

# RECOVERY COLLEGE

Prospectus 2020/21



Recovery &  
Every Day  
Skills

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

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 is now in its 3rd year and we have been lucky enough to see many students 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



**TAKE  
CARE  
OF  
YOURSELF**

## Who we are

At REDS we believe that everyone is in the pursuit of wellness and we ask that 'labels' and job titles are left at the door. Instead, students bring their experiences into the training room. This means that we can all benefit from the richness of experiences as equals and learn collaboratively.

As part of St Andrew's Healthcare, REDS Academy provides two services; we offer recovery-focused educational courses through our Recovery College to support people through their mental health challenges, and ward-based peer support through our team of highly qualified Peer Support Workers.

## What we offer

A Recovery College takes an educational rather than a clinical or rehabilitation approach to improving mental health. As far as possible the distinction between service users and professionals is avoided and there is an emphasis on co-production, co-delivery and co-participation in the learning. An individual with experiences of mental health problems can be engaged in designing and delivering courses and not all of those participating in those courses will have a psychiatric diagnosis. The emphasis within the college is on strengths rather than problems.

For those that are nervous about attending their first REDS course, we also offer 1 hour taster session. Contact us to find out more.







## Co-production explained

REDS co-production refers to our way of working. We work collaboratively with our students, clinicians, staff and patients to design and deliver courses utilising our collective knowledge and 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 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.

BE THE  
CHANGE

## What our students say about us

"Courses are good - would recommend both service users and staff to attend" **student from Prichard**

"Always made to feel welcome and it's a good way to meet others and hear their opinions" **student from Prichard**

"The REDS Academy facilitated the 'What is BPD' workshop for our women's service last month and the event was really well received. Staff and patients attended the session together and it was lovely to see them learning from one another. I found this session really helpful in building upon my knowledge of BPD, but particularly in having a greater understanding of what it is like to live with BPD. Feedback from patients and staff who attended was very positive. The Trainers use examples from their own experience to help explain more difficult points and it was lovely to see how this led to some of our patients reflecting on their own experiences."

**Trainee Psychologist, STAH Birmingham**

"Having REDS Academy on site in Nottingham has been a real asset, the courses that have been on offer have given hope, helped set goals and shown the differences between clinical and personal recovery for both patients and staff."

**Change Coordinator, STAH Nottingham**



# Opportunities to Develop

Further develop your skills and interests

## › My Values, My Recovery, My Life

2.5 hour course

### Overview

On this course students will explore personal values and the importance they hold for personal recovery. They will also discuss how values can help an individual plan their recovery and have more control over their future.

### Key Learning:

- Identify important personal values and how to use them to aid recovery and set goals for the future

## › An Introduction to Diversity and Inclusion

1.5 hour course

### Overview

Diversity, inclusion and privilege are commonly used words in today's society, but what do they mean in reality and how do they impact on our lives and relationships? This short course will enable you to define commonly used terminology and explore and embrace individual diversity.

### Key Learning:

- What is meant by the term 'diversity'
- What is meant by 'inclusion'
- Explore how you can embrace personal diversity

## › Managing your Money

4 hour course

### 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

## › Being Part of an Interview Panel NEW

2.5 hour course

### Overview

St Andrew's offer the opportunity for patients to get involved in interviewing prospective candidates for key appointments within the charity. On this course students will learn skills that will enable them to become competent and professional interviewers. This is a great opportunity for patients who would like to be able to have an influence on who is employed at the hospital.

### Key Learning:

- To discuss recruitment best practice & why it is so important
- Interviewing do's and don'ts
- Scoring candidates consistently
- Giving your feedback to the panel

## › Knowing Your Needs and How to Get Them Met (Self-Advocacy) NEW

2.5 hour course

### Overview

Being able to advocate or 'speak up' for yourself is a key factor in recovery and self-management. This is a skill that many people (with or without mental distress) struggle with, but with a little practice can improve.

