



Short Courses from January 2015 to April 2015

The following courses are being run by Oxfordshire Mind until the end of April 2015. For any queries, please contact Will Lazenby on 01865 263744 or by email to shortcourses@oxfordshiremind.org.uk

Coping Skills:

- Assertiveness
- Introduction to Mindfulness
- Managing Stress
- Managing Strong Emotions
- Mindfulness in the Community
- Self Esteem

Creative courses:

- Art and Madness
- Basic Guitar
- Craft
- Creative Writing
- Quilting and Applique
- Silversmithing
- Sugarcraft Flowers

Keeping Well:

- Badminton
- Five Ways to Wellbeing
- Football, Fitness and Wellbeing
- Get Into Reading
- Relaxation
- Yoga
- Zumba

Coping Skills Courses

Assertiveness

Mondays, 1.30pm to 3.30pm. From 12 January to 23 February. Venue: Cowley Wellbeing Centre, St James' Hall, 26 Between Towns Road, Oxford OX4 3LZ.

<https://www.eventbrite.co.uk/e/assertiveness-oxford-monday-12-january-to-23-february-2015-tickets-13871352589>

Mondays, 6pm to 8pm. From 09 February to 30 March. Venue: Witney Resource Centre, Moorland Road, Witney OX28 6LF

<https://www.eventbrite.co.uk/e/assertiveness-witney-monday-9-february-to-30-march-2015-tickets-13852295589>

Tuesdays, 10am to 12pm. From 17 February to 31 March. Venue: Abingdon Wellbeing Centre, 1st Floor, Charter Complex, Broad Street, Abingdon OX14 3LZ

<https://www.eventbrite.co.uk/e/assertiveness-abingdon-tuesday-17-february-to-31-march-2015-tickets-13871701633>

Understand assertiveness and learn assertiveness techniques to improve your confidence.

Book: ring 01865 263744 or email shortcourses@oxfordshiremind.org.uk or follow the links to Eventbrite.

Introduction to Mindfulness: one day course

Saturday 07 February, 10am to 4.30pm. Venue: Bicester Wellbeing Centre, Launton Road, Bicester OX26 6DJ

<https://www.eventbrite.co.uk/e/introduction-to-mindfulness-bicester-saturday-7-february-2015-tickets-13870219199>

Tuesday 10 February, 10am to 4.30pm. Venue: Abingdon Wellbeing Centre, 1st Floor, Charter Complex, Broad Street, Abingdon OX14 3LZ

<https://www.eventbrite.co.uk/e/introduction-to-mindfulness-abingdon-tuesday-10-february-2015-tickets-13872181067>

Wednesday 18 March, 10am to 4.30pm. Venue: Witney Resource Centre, Moorland Road, Witney OX28 6LF

<https://www.eventbrite.co.uk/e/introduction-to-mindfulness-witney-wednesday-18-march-2015-tickets-13870046683>

Tuesday 24 March, 10am to 4.30pm. Venue: Abingdon Wellbeing Centre, 1st Floor, Charter Complex, Broad Street, Abingdon OX14 3LZ

<https://www.eventbrite.co.uk/e/introduction-to-mindfulness-abingdon-tuesday-24-march-2015-tickets-13872307445>

Gain an understanding of Mindfulness, learn techniques and try out mindfulness exercises.

To book your place, ring 01865 263744 or click on the links to book via Eventbrite.

Managing Stress

Saturdays, 10.00-12.00. From 17 January to 28 February. Venue: Abingdon Wellbeing Centre, 1st Floor, Charter Complex, Broad Street, Abingdon OX14 3LZ

<https://www.eventbrite.co.uk/e/managing-stress-abingdon-17-january-to-28-february-2015-tickets-13872052683>

Wednesdays, 6.00-8.00. From 18 February to 1 April. Venue: The Mill, 46 Cowley Road, Oxford OX4 1HZ

<https://www.eventbrite.co.uk/e/managing-stress-oxford-18-february-to-1-april-2015-tickets-13871284385>

Thursdays, 10.15-12.15. From 12 March to 30 April. Venue: Banbury Health Centre, 58 Bridge Street, Banbury OX16 5QD

<https://www.eventbrite.co.uk/e/managing-stress-banbury-12-march-to-30-april-2015-tickets-13851950557>

Learn skills and techniques to manage everyday stresses.

