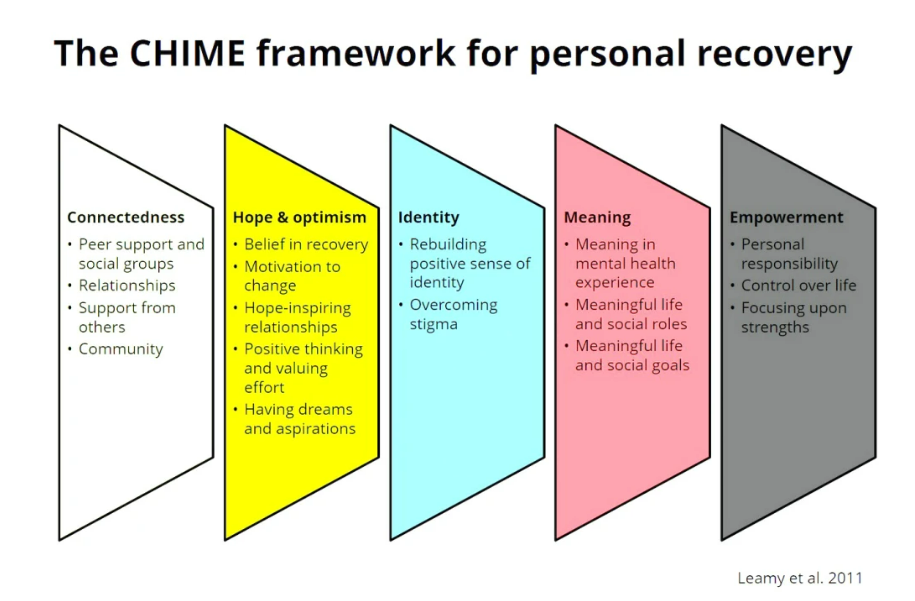
**REDS Recovery College - Course Overviews**

Welcome to REDS Recovery College. Here you will find all of our courses that we currently offer, including a short overview of each course and the key learning included.

REDS Courses take an educational approach to support individuals to gain a greater understanding about mental health and wellbeing. By attending our interactive courses you will gain knowledge about mental health conditions and develop strategies to manage your own, and support others, in managing their mental health and wellbeing.

Throughout healthcare there is a variety of different models and frameworks that give guidance and support clinicians with providing quality care to those under their care. Likewise, there are various frameworks to support individuals with their recovery journeys. We have chosen to use one of these frameworks to categorise our courses to help you identify courses that may serve a specific purpose, such as attending a course aimed at supporting the learner to identify areas they can draw Hope from.

We have chosen to use the CHIME Framework which covers five areas identified across a study of recovery stories. The five areas are Connectedness, Hope, Identity, Meaning and Empowerment. We have identified which parts of CHIME relates to each course, and shown this in the index. Also, beside each course title is the word CHIME with the letters in RED representing the sections of CHIME the course relates to.

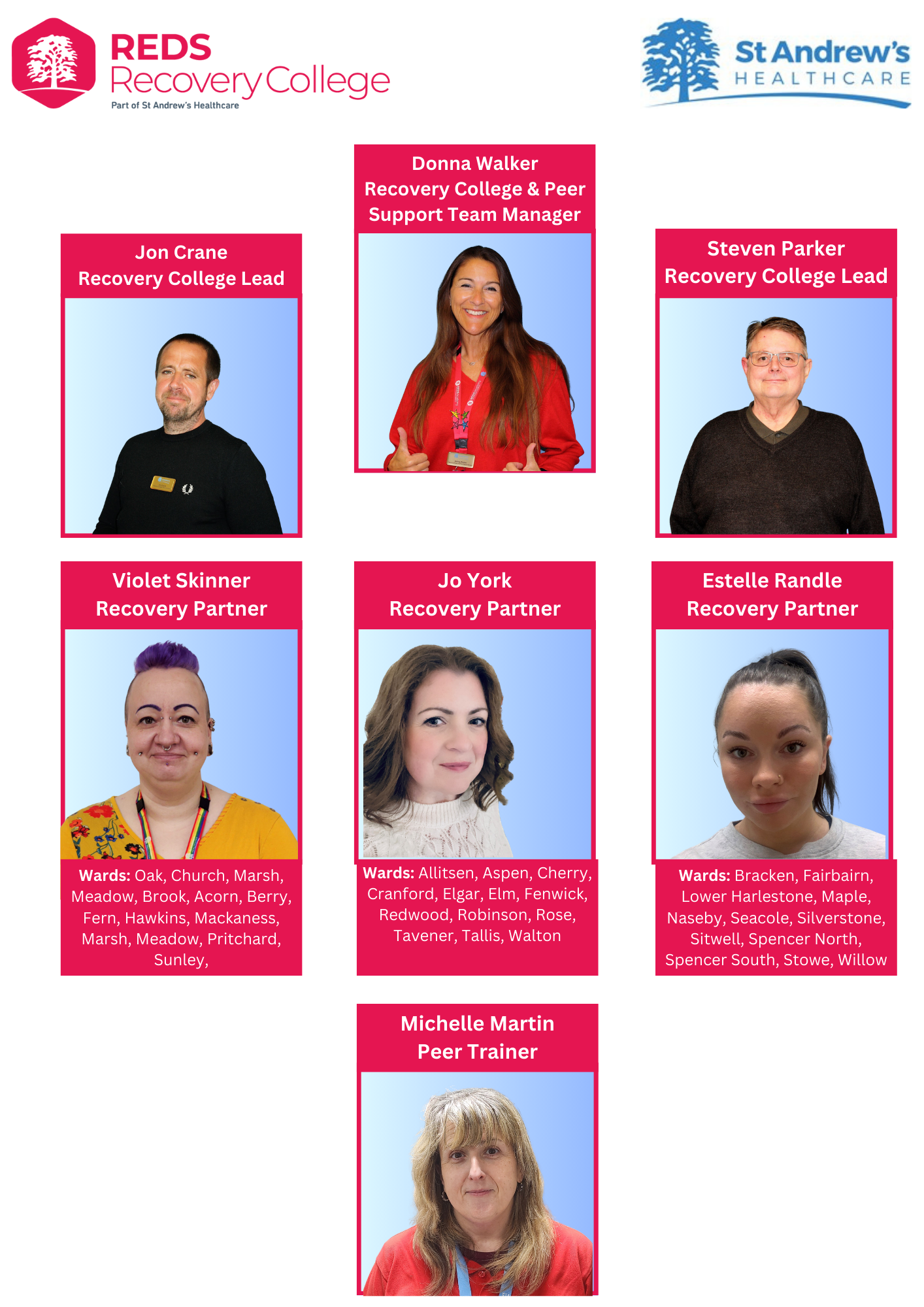


If you would like more information about CHIME Framework then please contact us and one of the team will talk you through it.

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| **REDS Managing My Wellness Courses** | | | | |
| **Managing My Wellness – Road to Recovery**  **Duration:** Booklet and 2.5 Hour course | | | | **C H I M E** |
| **Overview:**  The three main tenets of recovery are: hope, agency and opportunity. This workbook driven course/ workshops covers all three as it encourages the individual to ‘take control’ of their wellness. Little would give a person more hope than the realisation that they have the opportunity and ability to manage their current and future mental wellness. This course whether self-guided by working through the book alone, attending the 2.5 hour course or even by being supported on the series of 5 workshops that run for between 30 & 60 minutes each, enables people to gain a sense of agency over their wellbeing.  A good self-management strategy is essential for wellbeing. The ability to plan for events known to cause mental distress, or to be able to identify internal indicators that signify the start of a decline in wellbeing and to action plan for them, is an invaluable aid for developing long periods of wellness. An action plan such as the ‘Road to Recovery’ is a great tool to assist recovery from and prevent mental ill health.  REDS Recovery recommend this personal self-management plan to all patients, staff and carers at St Andrews Healthcare. | | **Key Learning:**  By the end of the course we hope that participants will have gained sufficient understanding of the importance of being able to manage their own wellness which will enable them to complete a work book that will support their long term wellbeing. | | |
| **Managing My Wellness – Road to Team Wellbeing**  **Duration:** Booklet and 1 day (or two half days) course  Contact REDS to arrange this course for your team | | **C H I M E** | | |
| **Overview:**  A good self-management strategy is essential for wellbeing. The ability to plan for events known to cause mental distress, or to be able to identify internal indicators that signify the start of a decline in wellbeing and to action plan for them, is an invaluable aid for developing long periods of wellness. An action plan such as the ‘Road to Team Wellbeing’ is a great tool to assist the general wellbeing of any group of people working together for a common aim.  The three main tenets of recovery are: Hope agency and opportunity. This workbook driven course/ workshops covers all three as it encourages teams to ‘take control’ of their wellness. Little would give a person more hope than the realisation that they have the opportunity and ability to manage their current and future mental wellness either individually or as part of a team. Also, a team that manages its wellness may be more cohesive and effective as a result. This course will enable teams to gain a sense of agency over their wellbeing. | | **Key Learning:**   * How to develop wellness tools for the team. * Identify and action plan for hazards to team wellbeing. * Identify warning signs of wellbeing decline and plan for improvement. | | |
| **Managing My Wellness – Wellbeing at Work**  **Duration:** Booklet | | | | **C H I M E** |
| **Overview:**  Work can mean different things to different people. Whether you are a stay at home parent, work for someone in a caring capacity or undertake full or part-time employment, maintaining your wellbeing during challenging times can be difficult, and leave us feeling stressed. Stress is our emotional and physical response to pressure. We feel there are too many demands, and too few resources to cope. This booklet provides information, techniques, and tips on how to improve and maintain your wellbeing at work. | | **Key Learning:**   * The impact of stress * Managing response to stress * Developing a hopeful working environment * Building resilience | | |
| **Wellness Walk**  **Duration:** Booklet, at your own pace. | | **C H I M E** | | |
