

# Compass Recovery College Workshop Schedule

## January – April 2022



### Welcome

Compass Recovery College continues to run **free mental health and wellbeing workshops**, both online and in person.

Whether you are a returning participant or new to Compass Recovery College, there's **something for everyone**. The wide range of workshops we offer are an educational route to **recovery from mental health challenges** and **increasing positive wellbeing**.

Workshops focus on **self-management skills and living well**, with the aim of all participants becoming experts in their own self-care. All our workshops 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 participant**, 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.

**Your journey begins here.**

### Our Workshops

- **Mental health courses:** designed to help us understand mental health challenges and teach skills for self- management.
- **Lunch & learn wellbeing courses:** designed to improve wellbeing and help keep us well
- **Creative courses:** to explore our creative side.
- **Social sessions:** informal, drop-in sessions to chat about how we are, meet new people or old friends.

*Your journey starts here...*



## January

MONDAY 10<sup>th</sup>

**Winter Blues, Low Mood & Depression**  
**Online**  
**(Part 1/3)**  
**10.45-12.30**

TUESDAY 11<sup>th</sup>

**Coffee and Chat**  
**The Biscuit Factory**  
**10.30-11.30**

WEDNESDAY 12<sup>th</sup>

**Becoming More Resilient**  
**Online**  
**(Part 1/3)**  
**19.00-20.15**

THURSDAY 13<sup>th</sup>

**Coffee and Chat Under 25's**  
**University of Reading**  
**14.00-15.00**

**Object Handling at Reading Museum**  
**Reading Museum**  
**15.00-16.00**

FRIDAY 14<sup>th</sup>

## January

MONDAY 17<sup>th</sup>

**Winter Blues, Low Mood & Depression**  
Online  
(Part 2/3)  
10.45-12.30

TUESDAY 18<sup>th</sup>

**Coffee and Chat**  
**The Biscuit Factory**  
10.30-11.30

**Introduction to Psychosis**  
Online  
(Part 1/2)  
15.00-16.30

WEDNESDAY 19<sup>th</sup>

**Becoming More Resilient**  
Online  
(Part 2/3)  
19.00-20.15

THURSDAY 20<sup>th</sup>

**Coffee and Chat Under 25's**  
University of Reading  
14.00-15.00

**Yoga**  
Online  
(Part 1/6)  
16.00-17.00

FRIDAY 21<sup>st</sup>

## January

MONDAY 24<sup>th</sup>

**Winter Blues, Low Mood & Depression**  
Online  
(Part 3/3)  
10.45-12.30

TUESDAY 25<sup>th</sup>

**Coffee and Chat**  
**The Biscuit Factory**  
10.30-11.30

**Introduction to Psychosis**  
Online  
(Part 2/2)  
15.00-16.30

WEDNESDAY 26<sup>th</sup>

**Becoming More Resilient**  
Online  
(Part 3/3)  
19.00-20.15

THURSDAY 27<sup>th</sup>

**Coffee and Chat Under 25's**  
University of Reading  
14.00-15.00

**Yoga**  
Online  
(Part 2/6)  
16.00-17.00

FRIDAY 28<sup>th</sup>

## February

MONDAY 30<sup>th</sup>

TUESDAY 1<sup>st</sup>

WEDNESDAY 2<sup>nd</sup>

THURSDAY 3<sup>rd</sup>

FRIDAY 4<sup>th</sup>

**Coffee and Chat**  
**The Biscuit Factory**  
**10.30-11.30**

**Living Well with Our Voices**  
**Reading Central Library**  
**(Part 1/6)**  
**10.15-11.30**

**Walk-Talk-Walk**  
**Palmer Park**  
**10.30-11.30**

**Living Well with our Differences**  
**– Social Group**  
**Reading Central Library**  
**(Part 1/6)**  
**13.00-14.00**

**Coffee and Chat Under 25's**  
**University of Reading**  
**14.00-15.00**

**Introduction to Mental Health**  
**Medication**  
**Online**  
**15.00-16.30**

**Creative Art**  
**Creative Communities:**  
**Wildling Hearts and Healing**  
**MERL**  
**(Part 1/9)**  
**14.00-16.00**

