

Oxfordshire Recovery College Online

**Summer Term 2020
Online Course Dates
April - May**



APRIL

MONDAY 20 th	TUESDAY 21 st	WEDNESDAY 22 nd	THURSDAY 23 rd	FRIDAY 24 th
ORC Online Summer Term begins		Introduction to ORC Online 11.00-12.00	Introduction to ORC Online 14.00-15.00	5 Ways to Wellbeing on Fridays (part 1) 11.00-12.00
MONDAY 27 th	TUESDAY 28 th	WEDNESDAY 29 th	THURSDAY 30 th	FRIDAY 1 st MAY
Introduction to ORC Online 11.00-12.00	5 Ways to Wellbeing on Tuesdays (part 1) 14.00-15.00	Introduction to Mindful Movement and Breathing 14.00-15.00	Coping with Stress and Anxiety (part 1) 15.00-16.00	5 Ways to Wellbeing on Fridays (part 2) 11.00-12.00

MAY

MONDAY 4 th	TUESDAY 5 th	WEDNESDAY 6 th	THURSDAY 7 th	FRIDAY 8 th
Being Creative 14.00-15.00	5 Ways to Wellbeing on Tuesdays (part 2) 14.00-15.00	Cooking on a Budget (part 1) 11.00-12.00	Coping with Stress and Anxiety (part 2) 15.00-16.00	Bank Holiday

MAY

MONDAY 11 th	TUESDAY 12 th	WEDNESDAY 13 th	THURSDAY 14 th	FRIDAY 15 th
Introduction to Mindful Movement and Breathing 14.00-15.00	5 Ways to Wellbeing on Tuesdays (part 3) 14.00-15.00	Cooking on a Budget (part 2) 11.00-12.00		5 Ways to Wellbeing on Fridays (part 3) 11.00-12.00
MONDAY 18 th	TUESDAY 19 th	WEDNESDAY 20 th	THURSDAY 21 st	FRIDAY 22 nd
Focusing on Small Steps 14.00-15.00	5 Ways to Wellbeing on Tuesdays (part 4) 14.00-15.00	Being Creative 11.00-12.00	Healthy Sleep (part 1) 15.00-16.00	5 Ways to Wellbeing on Fridays (part 4) 11.00-12.00
MONDAY 25 th	TUESDAY 26 th	WEDNESDAY 27 th	THURSDAY 28 th	FRIDAY 29 th
Bank Holiday	5 Ways to Wellbeing on Tuesdays (part 5) 14.00-15.00	Focusing on Small Steps 11.00-12.00	Healthy Sleep (part 2) 15.00-16.00	5 Ways to Wellbeing on Fridays (part 5) 11.00-12.00

FAQS - ORC Online Courses

The ORC Team have put together some FAQS to answer any questions that you might have before joining us on our first ever online courses:

What online courses are running this term?

At the start of this Summer term, we are offering 8 courses:

- Introduction to ORC Online
- Being Creative
- Focusing on Small Steps
- Introduction to Mindful Movement and Breathing
- Coping with Stress and Anxiety (2-part course)
- Healthy Sleep (2-part course)
- Cooking on a Budget (2-part course)
- Five Ways to Wellbeing (5-part course)

How long will each course last?

Each course will last one hour. If you sign up to a 2-part course, each part will last one hour, and be spread out over the two weeks (see calendar for example). Five Ways to Wellbeing is a 5-part course which will run on a Tuesday afternoon and a Friday morning. Please sign up to either group (not both) and we hope you'd then like to attend all 5 sessions of the course

What will I need?

Yourself most importantly - other than that we suggest a pen and paper (to write your name). You will need a computer/laptop/tablet/phone to join the course.

How do I access the courses?

Once we have confirmed your space, you will be emailed a link which you will need to click on to access the course on the day. You will be sent this link in advance alongside some simple instructions in the email. We have tried to make this process as simple and accessible for students as possible.

When will the tutors be around?

The tutors will be available 15 minutes *before and after* the course starts. You are welcome to log onto the course a few minutes before it starts to get yourself settled (as would be normal attending any of our courses in person) - sadly we can't make tea or coffee but please make yourself comfortable!

How do courses with multiple parts work?

We have created some multi-part courses as there is more information and discussion that we'd like to share on some topics, some which can't fit into a one-hour slot! Each part will last 1 hour, and the following part will be the week after.

How does course feedback work?

As on all of our courses in-person we really encourage feedback to help us know what you enjoyed and found most useful, or what we could do a bit differently next time. This is a new system for us all, so your feedback is really important to us. At the end of the course, you will be sent a brief feedback survey to complete if you wish to.

How will interactions work during a course?

We are hoping our online workshops will give us an opportunity to listen and talk to each other just as we do on our face to face courses. Tutors will explain how this will work at the start of each course. What we've found works best, is if students mute their microphones when they are not speaking - this helps with the sound quality of the call and to reduce any interference. When you are speaking and sharing ideas, you will of course be prompted to turn your microphones back on! There is also a chat section enabled on the video call if you would prefer to interact using this rather than speaking.

How many students will be on a course?

There will be up to 6 students on each course, and two tutors. We have reduced the number of students on each course, to allow for group interaction within the hour for each course. We will be running each course more than once to try and ensure you get a space on each course that you'd like to join.

Do I have to attend the Introduction to ORC Online?

The Introduction to ORC Online is not compulsory. Students can sign up if they wish to find out a little more about how these online courses will work. It will be a basic Introductory session, and a chance for you to have a practice if you wish to do so!

Will you run these courses again?

Yes! This is our first 6 weeks of term - after this we will have a half term break for a week in June, and then continue these courses for the rest of the Summer Term.

Will there be signposting?

Yes - tutors will signpost at the end of each course. You will also be able to find links to our general signposting document on our website, alongside our Newsletters and brand new Podcasts.

How do I sign up?

To sign up, please email us: contactORC@restore.org.uk or call us: **01865 779613**

Can I join if I'm not a student of 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 above 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 you a learning plan for you, and you can then sign up to any of our workshops.

If you have any further questions, please don't hesitate to contact us. We really look forward to welcoming you to our online courses soon!

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
Telephone: 01865 779613

For further information, including descriptions of our courses, please head to our website:

www.oxfordshirerecoverycollege.org.uk



@OxfordshireRC



OxfordshireRecoveryCollege