| **Overview:**  REDS Recovery College wellness walk aims to provide ideas and an opportunity for patients, staff and visitors to enhance their mental wellness by exploring the beautiful grounds on the Northampton site.  Here at St Andrews in Northampton we are incredibly lucky to have the most wonderful grounds to enjoy. No matter our age or physical ability, everybody can enjoy something in our grounds.  Whether its enjoying the wonderful views, listening to the birds, watching the many types of wildlife that visit us or using our 5 senses (Sight, smell, Sound, Taste and touch) to take in and appreciate our surroundings there is an activity that can enhance your wellbeing. | | **Key Learning:**   * Experience how nature can improve our wellbeing * Activities that compliment natural surroundings. * Learn about points of interest in the grounds of St Andrews. | | |
| **Substantive Courses** | | | | |
| **Attitude Changes Everything**  **Duration:** 2 Hours | | | **C H I M E** | |
| **Overview:**  We all start off life with a clean window when we are young, but with age and experiences, our window becomes covered in dirt from what life throws at us: criticism, ridicule, rejections, sickness and disappointments. This dirt on our originally clean window is what makes us doubt our capabilities and sometimes we start to develop a negative attitude towards things. Setbacks are an inevitable part of recovery and how we react to setbacks is vitally important to our recovery. Do we dwell on the negative or learn the lessons and move on? Do we focus on what’s wrong or what’s strong?  Often problems aren’t even problems, they are just opportunities to take positive action. They allow you to improve and do better next time. Adversity encourages us to make the necessary changes in our lives and to tap into our hidden potential. The aim of this course is to keep our view (window) of the world clean so we can keep our attitude clean and positive. Instead of saying “I can’t” we could be saying “I can” or “how can I”. | | **Key Learning:**   * By the end of the course learners should be able to * Recognise the difference between positive and negative attitude * •Recognise how behaviours impact recovery * Identify steps to positive behaviours and attitudes | | |
| **Discovery of Recovery**  **Duration:** 2.5 Hours | | **C H I M E** | | |
| **Overview:**  Recovery can mean many things to many people. This course looks at what it means when applied to best-practice mental health support. We explore how it can support us in our individual journeys and how it can enhance the service we provide in support of others. As mental health services move towards an approach which aims to empower people to live meaningful lives alongside existing conditions, we learn that happy, full lives are possible even if symptoms continue to occur or occasionally reoccur.  Learn about the history and practical application of the  recovery movement to find out where it comes from, where it is going and how it can help you. The perfect introductory course if you are looking for a place to start. | | **Key Learning:**   * Understand the history of the ‘recovery movement’ * Define the difference between ‘clinical’ and ‘personal recovery’ * Gain an understanding of the ‘CHIME’ recovery framework * Identify the three main themes and common features of recovery. | | |
| **Exploring Purpose**  **Duration:** 2.5 Hours | | **C H I M E** | | |
| **Overview:**  The search for meaning and purpose is an important journey for many people. Throughout the last 4000 years of recorded history it comes up time and again and the benefits we get from having a sense of purpose are well documented. It helps us overcome many challenges, can move us forward on our recovery journey and increase our overall wellbeing.  But where to start? It’s so complicated and personal that we can often feel overwhelmed or lost. This course explores *how* people who have been successful at finding purpose have gone about looking to see what we can learn from that.  We cannot give you a purpose, you must find that for yourself. But together we can look at the ways in which we can make that journey a bit easier and hopefully a bit faster. | | **Key Learning:**   * Understand the importance of purpose * Discover how others have looked for purpose * Start to think about your own purpose | | |
| **Holding & Instilling Hope**  **Duration:** 2.5 Hours | | **C H I M E** | | |
| **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 ‘How to Find Hope’ and ‘Discovery of Recovery’ courses. This course will help students develop a positive self-concept of instilling hope and also develop self-esteem. | | **Key Learning:**   * Understand the role hope plays in recovery and why it is so important * Describe the attitudes and behaviours of hopeful people and relationships * Understand the concept of hope and how to instil hope in others * How to hold on to your hope and that of others until they are able to hold it for themselves * Identify skills that help you remain hopeful | | |
| **How to Find Hope**  **Duration:** 2.5 Hours | | **C H I M E** | | |
| **Overview:**  Hope is critical to recovery and for leading a fulfilling life. We can often go through life thinking we are either hopeful or hopeless. In reality we can build it up in the same way that we do with skills like self-esteem. This course introduces students to hope, why it is important and how we can draw it from the world around us and use it as a skill. A fun and interesting introduction into one of the key aspects of recovery and wellbeing. | | **Key Learning:**   * Understand what hope is and why it is important * Think about where you might find hope * Consider how you might maximise your hopefulness and minimise your hopelessness | | |
