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Oxfordshire Recovery College

Oxfordshire Recovery College

Spring Term 2026 Course Dates
In-Person and Online

12th January - 27th March

Our Summer Term courses will be released at the end of March

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Oxfordshire Recovery College

An Introduction to ORC -

Welcome to Oxfordshire Recovery College!

Here at the Recovery College, we offer free courses on mental health and wellbeing. Our courses are open to anyone struggling with their mental health, their families, friends, carers and anyone working or volunteering within mental health services. 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 via our Enrolment Form on our Website. Students then complete an Individual Learning Plan (ILP) with one of our friendly Student Support Team and attend our compulsory 2 hour Introduction to the College.

Our students choose which courses they want to attend, and which order they attend them in. We have over sixty different courses available on a whole range of topics both online and in person. There is a full list of all courses with descriptions available on our Website. There are opportunities for students to get involved in the College and join our wonderful team of tutors by completing our tutor training run every other term.

Examples of Courses:

- What is Mental Health?
- Menopause and Mental Health
- Understanding Anxiety
- Mindful Movement with T'ai Chi Chih
- Boosting Confidence
- Neurodivergence and Wellbeing
- Understanding Depression
- Structure & Routine for Positive Change
- Understanding Personality Disorders
- Understanding Bipolar Disorder
- Wellbeing at Work
- Understanding Trauma
- Managing Healthy Relationships

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** Oxfordshire Recovery College

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Spring Term Welcome

We are really pleased to announce the Course Dates for Spring Term 2026, running from Monday 12th January to Friday 27th March. 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 and Didcot.

Introduction to Oxfordshire Recovery College -

Monday 12th January	**14:00-16:00**	**Online, Via Zoom**
Tuesday 13th January	**10:00-12:00**	**The Straw Bale, Oxford**
Tuesday 3rd February	**18:30-20:30**	**Online, Via Zoom**
Friday 13th February	**10:00-12:00**	**The Straw Bale, Oxford**
Wednesday 25th February	**14:00-16:00**	**Online, Via Zoom**
Wednesday 18th March	**14:00-16:00**	**The Straw Bale, Oxford**
Wednesday 25th March	**10:00-12:00**	**Online, Via Zoom**

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NEW COURSES FOR THE SPRING TERM:

Managing Self Doubt - (3 Parts Online) This course is for anyone keen to learn more about self-doubt and how to live with it better. Self doubt feeds anxiety and can have a huge impact on our mental health and wellbeing. Together we explore the impacts it can have and what we can do to manage it. There is a practical emphasis and we hope that students will leave feeling more able to manage their own self-doubt, and/or to better support others who experience it.

Creative Responses to Mental Health Histories - (**3 Parts In Person**) - In these workshops we will look at and discuss historical documents about the life of a person experiencing mental distress in the 17th, 18th, or 19th century. We'll then create artworks prompted by questions about that history, through sculpture (using air-dry modelling clay), painting, or collage. No previous experience (or artistic talent!) is necessary. These workshops have been developed in collaboration with, and funded by, the University of Reading.

Warneford Exhibition - To mark 200 years since the Warneford Hospital was founded in 1826, a Warneford exhibition has been created and will tour the museums in Oxfordshire throughout 2026. The exhibition will explore the daily lives of patients and staff over 200 years. On 17th March you are invited to visit the exhibition in the Museum of Oxford (Oxford city centre) from 11 am to 12 noon alongside other Recovery College students. **You must be able to make your own way to the Museum of Oxford.** We will meet outside the Museum of Oxford at 11 am.

Back again this term - Self Compassion Skills - (4 Parts In Person) Compassion for ourselves and others can be hard to maintain when faced with hardship and mental health difficulties. In this small- group course, we will explore what compassion means, what can get in the way, and why compassion can help us. We will also develop practical skills such as grounding, breathing exercises, and compassionate voice and imagery. A therapy dog will be present in some sessions to support selected activities and discussions (but without becoming the primary focus of the work).
PLEASE NOTE: This is a newly developed course in collaboration with the University of Oxford, and has a RESEARCH COMPONENT consisting of questionnaires at the start and end of each session. The first questionnaire is longer and will take about 15-20 minutes to complete, subsequent questionnaires will be shorter and take no more than 5-10 minutes. The research explores whether the course is effective and whether the presence of a THERAPY DOG might impact this. The therapy dog will be randomly allocated to attend either the first three sessions for one group or only the last (fourth) session for the other group. Anyone who signs up to the course will be invited to take part in the research, and you will receive a full information sheet when signing up. You can still participate in the course if you decide you do not want to take part in the research (i.e. complete the questionnaires).

