

Oxfordshire Mind Wellbeing Service Short Courses



For better
mental health

All short courses are free of charge and open to adults aged 16 and above (unless stated otherwise). All courses require participants to book a place, unless stated otherwise. To book on to a course, please call the number given with the course information or email the appropriate locality (see below).

In this booklet, the Short Courses are presented in 3 lists:

Oxford City Cherwell and West Oxfordshire South Oxfordshire and the Vale

Courses are categorised as either:

Creative Arts Wellbeing Skills for Living	e.g art, crafts, music, dance, reading, writing, theatre
Particular Health Needs	e.g complementary therapies, relaxation, meditation, assertiveness, coping with anxiety, coping with voices
Practical Skills	e.g. computer skills, cooking, employment/training focused
Physical Health	e.g. sports, yoga, smoking cessation, healthy eating

The information here was correct at the time of print, however it is subject to change. For up to date information, check the website at oxfordshire-mind.org.uk/help/wellbeingservice

For more information, or to book a particular course, call the number given on the course details. You can also call the Information Line on 01865 247788.

Oxford City - Creative Arts

3D Modelling with Mod Roc

An opportunity to have fun using mod roc to create 3D sculptures. No previous experience or artistic confidence required.

Date	1 March - 5 April	Day/time	Monday 2 - 3pm
Venue	The Mill	Contact	Jude on 01865 263758

Art & Artists: "Figurative into Abstract"

Explore what abstract art is, focusing on taking non abstract "figurative" pictures and using them to create your own abstract piece of art work using the techniques that you have learnt on the course.

Date	19 January – 24 February	Day/time	Thursday 10.00 - 11.00am
Venue	The Mill	Contact	01865 263758

Oxford City - Creative Arts

Get Into Reading

Promoting wellbeing through the shared experience of reading together. Each week we read through a short story and poem which the group can then reflect on. There is no need to be able to read or to read aloud.

Date	4 January – 7 March	Day/time	Wednesday 11.30am - 1.00pm
Venue	The Mill	Contact	Adam: 07435760811 Susan: 01865 263758

Creative Writing

Try your hand at different literary forms - poetry, short stories, letters & diaries/journals; no previous experience needed. Exercises and tips to help you develop your own writing, drawing on pre-existing pieces.

Date	17 January - 20 March	Day/time	Tuesdays 10.00am - 12.00pm
Venue	Cowley Wellbeing Centre	Contact	01865 604 368

Poetry Writing & Appreciation

An opportunity to develop poetry writing skills as well as share and discuss poems.

Date	12 January – 16 February	Day/time	Thursdays 12.00 – 1.00pm
Venue	The Mill	Contact	Jude on 01865 263758

Silversmithing and Jewellery Making

An opportunity to learn basic Silversmithing and bead threading techniques. Design and make your own silver jewellery and bead work. No previous experience is required and materials supplied at cost price.

Date	4 January – 22 February	7 March – 25 April
Venue	Cowley Wellbeing Centre	
Day/time	Wednesday, 10.00am - 2.00pm	
Contact	Catou: 01865 604 368	

Soap Making

Introductory Course: No previous experience required. Learn how to design and make bars of soap. There will be a small charge for materials on both courses.

Follow-up course: Learn the Cold Process method, make soap bars from scratch.

Date	Intro: 18 January – 8 February	Follow-up: 7 – 28 March
Venue	Cowley Wellbeing Centre	
Day/time	Wednesday 10.00am - 1.00pm	Wednesday 10.00am - 1.00pm
Contact	Duncan on 07435760809 / 01865 604368	

Oxford City - Wellbeing

Mindfulness for Students

An opportunity to learn strategies to better cope with depression and anxiety, drawing on a variety of techniques based on Mindfulness Meditation and elements of cognitive therapy. Booking is essential.

Date	16 January – 5 March	Day/time	Monday 6.00 - 8.00pm
Venue	The Mill	Contact	Miriam on 01865 263 758

Relaxation the Mindful Way

Lunch time relaxation providing the opportunity to switch off and manage stress in a calmer manner. No previous experience needed, although people who have attended previous relaxation courses are welcome.