| **Inequality, Mental Health & Recovery**  **Duration:** 3 Hours | | **C H I M E** | | |
| **Overview:**  Social inequality can be characterised by the existence of  unequal opportunities and rewards for different social  positions or status. Mental health inequalities are often linked with wider cultural and societal systems of disadvantage which impact a person's wellbeing.  This course aims to provide a better understanding of  inequalities associated with mental illness and the impact it can have on recovery. To enable students to challenge  contemporary inequalities within their working environment/personal life and mitigate for historical imbalances. | | **Key Learning:**   * Define and identify inequality in respect of living with mental illness. * Summarise how inequality associated with mental illness is perpetuated. * Utilise strategies to challenge inequality on a personal level and within the organisation | | |
| **Introduction to Co-Production**  **Duration:** 1.5 Hours | | **C H I M E** | | |
| **Overview:**  Co-production is everyone’s responsibility. It is a culture and way of working. It is at the heart of St Andrew’s future and is a strategic priority. The quality of patient care needs us to continuously improve how we do things – the expertise often comes from the recipients of our services i.e. our patients. Services must adapt to a changing society and healthcare landscape and to do this we need the expertise of everyone.  “We recognise and value the diverse knowledge, experience and perspective of all partners and the vital contribution every person can make” | | **Key Learning:**   * Define co-production and underpinning values/principles * Understand the benefits of co-production to everyone, and barriers * Understand St Andrew’s approach to co-production * Know how to access further resources/ information * Identify three steps for how you can get work/live in a more co-produced way. | | |
| **Introduction to Diversity & Inclusion**  **Duration:** 1.5 Hours | | **C H I M E** | | |
| **Overview:**  Diversity, inclusion and privilege are widely used terms in our societies but what do these mean and how does it impact on our relationships and lives?  This course will give you a basic understanding of how opinions, values and prejudice can influence people around us and how this can lead to discrimination. Students will gain an insight into the principles of diversity, equality and inclusion and will be able to define these terminologies and embrace individual identity. | | **Key Learning:**   * Understand what diversity is * Understand what inclusion means * Understand responsibilities for promoting equality * Understand how to build good relationships with diverse groups of people | | |
| **Introduction to Mindfulness**  **Duration:** 1.5 Hours | | **C H I M E** | | |
| **Overview:**  This course will aim to give you an understanding of mindfulness, how it works and the benefits of practicing it. Often, we are troubled by ‘racing thoughts’ and everyday problems causing us stress and issues with our wellbeing. Whether you are patient, staff member or care for someone, it is helpful to have the ability to be able to be ‘present’ and in ‘the here and now’.  The course will give you an understanding of how to manage your thoughts, feelings and your wellbeing. | | **Key Learning:**   * Understand what mindfulness is and how it works * Understand the benefits of practising mindfulness * Understand the link between your mind, feelings and mental health * Use mindfulness as a preventive practice in your wellbeing | | |
| **Labels Belong on Tins Not People**  **Duration:** 2.5 Hours | | **C H I M E** | | |
| **Overview:**  This course will explore recovery in depth including finding and maintaining a sense of positive identity and putting diagnoses 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.  Develops self-awareness about yourself and your/other people’s diagnosis.  Students will be able to build on their strengths and work towards recovery and self-identity | | **Key Learning:**   * Identify how mental illness can impact on identity and the ‘sense of self’ * Gain an understanding that mental ill health, although significant, only represents a small part of a person * Develop a good sense of self-belief; gain confidence in accepting yourself whilst having a good relationship with the self | | |
| **My Values, My Recovery, My Life**  **Duration:** 2.5 Hours | | **C H I M E** | | |
| **Overview:**  On this course students will explore personal values and the importance they hold for personal recovery. Students will also discuss how connecting with ones values can help plan ones recovery, become more self-determining and have more control over their future.  If anyone has struggled with the concept of ‘SMART’ goal setting, come on this course and learn how making plans according to values and what is important to the individual can make an enormous difference. | | **Key Learning:**   * Define what personal values are * Identify what your most important values are * Understand why personal values are important to individual recovery * Use personal values to help plan goals for the future | | |
| **Personal ResponseABILITY**  **Duration:** 3 Hours | | **C H I M E** | | |
