



REDS
Recovery College
Part of St Andrew's Healthcare



St Andrew's
HEALTHCARE

RECOVERY COLLEGE

Prospectus

Recovery &
Every Day
Skills



Welcome to REDS (Recovery & Every Day Skills)

The Recovery College team would like to give you a warm welcome. We are really excited that you have picked up our prospectus and are thinking about coming to one of our courses.

We hope that you will find the College a friendly, supportive and accepting place where you can learn about recovery, wellbeing and self-management.

The College has seen many learners - patients, staff, students, family and friends - grow and develop through attending our courses both personally and/or in their caring and professional roles.

If you are looking for hope, inspiration and achievement you have picked the right place.

Enjoy!

The Recovery College Team



Co-production explained

Co-production refers to our way of working. We work collaboratively with patients, peers, clinicians and staff to design and deliver courses utilising our collective knowledge, professional and importantly lived experience. This approach champions each member of the co-production team as an equal partner. Working together in this way is hugely beneficial for all involved; everyone contributes, everyone learns and REDS are able to provide relevant, impactful and meaningful content.

What makes REDS so special?

Our workshops and courses are focused on educating and empowering individuals through collaborative learning. Our courses are open to everyone; patients, staff and carers, removing the labels of 'us' and 'them' and creating a rich learning environment based on respect and equality where individual experiences and insights are welcomed and valued.

Focus on what
is STRONG, not
what is WRONG

"For there is always
light, if only we're
brave enough to
see it, if only
we're brave
enough to be it."

Amanda Gorman,
US Presidential Inaugural Poet

"Hope shines
brightest in our
darkest moments."

Stephen Parker,
Recovery College Lead



What our learners say about us

"The greatest gift in life is the ability to enact, or at the very least encourage, change for the better. REDS play a fundamental part in improving understanding of others and how to support them, as well as the most important objective, which is how to help an individual help themselves and understand more about how to do this."

Patient

"My experience of the REDS course was positive and enlightening. The information was delivered in a way that enabled me to see things from my daughter's perspective and through her eyes. It was truly thought-provoking as well as offering me some level of comfort that she is not alone and neither am I."

Family Member

"Having REDS Recovery College on site has been a real asset. The courses have given hope, help set goals and shown the differences between clinical and personal recovery for both patients and staff."

Staff



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Built around hope

At REDS, our aim is to help you to better understand mental health issues, learn self-management techniques and gain skills to give you hope for the future. We offer education, not therapy, and focus on strengths, talents and interests to help people find purpose and meaning in life.

What does REDS Recovery College offer?

As part of St Andrew's Healthcare, REDS Recovery College offers recovery-focused educational courses to support people through their mental health challenges, and to manage their wellness.

Our Recovery College takes an educational rather than a clinical or rehabilitation approach to improving mental health. There is a focus on co-production, co-delivery and co-participation in the learning. The emphasis within the college is on strengths rather than problems.



How to book on a course

Our courses are open to patients, service users, staff of St Andrew's, families and carers. You can enrol at our Recovery College and book on any of our courses simply by contacting us. Information on upcoming courses can be found on the timetable, the St Andrew's staff intranet (The Hub) or you can contact us to organise a course on your ward.

If you are an individual, business or organisation from outside of St Andrew's and would like to come on a course, or your staff/service users to benefit from educational courses designed to help them manage their wellness, please contact REDS Recovery College for information on how we may be able to help you.

› Contact us:

By email

redsrecoverycollege@stah.org

By phone

01604 872705

By post

REDS Recovery College
Braye Centre
St Andrew's Healthcare
Billing Road
Northampton, NN1 5DG