September - December 2026
Autumn Term Timetable

BUCKINGHAMSHIRE RECOVERY COLLEGE
Hope · Control · Opportunity

Buckinghamshire Recovery College (BRC) offers **free courses** for anyone **aged 18+, regardless of age or background,** who live in Buckinghamshire, use local mental health services, as well as carers and Oxford Health NHS Foundation Trust staff. All our courses are co designed and co-delivered in partnership with those who have lived-experience of mental health challenges and those who have professional experience. **As a student we expect you to sign a Student Code of Conduct.**

Courses are NOT therapy, but we do provide a therapeutic environment, which offers the *chance to connect with others who may be experiencing similar challenges.*

Understanding/Introductory Pathway

Introduction to Recovery College (IRC) *- All new students are encouraged to attend an IRC and is a great way to meet our staff and tutors. You will learn how BRC works, what we offer, and ask questions.*

Dates	Time:	Location:
Wednesday 16th September	10am-11am	**Online** - Microsoft Teams (1 hour)

Understanding Anxiety (UA) *- This introductory workshop offers an overview of anxiety, how it can affect daily lives, what happens in the body and how it may impact thoughts, feelings, and behaviour.*

Dates	Time:	Location:
Thursday 24th September	1.30pm-3.30pm	**Online** - Microsoft Teams (2 hours)

Understanding Emotions (UE) *- Explore what emotions are, why we experience them, and how they affect our thoughts and actions. Discover practical strategies to better understand and manage your emotions and support your wellbeing.*

Date	Time:	Location:
Wednesday 11th November	1.30pm-3.30pm	**F2F** – Saffron House, Easton St, High Wycombe HP11 1NH

Understanding Depression (UD) *- This introductory workshop offers an understanding of depression, including how it differs from low mood. We'll explore the facts, common symptoms, and provide a supportive space to reflect.*

Dates	Time:	Location:
Wednesday 25th November	10am-12pm	**Online** - Microsoft Teams (2 hours)

Building Resilience Pathway

Carers Matter Series *- Carers often hold families together, helping loved ones live well — but this can take a toll on their own health and wellbeing. Many balance caring with work, family responsibilities, financial pressures, and their own health concerns. This series of supportive, single-session workshops offers practical tools to help manage the demands of caring, while providing space to reconnect with yourself — not just as a carer, but as a person.*

Carers Matter: Stress Busters (CMSB) - *This session will look at the causes of stress, how it can present and how to incorporate techniques to help you manage stress more effectively.*

Date (Single Session)	Time:	Location:
Thursday 1st October	1.30pm-3.30pm	**Online** - Microsoft Teams (2 hours) (Only open to Carers and Oxford Health Staff)

Carers Matter: Identity (CMI) - *We are more than our caring role. This session aims to empower carers to re-connect with themselves as a person, and the things they enjoy which may have been lost due to their caring responsibilities. We will explore expectations from others and self and how to become your own friend again.*

Date (Single Session)	Time:	Location:
Thursday 22nd October	10am-12pm	**Online** - Microsoft Teams (2 hours) (Only open to Carers and Oxford Health Staff)

Carers Matters: Confidence & Assertiveness (CMCA) - *What might be different if I was more confident or I said no? This session provides carers with techniques and ideas to encourage greater confidence and to establish healthy boundaries.*

Date (Single Session)	**Time:**	**Location:**
Thursday 12th November	10.30am-12.30pm	**Online** - Microsoft Teams (2 hours) (Only open to Carers and Oxford Health Staff)

Well-being Pathway

Writing With Confidence (WWC) with the Royal Literary Fund – *Want to feel more confident when putting pen to paper (or fingers to keyboard)? This workshop will help you discover strategies to tackle any writing task with enthusiasm. Through discussions and hands-on exercises, you'll learn how to boost your skills, explore what makes writing impactful, and develop a structured approach to the process. Whether writing for work, a personal project, or just for fun, this friendly session will give you tools to approach any task with confidence and ease. Please note: this is not a creative writing class.*

Date	**Time:**	**Location:**
Thursday 17th September	10am-12pm	**Online** - Microsoft Teams (2 hours)

Recovery Through Creativity (RTC) – *This 4-week course explores how creative activities, including craft, can support mental health recovery. Through hands-on sessions, participants will try different art and craft forms in a safe, supportive environment. Each week focuses on building confidence, self-expression, and wellbeing. No prior experience is needed—just an openness to try new things and connect with others. The course aims to inspire, provide positive distraction, and show the benefits of creative practice.*

