

Oxfordshire Recovery College

Summer Term 2026 Course Dates In-Person and Online

15th April - 17th July

Our Autumn Term courses will be released at the end of July

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
- Body Image and Mental Health
- 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** or **07531 920106**, email us at contactORC@restore.org.uk or visit our website [Oxfordshire Recovery College](#)

Summer Term Welcome

We are really pleased to announce the Course Dates for our Summer Term 2026, running from **Wednesday 15th April - Friday 17th 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 and Didcot**.

Introduction to Oxfordshire Recovery College -

Wednesday 15th April	14:00 - 16:00	Online, Via Zoom
Friday 17th April	10:00 - 12:00	The Straw Bale, Oxford
Thursday 7th May	18:30 - 20:30	Online, Via Zoom
Wednesday 13th May	14:00 - 16:00	The Straw Bale, Oxford
Monday 18th May	10:00 - 12:00	Online, Via Zoom
Wednesday 10th June	14:00 - 16:00	The Straw Bale, Oxford
Thursday 18th June	14:00 - 16:00	Online, Via Zoom
Wednesday 8th July	14:00 - 16:00	The Straw Bale, Oxford
Thursday 9th July	10:00 - 12:00	Online, Via Zoom

NEW COURSES FOR THE SUMMER TERM:

ORC is launching two new two-part *In Person* courses with a special focus on handling strong emotions and shifting negative thinking patterns which hold us back. These two new courses are called **Managing Self Doubt** and **Emotional Regulation and Resilience** both course descriptions are below.

On four Thursday afternoons in June, in Oxford the two courses will run one after the other. You can choose to do either course - or you may like to sign up to both to learn a really wide range of strategies to build up resilience. Both of these courses will also run in Banbury during the Summer Term.

Another helpful course for building resilience is our four -part In Person **Self Compassion Skills** course, which is on the schedule again on Fridays in May.

Managing Self Doubt - (2 Parts In Person) This 2 part course is for anyone keen to learn more about self-doubt and how to live with it better. Self doubt feeds anxiety in a continuous cycle and can have a huge impact on our mental health and wellbeing. Together we explore what it is, the impacts it can have, and some things 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.

Emotional Regulation and Resilience - (2 Parts in Person) Emotional regulation is not about controlling emotions, it's about noticing our emotions, understanding what message they are trying to give, and developing practical strategies so that our emotions help us rather than overwhelm us. We will focus on this in Part 1. Then in Part 2 we will look at resilience, which is our capacity to handle the challenges of life without becoming emotionally dysregulated. We will look at how we can draw on the strategies, strengths, resources, and insights we already have to strengthen our resilience and stay mentally well.

Self Compassion Skills - (4 Parts in Person) This course explores what compassion means, how compassion supports wellbeing and what can get in the way. We will work on practical skills such as grounding, breathing exercises, and compassionate voice and imagery.

Please note: Self Compassion Skills has been developed in collaboration with the University of Oxford and has a research component consisting of questionnaires at the start and end of each session. The research explores whether the course is effective and whether the presence of a **THERAPY DOG** might impact this - so some sessions will have a therapy dog present. The therapy dog will be randomly allocated to attend either the first three sessions or only the fourth session. 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.**

WARNEFORD 200 CREATIVE WORKSHOPS

Warneford 200 is a year-long programme of events marking 200 years of mental health care at the Warneford Hospital in Oxford. The following creative workshops are designed specially for ORC, in collaboration with Oxford Health Arts Partnership, and any ORC student is welcome to book a place.

Introduction to Block Printing - (2 parts in person at The Straw Bale) Artist Tom Cox will introduce students to the history of the Warneford and its gardens, and lead a printmaking activity as a creative response. All printmaking materials will be provided and you don't need any connection to the Warneford or artistic talent - just enthusiasm to have a go!

Exploring Nature and Wellbeing - (A two hour workshop) This is an opportunity to visit the W200 Commemorative Therapy Garden which has been newly created on the front lawn of the Warneford Hospital. We will learn about the history of using nature in patient care, and then take part in some grounding activities using our senses to connect to nature around us. You need to make your own way to the Warneford for this workshop



T: 01865 779613 or 07531 920106
E: contactORC@restore.org.uk

Oxfordshire
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April - Summer Term 2026

Monday 13th

Tuesday 14th

Wednesday 15th

Thursday 16th

Friday 17th

***START OF SUMMER
TERM***

Journaling for Wellbeing
The Straw Bale
13:00 - 16:00

April - Summer Term 2026

Monday 20th	Tuesday 21st	Wednesday 22nd	Thursday 23rd	Friday 24th
	<p>Understanding Anxiety The Straw Bale 10:00 - 13:00</p>		<p>Writing for Self Expression (Part 1) Online 10:30 - 12:00</p>	<p>Structure and Routine for Positive Change Banbury *NEW VENUE* 10:00 - 13:00</p>
	<p>Coping with Stress & Anxiety (Part 1) Online 10:30 - 12:00</p>			<p>Understanding Confidence The Straw Bale 10:00 - 13:00</p>
<p>Finding your Pathway through Services Didcot Civic Hall 13:00 - 16:00</p>		<p>Mindful Photography The Straw Bale 14:00 - 16:00</p>		
<p>*NEW* Introduction to Block Printing (Part 1) The Straw Bale 14:00 - 16:00</p>				