### Key Learning:

- A clear understanding of the meaning of self-advocacy
- Explore some of the benefits of self-advocacy
- Learn and utilise a practical strategy when advocating for yourself

## › Peer 2 Peer: A Path to Recovery NEW

1.5 hour course

### Overview

Peer support has become an important part of supporting recovery. On this short course we will explore the role of a Peer Support Worker and how this is different from other ward roles, how a peer support worker is integrated onto a ward and how important peer support is to the path of recovery.

### Key Learning:

- What is peer support and how it can support recovery
- How peer support differs from other relationships
- Explore myths around peer support

# Building your Life

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

## › Finding Hope

2.5 hour course

### Overview

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

### Key Learning:

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

## › Instilling and Holding the Hope

Full day course

### Overview

Hope is central to a person's recovery; without hope, recovery is much more difficult. Hope is also linked to job satisfaction and staff retention. This course explores hope in more detail, discussing how to gain hope and hold the hope for others. This course is ideally suited for people that have completed our 'Finding Hope' and 'Discovery of Recovery' courses.

### Key Learning:

- Understand the role that hope plays in recovery and why it is so important
- Describe the attitudes and behaviours of hopeful people and relationships
- Identify skills that help you remain hopeful

## › Service User Empowerment

2.5 hour course

### Overview

On this course students will learn the benefits of empowerment. The course will explore the benefit for a person's recovery as well as how staff and the Charity also gain when people become empowered and more self-determining.

### Key Learning:

- Gain an understanding of Hope, Agency and Opportunity and how they contribute to recovery and empowerment
- How to use a 'recovery filter' to aid empowerment and recovery focussed practice

## › Personal Response-ABILITY

2.5 hour course

### Overview

Taking ownership is the action of not being dependant on others for your recovery and can be the first step towards empowerment, personal freedom and regaining control in your life. This course explores what personal responsibility means in the context of recovery.

### Key Learning:

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

## › Starting to Improve your Self-Belief NEW

1.5 hour course

### Overview

This course will provide the opportunity for you to explore the term self-belief, how it can aid recovery and how to start to improve levels of personal self-belief.

### Key Learning:

- Define what 'self-belief' means
- Gain an understanding of the impact self-belief can have on your recovery
- Explore different ways of developing self-belief

## › What is Acceptance? NEW

2.5 hour course

### Overview

There are times in everyone's life when we wished that things had worked out differently. Often, holding on to that idea can prevent us from moving forward. By increasing levels of acceptance, people are able to become 'unstuck', start to develop more meaningful lives and reach their full potential.

### Key Learning:

- Explore what acceptance means to you on a personal level
- Explore how acceptance can benefit your recovery

# Understanding Mental Health

Gain awareness and understanding of mental health challenges

## › Labels Belong on Tins Not on People

2.5 hour course

### 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. You 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

## › What is Borderline Personality Disorder?

2.5 hour course

### Overview

Borderline 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

## › Discovery of Recovery

2.5 hour course

### Overview

Have you heard the term 'Recovery' and wondered what it means? This is an 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

## › What are Wellness Tools? NEW

2.5 hour course

### Overview

There are simple, safe and inexpensive things that each of us can do on a daily basis to enhance and enrich our lives and wellbeing. This course will enable you to discuss, plan and put into practice activities and ideas which can become your 'Wellness Tools'.

### Key Learning:

- Identify what 'Wellness Tools' are
- Explore commonly used wellness tools
- Learn about the '8 dimensions of wellness'
- Identify some personal wellness tools

## › Cycle of Change NEW

1.5 hour course

### Overview

Upon completion of this course you will have a deeper understanding of the recovery process involved between admission and discharge within a psychiatric unit.

### Key Learning:

- Identify the 10-stage recovery process within a mental health unit outlined in the Cycle of Change
- Develop a deeper understanding of the potential challenges experienced by patients throughout their recovery journey

## › Choosing Hope and Recovery NEW

Distance course

### Overview

This correspondence course is suitable for anyone even if they are unable to come to a REDS course. You will gain an introduction to how you can personally recover and gain hope in the context of mental wellbeing.