| **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. The course explores what personal responsibility means in the context of recovery.  This course will enable you to understand the concept of  responsibility, taking responsibility for yourself and how to  manage your responsibilities. | | **Key Learning:**   * Be able to define personal responseAbility * Understand the benefits of taking responsibility * Identify what you could take more responsibility for in your life * Identify what you are not responsible for * Understand ways of taking control and responsibility | | |
| **Power of Language**  **Duration:** 2.5 Hours | | **C H I M E** | | |
| **Overview:**  Language has immense power, and its impact depends entirely on how we use it. Because words are so often used automatically and unconsciously, we have learned to treat them lightly. In daily conversation, we speak the majority of our words from habit, convenience and social obligation rather than an intent to cause harm or offense to others. This course explores how language (verbal and written) can impact positively or negatively on personal recovery and also how language reflects on the culture of an organisation. | | **Key Learning:**   * How language can impact others and recovery * How language regarding mental illness has evolved over time * Challenging language that is no longer appropriate * Impact of written language | | |
| **Power of Language and Attitude**  **Duration:** 1.5 Hours | | **C H I M E** | | |
| **Overview:**  To understand the importance of attitude and language in helping people overcome challenges and make plans for the future.  Language has immense power, and its impact depends entirely on how we use it. Because words are so often used automatically and unconsciously, we have learned to treat them lightly. In daily conversation, we speak the majority of our words from habit, convenience and social obligation rather than an intent to cause harm or offense to others. This course explores how language (verbal and written) can impact positively or negatively on personal recovery and also how language reflects on the culture of an organisation. | | **Key Learning:**   * Describe the impact attitude can have on recovery * How language can impact others and recovery * How language regarding mental illness has evolved over time * Challenging language that is no longer appropriate * Impact of written language | | |
| **Presentation & Facilitation Skills**  **Duration:** 3 days | | **C H I M E** | | |
| **Overview:**  Being able to deliver an effective presentation and having basic facilitation skills, whether for a training session, to talk at a conference, at a tribunal or even to get through a job interview is becoming increasingly important. Being able to do these things well can have a marvellous impact on our self-esteem too!  This 3 day course will equip you with the skills needed to help you develop an effective and dynamic presentation. It will also cover facilitation skills as the two often go hand in hand. At the end of the course each student will have the opportunity to practice the newly learned skills in a safe, supported environment by delivering a personally written presentation to the other students in the group.  It doesn't matter whether you have aspirations to deliver presentations professionally, for future job interviews, if you want to speak at a conference, facilitate groups or if you are a person that would simply like a little more confidence, this course is for you. | | **Key Learning:**  Day 1—Presentation skills theory. All day   * Knowledge of ‘the rules of presenting’ * Understand learning styles * Gain an awareness of the 5 P’s of presenting * Understand of the power of body language when presenting   Day 2—Facilitation skills theory. Half day   * Learn different methods of facilitation * Gain a good understanding of the roles and responsibilities of a facilitator * Explore different facilitation styles, helpful attitudes, values and interpersonal skills * Examine the impact of group dynamics   Day 3—Putting theory into practice. All day. | | |
| **Resilience and Grit**  **Duration:** 2.5 Hours | | **C H I M E** | | |
| **Overview:**  Everyone will face adversity in some during their life whether this is caused by a mental health crisis or something else. Resilience is an important factor in recovering from adversity and maintaining your everyday wellbeing. This course will explore the different types of resilience, how it can benefit you, and how to develop it. You will also learn how resilience contributes to ‘grit’ and how to develop a growth mindset. | | **Key Learning:**   * Define what resilience is * Define what grit is * Understand the benefits of resilience and grit. * Learn how to become a more resilient person | | |
| **Self-Advocacy**  **Duration:** 2.5 Hours | | **C H I M E** | | |
| **Overview:**  Being able to advocate or ‘speak up’ for your self 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.  This course aims to enhance the awareness and understanding of what self-advocacy is, and how to advocate for yourselves and others. | | **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 in making decisions and choices | | |
| **Stocking Up on Self-Belief**  **Duration:** 2.5 Hours | | **C H I M E** | | |
| **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.  This course will help you gain an understanding of believing in yourself, develop tools that will help build your self-belief and how to start taking steps towards using them. | | **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 * Gain the ability to work towards achieving goals | | |
| **What Does Wellness Look Like to You?**  **Duration:** 2.5 Hours | | **C H I M E** | | |
