

REDS Academy

(Recovery & Every Day Skills)

Spring Term
Prospectus 2019



Built around hope

At REDS Academy we help you to better understand mental health issues, learn self-management techniques and gain skills to give you better hopes for the future.

We offer education, not therapy, and focus on your strengths, talents and interests.

Read on to learn what becoming a REDS Academy student could mean to you

**THINGS
CAN
ONLY
GET
BETTER**



Welcome to the Recovery & Every Day Skills (REDS) Academy

REDS Academy is a new service for our patients, carers and staff to help improve their health and wellbeing, gaining positive feelings about today and confidence in their future. We offer recovery-focused educational courses to support people through their mental health challenges.

Designed and delivered by people with experience of mental illness

We involve people with 'lived experience' of mental health challenges in designing our courses. Many lead our courses as a 'Peer Trainer', and our Practitioner Trainers have professional insight of mental health challenges. This way, each course is centred on real life experience.

What makes REDS so special

Our workshops and courses are not focused on analysing and assessing individuals, but educating and empowering them. Many of our courses are open to carers, patients and staff, removing the labels of 'us' and 'them' and creating a rich learning environment based on respect and equality.



New taster sessions

› What Does Hope Look Like?

This one hour taster session is designed to be delivered on the wards. On this course students will begin to learn skills that will improve the levels of hope that they have in their lives. This is a course that is designed to appeal to staff and patients alike. When patients and staff learn together the results can be powerful.

Key learning:

- Students will identify what hope looks like, feels like, sounds like, tastes like and smells like to them

› What is Recovery?

This course has been designed to be delivered on the wards. It introduces students to the concept of recovery from mental health challenges and other long term conditions. The course is designed to appeal to staff and patients. We recommend that students attend this course after completing the 'What Does Hope Look Like?' course.

Key learning:

- Students will learn the difference between clinical and personal recovery
- Students will gain an understanding of the main themes associated with recovery

Understanding Mental Health

Gain awareness and understanding of mental health challenges

NEW New course

All Open to all

› What is BPD? (3 week course)

All

Overview

Personality disorder is a long-lasting condition affecting the way a person thinks, feels or behaves. In this course, understand what a personality disorder is and how it may link to past experience. You will also explore effective communication strategies and the role of therapy, medication and support networks.

Key Learning:

- What is a personality disorder?
- Understand the link between past experience and current behaviour
- Learn effective communication skills

› Labels Belong on Tins Not on People (2 week course)

NEW

All

Overview

This course will explore recovery in more depth including finding and maintaining a sense of positive identity. This course helps students put diagnosis into perspective. Students will gain an understanding that it is not a person's diagnosis that defines them. It is their strength and determination in living alongside the diagnosis that will.

Key Learning:

- Identify how mental illness can impact on identity and the 'sense of self'
- Gain an understanding that mental ill health although significant, can represent a small part of a person
- Learn that it is not illness that defines a person

Physical Health and Wellbeing

Understand and boost your physical health

NEW New course

All Open to all

P Open to patients

› Healthy Eating (3 week course)

All

Overview

A healthy, balanced diet is key to achieving and maintaining good health and wellbeing. This practical and interactive course will explore the different food groups, healthy menu planning, food labelling and healthier snack options.

Key Learning:

- The benefits of a healthy, balanced diet
- How to make simple swaps to your diet to help improve your health

› Men's Drama Group (8 week course)

P

Overview

These courses are for any patients wanting to develop skills in drama, and even try their hand at acting while having some fun. Learn new skills that can be used in your everyday life to support your confidence and wellbeing.

Key Learning:

- How drama can help build confidence, movement and social skills
- Learn new skills in drama

› Tai Chi for Wellbeing (6 week course)

NEW

All

Overview

Tai Chi has been practiced by millions of people over the centuries and scientific research has proven it to be helpful to the health of the body. Potential physical benefits include improved flexibility, balance and motor coordination. Regular Tai Chi practice has been found to help reverse the physical effects of stress and anxiety as well as restore harmony, both physically and mentally.

Key Learning:

- Improved flexibility, balance and motor coordination
- Better sleep patterns and increased energy

Building your Life

Grow your confidence and learn skills to take more control of your life

NEW New course

All Open to all

› Guided Mindful Meditation

All

Overview

In this weekly session for all abilities and ages, learn about breathing properly and the benefits of meditation. You will also practice relaxation techniques.

Key Learning:

- Benefits of relaxation and how to meditate
- Think in a more positive and less stressful way

› Discovery of Recovery (2 week course)

NEW

All

Overview

Have you heard the term 'Recovery' and wondered what it means? This is a 2 week introductory course that teaches the difference between clinical recovery (getting rid of symptoms) and personal recovery (building a life with purpose and meaning with or without the presence of symptoms).

Key Learning:

- To learn the difference between Clinical Recovery and Personal Recovery
- Identify common themes associated with recovery
- Receive hope that everyone can recover

› Finding Hope (2 week course)

NEW

All

Overview

Hope is the one of the most important components for recovery. On this 2 week course, students will explore where they can find and sustain hope for themselves or for the people that they may be supporting.

Key Learning:

- Discover what hope is and how it helps recovery
- Consider how to maximise hopefulness and minimise hopelessness

› Personal ResponseABILITY (2 week course)

NEW

All

Overview

The course will help students to understand when and when not to take responsibility for things and how doing this helps personal recovery.

Key Learning:

- Benefits of taking responsibility
- What you could take more or less responsibility for in your life

Opportunities to Develop

Further develop your skills and interests

All Open to all

› Managing your Money (4 week course)

All

Overview

This course is for anyone wanting to learn the basics of managing their money and budgeting well. If you successfully complete this course you will receive an AQA unit award.

Key Learning:

- Different ways to pay for things and spending wisely
- Understanding bills and benefits

› Basic First Aid / Life Support (2 week course)

All

Overview

This short course teaches you basic life support skills so that you can help during minor medical emergencies.

Key Learning:

- Basic first aid skills including resuscitation, the recovery position, and signs of choking

Enrol on a course

Our courses are open to patients, carers and staff at St Andrew's, free of charge. They can be delivered on wards or in the locations stated on the timetable. To apply, fill in an application form and send it to us – you don't need to be referred. Application forms can be found in wards and around the St Andrew's site.

> Contact us:

By email

REDSAcademy@standrew.co.uk

By phone

01604 302830

By post

Send forms to:

REDS Academy,
St Andrew's Northampton,
Cliftonville,
Northampton,
NN1 5DG



REDS
Academy

Part of St Andrew's Healthcare

Get involved!

REDS Academy relies on involvement from our staff, patients and their friends and families. If you'd like to get involved in designing or delivering courses, contact the REDS Academy Admin Team or ask your ward staff to contact Patient Experience.