

**Never underestimate
the power of Hope.
Hope fuels us with the
energy and courage to
go forward.**



**Promoting Recovery,
Supporting Wellbeing,
Instilling Hope**



What is a Recovery College?

Recovery is about:

- Learning to live alongside your symptoms
- Having the opportunity to make personal **choices**
- Being able to live a **meaningful, satisfying and purposeful life** (as defined by you)
- Being a **valued** member of your community.

At REDS, we believe that everyone that walks through our door has the ability for recovery, and if you are a staff member, to work in a recovery focussed way.

Imagine if you have **hope**, feel empowered and develop skills and motivation to enable you to reach your full potential...

- How would that make you feel?
- As a patient? As a clinician/member of staff?

We have courses to help you build that hopeful, meaningful life, support your wellbeing and build your recovery focussed practice.

Our courses are open to all!

This includes patients, staff, volunteers partners in care and members of the public over 18 years old. Please contact a Recovery Partner, Peer Support Worker or email us at:

redsrecoverycollege@stah.org

Course Planner

Use this space to record dates and times of courses on which you have booked a place.

| Date | Time | Course | Location |
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Recovery Partners

Introducing Recovery Partners! We are members of the Recovery College team who can spend more time working with you and your ward. Grab us to say hi!

All REDS courses count towards meaningful activity for patients and CPD for staff.

To find out more about our courses, for a full prospectus, or to book a course for your ward/area, please get in touch.

Phone: 6501

Email: REDSRecoveryCollege@stah.org

Estelle Randle



Bracken, Fairbairn,
Lower Harlestone,
Maple, Naseby,
Seacole, Silverstone,
Sitwell, Spencer
North, Spencer
South, Stowe, Willow,
Essex

Jo York



Allitsen, Aspen,
Cherry, Cranford,
Elgar, Elm, Fenwick,
Redwood, Robinson,
Rose, Tavener, Tallis,
Walton
Winslow, 19 The
Avenue, Berkley
Close

Violet Skinner



Oak, Church, Marsh,
Meadow, Brook,
Acorn, Berry, Fern,
Hawkins, Mackaness,
Marsh, Meadow,
Pritchard, Sunley,
Birmingham

For queries not relating to a specific ward see the rest of the team, on the next page.

Phone: 6501

Email: REDSrecoverycollege@stah.org

Meet the Rest of the Team

Jon Crane
Recovery
College Lead



Donna Walker
Recovery
College Manager



Steve Parker
Recovery
College Lead



Michelle Martin
Recovery
College Trainer



Phone: 6501

Email: REDSrecoverycollege@stah.org

Full Courses

Up to 3 hours long. Can be delivered in shorter sessions.

Personal ResponsABILITY – Discovering what you are, or are not, responsible for and how taking responsibility can help recovery

Power of Language – The impact hopeful, positive and negative stigmatising language can have on wellbeing and wider society and how choice of words influence stigma associated with mental health and learning disability.

Power of Language and Attitude – The impact hopeful, recovery focussed versus negative stigmatising language can have on wellbeing and wider society. Explore stigma associated with mental health and learning disability and how language and attitude choices affects this

Presentation and Facilitation Skills – Discovering how to create high quality presentations and how to deliver those presentations effectively.

Resilience and Grit – Discovering what resilience is, how it relates to ‘grit’, and how it can improve your wellbeing.

Stocking up on Self-Belief – Where self-belief comes from and the benefits of building up yours

What Does Wellness Look Like to You – Wellness is an individual thing. Explore what it looks like to you.

What is Acceptance – Define what acceptance looks like to you in relation to your own personal recovery. Explore the barriers and the benefits.

What is Autism – Learn about what autism is, how it affects people, and helpful tips for self-care or supporting someone with Autism. This course will also dispel some common myths about Autism.

What is Borderline Personality Disorder – What’s behind the label? This course could be the missing puzzle piece to help you understand the people behind the diagnosis and how to support them.

What is Empowerment and Agency – Learn about what agency is and how it can help people to feel empowered in their recovery.

Full Courses

Up to 3 hours long. Can be delivered in shorter sessions.

