



Compass
RECOVERY COLLEGE

Supporting Mental Health and Wellbeing

PROSPECTUS 2021

Welcome

Compass Recovery College continues to run FREE mental health and wellbeing courses.

It is increasingly important to take care of ourselves in these challenging times. Whether you are a returning student or new to Compass, there's something for everyone. All our courses are free of charge and open to anybody.

The wide range of courses we offer are an educational route to recovery from mental health challenges and increasing positive wellbeing. You don't need a referral from a clinician or service to enrol. As a student, you can choose which courses interest you or suit your needs. We continue to run most of our courses online. Courses focus on self-management skills and living well, with the aim of all our students becoming experts in their own self-care.

All our courses are co-produced; designed and delivered by people with lived experience of mental health challenges together with mental health professionals. Our aim is for everyone to feel listened to in a safe space, with the opportunity to connect with others.

Everyone is welcome and everyone is a student, whether affected directly or indirectly by mental ill health. So whether you are struggling yourself, or perhaps you are a carer, family member or professional who would like to know more about mental health and wellbeing, we can help.

 **Compass** Your journey begins here.
RECOVERY COLLEGE



Our Courses



Mental Health Courses

Designed to help us understand mental health challenges and teach skills for self-management.



Wellbeing Courses

Designed to improve wellbeing and keep us well.



Creative Courses

to explore our creative side through a variety of different art forms



Social Sessions

Informal, drop-in sessions to chat about how we are, meet new people or old friends.

- These vary from one off workshops to longer courses running for up to 10 sessions.
- They are currently run mostly online via Zoom and MS Teams, with the exception of outdoor courses.
- When it is possible, we will be offering more sessions outdoors – from Pilates to Creative Arts, keep an eye on our website for updates

Check out our [website](#) for a full schedule of current courses

[ENROL HERE](#)

Make sure **you enrol with us** so that you can register onto your chosen courses, it's all free! We have regular "drop in" digital enrolment sessions on Thursday afternoon, get in touch for details. 0118 9373945, compass.opportunities@reading.gov.uk

Mental Health Courses



BEING KINDER TO OURSELVES: BEGINNING SELF CARE AND COMPASSION

FOR ALL

This course starts with two theory-based sessions, which explore how we can be kinder to ourselves, be in the present moment and practise self-care which nurtures us in difficult times. It will provide 'tiny habits' which can be incorporated into daily life. Two more practical sessions will then explore interoception, as we slow down and connect to what is happening in our bodies through gentle movement, self-massage and breathwork.

By the end of the workshops, participants will be able to:

- Identify how they can practise self-care for resilience
- Implement different techniques which benefit their wellbeing in their own time
- Connect with their breath and body through somatic techniques

4 SESSIONS

FOR HEALTH AND SOCIAL CARE WORKERS

This free series of workshops is especially for health and social care staff when managing fatigue, burnout and stress. It starts with two theory-based sessions, which explore how we can be kinder to ourselves, be in the present moment and practise self-care which nurtures us in difficult times. It will provide 'tiny habits' which can be incorporated into daily life. Two more practical sessions will then explore interoception, as we slow down and connect to what is happening in our bodies through gentle movement, self-massage and breathwork.

By the end of the workshops, participants will be able to:

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4 SESSIONS

Mental Health Courses



INTRODUCTION TO PSYCHOSIS

The experience of psychosis, for example hearing voices or experiencing altered perception, is surprisingly common. Being diagnosed with psychosis can be frightening and life changing event. There are lots of misconceptions and stigma regarding psychosis which can make coming to terms with it even harder.

In this course we will look at:

- Why we experience episodes of psychosis
- The symptoms and warning signs of psychosis
- How we can recover and prevent further episodes

2 SESSIONS



LIVING WELL WITH OUR VOICES

This group is a collaboration between voice hearers, professionals and Peer Recovery Worker as we plan how to live with voices and audio hallucinations. This course is grounded on the acceptance of lived experiences of voice hearing. Co facilitated by a voice hearer, the course will focus on understanding and working with the voice hearers experience. Group members will be invited to nominate topics for discussion.

6 SESSIONS



WRAP FOR CARERS

This course works with carers to identify and articulate their needs. WRAP stands for Wellness Recovery Action Plan, which is a prevention and wellness process that anyone can use to monitor their wellness and cope with challenges.

In this course we will look at:

- A daily maintenance plan
- Coping with difficult situations and crisis planning
- How to create a wellness toolbox
- Building confidence and resilience

6 SESSIONS

Mental Health Courses



WELLBEING, SELF CARE AND RESILIENCE

Putting Self Care at the top of our priority list is paramount for our wellbeing and to build up resilience. Turning it from a 'should' into a 'must' is the key to it. In this course, we will incorporate well-being into everyday life, improve our self-care and strengthen our resilience.