| **Overview:**  It is understandable that people often focus on mental ill  health as they try to improve their wellbeing. However, this course focuses 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.  This course will enable you to use your strengths and ability to overcome the challenges of mental ill health. | | **Key Learning:**   * Identify what qualities do you possess that contribute to improving your mental health * Understand what inner strength means and what using it and developing it looks like * Understand how to utilise your strengths in overcoming/dealing with mental health | | |
| **What is Acceptance?**  **Duration:** 2.5 Hours | | **C H I M E** | | |
| **Overview:**  There are times in everyone’s life when we wished that things had worked out differently. Often, holding on to the 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.  This course will enable you to understand the realities of life, how to accept them for what they are and use them to grow as a self-determining individual. | | **Key Learning:**   * Explore what acceptance means to you on a personal level * Explore how acceptance can benefit your recovery * Learn more about yourself, how to move forward with recovery and be hopeful for the future | | |
| **What is Autism?**  **Duration:** 2.5 Hours | | **C H I M E** | | |
| **Overview:**  Autism is a lifelong condition affecting the way the brain functions. This has an impact on how an autistic person thinks, feels, behaves, and perceives the world around them. In this course, we look at what autism is, traits of autism, and how it affects people. This course discusses self-help techniques for autistic people and ways people who care for autistic people can help. You will also be able to dispel some of the common myths about autism. | | **Key Learning:**  By the end of the course you will:   * be able to identify the two main diagnostic criteria for Autism Spectrum Disorder * Dispel some common myths about Autism * Learn some helpful tips for living alongside Autism | | |
| **What is Borderline Personality Disorder?**  **Duration:** 2.5 Hours | | **C H I M E** | | |
| **Overview:**  Borderline personality disorder is a long-lasting condition affecting the way a person thinks, feels, or behaves. In this course we explore 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.  This course will also enable you to understand behaviours and emotions and how best to support individuals with BPD. | | **Key Learning:**   * What is a personality disorder? * Understand the link between past experience and current behaviour * Learn effective communication skills * Gain broad knowledge on BPD and behaviours of people with BPD * How to relate and work with individuals with BPD | | |
| **What is Empowerment and Agency**  **Duration:** 2.5 Hours | | **C H I M E** | | |
| **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.  The course will empower service users to take control of their personal recovery needs and care by gaining a sense of control. The course will also enable service users to take control over their own comfort with a focus on self-management and agency. | | **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 * Build up on ones sense of control of their own life in the process of recovery | | |
| **REDS Introduction to... courses** | | | | |
| **Introduction to Anxiety**  **Duration:** 1 Hours | | **C H I M E** | | |
| **Overview:**  This course is a brief introduction to anxiety and explores how it can manifest in physical, psychological/emotional and behavioural signs and symptoms. The course briefly describes the differences between state anxiety and a clinical anxiety disorder and how this might impact someone. We present ideas for support and self-management that can help us when we experience anxiety. We hope the course raises awareness and understanding of the impact that anxiety can have on someone, dispel any common myths around anxiety and provide ways we can help ourselves/others manage and access support. | | **Key Learning:**   * To be able to define what anxiety is and how this differs from a clinical anxiety disorder * To be able to identify different signs and symptoms of anxiety * To be able to describe how you can help yourself or others manage their anxiety * To know where to access support | | |
| **Introduction to Acquired Brain Injury**  **Duration:** 1 Hours | | **C H I M E** | | |
| **Overview:**  This course offers a brief introduction to Acquired Brain Injury (ABI), (both traumatic and non-traumatic), and briefly describes the many functions of the brain. The course will also highlight the consequences and how it can lead to a variety of short and long-term effects, also helping us to explore our own working memories. Awareness and understanding will be raised to show how an ABI can significantly impact daily tasks, and offers top tips to support someone with an ABI (provided from individuals with their own lived experience), dispelling common myths. | | **Key Learning:**   * Identify the different functions of the brain * Name two different types of brain injury, and their causes. * Suggest three different ways to be supportive to someone with a brain injury. | | |
| **Introduction to Autism**  **Duration:** 1 Hours | | **C H I M E** | | |
| **Overview:**  Autism is a lifelong condition affecting the way the brain functions. This has an impact on how an autistic person thinks, feels, behaves, and perceives the world around them. In this course, we look at what autism is, traits of autism, and how it affects people. This course discusses self-help techniques for autistic people and ways people who care for autistic people can help. You will also be able to dispel some of the common myths about autism. | | **Key Learning:**  By the end of the course you will:   * Be able to identify the two main diagnostic criteria for Autism Spectrum Disorder * Dispel some common myths about Autism * Learn some helpful tips for living alongside Autism | | |
