



REDS
Academy
Part of St Andrew's Healthcare



St Andrew's
HEALTHCARE

RECOVERY COLLEGE

Prospectus

Recovery &
Every Day
Skills

The graphic consists of several thin, curved lines in various colors (blue, purple, orange, red) that sweep across the page. There are also several solid-colored shapes: a purple hexagon, a red hexagon containing the text, a teal hexagon, and an orange hexagon.

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 students - patients, staff and carers - 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

*Achieving
Recovery
Together*



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 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 individuals experiences and insights are welcomed and valued.

A decorative graphic on the right side of the page. It features several thin, curved lines in various colors (blue, green, yellow, orange, red, purple) that sweep across the page. On the right, there is a large, glowing hexagon with a bright white center and a dark, textured outer ring. To its left are two smaller, solid-colored hexagons, one pink and one purple.

*"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 students 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, Student

"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."

Carer, Student

"Having REDS Academy 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, Student



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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.



Becoming a student at REDS

Our courses are open to patients, service users, carers and staff of St Andrew's. 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 a business or organisation outside of St Andrew's and would like your staff or service users to be able to benefit from educational courses designed to help them to take control of their wellness, please contact REDS Recovery College for information on how we may be able to help you.

> Contact us:

By email

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By phone

01604 872705

By post

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Inclusive
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