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January- Spring Term 2026

Monday 12th	Tuesday 13th	Wednesday 14th	Thursday 15th	Friday 16th
START OF SPRING TERM		Understanding Bipolar Disorder The Straw Bale 10:00 - 13:00	Coping with Stress and Anxiety (Part 1) Online 10:30 - 12:00	Men, Mental Health and Society (Part 1) The Straw Bale 10:00 - 13:00
				Introduction to Mindfulness (Part 1) Online 10:30 - 12:00
	Structure and Routine for Positive Change The Straw Bale 13:00 - 16:00		What is Mental Health? The Straw Bale 13:00 - 16:00	

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January - Spring Term 2026

Monday 19th	Tuesday 20th	Wednesday 21st	Thursday 22nd	Friday 23rd
Self Compassion Skills with Therapy Dog (Part 1) The Straw Bale 10:00 - 12:30	Healthy Sleep (Part 1) Online 10:30 - 12:00	*NEW* Managing Self Doubt (Part 1) Online 10:30 - 12:00	Coping with Stress and Anxiety (Part 2) Online 10:30 - 12:00	Men, Mental Health and Society (Part 2) The Straw Bale 10:00 - 13:00
				Introduction to Mindfulness (Part 2) Online 10:30 - 12:00
Self Compassion Skills with Therapy Dog (Part 1) The Straw Bale 14:00 - 16:30	Journaling for Wellbeing The Straw Bale 13:00 - 16:00	Writing for Self Expression (Part 1) The Straw Bale 14:00 - 15:30	Sharing Personal Information at Work The Straw Bale 13:00 - 16:00	

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January - Spring Term 2026

Monday 26th	Tuesday 27th	Wednesday 28th	Thursday 29th	Friday 30th
Self Compassion Skills with Therapy Dog (Part 2) The Straw Bale 10:00 - 12:30	Healthy Sleep (Part 2) Online 10:30 - 12:00	*NEW* Managing Self Doubt (Part 2) Online 10:30 - 12:00	Understanding Depression The Straw Bale 13:00-16:00	Men, Mental Health and Society (Part 3) The Straw Bale 10:00 - 13:00
				Journaling for Wellbeing Banbury Mind 10:00-13:00
Self Compassion Skills with Therapy Dog (Part 2) The Straw Bale 14:00 - 16:30	Understanding Trauma (Part 1) The Straw Bale 13:00-16:00	Writing for Self Expression (Part 2) The Straw Bale 14:00 - 15:30		
		Understanding Confidence Didcot Civic Hall 13:00-16:00	EVENING ONLINE Thinking about Thinking (Part 1) 18:30-20:30	

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February - Spring Term 2026

Monday 2nd	Tuesday 3rd	Wednesday 4th	Thursday 5th	Friday 6th
Self Compassion Skills with Therapy Dog (Part 3) The Straw Bale 10:00 - 12:30	Nurturing Hope (Part 1) Online 10:30-12:00	*NEW* Managing Self Doubt (Part 3) Online 10:30 - 12:00		Let's Talk Loneliness Banbury Mind 10:00-13:00
				Understanding Eating Disorders The Straw Bale 10:00-13:00
Boosting Confidence (Part 1) Online 10:30-12:00				Living with Social Anxiety (Part 1) Online 10:30-12:00
Self Compassion Skills with Therapy Dog (Part 3) The Straw Bale 14:00 - 16:30	Understanding Trauma (Part 2) The Straw Bale 13:00-16:00	Writing for Self Expression (Part 3) The Straw Bale 14:00 - 15:30	Music, Mood and Wellbeing The Straw Bale 13:00-16:00	
			EVENING ONLINE Thinking about Thinking (Part 2) 18:30-20:30	

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February - Spring Term 2026

Monday 9th	Tuesday 10th	Wednesday 11th	Thursday 12th	Friday 13th
Self Compassion Skills with Therapy Dog (Part 4) The Straw Bale 10:00 - 12:30	Nurturing Hope (Part 2) Online 10:30-12:00			Living with Social Anxiety (Part 2) Online 10:30-12:00
Boosting Confidence (Part 2) Online 10:30-12:00				
Self Compassion Skills with Therapy Dog (Part 4) The Straw Bale 14:00 - 16:30	Understanding Trauma (Part 3) The Straw Bale 13:00-16:00	Tackling Stigma and Discrimination Didcot Civic Hall 13:00-16:00	Let's Talk Loneliness The Straw Bale 13:00-16:00	
		Writing for Self Expression (Part 4) The Straw Bale 14:00 - 15:30	EVENING ONLINE Thinking about Thinking (Part 3) 18:30-20:30	

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Oxfordshire Recovery College

February - Spring Term 2026

Monday 16th	Tuesday 17th	Wednesday 18th	Thursday 19th	Friday 20th
HALF TERM	*HALF TERM*	*HALF TERM*	*HALF TERM*	*HALF TERM*

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February - Spring Term 2026

Monday 23rd	Tuesday 24th	Wednesday 25th	Thursday 26th	Friday 27th
Creative Writing (Part 1) Online 10:30-12:00	*NEW* Creative Responses to Mental Health Histories (Part 1) The Straw Bale 10:00-12:00	Mindful Photography The Straw Bale 10:00-12:00	Tackling Stigma and Discrimination The Straw Bale 10:00-13:00	Understanding Anxiety Banbury Mind 10:00-13:00
	Loss, Grief and Wellbeing (Part 1) Online 10:30-12:00			
Understanding Anxiety The Straw Bale 13:00-16:00				

