing	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	The Straw Bale Witney Mind	February March	One Part
Conscious Doodling	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.	Online	January	Three Parts
Wellbeing Event	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.	The Straw Bale Banbury Mind Witney Mind Didcot Civic Hall	April April April April	2 Hours
Yoga Workshop	In this yoga and mindfulness workshop, we will focus on slow movement and meditation to ground the body and mind. I will take you through some of the foundations of yoga and some simple breathing techniques. The workshop will calm the body and breath, and is suitable for those who are new to yoga as well as those who have some experience.	The Straw Bale	April	2 Hours

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

## 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 Student Support Team 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://restore.org.uk/learning/oxfordshire-recovery-college/orc-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

T: 01865 779613  
E: [contactORC@restore.org.uk](mailto:contactORC@restore.org.uk)

Oxfordshire  
Recovery  
College

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](mailto:contactORC@restore.org.uk)  
Telephone: 01865 779613

For further information, including descriptions of our courses, please head to our website:

[www.oxfordshirerecoverycollege.org.uk](http://www.oxfordshirerecoverycollege.org.uk)

**Twitter** @OxfordshireRC

**Facebook** @Oxfordshire Recovery College

**Instagram** @oxfordshirerecoverycollege

WE ARE BETTER  
**TOGETHER**  
The Oxfordshire Mental Health Partnership

  
Education & Skills  
Funding Agency

  
European Union  
European Social Fund

DELIVERED ACROSS  
OVER  
**800**  
COURSES  
OXFORDSHIRE

**Oxfordshire  
Adult  
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