Date	16 January – 20 February	12 March – 23 April
Venue	Cowley Wellbeing Centre	
Day/time	Monday 1.00 - 2.00pm	
Contact	Marianna: 07435760814 or 01865 604 368	

Skills for Living: 'Managing Life' for women only

Designed to help participants manage life, giving the skills and tools needed to promote good mental health and wellbeing. E.g: how we manage the stresses of everyday life, managing worry, challenging our thoughts.

Date	8 February – 14 March (Meet & Greet: 1 Feb)	Day/time	Wednesday 5.30 -7.00pm
Venue	The Mill	Contact	01865 263 758

Oxford City - Particular Health Needs

Coping with Hearing Voices and Paranoia

Develop strategies to cope better with voices and other unusual experiences and/or paranoid thoughts. Runs in a friendly and confidential setting.

Date	7 February – 27 March	Day/time	Tuesday 11.00am – 12.30pm
Venue	The Mill	Contact	01865 263 758

Coping with Low Mood & Stress

An opportunity to learn strategies to improve your mood and reduce stress, drawing on a variety of tools and techniques. Booking essential.

Date	16 January – 6 February	20 February – 12 March
Venue	Cowley Wellbeing Centre	
Day/time	Monday 10.00 – 11.30am	Monday 10 – 11.30am
Contact	Marianna: 07435760814 or Miriam: 01865 604 368	

Oxford City - Physical Health

Yoga for Beginners

Introduction to the basics of yoga with a trained instructor. No experience necessary.

Date	10 January – 28 February	20 March – 8 May
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Venue	Cowley Wellbeing Centre
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Day/time	Tuesday 11.00am-12.00pm
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Contact	Marianna: 07435760814 or 01865 604 368
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Fitness and Wellbeing Courses for Men from April 2012:

These courses combine physical fitness sessions at local gyms with sessions on how to manage our thoughts, feeling and emotions. Often these sessions are run in conjunction with Oxford United, for more information contact Duncan McFarland on 07435760809.

Oxford City - Practical Skills

Basic Computer Skills - for beginners

Basic skills around computer hardware (e.g. using keyboard, mouse, printers), using computer software (e.g. Word, Paint) and internet and Email services. No experience necessary.

Date	12 January – 1 March	Day/time	Thursday 11.00am -12.00pm
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Venue	Cowley Wellbeing Centre	Contact	Antonia on 07435760815
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Basic Cooking Skills

An opportunity to cook and plan simple healthy meals and gain confidence in cooking.

Date	6 January – 10 February	Day/time	Friday 10.30am - 1.00pm
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Venue	The Mill	Contact	Adam: 01865 263758
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English for Speakers of Eastern European Languages

A space for people to practice and improve their English language skills. Facilitated by a qualified teacher from the Saturday Polish School. Class one is for beginners and class two is for more advanced beginners

Date	9 January – 30 April
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Venue	Cowley Wellbeing Centre
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Day/time	1. Monday 5.30 – 7.00pm	2. Monday 7.00 - 9.00pm
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Contact	Jola Maciejewska at the Saturday Polish School on 07872923432
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Other Short Courses to look out for in Oxford:

Short Courses for Parents at Family Centres and Schools: Oxfordshire Mind runs courses in family centres across Oxford to promote parents wellbeing. For additional information about these courses contact Antonia on 07435760815

Cherwell and West Oxfordshire

Cherwell and West Oxfordshire - Creative Arts

Art

The Taking Part scheme by Cherwell & West Oxfordshire District Council has teamed up with Mind to run creative workshops led by skilled local artists. Take part in a selection of creative art workshops. The course in Carterton will focus on felt making.

Date	9 - 30 January	5 - 26 January	27 February - 2 April
Venue	Bicester (Causeway)	Banbury (Health Centre)	Carterton Community Centre
Day/time	Monday 1.30 - 3.00pm	Thursday 10.30am - 12.30	Monday 1.00 - 2.30
Contact	01869 249864	Lyn: 07435 760768	Justine: 07435760769

Card Making

Learn the basics of card making and produce your own hand made cards.