| **Introduction to Bipolar Disorder**  **Duration:** 1 Hours | | **C H I M E** | | |
| **Overview:**  Bi-polar disorder is a relatively common condition with 1 in every 100 people in the UK experiencing the illness at some point in their lives. This introductory course will develop an understanding of Bipolar disorder and challenge many of the myths associated with the condition. | | **Key Learning:**  By the end of the course you will be able to:   * Give 2 examples of the signs and symptoms of Bipolar disorder * Dispel 2 myths surrounding Bipolar disorder * Describe how you can help yourself or help someone else manage their Bipolar disorder * Know where to access support | | |
| **Introduction to Borderline Personality Disorder**  **Duration:** 1 Hours | | **C H I M E** | | |
| **Overview:**  An Introduction to Borderline Personality Disorder has a focus on busting myths and stigma associated with one of the most misunderstood mental health diagnosis.  Co-produced by people who live along side BPD as well as those who work in clinical settings you will be given an understanding of what the illness can look like in different people and hear an inspiring real life recovery story. The course also explore how individuals can help themselves and how others can also support somebody living with BPD. This course is aims to be a brief introduction to the diagnosis but would be a perfect course to do before the longer course ‘What is Borderline Personality Disorder’. | | **Key Learning:**   * An understanding of how the diagnosis might look like in different people. * Bust common myths associated with the diagnosis. * Identify ways that you can maximise your wellness if you live with the BPD so you can live a fulfilling life alongside the diagnosis. * Identify how you can support someone living with BPD. | | |
| **Introduction to OCD**  **Duration:** 1 Hours | | **C H I M E** | | |
| **Overview:**  This course aims to briefly introduce Obsessive Compulsive Disorder (OCD) and the impact it can have on someone. It takes a look into the signs and symptoms one may experience, how OCD can look very different for different people, and to dispel any common myths. We take a look at some of the ways you can help someone (or yourself) manage OCD and where to access support. We hope this course can help raise awareness and understanding of this commonly misrepresented disorder. | | **Key Learning:**   * To be able to give 2 examples of the signs and symptoms of OCD * To be able to dispel 2 myths surrounding OCD * To be able to describe how you can help yourself or someone else manage their OCD * To know where to access support | | |
| **Introduction to Schizophrenia**  **Duration:** 1 Hours | | **C H I M E** | | |
| **Overview:**  Schizophrenia is an often misunderstood and stigmatised diagnosis. This course looks at what schizophrenia is, common symptoms of schizophrenia, and how it affects people’s lives, including a ‘recovery story’ from someone who lives alongside schizophrenia. The course will suggest self-help strategies for people who are diagnosed with schizophrenia and ways other people can help them. Common myths about schizophrenia will be dispelled leaving people with a clearer understanding of what schizophrenia is. | | **Key Learning:**   * What schizophrenia is * Common symptoms of schizophrenia * Self-help strategies * How others can help * Common Myths about schizophrenia | | |
| **REDS Bitesize Courses** | | | | |
| **Bee Kind - Dignity and Respect**  **Duration:** 1 Hours | | **C H I M E** | | |
| **Overview:**  Why Bee-Kind? Bees work together to reach a common goal. This courses goal is to embed a culture in which people can feel empowered to act with dignity and respect toward themselves and others! This is really important in holding onto hope and giving it to others. Kindness also has strong links to connectedness in the recovery framework. We will explore what it feels like to be treated with dignity and respect, and identify ways that we can carry this on in everyday life. Central to this course is kindness therefore we explore all the benefits being kind in day to day life brings! | | **Key Learning:**   * Identify the importance of kindness in recovery and wellbeing * Understand the difference between being nice and being kind * Explain how dignity and respect looks, feels and sounds * Identify ways to show respect and acting with dignity and kindness | | |
| **Diversity and Inclusion**  **Duration:** 1 Hours | | **C H I M E** | | |
| **Overview:**  Diversity and Inclusion are terms that are everywhere. But  what do they mean and how do they affect our everyday lives? This bitesize course explores these terms and allows us to think more about our own identity. We explore how to create an environment where nobody feels discriminated against but more importantly we get to celebrate the benefits of embracing each other, just as we are. | | **Key Learning:**   * Understand what diversity is * Understand what inclusion means * Understand responsibilities for promoting equality * Understand how to build good relationships with diverse groups of people | | |
| **Introduction to Recovery**  **Duration:** 1 Hours | | **C H I M E** | | |