April/May - Summer Term 2026

Monday 27th	Tuesday 28th	Wednesday 29th	Thursday 30th	Friday 1st May
	<p>Coping with Stress & Anxiety (Part 2) Online 10:30 - 12:00</p>		<p>Writing for Self Expression (Part 2) Online 10:30 - 12:00</p>	<p>Understanding Trauma (Part 1) The Straw Bale 10:00 - 13:00</p>
<p>*NEW COURSE* Introduction to Block Printing (Part 2) The Straw Bale 14:00 - 16:00</p>	<p>Let's Talk Loneliness The Straw Bale 13:00 - 16:00</p>	<p>*NEW COURSE* Managing Self Doubt (Part 1) Banbury *NEW VENUE* 13:00 - 16:00</p>	<p>Thinking about Thinking (Part 1) The Straw Bale 13:00 - 16:00</p>	<p>Self Compassion Skills (Part 1) The Straw Bale 14:00 - 16:30</p>

May - Summer Term 2026

Monday 4th May	Tuesday 5th May	Wednesday 6th May	Thursday 7th May	Friday 8th May
BANK HOLIDAY			Writing for Self Expression (Part 3) Online 10:30 - 12:00	Understanding Trauma (Part 2) The Straw Bale 10:00 - 13:00
				Living with Social Anxiety (Part 1) Online 10:30 - 12:00
BANK HOLIDAY	Boosting Confidence (Part 1) Online 14:00 - 15:30	*NEW COURSE* Managing Self Doubt (Part 2) Banbury *NEW VENUE* 13:00 - 16:00	Thinking about Thinking (Part 2) The Straw Bale 13:00 - 16:00	Self Compassion Skills (Part 2) The Straw Bale 14:00 - 16:30
	EVENING COURSE Neurodivergence and Wellbeing (Part 1) Online 18:30 - 20:30	Understanding Depression The Straw Bale 13:00 - 16:00		

May - Summer Term 2026

Monday 11th	Tuesday 12th	Wednesday 13th	Thursday 14th	Friday 15th
ORC CLOSED STAFF TRAINING		Introduction to the Caring Role Online 10:30 - 12:00	Writing for Self Expression (Part 4) Online 10:30 - 12:00	Understanding Trauma (Part 3) The Straw Bale 10:00 - 13:00
		Boosting Confidence (Part 2) Online 14:00 - 15:30	Sleep and Wellbeing Didcot Civic Hall 13:00 - 16:00	Living with Social Anxiety (Part 2) Online 10:30 - 12:00
ORC CLOSED STAFF TRAINING				Self Compassion Skills (Part 3) The Straw Bale 14:00 - 16:30
		EVENING COURSE Neurodivergence and Wellbeing (Part 2) Online 18:30 - 20:30		

May - Summer Term 2026

Monday 18th	Tuesday 19th	Wednesday 20th	Thursday 21st	Friday 22nd
				What is Mental Health? The Straw Bale 10:00-13:00
Understanding Bipolar Disorder The Straw Bale 13:00 - 16:00	Tackling Stigma and Discrimination The Straw Bale 13:00 - 16:00 Mindful Photography Banbury *NEW VENUE* 14:00 - 16:00 *EVENING COURSE* Neurodivergence and Wellbeing (Part 3) Online 18:30 - 20:30	*NEW* Exploring Nature and Wellbeing Warneford Hospital 14:00 - 16:00	Menopause and Mental Health The Straw Bale 13:00 - 16:00	Self Compassion Skills (Part 4) The Straw Bale 14:00 - 16:30

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May - Summer Term 2026

Monday 25th

Tuesday 26th

Wednesday 27th

Thursday 28th

Friday 29th

BANK HOLIDAY

HALF TERM

HALF TERM

HALF TERM

HALF TERM

HALF TERM

June - Summer Term 2026

Monday 1st June	Tuesday 2nd June	Wednesday 3rd June	Thursday 4th June	Friday 5th June
<p>*NEW* Exploring Nature and Wellbeing Warneford Hospital 10:00 - 12:00</p>	<p>Mindful Photography The Straw Bale 10:00 - 12:00</p>		<p>Loss, Grief and Wellbeing (Part 1) Online 10:30 - 12:00</p>	<p>Self Care for Carers (Part 1) Online 10:30 - 12:00</p>
<p>Sleep and Wellbeing The Straw Bale 13:00 - 16:00</p>	<p>Journaling for Wellbeing Didcot Civic Hall 13:00 - 16:00</p>	<p>*NEW COURSE* Emotional Regulation and Resilience (Part 1) Banbury *NEW VENUE* 13:00 - 16:00</p>	<p>*NEW COURSE* Managing Self Doubt (Part 1) The Straw Bale 13:00 - 16:00</p>	