Date	4 - 25 April	Day/time	Wednesday 1 - 2.15pm
Venue	Kidlington - Kaleidoscope Children's Centre	Contact	Michelle: 07435 760795 or Justine: 07435 760769

Get Into Reading

Promoting wellbeing through the shared experience of reading together. Each week we read through a short story and poem which the group can then reflect on. There is no need to be able to read, or to read aloud.

Date	12 March - 11 June	Day/time	Monday 1.30-3.00pm
Venue	Bicester (Causeway Centre)	Contact	01869 249864

Cherwell and West Oxfordshire - Wellbeing

Complementary Therapies

An opportunity to experience a range of free complementary therapies to promote wellbeing and provide a space to de-stress.

Date	18 January - 15 February	Day/time	Wednesday 1.00-2.15pm
Venue	Kidlington - Kaleidoscope Children's Centre	Contact	Michelle: 07435760795 or Justine: 07435760769

The Mindful Way of Living

For people in employment. A look at different techniques to promote ways that we can become more aware, take notice of our experiences and adopt a mindful way of living.

Date	19 January - 9 February	Day/time	Thursday 5.15-6.15
Venue	Witney Resource Centre	Contact	Annie on 07435760789

Women's Wellbeing

Weekly sessions to include relaxation, alternative therapies, crafts, coping with stress and lively discussions about how to look after ourselves. Crèche spaces available

Date	13 January – 23 March	Day/time	Friday 12.15-2.30pm
Venue	Bicester Children's Centre	Contact	01869 249864

Cherwell and West Oxfordshire - Particular Health Needs**Assertiveness**

A look at what it is to be assertive plus skills to practice assertiveness techniques.

Date	7 - 28 March	From mid Feb 2012 - for working people
Venue	Kidlington Children's Centre	Banbury Health Centre
Day/time	Wednesday 1.00-2.15pm	Thursday evenings (TBC) (at The Late Shift)
Contact	Michelle: 07435760795, Justine: 07435760769	Lyn: 07435760768, Jo: 07435760765

Memories in Mind - Reminiscence for older adults

Stimulate the mind and memory by using activities to prompt recall of personal life experiences and events. Reminiscence activities promote conversation, combat loneliness and can help to improve wellbeing.

Date	TBC	Day/time	TBC
Venue	Banbury - TBC	Contact	Lyn: 07435760768 or Jo 07435760765

South Oxfordshire and The Vale**South Oxfordshire and the Vale - Creative Arts****Creative Writing**

Try your hand at different literary forms - poetry, short stories, letters & diaries/journals; no previous experience needed. Exercises and tips to help you develop your own writing.

Date	9 January – 27 February	3 - 24 April (+ Meet & Greet on 27 March)
Venue	Wallingford (Centre 70)	Thame (Wykeham Park Community Hospital)
Day/time	Monday 12.30-2.30	Tuesday 2.00 - 4.00pm
Contact	Roger on 07435760801	Ros: 07435760805 Deborah: 07435760802

Drama: An Introduction

Introduction to some of the core elements of drama e.g. working with scripts, voice & breathing, movement, creating a character & improvisation. No previous experience necessary.

Date	5 March - 30 April	Day/time	Monday 12.30 - 2.30pm
Venue	Abingdon Wellbeing Centre	Contact	Roger on 07435760801

South Oxfordshire and the Vale - Wellbeing

Five Ways to Wellbeing

Developed by the New Economics Foundation. The 5 Ways to Wellbeing are To Connect, Be Active, Take Notice, Keep Learning and Give; This course will use the 5 Ways as a framework to explore ways in that we can look after and promote our personal wellbeing.