Attitude Changes Everything – How you can change your attitude to improve your wellbeing.

Discovery of Recovery – Understanding what recovery is and how it can apply to your life.

Exploring Purpose – Looking at the benefits of having a sense of purpose and seeing if there is anything we can learn from the journeys of others.

Getting My Voice Heard – Knowing your needs and how to get them met. Practical strategies in speaking up for yourself and others.

How to Instill Hope – Discovering what hope is and how it can power recovery and wellbeing

How to Find Hope – Discovering what hope is and where it can be found in your life

Inequality, Mental Health, and Recovery – Understanding how inequalities affect mental health and what you can do to challenge them.

Introduction to Co-Production – An initial look at the concept of co-production within health services.

Introduction to Diversity and Inclusion – Embracing diversity and inclusion and celebrating the differences that every single person brings to the world.

Introduction to Mindfulness – A practical introduction to mindful activities and their benefits.

Labels Belong on Tins Not People – The impact a mental health diagnosis can have on your identity and sense of self. Discuss the negative stigma associated with labels and the positivity of discovering a life beyond the 'illness'.

My Values, My Recovery and My Life – Discovering what your personal values are and how they can help you set your own goals that will enable your growth and build empowerment.

REDS Managing My Wellness Courses

Help take charge of your wellness with something from our wellness collection.



Wellness Walk – Explore the grounds and indulge in some mindfulness activities. Includes a booklet and an adventure.



Road To Recovery – A self-reflective book to explore what keeps you well. Includes a booklet and a course.



Wellbeing at Work – Look at how to keep bringing the best of yourself to challenging environments. Includes a workbook.



Road to Team Wellbeing – We are stronger together. Explore how your team can keep itself well. Includes a booklet and a course.

Introduction to... Courses

1 hour long

- **Introduction to Anxiety** – A brief introduction to what anxiety is, the signs and symptoms of anxiety, and how you can help yourself or other manage their anxiety.
- **Introduction to Acquired Brain Injury** – Raising awareness of how Acquired Brain Injuries can significantly affect daily life. Learn about the different functions of the brain, the types of brain injury, and the causes of brain injury.
- **Introduction to Autism** – Learn about what autism is and tips to help support yourself or someone else with autism. This course will dispel some common myths about autism.
- **Introduction to Bipolar Disorder** – . This introductory course will develop an understanding of Bipolar disorder and challenge many of the myths associated with the condition.
- **Introduction to Borderline Personality disorder** – Gain an understanding of BPD and hear from those who live alongside it. Bust myths and stigma associated with one of the most misunderstood mental health diagnoses.
- **Introduction to OCD** – This course raises awareness of this commonly misrepresented disorder. It discusses symptoms, myths, and how to help yourself or others with OCD.
- **Introduction to Schizophrenia** – This course looks at what schizophrenia is, common symptoms, and things that can help people who are diagnosed with schizophrenia. Some myths about schizophrenia will be dispelled leaving people with a clearer understanding of what schizophrenia is.

Short Courses

Up to 1 hour long

- **Bee Kind** – Dignity and Respect – Why Bee Kind? Bees work together to reach a common goal. This course looks at how people can work together with dignity, respect and kindness, to enable recovery and maintain wellbeing.
- **Diversity and Inclusion** – Exploring and embracing the differences between people
- **Introduction to Recovery** – Learning the difference between clinical or personal recovery and the three main themes of recovery.
- **Mental Wellness** – Discovering what wellness looks like for you as an individual and how you can improve your wellbeing
- **Mindfulness** – An introduction to mindfulness and it's benefits to wellbeing, with practical mindfulness activities.
- **Resilience** – Discovering what resilience is and how it can improve your wellbeing.
- **What Does Hope Look Like** – Explore what hope looks, sounds, feels, smells and even tastes like to you!
- **Wellness Toolbox** – Build yourself a tangible box that will help you to maintain your wellness
- **What is Spirituality** – An introduction to the concept of spirituality and explore how it is a key element of recovery.
- **Why Words Matter** – Learn about the important role language has in helping people overcome challenges and make plans for the future.