**Yoga**  
**Online**

## February

MONDAY 7<sup>th</sup>

TUESDAY 8<sup>th</sup>

WEDNESDAY 9<sup>th</sup>

THURSDAY 10<sup>th</sup>

FRIDAY 11<sup>th</sup>

**Coffee and Chat**  
**The Biscuit Factory**  
**10.30-11.30**

**Living Well with Our Voices**  
**Reading Central Library**  
**(Part 2/6)**  
**10.15-11.30**

**Walk-Talk-Walk**  
**Palmer Park**  
**10.30-11.30**

### **Theatre and Creative Writing**

**Reading Rep**  
**(Part 1/5)**  
**15.30-17.00**

**Living Well with our Differences**  
**– Social Group**  
**Reading Central Library**  
**(Part 2/6)**  
**13.00-14.00**

**Creative Art**  
**Creative Communities:**  
**Wildling Hearts and Healing**  
**MERL**  
**(Part 2/9)**  
**14.00-16.00**

**Coffee and Chat Under 25's**  
**University of Reading**  
**14.00-15.00**

**Yoga**  
**Online**  
**(Part 4/6)**

## February

MONDAY 14<sup>th</sup>

TUESDAY 15<sup>th</sup>

WEDNESDAY 16<sup>th</sup>

THURSDAY 17<sup>th</sup>

FRIDAY 18<sup>th</sup>

**Coffee and Chat**  
**The Biscuit Factory**  
**10.30-11.30**

**Living Well with Our Voices**  
**Reading Central Library**  
**(Part 3/6)**  
**10.15-11.30**

**Walk-Talk-Walk**  
**Palmer Park**  
**10.30-11.30**

**Theatre and Creative Writing**  
**Reading Rep**  
**(Part 2/5)**  
**15.30-17.00**

**Wellness Planning for Carers**  
**Online**  
**(Part 1/4)**  
**16.00-17.00**

**Living Well with our Differences**  
**– Social Group**  
**Reading Central Library**  
**(Part 3/6)**  
**13.00-14.00**

**Creative Art**  
**Creative Communities:**  
**Wildling Hearts and Healing**  
**MERL**  
**(Part 3/9)**  
**14.00-16.00**

**Coffee and Chat Under 25's**  
**University of Reading**  
**14.00-15.00**

**Yoga**

## February

MONDAY 21<sup>st</sup>

TUESDAY 22<sup>nd</sup>

WEDNESDAY 23<sup>rd</sup>

THURSDAY 24<sup>th</sup>

FRIDAY 25<sup>th</sup>

**Coffee and Chat**  
**The Biscuit Factory**  
**10.30-11.30**

**Emotional First Aid**  
**RISC**  
**(Part 1/3)**  
**11.00-12.00**

**Wellness Planning for Carers**  
**Online**  
**(Part 2/4)**  
**16.00-17.00**

**Theatre and Creative Writing**  
**Reading Rep**  
**(Part 3/5)**  
**15.30-17.00**

**Living Well with Our Voices**  
**Reading Central Library**  
**(Part 4/6)**  
**10.15-11.30**

**Living Well with our Differences**  
**– Social Group**  
**Reading Central Library**  
**(Part 4/6)**  
**13.00-14.00**

**Creative Art**  
**Creative Communities:**  
**Wildling Hearts and Healing**  
**MERL**  
**(Part 4/9)**  
**14.00-16.00**