### Key Learning:

- Define the difference between clinical and personal recovery
- Describe what hope means in the context of recovery and how to develop personal hope

# Physical Health and Wellbeing

Understand and boost your physical health

## › Drama for Confidence

8 week course

### 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

## › Basic Life Support

2 hour course

### Overview

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

### Key Learning:

- Basic life support skills including resuscitation, the recovery position, and signs of choking

## › What Does Wellness Look Like to You?

2.5 hour course

### Overview

It is understandable that people often focus on mental ill health as they try to improve their wellbeing. However, this course focusses on what is strong rather than what is wrong. This course will enable you to start to take control of your wellness and utilise inner strengths as you progress with your recovery.

### Key Learning:

- What qualities do you possess that contribute to improving your mental health?
- What does inner strength mean and what can using it and developing it look like?

## › Song Writing for Recovery NEW

2.5 hour course

### Overview

At the end of the course you will understand how song-writing can contribute to a meaningful recovery and experience the processes of actively creating/producing your own song.

### Key Learning:

- Gain an understanding on how song writing can contribute to a meaningful recovery
- Explore some of the processes involved in song writing

## › Active Participation in Wellness NEW

2.5 hour course

### Overview

There is extensive research informing us of the benefits that physical activity has on our health and mental wellbeing. This course identifies the benefits of physical activity for wellbeing.

### Key Learning:

- Examine barriers to exercise
- Create a personal exercise plan

## › Keeping Well When Others Are Unwell NEW

2.5 hour course

### Overview

On completion of this course you will gain a deeper understanding of the complexities involved when living with others who have mental illness, the dynamics and the recovery-based solutions.

### Key Learning:

- Explore common group dynamics within mental health settings
- Identify positive behaviours as responses to negative situations

## › Introduction to Mindfulness

2.5 hour course

### Overview

This course will aim to give you an understanding of mindfulness, how it works and the benefits of practicing it.

### Key Learning:

- What is mindfulness and how it works
- The benefits of practising mindfulness
- Develop a mindfulness plan



# Enrol on a course

Our courses are open to patients, carers and staff at St Andrew's free of charge, and members of the public can contact us to find out about courses in the community. To apply, fill in an application form and send it to us – you don't need to be referred. Application forms can be found around the St Andrew's site or requested via the contact details below. Information on upcoming courses can be found on the Timetable, or contact us to organise a course on your ward.

If you are a business or a third sector / healthcare organisation and would like your staff to be able to benefit from educational courses designed to help them to take control of their wellness, please contact REDS Academy for information on how we may be able to help you.

## Get involved!

REDS Academy believes in helping our students to reach their full potential. If you are interested in getting involved in any way, please contact us. We are keen to involve our students in what we do. If you are a patient, staff member or a carer and would like to help write or deliver courses, help us behind the scenes or even be a 'Recovery College Champion' please contact the REDS Academy Admin Team or ask your ward staff to contact REDS Academy on your behalf, we would be pleased to hear from you.



**REDS**  
Academy  
Part of St Andrew's Healthcare

### > Contact us:

#### By email

[REDSAcademy@standrew.co.uk](mailto:REDSAcademy@standrew.co.uk)

#### By phone

01604 872705

#### By post

##### Send forms to:

REDS Academy  
St Andrew's Northampton  
Billing Road  
Northampton  
NN1 5DG

## Built around hope

At REDS Academy our aim is 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.

All training is rigorously monitored and reviewed through various methods, including our satisfaction questionnaires at the end of each course. We work with our students' strengths, helping them to develop skills in order to find solutions to difficulties they may face, whilst encouraging them to achieve their goals, identify their ambitions, realise their potential and take control of their wellness.

### Our Ethos

Our ethos is based on co-production so all courses are co-developed, and co-attended by people who have lived experience of mental health related issues, friends and family of those who use mental health services and those in a professional caring role.

**Inclusive**  
HEALTHCARE | **LGBT**



**St Andrew's**  
HEALTHCARE