| **Overview:**  We use the word recovery all the time, but what does it  mean when applied to our mental health journeys? And how do we put that into perspective when building full lives even if some of the symptoms are still present?  This bitesize course lets you hear this from the perspective of someone ‘in recovery’ who will share their story and put it into context using their first-hand experience. An engaging and inspiring introduction with the take-home message that everyone has the power to build a full life of purpose and meaning no matter what their situation. | | **Key Learning:**   * Students will have the opportunity to hear a recovery story from someone with lived experience * Hear what helped the individual start to have hope and begin to focus on ‘what is strong’ rather than ‘what is wrong’ * What would make your next 10 minutes a little better than the previous 10 minutes? Sometimes all it needs to be is a cup of tea made by someone who cares | | |
| **Introduction to Resilience**  **Duration:** 1 Hours | | **C H I M E** | | |
| **Overview:**  Everyone will face adversity in some during their life whether this is caused by a mental health crisis or something else. Resilience is an important factor in recovering from adversity and maintaining your everyday wellbeing. This course will explore how resilience can benefit you, and how to develop it. | | **Key Learning:**   * Define what resilience is * Understand the benefits of resilience. * Learn how to become a more resilient person | | |
| **Mental Wellness**  **Duration:** 1 Hours | | **C H I M E** | | |
| **Overview:**  We often hear about mental ‘illness’, but rarely do we hear about mental ‘wellness’. At the Recovery College our motto is that we ‘focus on what’s strong, not what’s wrong’!  This bite-size course explores what wellness means to you and how you can use this knowledge pro-actively on your recovery journey. It allows you to celebrate your strengths and use them as the fuel to take ownership of your wellness. And when you own your wellness it is much easier to manage any illness rather than the illness managing you. | | **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? * How can your strengths help in overcoming/dealing with mental distress? | | |
| **Mindfulness**  **Duration:** 1 Hours | | **C H I M E** | | |
| **Overview:**  This course will aim to give you an understanding of mindfulness, how it works and the benefits of practicing it. Often, we are troubled by ‘racing thoughts’ and everyday problems causing us stress and issues with our wellbeing. Whether you are patient, staff member or care for someone, it is helpful to have the ability to be able to be ‘present’ and in ‘the here and now’.  The course will give you an understanding of how to manage your thoughts, feelings and your wellbeing | | **Key Learning:**   * Understand what mindfulness is and how it works * Understand the benefits of practising mindfulness * Understand the link between your mind, feelings and mental health * Use mindfulness as a preventive practice in your wellbeing | | |
| **What Does Hope Look Like**  **Duration:** 1 Hours | | **C H I M E** | | |
| **Overview:**  Hope is key to a person’s recovery and for those supporting them. But using hope as a skill is something that is rarely taught and it can be confusing working out where to start. This bitesize course provides an interactive and enjoyable first step into finding out what hope feels like to an individual and how this can be used as a tool to improve wellness. | | **Key Learning:**   * Hope is a concept that can be learned * Hope can be found in the simplest of activities that are free or cost very little * We can find hope in everyday things that we do for ourselves | | |
| **Wellness Toolbox**  **Duration:** 1 Hours | | **C H I M E** | | |
| **Overview:**  We all have items that improve our wellbeing when we use them. They can be anything from nice things to eat, photos of happy times, spa vouchers or favourite CDs. It’s unique to each of us. But when we are feeling low we often forget to use them. This bitesize course introduces students to the idea of a wellness toolbox. This is a place where we keep all these items so on tough days we know where we can get something that will improve our wellbeing. | | **Key Learning:**   * Identify what wellness tools are * Begin to identify personal wellness tools * Start to build your own personal wellness toolbox | | |
| **What is Spirituality**  **Duration:** 1 Hours | | **C H I M E** | | |
| **Overview:**  The learner will gain an introductory knowledge of Spirituality as a concept. They will explore how it has benefited others and how it can enhance their own lives by adding value and a feeling of connectedness. | | **Key Learning:**   * Understand how spirituality is a key element of recovery * Identify a personal example of how spirituality enhances your connectedness | | |
| **Why Words Matter**  **Duration:** 1 Hours | | **C H I M E** | | |
| **Overview:**  This course aims to give learners an understanding of the influence and important role language has in has in helping people overcome challenges and make plans for the future.  The course is an adaption from the previous ‘Power of Language and Attitude’ it has been tailored to be available in a digestible 1hour chunk to be delivered on wards. | | **Key Learning:**   * Identify and use recovery focused language within the session * Describe the impact language can have on recovery and wellbeing | | |
| **REDS @ Your Pace**  These courses are REDS Recovery Workbooks (available on request). | | | | |
| **Choosing Hope and Recovery** | | **C H I M E** | | |
