

# Oxfordshire Recovery College

## Autumn Term Dates In-Person and Online

11th September - 15th December 2023



## 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 below) or there is an enrolment form on our website. Students then complete an Individual Learning Plan (ILP) with one of our friendly Student Support Officers and are offered an Induction 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 twice-yearly tutor training. We have over thirty different courses available on a whole range of topics.

**Examples of Courses:**

- Understanding Mental Health
- Introduction to Recovery
- Understanding Anxiety
- Mindful Movement with T'ai Chi Chih
- Boosting Confidence
- Men, Mental Health and Society
- Understanding Depression
- Thinking about Thinking
- Understanding Personality Disorders
- Understanding Psychosis
- Wellbeing at Work
- Understanding Trauma
- Relationships and Mental Health
- Mindful Photography

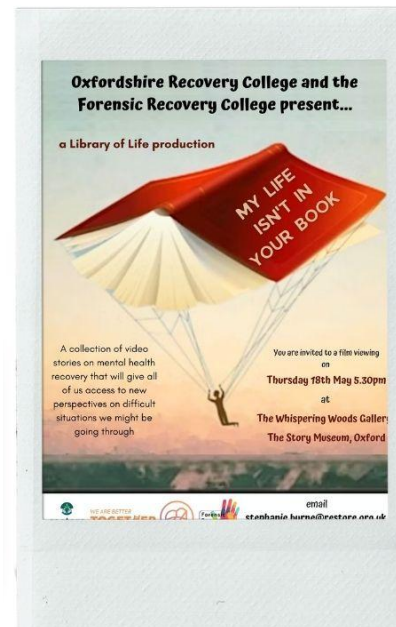
If you'd like to enrol with the College, sign up to a course or find out more, please get in touch:

**Call us on 01865 779613, email us at [contactORC@restore.org.uk](mailto:contactORC@restore.org.uk) or visit our website [www.oxfordshirerecoverycollege.org.uk](http://www.oxfordshirerecoverycollege.org.uk)**

## A few highlights from our Summer term...



Artwork by students on our Watercolour Painting course which we ran in Oxford and Witney this term...



Across April and May, ORC and the Forensic Recovery College ran two wonderful Library of Life events showcasing video stories made by our tutors and students - please visit our website to watch them!



"It is great to be in such a nurturing caring environment." - some very lovely feedback from a student



Beautiful creations made by students on our Weaving with Yarn course at the Straw Bale...

## Autumn Term Welcome

Dear ORC Students,

We are really pleased to announce the Course Dates for Autumn Term 2023, running from **Monday 11th September – Friday 15th December**. We will be offering courses both in-person and online again this term. All our online courses take place on **Zoom** and we've added online **evening courses** this term usually between 7-8.30pm. Our in-person courses will take place in **Oxford, Banbury, Witney, and Didcot**.

### NEW COURSES FOR THE AUTUMN TERM:

**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 one-part 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.

**Introduction to Bullet Journaling** - Bullet journaling is a method of personal organisation which can be useful for positive mental health - it's a way of creating your own personal journal to record some of your experiences, track your moods and feelings, jot down goals and wishes, and keep a log of good things which have happened. Your bullet journal is a to-do list and planner and diary in one. In this two hour workshop, we will provide you with your own dot grid notebook and encourage you to start your own bullet journal. You will leave with your journal, and ideas for how to use it in the future to benefit your own mental health.

**Art and Wellbeing: Landscape and Imagination** - This practical art course will explore what a landscape is and how we use our imaginations to create images of landscape both real and imagined. It will focus on how making art can help your mental health and provide tips and ideas that you can use. Over six weeks you will learn about the history of landscape from Chinese and Japanese art of the sixth century to contemporary concerns about climate change. Each session is two hours long and will include practical art making and discussion. We will set a task for you to complete on your own and share and discuss the following week. No art skills necessary.