June - Summer Term 2026

Monday 8th	Tuesday 9th	Wednesday 10th	Thursday 11th	Friday 12th
<p>Understanding Personality Disorders (Part 1) The Straw Bale 10:00 - 13:00</p>			<p>Loss, Grief and Wellbeing (Part 2) Online 10:30 - 12:00</p>	<p>Self Care for Carers (Part 2) Online 10:30 - 12:00</p>
<p>Tackling Stigma & Discrimination (Part 1) Online 14:00 - 15:30</p>	<p>Thinking about a New Role (Part 1) Online 14:00 - 15:30</p>	<p>*NEW COURSE* Emotional Regulation and Resilience (Part 2) Banbury *NEW VENUE* 13:00 - 16:00</p>	<p>*NEW COURSE* Managing Self Doubt (Part 2) The Straw Bale 13:00 - 16:00</p>	

June - Summer Term 2026

Monday 15th	Tuesday 16th	Wednesday 17th	Thursday 18th	Friday 19th
<p>Understanding Personality Disorders (Part 2) The Straw Bale 10:00 - 13:00</p>				<p>What is Mental Health? (Part 1) Online 10:30 - 12:00</p>
<p>Tackling Stigma & Discrimination (Part 2) Online 14:00 - 15:30</p>	<p>Music, Mood and Wellbeing The Straw Bale 13:00 - 16:00</p> <p>Thinking about a New Role (Part 2) Online 14:00 - 15:30</p>		<p>*NEW COURSE* Emotional Regulation and Resilience (Part 1) The Straw Bale 13:00 - 16:00</p>	

June - Summer Term 2026

Monday 22nd	Tuesday 23rd	Wednesday 24th	Thursday 25th	Friday 26th
<p>Journaling for Wellbeing The Straw Bale 10:00 - 13:00</p>	<p>Structure and Routine for Positive Change Didcot Civic Hall 10:00 - 13:00</p>	<p>Understanding Confidence Banbury *NEW VENUE* 10:00 - 13:00</p>		<p>Body Image and Mental Health The Straw Bale 10:00 - 13:00</p>
	<p>Finding your Pathway through Services The Straw Bale 13:00 - 16:00</p>		<p>*NEW COURSE* Emotional Regulation and Resilience (Part 2) The Straw Bale 13:00 - 16:00</p>	<p>What is Mental Health? (Part 2) Online 10:30 - 12:00</p>

June/July - Summer Term 2026

Monday 29th June	Tuesday 30th June	Wednesday 1st July	Thursday 2nd July	Friday 3rd July
				Mindful Movement with Ta'i Chi Chih The Straw Bale 10:00 - 13:00
				Coping with Stress and Anxiety (Part 1) Online 10:30 - 12:00
Understanding Anxiety The Straw Bale 13:00 - 16:00		Understanding Confidence The Straw Bale 13:00 - 16:00	Structure and Routine for Positive Change The Straw Bale 13:00 - 16:00	
Wellbeing at Work (Part 1) Online 14:00 - 15:30		*EVENING COURSE* Managing Self Doubt (Part 1) Online 19:00 - 20:30		

July - Summer Term 2026

Monday 6th July	Tuesday 7th July	Wednesday 8th July	Thursday 9th July	Friday 10th July
Wildlife and Wellbeing (Part 1) The Straw Bale 10:00 - 13:00	Nurturing Hope (Part 1) Online 10:30 - 12:00		Managing Healthy Relationships (Part 1) The Straw Bale 10:00 - 13:00	Understanding Psychosis The Straw Bale 10:00 - 13:00
Wellbeing at Work (Part 2) Online 14:00 - 15:30	Coping with Self Harm The Straw Bale 13:00 - 16:00			Coping with Stress and Anxiety (Part 2) Online 10:30 - 12:00
		EVENING COURSE Managing Self Doubt (Part 2) Online 19:00 - 20:30		

July - Summer Term 2026

Monday 13th	Tuesday 14th	Wednesday 15th	Thursday 16th	Friday 17th
Wildlife and Wellbeing (Part 2) The Straw Bale 10:00 - 13:00	Understanding Depression The Straw Bale 10:00 - 13:00		Summer Wellbeing Event Banbury *NEW VENUE* 10:00 - 12:00	LAST DAY OF SUMMER TERM
	Nurturing Hope (Part 2) Online 10:30 - 12:00			
Wellbeing at Work (Part 3) Online 14:00 - 15:30	Mindful Walk Elder Stubbs Allotments 14:00 - 16:00	Summer Wellbeing Event - Mindful Walk Didcot 14:00 - 16:00	Managing Healthy Relationships (Part 2) The Straw Bale 10:00 - 13:00	End of Year Celebration Event The Straw Bale 14:00 - 16:00
		EVENING COURSE Managing Self Doubt (Part 3) Online 19:00 - 20:30		

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](#)

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

NEW VENUE
The Warehouse,
28 Calthorpe Street,
Banbury, OX16 5EX

T: 01865 779613 or 07531 920106
E: contactORC@restore.org.uk

Oxfordshire
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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 or 07531 920106

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

[Oxfordshire Recovery College](#)



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