In this course we will look at:

- Identifying our stressors
- Creating a self care plan
- Scheduling time to practise self care
- The four cornerstones of resilience

3 SESSIONS



A GOOD NIGHT'S SLEEP

Sleep is more important than you might think. A single sleepless night can make us irritable and moody the following day. It's not surprising therefore that chronic sleep problems may have an impact on our mental health wellbeing. This is a two-session course that will look at the factors that can adversely affect our sleep. You might be surprised how many there are.

In this course we will look at:

- What happens when we sleep
- Pitfalls to avoid
- How to improve our sleep

2 SESSIONS



UNDERSTANDING YOUR MENTAL HEALTH MEDICATION

Facilitated by a pharmacist, this session is designed to help you understand how your medication works, the importance of taking it as prescribed, and how not taking it as prescribed can increase your problems.

1 SESSION

PROBLEM BUSTING FOR LESS STRESS

We all have periods of stress in our lives but having the knowledge and tools to respond to that stress appropriately makes all the difference.

In this course we will look at:

- What causes stress and how it affects us
- Practical tips and tools to reduce stress
- A problem-solving approach to managing stress

2 SESSIONS

Wellbeing Courses



OUTDOOR YOGA

Yoga can benefit both our physical and mental wellbeing. This course provides a supportive structured environment to learn new yoga skills so that you can take them away and continue to practise independently. Through gentle movement, deep breathing and concentration, yoga will leave you feeling relaxed and in a positive frame of mind.

These sessions will take place outdoors throughout the summer

6 SESSIONS



PILATES FOR SITTERS

Do you spend the better part of the day sitting at a desk, in a car, or on the couch? A sedentary lifestyle poses both mental and physical health risks, so join us to gently move and stretch our spine, thinking about our posture and focusing on our breath to feel centered and focused.

Pilates is a very mindful form of exercise which focuses on how your body feels whilst moving. This means it can also help reduce stress and promote relaxation.

This series of workshops will introduce stretches and exercises which you can use on a daily basis to feel more mobile, strong and flexible.

6 SESSIONS

Wellbeing Courses



GARDENING FOR WELLBEING

Gardening is a great way to get some exercise, connect with nature and gain a sense of achievement, all of which can support us in feeling well.

In this course we will look at:

- The physical and mental health benefits of gardening
- Practical skills and tool use
- What to grow when and where (with an emphasis on small spaces)
- Plant care
- Your gardening questions answered

6 X 2 HOUR SESSIONS



LET'S TALK NUTRITION

Introductory workshops on what constitutes good nutrition, why it is important and how to develop sustainable healthy eating habits. This series of workshops will explore common barriers to healthy eating and how they can be overcome. They will explore changes that can be made for improving overall wellbeing.

DROP IN



FIVE WAYS TO WELLBEING

This course gives you an introduction to the Five Ways to Wellbeing and helps you explore a range of things you can do to improve your wellbeing, through:

- Being active
- Taking notice of the world around you
- Keeping on learning
- Connecting with the people around you
- Giving to others

4 X 1.5 HOUR SESSIONS

Wellbeing Courses



MONEY MATTERS

Dealing with money can make us feel anxious and this affects our wellbeing. This course will help you feel more in control of money and as a result less anxious.

The three sessions will:

- Show you how to check you are receiving all the income you are entitled to
- Share ways of dealing with debts, as well as organisations that provide free help
- Give budgeting tips to help keep your finances under control in the future
- During this course we will be sharing information and organisations who provide free support with money matters. After each session Compass will send you our handout, giving the key points and links to the organisations and websites we talk about in the sessions.

3 SESSIONS



OUTDOOR STRETCH AND FLOW

Join us in Prospect Park for simple and safe stretching and breathing exercises to help relax and reduce stress. This series of workshops is for anyone who wants to gain more confidence in gentle exercising and improve their mental and physical wellbeing while enjoying the outdoors.

DROP IN

Creative Courses



STORY TELLING

Telling stories helps us be mindful of ourselves, improve self-confidence and make social connections. Sharing stories is a way to value ourselves and have a sense of purpose. It can also be creative and fun!

Compass is working with Real Time Video and Story Buddies, an innovative, digitally based story telling project, to provide people with the chance to create and share their own stories.

1 SESSION



ICARE

A creative workshop which explores the concept of 'care'. To 'care' means different things for different people. What kinds of things do you 'care' for? What does caring mean to you and your community? How has this 'caring' changed throughout time, and especially during this global pandemic?