# September

MONDAY 11th	TUESDAY 12th	WEDNESDAY 13th	THURSDAY 14th	FRIDAY 15th
<p><b>Start of Autumn Term</b></p>		<p>Recovery College Induction Online 11.00 - 12.00</p>	<p>Recovery College Induction Afternoon The Straw Bale 13.00 - 14.00, 15.00 - 16.00</p>	<p>Finding Your Pathway Through Services The Straw Bale 10.00 - 13.00</p> <p>Thinking About a New Role (Part 1) Online 10.30 - 12.00</p>
MONDAY 18th	TUESDAY 19th	WEDNESDAY 20th	THURSDAY 21st	FRIDAY 22nd
<p>Understanding Depression The Straw Bale 13.00 - 16.00</p>	<p>Skills for Recovery (Acceptance - Part 1) Didcot Civic Hall 10.00 - 13.00</p> <p>Healthy Sleep (Part 1) Online 10.30 - 12.00</p>	<p>Understanding Trauma (Part 1) The Straw Bale 13.00 - 16.00</p> <p>Thinking about Thinking (Part 1) Online 14.00 - 16.00</p>	<p>Introduction to Mindfulness (Part 1) Online 14.00 - 15.30</p> <p>Understanding Stigma The Straw Bale 13.00 - 16.00</p>	<p>Thinking About a New Role (Part 2) Online 10.30 - 12.00</p>



# September - October

MONDAY 25th	TUESDAY 26th	WEDNESDAY 27th	THURSDAY 28th	FRIDAY 29th
<p>Understanding Anxiety <a href="#">The Straw Bale</a> 10.00 - 13.00</p> <p>Living with Social Anxiety (Part 1) <a href="#">Online</a> 10.30 - 12.00</p>	<p>Skills for Recovery (Purpose - Part 2) <a href="#">Didcot Civic Hall</a> 10.00 - 13.00</p> <p>Healthy Sleep (Part 2) <a href="#">Online</a> 10.30 - 12.00</p> <p>Coping with Stress and Anxiety (Part 1) <a href="#">Online</a> 14.00 - 15.30</p>	<p>Understanding Trauma (Part 2) <a href="#">The Straw Bale</a> 13.00 - 16.00</p> <p>Thinking about Thinking (Part 2) <a href="#">Online</a> 14.00 - 16.00</p> <p><a href="#">Evening Course</a> Recovery College Induction <a href="#">Online</a> 19.00 - 20.00</p>	<p>Creative Writing (Part 1) <a href="#">Online</a> 10.30 - 12.00</p> <p>Introduction to Mindfulness (Part 2) <a href="#">Online</a> 14.00 - 15.30</p>	<p>Introduction to Bullet Journaling <a href="#">Witney (Mind)</a> 14.00 - 16.00</p> <p>Body Image and Mental Health <a href="#">Banbury (Mind)</a> 10.00 - 13.00</p> <p>Understanding Psychosis <a href="#">The Straw Bale</a> 13.00 - 16.00</p>
MONDAY 2nd October	TUESDAY 3rd	WEDNESDAY 4th	THURSDAY 5th	FRIDAY 6th
<p>Living with Social Anxiety (Part 2) <a href="#">Online</a> 10.30 - 12.00</p> <p>Mindful Movement with T'ai Chi Chih <a href="#">The Straw Bale</a> 13.00 - 16.00</p>	<p>Skills for Recovery (Resilience - Part 3) <a href="#">Didcot Civic Hall</a> 10.00 - 13.00</p> <p>Recovery College Induction <a href="#">Online</a> 11.00 - 12.00</p> <p>Coping with Stress and Anxiety (Part 2) <a href="#">Online</a> 14.00 - 15.30</p>	<p>Understanding Trauma (Part 3) <a href="#">The Straw Bale</a> 13.00 - 16.00</p> <p>Thinking about Thinking (Part 3) <a href="#">Online</a> 14.00 - 16.00</p>	<p>Creative Writing (Part 2) <a href="#">Online</a> 10.30 - 12.00</p> <p>Understanding Personality Disorders (Part 1) <a href="#">The Straw Bale</a> 13.00 - 16.00</p> <p>Boosting Confidence (Part 1) <a href="#">Online</a> 14.00 - 15.30</p>	<p>Let's Talk Loneliness <a href="#">The Straw Bale</a> 13.00 - 16.00</p>