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March - Spring Term 2026

Monday 2nd	Tuesday 3rd	Wednesday 4th	Thursday 5th	Friday 6th
Managing Healthy Relationships (Part 1) The Straw Bale 10:00-13:00	*NEW* Creative Responses to Mental Health Histories (Part 2) The Straw Bale 10:00-12:00		Managing Healthy Relationships (Part 1) Didcot Civic Hall 10:00-13:00	Understanding Psychosis The Straw Bale 10:00-13:00
Creative Writing (Part 2) Online 10:30-12:00	Loss, Grief and Wellbeing (Part 2) Online 10:30-12:00			Telling your Story (Part 1) Online 10:30-12:00
		Understanding Personality Disorders (Part 1) The Straw Bale 13:00-16:00	*NEW* Managing Self Doubt (Part 1) Online 14:00-15:30	
		EVENING ONLINE Eat Well, Be Active, Stay Motivated (Part 1) 19:00-20:30		

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March - Spring Term 2026

Monday 9th	Tuesday 10th	Wednesday 11th	Thursday 12th	Friday 13th
Managing Healthy Relationships (Part 2) The Straw Bale 10:00-13:00	*NEW* Creative Responses to Mental Health Histories (Part 3) The Straw Bale 10:00-12:00		Managing Healthy Relationships (Part 2) Didcot Civic Hall 10:00-13:00	Coping with Self Harm The Straw Bale 10:00-13:00
				Telling your Story (Part 2) Online 10:30-12:00
Creative Writing (Part 3) Online 10:30-12:00				
	Neurodivergence and Wellbeing (Part 1) The Straw Bale 13:00-16:00	Understanding Personality Disorders (Part 2) The Straw Bale 13:00-16:00	*NEW* Managing Self Doubt (Part 2) Online 14:00-15:30	
		EVENING ONLINE Eat Well, Be Active, Stay Motivated (Part 2) 19:00-20:30	EVENING ONLINE Conscious Doodling (Part 1) 19:00-20:30	

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March - Spring Term 2026

Monday 16th	Tuesday 17th	Wednesday 18th	Thursday 19th	Friday 20th
Creative Writing (Part 4) Online 10:30-12:00	*NEW* Warneford Exhibition Trip Museum of Oxford Meet outside at 11:00 What is Mental Health? (Part 1) Online 10:30-12:00		Music, Mood and Wellbeing The Straw Bale 13:00-16:00	Spring Wellbeing Event Banbury 10:00-12:00 Telling your Story (Part 3) Online 10:30-12:00
Tackling Stigma and Discrimination (Part 1) Online 14:00-15:30	Neurodivergence and Wellbeing (Part 2) The Straw Bale 13:00-16:00		*NEW* Managing Self Doubt (Part 3) Online 14:00-15:30	
		EVENING ONLINE Eat Well, Be Active, Stay Motivated (Part 3) 19:00-20:30	EVENING ONLINE Conscious Doodling (Part 2) 19:00-20:30	

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March - Spring Term 2026

Monday 23rd	Tuesday 24th	Wednesday 25th	Thursday 26th	Friday 27th
	What is Mental Health? (Part 2) Online 10:30-12:00			Telling your Story (Part 4) Online 10:30-12:00
				LAST DAY OF SPRING TERM
Mindful Movement with T'ai Chi Chih The Straw Bale 13:00-16:00	Neurodivergence and Wellbeing (Part 3) The Straw Bale 13:00-16:00	Understanding Confidence The Straw Bale 13:00-16:00	Spring Wellbeing Event The Straw Bale 14:00-16:00	
Tackling Stigma and Discrimination (Part 2) Online 14:00-15:30		Spring Wellbeing Event Didcot 14:00-16:00	EVENING ONLINE Conscious Doodling (Part 3) 19:00-20:30	

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FAQS + Information - ORC Courses -

How do I access the courses online?

All of our online courses take place on Zoom. You will be emailed a Zoom link approximately 24 hours before the course is due to start, alongside some simple instructions. you will need to click on the link to access the course on the day. 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 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 or Running Late

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 reallocate your place to someone on the waiting list. The best way to contact us is via phone or email. If you are running late for a course please let us know so we can inform the tutors.

Can I book a course if I'm not a student at the College?

If you've never attended an ORC course before, you will need to enrol as a new student using the details below. Once you have enrolled we will arrange a phone call for you with one of our friendly Student Support Team to create an Individual Learning Plan (ILP) with you. You will also be asked to attend a compulsory 2 hour Introduction to Oxfordshire Recovery College, once both of these have been completed you can then sign up to any of our courses.

How do I enrol with Oxfordshire Recovery College?

You can fill out our online enrolment form: available on our Website

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Where are the In Person Courses Run?

Our in-person courses will run at the following locations:

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

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Booking courses and Enrolment

If you would like to book onto any of these courses, please contact us:

Email: contactORC@restore.org.uk
Telephone: 01865 779613

To enrol as a student with
Oxfordshire Recovery College, please head to our website:

Oxfordshire Recovery College

@Oxfordshire Recovery College

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