Dates (All Sessions)	**Time:**	**Location:**
Tuesday 29th September Tuesday 6th October Tuesday 13th October Tuesday 20th October	1.30pm – 3.30pm	**F2F** - Saffron House, Eastern Street, High Wycombe, HP11 1NH

Green Minds: Roots to Recovery (GMRR) – *This is a five-week wellbeing course that uses nature as a guide for personal growth and resilience. Through weekly reflections, gentle home practices, and creative exercises, participants explore themes of planting change, building resilience, nurturing growth, and harvesting learning.*

Date (All Sessions)	**Time:**	**Location:**
Monday 14th September Monday 21st September Monday 28th September Monday 5th October Monday 12th October	1.30pm – 3.30pm 1.30pm – 3.30pm 1.30pm – 3.30pm 1.30pm – 3.30pm 1.30pm – 3.30pm	**F2F -** Neuro Resilience, 100A Walton Street, Aylesbury HP21 7QP

Relaxation (R) *- This 3-week online course explores what relaxation is and how incorporating regular relaxation exercises can benefit our wellbeing. We will introduce a variety of ideas and techniques and make time to experience these ways of finding calm and peaceful moments.*

Dates (All Sessions)	**Time:**	**Location:**
Monday 19th October Monday 2nd November Monday 16th November	10am-12pm	**Online** - Microsoft Teams (2 hours)

Next Steps Pathway

Introduction to Next Steps (INS) *- This one-session workshop offers an overview of opportunities in employment, volunteering, and education. Aimed at students thinking about their next steps, the session provides information, guidance, and encouragement to help you explore your options and plan your future with confidence.*

Date	**Time:**	**Location:**
Wednesday 21st October	10am-11.30am	Online - Microsoft Teams (1.5 hours)

Recovery & Beyond – Volunteering (RB-V): *This course guides participants through exploring opportunities in volunteering, and a part of their ongoing recovery journey. and building confidence to pursue new goals. Participants will receive tailored guidance, resources, and encouragement to help them navigate challenges, identify their strengths, and create a clear, achievable plan for their future personal and professional growth.*

Date	Time:	Location:
TBC	TBC	**F2F -** Regent House Business Centre, 13-15 George Street, Aylesbury, HP20 2HU

Recovery & Beyond – Employment (RB-E): *This course guides participants through exploring employment opportunities as part of their ongoing recovery journey and building confidence to pursue new goals. It covers practical strategies for addressing employment gaps, managing wellbeing in the workplace. Participants will receive tailored guidance, resources, and encouragement to navigate challenges, identify their strengths, and create a clear, achievable plan for their future personal and professional growth.*

Date	Time:	Location:
Thursday 19th November	10am-12pm	**F2F -** Regent House Business Centre, 13-15 George Street, Aylesbury, HP20 2HU

Recovery & Beyond – Education (RB-E): *This course guides participants through exploring educational opportunities as part of their ongoing recovery journey. and building confidence to pursue new goals. Participants will receive tailored guidance, resources, and encouragement to help them navigate challenges, identify their strengths, and create a clear, achievable plan for their future personal and professional growth.*

Date	Time:	Location:
Thursday 26th November	1.30pm-3.30pm	**F2F -** Regent House Business Centre, 13-15 George Street, Aylesbury, HP20 2HU

Recovery & Beyond – Lived Experience (RB -LE): *This course guides participants through exploring Lived Experience opportunities as part of their ongoing recovery journey. and building confidence to pursue new goals. Participants will receive tailored guidance, resources, and encouragement to help them navigate challenges, identify their strengths, and create a clear, achievable plan for their future personal and professional growth.*

Date	Time:	Location:
Thursday 3rd December	1.30pm-3.30pm	**F2F -** Regent House Business Centre, 13-15 George Street, Aylesbury, HP20 2HU

Understanding Memory Changes: Information, Support and Next Steps ***[Closed Course]***

A supportive four-session course for people awaiting a memory assessment, and for family members, friends, and carers. Learn about memory changes, practical strategies to support wellbeing, what to expect from the assessment process, and the support and community resources available to help you feel informed, confident, and connected. ***This course is educational and supportive in nature and does not replace a clinical assessment or individual medical advice***

Date	Time:	Location:
Wednesday 7th October Wednesday 28th October Tuesday 17th November Wednesday 2nd December	2pm-4pm 3pm-5pm 2pm-4pm 2pm-4pm	**F2F -** Whiteleaf Centre, Bierton Road, Aylesbury, Buckinghamshire, HP20 1EG