# October

MONDAY 9th	TUESDAY 10th	WEDNESDAY 11th	THURSDAY 12th	FRIDAY 13th
<p>Nurturing Hope (Part 1) <b>Online</b> 10.30 - 12.00</p>	<p>Introduction to the Caring Role <b>Online</b> 10.30 - 12.00</p> <p><b>Evening Course</b> Learning to Manage: Mental Health for Und. 25s (Part 1) <b>Online</b> 18.00 - 19.30</p>		<p>Creative Writing (Part 3) <b>Online</b> 10.30 - 12.00</p> <p>Understanding Personality Disorders (Part 2) <b>The Straw Bale</b> 13.00 - 16.00</p> <p>Boosting Confidence (Part 2) <b>Online</b> 14.00 - 15.30</p>	<p>Relationships and Mental Health (Part 1) <b>The Straw Bale</b> 10.00 - 13.00</p> <p>Introduction to Bullet Journaling <b>Banbury (Mind)</b> 14.00 - 16.00</p>
MONDAY 16th	TUESDAY 17th	WEDNESDAY 18th	THURSDAY 19th	FRIDAY 20th
<p>Recovery College Induction Morning <b>The Straw Bale</b> 10.00 - 11.00, 12.00 - 13.00</p> <p>Nurturing Hope (Part 2) <b>Online</b> 10.30 - 12.00</p> <p>Exploring Employment Gaps <b>Witney (Mind)</b> 13.00 - 16.00</p>	<p>Sharing Personal Information <b>The Straw Bale</b> 13.00 - 16.00</p> <p><b>Evening Course</b> Learning to Manage - Mental Health for Und. 25s (Part 2) <b>Online</b> 18.00 - 19.30</p>	<p>Introduction to Mindfulness <b>The Straw Bale</b> 10.00 - 13.00</p>	<p>Introduction to Recovery <b>The Straw Bale</b> 10.00 - 13.00</p> <p>Creative Writing (Part 4) <b>Online</b> 10.30 - 12.00</p>	<p>Relationships and Mental Health (Part 2) <b>The Straw Bale</b> 10.00 - 13.00</p>

# October - November

MONDAY 23rd	TUESDAY 24th	WEDNESDAY 25th	THURSDAY 26th	FRIDAY 27th
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Half Term

Half Term

Half Term

Half Term

Half Term

MONDAY 30th	TUESDAY 31st	WEDNESDAY 1st November	THURSDAY 2nd	FRIDAY 3rd
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Art and Wellbeing:  
Landscape and  
Imagination (Part 1)  
[The Straw Bale](#)  
13.00 - 15.00

Gender, Sexuality and  
Mental Health (Part 1)  
[The Straw Bale](#)  
13.00 - 16.00

