

# course dates

Oxfordshire  
Recovery  
College

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Contact Us: 01865 779 613  
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## Induction

| 1 Hour

This course gives you more information about how the Recovery College works - who we are, what we do and what you can expect. Attending the Induction is part of your enrolment, so everyone attends this course before booking onto any others.

Thu 7th | 10:00 - 11:00 | Oxford

Fri 22nd | 10:00 - 11:00 | Banbury

Tue 26th | 10:00 - 11:00 | Oxford

## Benefits of Pets

| 3 Hours

This course aims to participants to share experiences of pet ownership, relating this to research on human-animal bonds. To discuss the benefits of pet ownership, acknowledging the responsibilities we have to our pets by law, and looking at how our pets can help us achieve a better standard of well-being.

Fri 15th | 13:00 - 16:00 | Banbury

## Creative Writing

| 3 Hours x 3 Sessions

This is a creative writing course that is centred on the idea that creativity is at its best when undertaken as part of a safe, supportive and like-minded community. The course provides a chance to think about and develop the use of creative skills to aid recovery. We examine the effects and benefits on the individual, and how creativity can be a community activity, bringing people together to foster a sense of connection. This course runs in three sessions over three consecutive weeks

Week 1 - Wed 13th | 10:00 - 13:00 | Oxford

Week 2 - Wed 20th | 10:00 - 13:00 | Oxford

Week 3 - Wed 27th | 10:00 - 13:00 | Oxford

## Food and Wellbeing

| 3 Hours

This course explores the current eating habits of ourselves and those we care for – what we eat and why we eat. We discuss the importance of a balanced diet and what this means – making the information as accessible and practical as possible to aid recovery. We look at the importance of difference food groups - why too much of some things is bad for us and what is good to include in our diet. We explore how simple changes can be easy and effective - with top tips. We conclude the course by making something healthy and tasty to eat.

Thu 7th | 13:00 - 16:00 | Oxford

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## 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 for carers 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 19th | 13:00 - 16:00 | Oxford

## Introduction to Personality Disorders

| 3 Hours

This course looks at how a diagnosis for Personality Disorder might be met, the different types of Personality Disorder, with a particular focus on Emotionally Unstable Personality Disorder (also known as Borderline PD) and the treatment options available. We also look at ways of living with the disorder, and how the disorder can affect family, friends and professionals, as well as the people who have it.

Fri 8th | 10:00 - 13:00 | Oxford

## Introduction to Recovery

| 3 Hours

What is recovery? This course aims to provide an understanding of what recovery is, what the recovery journey means and how unique each person's journey is. The course explores different approaches to recovery and is suitable for anyone wanting to know more about recovery. It will help you to decide if you would like to develop your knowledge further through our recovery courses, and may help you to discover what makes you unique, and what recovery means to you.

Mon 11th | 10:00 - 13:00 | 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.

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

Thu 14th | 10:00 - 13:00 | Oxford

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## 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.

**Fri 15th** | 13:00 - 16:00 | Witney

**Mon 25th** | 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.

**Wed 6th** | 13:00 - 16:00 | Banbury

## 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.

**Fri 22nd** | 13:00 - 16:00 | Banbury

## Understanding Mental Health

| 3 Hours

This course will explain what is meant by 'mental health' and the most common mental health conditions. It will explore some of the terminology applied to mental health to improve understanding of some diagnoses and discuss myths and prejudices surrounding mental health and the need to challenge them.

**Mon 18th** | 10:00 - 13:00 | Oxford

**Wed 20th** | 10:00 - 13:00 | Witney

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## 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.

Fri 8th | 13:00 - 16:00 | Banbury

## 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 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 1st | 10:00 - 13:00 | Banbury

Thu 21st | 13:00 - 16:00 | Oxford

Fri 22nd | 13:00 - 16:00 | Witney

## Understanding Stigma

| 3 Hours

This course is aimed at students looking to increase awareness of what we mean when we talk about stigma in relation to mental health, and its potential impacts on people from all walks of life. We look at how legislation, the media, education and our daily interactions can all influence, and be influenced by stigma, and at the different ways in which people can and are working to challenge and change stigma. The course is suitable for anyone wishing to gain a better understanding of stigma and its impacts, and may be of particular interest to people with an interest in mental health advocacy.

Thu 28th | 10:00 - 13:00 | Oxford

## Wildlife and Wellbeing

| 3 Hours

This course includes a brief look at the current research that shows the benefits of spending time in natural environments. There are opportunities for students to share their experiences and students will examine case studies exploring simple and practical ways of increasing opportunities to connect with natural environments using the resources they have available to them. It is suitable for those who have an interest in gardening or simply enjoy natural environments. It may also be of interest to people who would like to help the people they care for to make the most of their interest in nature.

Wed 27th | 13:00 - 16:00 | Witney