| **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. This course will help you stay positive and maintain your purpose and role on your journey. | | **Key Learning:**   * Define the difference between clinical and personal recovery * Develop an insight in to what hope means in recovery and how it can be used in recovery * Learn from other peoples hope on their recovery journeys * Learn how to develop personal hope | | |
| **Managing Your Money** | | **C H I M E** | | |
| **Overview:**  Gain the skills to manage personal finances, pensions insurance, budgeting, investments, debts and financial control. This course is for anyone who wishes to learn more about money and develop tools they need to take control of their money practically.  We understand that money management is a personal matter and as such people may want to complete this training alone. | | **Key Learning:**   * Identify own source of income * Identify key items of expenditure * Complete a weekly budget plan * Identify a way of saving money * Identify ways of paying for items | | |
| **You’re Hired** | | **C H I M E** | | |
| **Overview:**  The focus of this workbook is firstly on creating a curriculum vitae (CV) that showcases individual skills and stands out from the many that employers receive. Secondly, we concentrate on completing application forms and finally this useful guide has a section on job interviews and how to prepare, manage and learn from them.  This REDS Recovery Resource booklet is suitable for anyone that may be looking to gain employment whether you are a patient preparing for discharge, a carer looking for a job or a staff member looking for promotion or a change of role within the Charity. Learn about applying for jobs and attending interviews, using skills and experience to create success. | | **Key Learning:**   * How to write effective CVs that stand out from the crowd. * How to complete job application forms competently * How to prepare for interview to enable you to project yourself from a position of strength and confidence | | |
| **REDS Extra** | | | | |
| **Co-Production Skills Training**  **Duration:** 5 half-day sessions | | **C H I M E** | | |
| **Overview:**  Co-production brings the people that the Charity serve into the heart of service design and delivery. People are no the longer passive recipients of their services, but equal partners in their design and delivery.  This course explains the co-production approach, gives people the skills they need in order to play an equal role in the process and give context from the unique perspective that they have, be it as a staff member or a patient. Above all else, this course has been co designed to give people the confidence and encouragement they need to be part of the decision making process.  Co-Production leads to better outcomes through better designed services, delivered in a more efficient and effective way. Join this course and become part of the process.  **If you are interested in this course but may not be able to commit to all 14 modules please get in touch to discuss.** | | **Key Learning:**  This course will cover the following topics:   * Introduction to Co-production * Learning Styles and Reflective Practice * Self-Belief * Validation * Assertiveness * Resilience * Power of Language * Empowerment and Agency * Team/Group Dynamics * Qualities of an Effective Co-producer * Effective Communication Skills * Public Speaking * Active Listening | | |
| **Focus on Recovery – 5 Day Course**  **Duration:** 5 days | | **C H I M E** | | |
| **Overview:**  This course will give you an in-depth insight into personal recovery in the context of mental illness. The course is co-produced by using the knowledge and experience of those living with a mental illness and clinicians working within mental health settings.  The target audience is primarily students from all different disciplines such as nursing, occupational therapy, medical, psychology etc. The course is also eminently suitable for anyone (patient, staff or carers) wishing to expand their recovery knowledge for personal growth. If you are a mental health professional, attending this course will help you develop a solid foundation on recovery and recovery focused practice that will underpin your future career as a clinician.  The course runs over 5 full days and is co-delivered by people with lived experience and clinical expertise. Subject areas covered include: Recovery, Hope, Wellness, Acceptance, Agency, Validation, Language, Attitude, Labels, Values, and Self-Management | **Key Learning:**   * To introduce you to the concept of personal recovery. * Define the difference between ‘clinical’ and ‘personal recovery’ * Describe what hope is and why it is important to recovery * Define what wellness means in the context of recovery * Identify what wellness tools are and how they can be used * A greater understanding of one of the 3 key elements of recovery, agency. * Define what is meant by the term acceptance and identify possible barriers. * Define Personal Responsibility and its importance to recovery * Describe what Agency is * To understand the importance of attitude, language and personal values in helping people overcome challenges and make plans for the future. * Identify and use recovery focused language * Describe the impact attitude can have on recovery * Identify why labels (Diagnosis) do not define us * Identify how values can help overcome challenges * To understand that we all need to take control of our wellness * Define what a Wellness Management plan is and how to use it * Describe the impact of Self-Belief on Recovery | | | |

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