Menopause and  
Mental Health  
[The Straw Bale](#)  
13.00 - 16.00

Understanding Mental  
Health  
[The Straw Bale](#)  
10.00 - 13.00

Body Image and  
Mental Health  
[The Straw Bale](#)  
10.00 - 13.00

Recovery College  
Induction  
[Online](#)  
14.00 - 15.00

Coping with Stress and  
Anxiety (Part 1)  
[Online](#)  
14.00 - 15.30



# November

MONDAY 6th	TUESDAY 7th	WEDNESDAY 8th	THURSDAY 9th	FRIDAY 10th
<p>Thinking about Thinking (Part 1) Witney (Mind) 13.00 - 16.00</p> <p>Art and Wellbeing: Landscape and Imagination (Part 2) The Straw Bale 13.00 - 15.00</p>	<p>Gender, Sexuality and Mental Health (Part 2) The Straw Bale 13.00 - 16.00</p>	<p>Nurturing Hope (Part 1) Online 10.30 - 12.00</p> <p>Understanding Confidence The Straw Bale 13.00 - 16.00</p> <p>Evening Course Wellbeing at Work (Part 1) Online 19.00 - 20.30</p>	<p>Expressive Writing with the Royal Literary Fund (Part 1) The Straw Bale 14.00 - 16.00</p>	<p>Coping with Stress and Anxiety (Part 2) Online 14.00 - 15.30</p> <p>Understanding Eating Disorders The Straw Bale 10.00 - 13.00</p>
MONDAY 13th	TUESDAY 14th	WEDNESDAY 15th	THURSDAY 16th	FRIDAY 17th
<p>Art and Wellbeing: Landscape and Imagination (Part 3) The Straw Bale 13.00 - 15.00</p> <p>Recovery College Induction Online 14.00 - 15.00</p> <p>Thinking about Thinking (Part 2) Witney (Mind) 13.00 - 16.00</p>	<p>Understanding Mental Health (Part 1) Online 10.30 - 12.00</p> <p>Skills for Recovery (Acceptance - Part 1) The Straw Bale 13.00 - 16.00</p>	<p>Nurturing Hope (Part 2) Online 10.30 - 12.00</p> <p>Evening Course Wellbeing at Work (Part 2) Online 19.00 - 20.30</p>	<p>Boosting Confidence (Part 1) Online 10.30 - 12.00</p> <p>Recovery College Induction Morning The Straw Bale 10.00 - 11.00, 12.00 - 13.00</p> <p>Expressive Writing with the Royal Literary Fund (Part 2) The Straw Bale 14.00 - 16.00</p>	<p>Understanding Depression The Straw Bale 10.00 - 13.00</p>

## November - December

MONDAY 20th	TUESDAY 21st	WEDNESDAY 22nd	THURSDAY 23rd	FRIDAY 24th
<p>Art and Wellbeing: Landscape and Imagination (Part 4) <a href="#">The Straw Bale</a> 13.00 - 15.00</p> <p>Introduction to Mindfulness (Part 1) <a href="#">Online</a> 14.00 - 15.30</p>	<p>Understanding Mental Health (Part 2) <a href="#">Online</a> 10.30 - 12.00</p> <p>Skills for Recovery (Purpose - Part 2) <a href="#">The Straw Bale</a> 13.00 - 16.00</p>	<p>Understanding Anxiety <a href="#">The Straw Bale</a> 13.00 - 16.00</p> <p><b>Evening Course</b> Wellbeing at Work (Part 3) <a href="#">Online</a> 19.00 - 20.30</p>	<p>Understanding Self Harm <a href="#">The Straw Bale</a> 10.00 - 13.00</p> <p>Boosting Confidence (Part 2) <a href="#">Online</a> 10.30 - 12.00</p> <p>Expressive Writing with the Royal Literary Fund (Part 3) <a href="#">The Straw Bale</a> 14.00 - 16.00</p>	<p>Understanding Trauma (Part 1) <a href="#">The Straw Bale</a> 13.00 - 16.00</p> <p>Eat Well, Be Active, Stay Motivated (Part 1) <a href="#">Banbury (Mind)</a> 13.00 - 16.00</p>
MONDAY 27th	TUESDAY 28th	WEDNESDAY 29th	THURSDAY 30th	FRIDAY 1st December
<p>Art and Wellbeing: Landscape and Imagination (Part 5) <a href="#">The Straw Bale</a> 13.00 - 15.00</p> <p>Introduction to Bullet Journaling <a href="#">Didcot Civic Hall</a> 14.00 - 16.00</p> <p>Introduction to Mindfulness (Part 2) <a href="#">Online</a> 14.00 - 15.30</p>	<p>Recovery College Induction <a href="#">Online</a> 10.00 - 11.00</p> <p>Thinking about Thinking (Part 1) <a href="#">Online</a> 14.00 - 16.00</p> <p>Skills for Recovery (Resilience - Part 3) <a href="#">The Straw Bale</a> 13.00 - 16.00</p>	<p>Mindful Movement with T'ai Chi Chih <a href="#">The Straw Bale</a> 13.00 - 16.00</p>	<p>Introduction to Recovery <a href="#">The Straw Bale</a> 10.00 - 13.00</p> <p>Expressive Writing with the Royal Literary Fund (Part 4) <a href="#">The Straw Bale</a> 14.00 - 16.00</p>	<p>Understanding Trauma (Part 2) <a href="#">The Straw Bale</a> 13.00 - 16.00</p> <p>Eat Well, Be Active, Stay Motivated (Part 2) <a href="#">Banbury (Mind)</a> 13.00 - 16.00</p>