This workshop is delivered with the University of Reading's Art department, as part of a project which invites participants from different backgrounds and communities to use art as a way of engaging with social issues that concern them. There is no need for previous artistic experience as the project is open and flexible. For this session, please bring an 'object of care' with you, this could be a photograph, a sound object, a story, a memory, an artwork, a physical object, a poem, a video, a collage, anything that represents 'care' to you. The medium doesn't matter. This is only for us to start a conversation around caring for ourselves and for others.

1 SESSION

Creative Courses



THEATRE IMPROVISATION

A fun and relaxed introduction to improvisation. You will have time to create your own characters, release the imagination and build confidence. These sessions will involve working as a group and improvising together, as well as having the opportunity to create solo work.

Although the sessions will be facilitated by Reading Rep Theatre's Associate Director, participants will have the opportunity to shape how the sessions run throughout the course.

By the end of the course you will feel comfortable with improvisation techniques and exercises, will be able to create independently and as part of a group and hopefully will have had a lot of fun.

6 SESSIONS



OUTDOOR CREATIVE ART

Fun and experimental sessions which are open to everyone - from complete beginners to practicing creatives. Each week will explore a new theme and give opportunities to explore drawing, painting, collage, arts appreciation and much more. Join us to find a "creative flow" for wellbeing.

These sessions will take place outdoors throughout the summer

6 SESSIONS

Social Sessions



COFFEE AND CHAT

These sessions provide informal opportunities to meet new people or catch up with old friends. Peer workers or Compass staff will be there to provide informal support.

WEEKLY

Volunteer with us

Do you have lived experience of mental health challenges and feel that you're in a place of recovery at the moment? Are you a carer or supporter of someone with a mental health problem? Are you a mental health professional or do you have a professional background which could aid in others' wellbeing?

We welcome volunteers at Compass! Volunteering with us promotes self confidence and self-esteem, it helps others and it can help you build up your skills and knowledge too. From day-to-day tasks and administration work to co-producing new courses or delivering on our existing courses. We are looking for

volunteers from a wide range of backgrounds and experiences.

Our Recovery College is driven by

co-production and co-design, so we are looking to work alongside people who bring enthusiasm, skills and experiences to help us get it right.

Get in touch with us to chat more:

0118 9373945

compass.opportunities@reading.gov.uk



What our students say...



“It was actually more directly beneficial than I was expecting. I was pleasantly surprised at how the sessions were paced in such a way it allowed for benefits to be made in real time also the take home practises were achievable and not too overwhelming”

Breathing and Movement Workshops

“It definitely made me more aware of some of the things I do that affect my sleep negatively, which I’d never consider before”

A Good Night’s Sleep Workshops

“This felt like a very ‘practical’ course. It gave so many options to make good practises work for you”

Wellbeing, self-care and resilience workshops

“I don’t think I have ever honoured the fact that I get stressed, I’m very hard on myself. This course helped me see that”

Living a Stress Less Life workshops

“It exceeded my expectations, as I wasn’t sure how such a topic would be covered online”

A Good Night’s Sleep Workshops



FAQS

What will the format of the sessions be?

Our tutors provide resources and information and we hold discussions. No one is expected to mention their personal or professional life, their history or their physical / mental health challenges: however, if anyone does share anything, we ask you to treat what is discussed with complete confidence.

How do I access the courses online?

You will need access to an e-mail address. You will need a PC/ laptop/tablet or phone and internet connection. All of our online courses take place on Zoom or MS Teams. 24 hours before the course, you will be emailed a link which you will need to click on to access the course on the day. The email will include simple instructions. You shouldn't have to download any apps beforehand to access the course, but it might be useful to do so. If you need any help with the technology, please don't hesitate to contact the team.

If internet connection is an issue we can provide you with a dial in link.

How many students will be on an online course?

There will be up to 15 students on each online course, and at least two tutors.

What do I need to do in order to join?

If you've never attended a Compass course before, you will need to enrol as a new student. Please email or call us so we can take down some details and register you on the courses you're interested in. We will work with you to create an Individual Learning Plan for any courses you sign up to.

Get in touch to find out more about our drop-in information, enrolment and registration sessions, which take place every Thursday afternoon.

Have your say

Co-production is at the heart of Compass Recovery College. Our courses are developed with our students, volunteers, carers and mental health professionals. This means that your feedback and input is essential.

We are developing new evaluation forms and bi-monthly Open Meetings, where we will focus on different topics so you can share thoughts and ideas with us.

Keep an eye on our website for the dates or email us for more details.

Compass Website:
www.compassrecoverycollege.uk

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