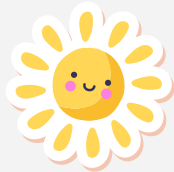


ORC Spring Newsletter

Summer Term

Wednesday 23rd April -
Friday 18th July

Half Term - 26th - 30th
May



Our Spring Term

Our Spring term has now finished and what a busy term it was with courses running almost everyday either online or in person. Our 6 week Drawing for Wellbeing course was another huge success with some great feedback from all who attended it, we look forward to welcoming Tom back again in the near future to run another great art course.

Our new course Structure and Routine for Positive Change was incredibly popular and we are looking forward to taking this course out to all in person venues during the Summer term. The new online course Menopause and Mental Health was also a great success and will run again next term in the evening.

Tutor Training

Our Tutor Coordinator Debbie ran our Tutor Training again this term and all 7 newly trained tutors are now ready to start shadowing on courses during the Summer Term, a huge ORC warm welcome to them all, I am sure you will meet them as the term goes and some may even be familiar faces. Well done to everyone involved in the training.

Oxfordshire
Recovery
College

Yoga



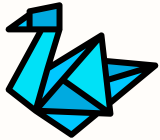
We also ran a Yoga workshop last week, a wonderful 2 hour session with our new tutor Tara, it was the perfect way to spend an afternoon feeling very refreshed and relaxed. It was a small group but individually everyone took something away and were keen to do Yoga again in the future.

For anybody else who may be interested Tara is beginning gentle yoga classes on Friday 25 April at Barracks Lane Community Garden (Barracks Ln, off Cumberland Road, Oxford OX4 2AP). They will be weekly during term time, on a Friday morning, 9.30am–10.30am. The class will have the whole space to themselves, and there are both indoor and outdoor spaces for practice. As Tara wishes to run them as community classes, they will be on a 'pay what you can' sliding scale, at a suggested cost of £5–£10 per session. (You can pay on the day in cash, or pay in advance via Paypal or Bank transfer.) For more information, or to be put on the class list, email tarateachesyoga@gmail.com, and/or follow Tara on Instagram [@slowyogawithtara](https://www.instagram.com/slowyogawithtara)

Spring Wellbeing Events



We rounded off the term with our usual Wellbeing Events, these are always such a lovely thing to be a part of and a great way to find out what courses students have attended, what they found helpful and to reconnect with other students as well. Together we made beautiful paper roses using pages from an old music book. Students in Banbury and Witney had a chance to learn some simple Origami and created some wonderful things.



Dates for your Diary ORC10 Events

Monday 14th July - ORC10 Celebration Event (Online)

Tuesday 15th July - ORC10 Celebration Event (Didcot)

Wednesday 16th July - Big Doodle (The Straw Bale)

Thursday 17th July - Library of Life Film Screening(Oxford)

Friday 18th July - ORC10 Tea Party (Elder Stubbs)

**To book a place on any of these events
please contact the office - 01865 779613 or
contactORC@restore.org.uk**

