

# course dates

Oxfordshire  
Recovery  
College

April 2019

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Contact Us: 01865 779 613

email: [contactORC@restore.org.uk](mailto:contactORC@restore.org.uk)

## Introduction to the Caring Role

| 3 Hours

This course explores the experience of friends or family members who become 'carers'. The course aims to provide an understanding of the carer's role; explores the potential journey that friends and family may undertake within the role, provides facts and information and discusses recovery for carers and the need to recover a life outside of their caring role. This course is suitable for anyone wanting to gain a better understanding of the caring role.

Tue 2nd | 10:00 - 13:00 | Oxford

## Mental Health and Wellbeing - Support for Parents

| 3 Hours

This course explores how parents with mental health problems can sometimes worry about how their difficulties may impact upon their parenting and looks at who they can ask for support in times of need. This course is designed to help parents to feel empowered in their own ability to support themselves and their families. It aims to reduce any fears around asking for help with parenting or mental health problems. This course is suitable for parents with mental health challenges, their family and friends, as well as professionals that may work with these parents.

Mon 1st | 13:00 - 16:00 | Oxford

## Navigating the System

| 3 Hours

This course explores the experience of those seeking and engaging with mental health services in Oxfordshire, and the common frustrations that people can face, with particular focus on problem solving around these issues. Students will discover different ways in which they might prepare for an appointment, deal with long waiting times and get their needs met by appropriate services. This course is suitable for people who are engaged with services or seeking to engage and the people who support them; friends, family and carers.

Mon 8th | 13:00 - 16:00 | Oxford

## T'ai Chi and Wellbeing

| 3 Hours

This course offers the opportunity to learn some easy T'ai Chi movements as a stress-reduction tool to help in recovery. No previous knowledge is required and you will be given opportunities to experience the beneficial effects in your mind and body whilst being guided through movements during the workshop. There will be details of a link to a free online tutorial and further practical classes.

Wed 10th | 13:00 - 16:00 | Banbury



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## Understanding Confidence

| 3 Hours

This course aims to create a greater understanding of the meaning of confidence, why we need it and how we get it. It will help recognise and develop existing skills and provide a space to explore possible ways of increasing confidence. This course is suitable for anyone who wishes to find work or anyone who works in a supportive role and wants a better understanding of how to help someone improve their confidence.

Wed 3rd | 10:00 - 13:00 | Banbury

Thu 11th | 13:00 - 16:00 | Oxford

## Understanding Depression

| 3 Hours

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 course will examine personal experiences of depression (on video and in text) to illustrate that depression is not an isolated experience and that it is possible to recover.

Fri 5th | 13:00 - 16:00 | Oxford

## Understanding Eating Disorders

| 3 Hours

This course aims to increase understanding of eating disorders and to provide a space to ask questions about these disorders. It is suitable for people working in mental health services, people accessing them and their carers. The course explores what is meant by the term eating disorder, what different types of eating disorders exist, as well as what might help.

Tue 9th | 10:00 - 13:00 | Oxford

## Understanding Psychosis

| 3 Hours

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. It is suitable for anyone who has experienced psychosis, or is a carer or professional supporting someone who is dealing with psychosis.

Wed 3rd | 10:00 - 13:00 | Witney

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## Understanding Self-harm

| 3 Hours

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 – focussing on why, not how. We look at statistics – the prevalence of self harm in the UK and think about what might drive so many people to engage in self harming behaviours. Having we have identified some of the reasons that people engage in self harming behaviours we think together in detail about possible alternatives. A course that aims to enable students from different backgrounds to locate resources and describe alternatives as appropriate to their need.

Fri 5th | 13:00 - 16:00 | Banbury

## Making Career Choices - National Careers Service Information Session\*

| 2 Hours

This course will help you find out what your transferable skills are, and think about what jobs might be best suited to you.

This is an information session run by the National Careers Service.

**\*This session will not be delivered by Oxfordshire Recovery College tutors**

Wed 10th | 13:00 - 15:00 | Oxford