Date 17 January – 14 February (Meet & Greet session on 10 January)

Venue **Berinsfield** (Adult Learning)

Day/time Tuesday 2.00 - 4.00pm

Contact Lynne: 07435760807 or Lorraine: 07435760799

Nutrition & Wellbeing

A look at the nutritional values of food and how these can affect our wellbeing. Varying weekly topics including good fats & bad fats, carbohydrates, amino acids, whole & refined food and organic & non organic. Introductory 'Meet and Greet' session on 14 February.

Date 21 February – 20 March Day/time Tuesdays 2.00-4.00pm

Venue **Chinnor Village Centre** Contact Ros: 07435760805 Deborah:07435760802

Relaxation

Practice using a different relaxation technique each week including meditation, guided relaxation and relaxing with the breath.

Date 3 January – 21 February 6 March – 24 April

Venue **Abingdon Wellbeing Centre** **Abingdon Wellbeing Centre**

Day/time Tuesday 12.30-1.30 Tuesday 12.30-1.30

Contact Tom: 07435760806 Tom: 07435760806

Skills for Living

Designed to help participants manage life, giving the skills and tools needed to promote good mental health and wellbeing e.g: how we manage the stresses of everyday life, managing worry, challenging our thoughts. 'Meet & Greet' session on 27 January.

Date 10 February – 16 March Day/time Friday 10am - 12pm

Venue **Abingdon Wellbeing C'r** Contact Susan: 07435760803 / Saul:07435760804

Wellbeing for Parents

Simple tools and techniques to combat the stresses and strains of parenthood. Covers topics such self esteem, managing stress & difficult thoughts. Crèche facilities available.

Date 25 January – 29 February (Meet and Greet 11 January) 9 - 13 February (Meet & Greet 12 Dec)

Venue **Southmoor Children's Centre** **Berinsfield Children's Centre**

Day/time Wednesday 10.00am-12.00pm Monday 10.30am - 12.30pm

Contact Lynne: 07435760807 or Susan: 07435 760803

Look out for future 'Wellbeing for Parents' courses in children's centres across the South and Vale. Contact Susan: 07435760803 or Lynne: 07435760807 for details.

South Oxfordshire and the Vale - Physical Health

Yoga

Introduction to the basics of yoga with a trained instructor. No previous experience required.

Date	4 January – 22 February	7 March – 25 April
Venue	Abingdon Wellbeing Centre	Abingdon Wellbeing Centre
Day/time	Wednesdays 12.30-1.30	Wednesdays 12.30-1.30
Contact	01235 522096	01235 522096

South Oxfordshire and the Vale - Practical Skills

Cooking for Enjoyment

Opportunity to cook and plan simple, healthy meals and gain confidence in cooking.

Date	3 January – 7 February	Day/time	Tuesdays 2.00-4.00pm
Venue	Thame (Christchurch)	Contact	Ros: 07435760805 Deborah: 07435760802

Next Step

A look at what Next Step services can offer people looking to return to paid or voluntary work. CV writing, covering letters, and completing application forms plus advice on interview techniques. Open to anyone 18+

Date	From February 2012 dates TBC	Day/time	Thursday TBC
Venue	Didcot (Civic Hall)	Contact	Jade Sullivan on 01865 263744

South Oxfordshire and the Vale - Particular Health Needs

Assertiveness for working people

A look at what it is to be assertive plus skills to practice assertiveness techniques.

Date	14 March – 18 April (for working people)	10 April - 3 May (Meet & Greet: 3 April)
Venue	Didcot - Trident Park	Grove (St John Baptist Church)
Day/time	Wednesday 6.30-8.00pm	Tuesdays 2.00-4.00pm
Contact	Susan: 07435760803	Lorraine: 07435760799

Memories in Mind - Reminiscence for older adults

Stimulate the mind and memory by using activities to prompt recall of personal life experiences and events. Reminiscence activities promote conversation, combat loneliness and can help to improve wellbeing. Open to residents of St. John's care home only.

Date	17 Jan - 21 Feb (Meet & Greet: 10 Jan)	Day/time	Tuesday 2.00 - 3.30pm
Venue	St. John's Care Home, Abingdon	Contact	Susan: 07435760803 Fiona: 01235 522096