Oxfordshire Recovery College
In-Person and Online Course Dates

September 9th – October 2nd 2020
Autumn Term 2020

Oxfordshire Recovery College

Forensic spoke

SEPTEMBER

MONDAY 7th	TUESDAY 8th	WEDNESDAY 9th	THURSDAY 10th	FRIDAY 11th	
		Adapting to new normal (part 1) **Online** 2.00-3.00		**Induction** **In person** Littlemore 1.30-14.30	**Online** Marlborough house & Woodlands 1.30-2.30

MONDAY 14th	TUESDAY 15th	WEDNESDAY 16th	THURSDAY 17th	FRIDAY 18th
		Adapting to new normal (part 2) **Online** 2.00-3.00		**Understanding Mental Health** **In person** **Littlemore** 1.30-4.00

For links to our Course Descriptions, head to this page on our website: LINK

SEPTEMBER

MONDAY 21st	TUESDAY 22rd	WEDNESDAY 23rd	THURSDAY 24th	FRIDAY 25th
		Healthy Sleep (part 1) **Online** 2.00-3.00		**Understanding Depression** **In person** **Littlemore** 1.30-4.00

OCTOBER

MONDAY 28th	TUESDAY 29th	WEDNESDAY 30th	THURSDAY 1st OCTOBER	FRIDAY 2nd OCTOBER
		Healthy Sleep (part 2) **Online** 2.00-3.00		**Understanding Anxiety** **In person** **Littlemore** 1.30-4.00

For links to our Course Descriptions, head to this page on our website: LINK

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 online courses:

What online courses are running this term?
This term, we are offering 9 courses:
- Introduction to ORC Online
- Focusing on Small Steps
- Introduction to Mindful Movement and Breathing
- NEW: Adapting to the New Normal (2-part course)
- Coping with Stress and Anxiety (2-part course)
- Being Creative (now a 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).

Are there course descriptions for these workshops?
Yes, you can find the course descriptions for our online courses on our website – please click on the following link: **ORC Online Course Descriptions**

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 Google Meets 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.

How will interactions work during a course?
Our online workshops have been designed to give students the 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 8 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 most courses 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 but we do suggest that you sign up for this course if you 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 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 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

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And add Instagram as well

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