# December

MONDAY 4th	TUESDAY 5th	WEDNESDAY 6th	THURSDAY 7th	FRIDAY 8th
<p>Art and Wellbeing: Landscape and Imagination (Part 6) <a href="#">The Straw Bale</a> 13.00 - 15.00</p> <p>Healthy Sleep (Part 1) <a href="#">Online</a> 14.00 - 15.30</p>	<p>Understanding Mental Health <a href="#">The Straw Bale</a> 13.00 - 16.00</p> <p>Thinking about Thinking (Part 2) <a href="#">Online</a> 14.00 - 16.00</p>	<p>Introduction to Recovery (Part 1) <a href="#">Online</a> 10.30 - 12.00</p> <p>Recovery College Induction Afternoon <a href="#">The Straw Bale</a> 13.00 - 14.00, 15.00 - 16.00</p> <p><b>Evening Course</b> Living with Social Anxiety (Part 1) <a href="#">Online</a> 19.00 - 20.30</p>	<p>Introduction to Bullet Journaling <a href="#">The Straw Bale</a> 10.00 - 12.00</p> <p>Understanding Personality Disorders (Part 1) <a href="#">The Straw Bale</a> 13.00 - 16.00</p> <p>Recovery College Induction <a href="#">Online</a> 14.00 - 15.00</p>	<p>Understanding Trauma (Part 3) <a href="#">The Straw Bale</a> 13.00 - 16.00</p> <p>Eat Well, Be Active, Stay Motivated (Part 3) <a href="#">Banbury (Mind)</a> 13.00 - 16.00</p>
MONDAY 11th	TUESDAY 12th	WEDNESDAY 13th	THURSDAY 14th	FRIDAY 15th
<p>Understanding Self Harm <a href="#">Didcot Civic Hall</a> 10.00 - 13.00</p> <p>Let's Talk Loneliness <a href="#">The Straw Bale</a> 13.00 - 16.00</p> <p>Healthy Sleep (Part 2) <a href="#">Online</a> 14.00 - 15.30</p>	<p>Exploring Employment Gaps <a href="#">The Straw Bale</a> 13.00 - 16.00</p> <p>Thinking about Thinking (Part 2) <a href="#">Online</a> 14.00 - 16.00</p>	<p>Introduction to Recovery (Part 2) <a href="#">Online</a> 10.30 - 12.00</p> <p>Parenting in Recovery <a href="#">The Straw Bale</a> 13.00 - 16.00</p> <p><b>Evening Course</b> Living with Social Anxiety (Part 2) <a href="#">Online</a> 19.00 - 20.30</p>	<p>Understanding Personality Disorders (Part 2) <a href="#">The Straw Bale</a> 13.00 - 16.00</p>	<p>Winter Wellbeing Event <a href="#">The Straw Bale</a> 14.00 - 16.00</p> <p><b>End of Autumn Term</b></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

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

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