To book your place, ring 01865 263744 or follow the links above to book via Eventbrite.

Managing Strong Emotions

Mondays, 2.00-4.00. From 02 March to 27 April. Venue: Cowley Wellbeing Centre, St James Hall, 26 Between Towns Road, Oxford OX4 3LZ

<https://www.eventbrite.co.uk/e/managing-strong-emotions-oxford-monday-2-march-to-27-april-tickets-13899990245>

Mondays, 6.00-8.00. From 16 March to 11 May. Venue: Bicester Wellbeing Centre, Launton Road, Bicester OX26 6DJ

<https://www.eventbrite.co.uk/e/managing-strong-emotions-bicester-monday-16-march-to-11-may-tickets-13869743777>

The Managing Strong Emotions course explores the reasons behind experiencing strong emotions, & introduces different tools & techniques that we can use to help better cope with & manage these emotions

You will need to book your place before the course starts, so please contact: 01865 263744 shortcourses@oxfordshire-mind.org.uk or click on the links above to book via Eventbrite.

Mindfulness in the Community

Wednesdays, 6.00-8.00. From 18 February to 08 April. Venue: Oxford, exact location tbc.

Improve your processing of daily experiences. Introduction to mindfulness based techniques & practices.

To book your place, ring 01865 263744.

Self Esteem

Tuesdays, 11.00-1.00. From 20 January to 03 March. Venue: Cowley Wellbeing Centre, St James Hall, 26 Between Towns Road, Oxford OX4 3LZ

<https://www.eventbrite.co.uk/e/self-esteem-oxford-tuesdays-20-january-to-3-march-2015-tickets-13870289409>

Mondays, 5.45-7.45. From 09 February to 23 March. Venue: Didcot Health Centre, Britwell Road, Didcot OX11 7JH

<https://www.eventbrite.co.uk/e/self-esteem-didcot-mondays-9-february-to-23-march-2015-tickets-13871488997>

Wednesdays, 2.00-4.00. From 11 February to 01 April. Venue: Yarnton Medical Practice, Rutten Lane, Yarnton OX5 1LT

<https://www.eventbrite.co.uk/e/self-esteem-yarnton-wednesday-11-february-to-1-april-2015-tickets-13869882191>

This course will look at what self esteem is, how it is affected and will provide participants with the skills and techniques they need to boost their confidence and self esteem. Each week covers a different topic including what is low self esteem, challenging our thoughts, core beliefs and looking after ourselves. The course will be activity and discussion based and will use some cognitive behavioural therapy techniques.

You will need to book your place before the course starts, so please contact: 01865 263 744 shortcourses@oxfordshire-mind.org.uk or click on the links above to book via Eventbrite.

Creative Skills

Art and Madness

Thursdays, 10.00-12.30. From 05 February to 26 February.

Venue: Abingdon Wellbeing Centre, 1st Floor, Charter Complex, Broad Street, Abingdon OX14 3LZ

Explore the life and work of four artists who had mental health problems. Create your own art in response to some of their famous works.

To book your place, please ring 01235 522096.

Basic Guitar

Thursdays, 2.00-3.00. From 08 January to 12 February.

Venue: The Mill, 46 Cowley Road, Oxford OX4 1HZ

Thursdays, 2.00-3.00. From 12 March to 16 April.

Venue: The Mill, 46 Cowley Road, Oxford OX4 1HZ

Learn basic guitar skills - no previous experience necessary. Guitars will be provided, but if you have your own then please bring it with you. This course is open to young carers and anyone who experiences severe and enduring mental health problems.

You will need to book your place before the course starts, so please contact: 01865 263210.

Craft

Mondays, 2.30-4.30. From 02 February to 23 February.

Venue: Didcot, exact location tbc.

Mondays, 10.00-12.00. From 02 March to 30 March.

Venue: Abingdon Health and Wellbeing Centre, Audlett Drive, Abingdon OX14 3GD

Come and learn some new craft skills with our experienced facilitators. All welcome, no experience necessary . Suggested donation for materials £3.

To book your place, ring 01235 522096.

Creative Writing

Fridays, 10.30-12.30. From 27 February to 20 March.

Venue: Abingdon Wellbeing Centre, 1st Floor, Charter Complex, Broad Street, Abingdon OX14 3LZ

Learn how to write a short story. Everyone welcome. To book your place, please ring 01235 522096.

Mondays, 12.45-2.45. From 16 March to 27 April.

Venue: Witney Resource Centre, Moorland Road, Witney OX28 6LF

This course is for anyone who already enjoys or would like to begin to explore creative writing. To book your place, please ring 01993 702999.

Quilting and Applique

Thursdays, 10.00-12.00. From 12 February to 05 March.

Venue: Abingdon Wellbeing Centre, 1st Floor, Charter Complex, Broad Street, Abingdon OX14 3LZ

A fun introduction to quilting and applique. Everyone is welcome - no previous experience needed.

To book your place, ring 01235 522096.

Silversmithing

Wednesdays, 10.30-2.00. From 07 January to 11 February.

Venue: Cowley Wellbeing Centre, St James Hall, 26 Between Towns Road, Oxford OX4 3LZ

Wednesdays, 10.30-2.00. From 04 March to 08 April.

Venue: Cowley Wellbeing Centre, St James Hall, 26 Between Towns Road, Oxford OX4 3LZ

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

You will need to book your place before the course starts, so please contact: 01865 604368. Check out the video, below, for some more information.

Sugarcraft Flowers

Tuesdays, 10.30-12.15. From 17 February to 31 March.

Venue: Witney Resource Centre, Moorland Road, Witney OX28 6LF

An accessible course for anyone who would like to create decorations using sugar craft.

To book your place, contact 01993 702999.

Keeping Well

Badminton

Mondays, 1.00-2.00. From 02 February to 23 February.

Venue: Willowbrook Sports Centre, Bowmont Water, Didcot OX11 7AF

Come and join us for weekly badminton sessions. Everyone's welcome, no experience necessary.

To book your place, call 01235 522096.

Five Ways to Wellbeing

Wednesdays, 2.00-3.30. From 25 February to 01 April.

Venue: Bicester Pop In Centre, 2 Manorsfield Road, Bicester OX6 7HY

A course designed to give you simple steps to improve your mental health and wellbeing.

To book your place, call 01993 702999.

Get Into Reading

Tuesday, 9 December from 10am to 11.30am:

Join our Get Into Reading taster session at Woodstock Library, Hensington Road, Woodstock.

Mondays, 1.00-2.30. From 05 January to 16 March.

Venue: Carterton Library, 6 Alvescot Road, Carterton OX18 3JH

Tuesdays, 2.00-3.30. From 13 January to 03 March.

Venue: Witney Resource Centre, Moorland Road, Witney OX28 6LF

Tuesdays, 10.00-11.30. From 20 January to 03 March.

Venue: Woodstock Library, Hensington Road, Woodstock OX20 1JQ

Shared reading of poems and stories. Come along and share your thoughts and experiences.

You will need to book your place before the course starts, so please contact: 01993 702999.

Relaxation

Wednesdays, 2.00-3.00. From 14 January to 18 February.

Venue: The Mill, 46 Cowley Road, Oxford OX4 1HZ

Wednesdays, 2.00-3.00. From 18 March to 22 April.

Venue: The Mill, 46 Cowley Road, Oxford OX4 1HZ

Experience relaxation through guided meditation. Drop in, or find out more by ringing 01865 263210.

Yoga

Mondays, 2.00-3.00. From 16 February to 23 March.

Venue: Cowley Wellbeing Centre, St James Hall, 26 Between Towns Road, Oxford OX4 3LZ

Mondays, 2.00-3.00. From 30 March. Please note: no meetings on Bank Holidays.

Venue: Cowley Wellbeing Centre, St James Hall, 26 Between Towns Road, Oxford OX4 3LZ

Zumba

Mondays, 12.00-1.00. From 05 January to 09 February.

Venue: Abingdon Health and Wellbeing Centre, Audlett Drive, Abingdon OX14 3GD

Mondays, 12.00-1.00. From 16 February to 30 March.

Venue: Abingdon Health and Wellbeing Centre, Audlett Drive, Abingdon OX14 3GD

Come and join us for our new weekly Zumba sessions. Everyone's welcome no experience necessary. Suggested donation £3.

To book your place, please contact 01235 522096.