**Reading for Health**  
**MERL**  
**(Part 1/4)**  
**10.30-12.00**

**Coffee and Chat Under 25's**  
**University of Reading**  
**14.00-15.00**

**Walk-Talk-Walk**  
**Palmer Park**  
**10.30-11.30**



## March

MONDAY 28<sup>th</sup>

**Theatre and Creative Writing**  
Reading Rep  
(Part 4/5)  
15.30-17.00

TUESDAY 1<sup>st</sup>

**Coffee and Chat**  
**The Biscuit Factory**  
10.30-11.30

**Emotional First Aid**  
RISC  
(Part 2/3)  
11.00-12.00

**Wellness Planning for Carers**  
Online  
(Part 3/4)  
16.00-17.00

WEDNESDAY 2<sup>nd</sup>

**Living Well with Our Voices**  
Reading Central Library  
(Part 5/6)  
10.15-11.30

**Living Well with our Differences**  
– Social Group  
Reading Central Library  
(Part 5/6)  
13.00-14.00

**Creative Art**  
**Creative Communities:**  
**Wildling Hearts and Healing**  
MERL  
(Part 5/9)  
14.00-16.00

THURSDAY 3<sup>rd</sup>

**Gardening for Wellbeing**  
Caversham Court Gardens  
(Part 1/6)  
10.30-12.30

**Reading for Health**  
MERL  
(Part 2/4)  
10.30-12.00

**Coffee and Chat Under 25's**  
University of Reading  
14.00-15.00

**Yoga**  
Online  
(Part 6/6)

FRIDAY 4<sup>th</sup>

**Walk-Talk-Walk**  
Palmer Park  
10.30-11.30

## March

MONDAY 7<sup>th</sup>

**Theatre and Creative Writing**  
Reading Rep  
(Part 5/5)  
15.30-17.00

TUESDAY 8<sup>th</sup>

**Coffee and Chat**  
**The Biscuit Factory**  
10.30-11.30

**Emotional First Aid**  
RISC  
(Part 3/3)  
11.00-12.00

**Wellness Planning for Carers**  
Online  
(Part 4/4)  
16.00-17.00

WEDNESDAY 9<sup>th</sup>

**Living Well with Our Voices**  
Reading Central Library  
(Part 6/6)  
10.15-11.30

**Living Well with our Differences**  
– **Social Group**  
Reading Central Library  
(Part 6/6)  
13.00-14.00

**Creative Art**  
**Creative Communities:**  
**Wildling Hearts and Healing**  
MERL  
(Part 6/9)  
14.00-16.00

THURSDAY 10<sup>th</sup>

**Gardening for Wellbeing**  
Caversham Court Gardens  
(Part 2/6)  
10.30-12.30

**Reading for Health**  
MERL  
(Part 3/4)  
10.30-12.00

**Coffee and Chat Under 25's**  
University of Reading  
14.00-15.00

FRIDAY 11<sup>th</sup>

**Walk-Talk-Walk**  
Palmer Park  
10.30-11.30

## March

MONDAY 14<sup>th</sup>

TUESDAY 15<sup>th</sup>

WEDNESDAY 16<sup>th</sup>

THURSDAY 17<sup>th</sup>

FRIDAY 18<sup>th</sup>

**Coffee and Chat**  
**The Biscuit Factory**  
**10.30-11.30**

**Living with Bipolar Disorders**  
**RISC**  
**(Part 1/2)**  
**15.00-16.15**

**Creative Art**  
**Creative Communities:**  
**Wildling Hearts and Healing**  
**MERL**  
**(Part 7/9)**  
**14.00-16.00**

**Gardening for Wellbeing**  
**Caversham Court Gardens**  
**(Part 3/6)**  
**10.30-12.30**

**Reading for Health**  
**MERL**  
**(Part 3/4)**  
**10.30-12.00**

**Managing Chronic Pain**  
**Online**  
**(Part 1/3)**  
**11.00-12.15**

**Coffee and Chat Under 25's**  
**University of Reading**  
**14.00-15.00**

**Walk-Talk-Walk**  
**Palmer Park**  
**10.30-11.30**

## March

MONDAY 21<sup>st</sup>

TUESDAY 22<sup>nd</sup>

WEDNESDAY 23<sup>rd</sup>

THURSDAY 24<sup>th</sup>

FRIDAY 25<sup>th</sup>

**Coffee and Chat**  
**The Biscuit Factory**  
**10.30-11.30**

**Gardening for Wellbeing**  
**Caversham Court Gardens**  
**(Part 4/6)**  
**10.30-12.30**

**Walk-Talk-Walk**  
**Palmer Park**  
**10.30-11.30**

**Living with Bipolar Disorders**  
**RISC**  
**(Part 2/2)**  
**15.00-16.15**

**Creative Art**  
**Creative Communities:**  
**Wildling Hearts and Healing**  
**MERL**  
**(Part 8/9)**  
**14.00-16.00**

**Managing Chronic Pain**  
**Online**  
**(Part 2/3)**  
**11.00-12.15**

**Coffee and Chat Under 25's**  
**University of Reading**  
**14.00-15.00**

## March

MONDAY 28<sup>th</sup>

TUESDAY 29<sup>th</sup>

WEDNESDAY 30<sup>th</sup>

THURSDAY 31<sup>st</sup>

FRIDAY 1<sup>st</sup>

**Coffee and Chat**  
**The Biscuit Factory**  
**10.30-11.30**

**Gardening for Wellbeing**  
**Caversham Court Gardens**  
**(Part 5/6)**  
**10.30-12.30**

**Walk-Talk-Walk**  
**Palmer Park**  
**10.30-11.30**

**Managing Chronic Pain**  
**Online**  
**(Part 3/3)**  
**11.00-12.15**

**Creative Art**  
**Creative Communities:**  
**Wildling Hearts and Healing**  
**MERL**  
**(Part 9/9)**  
**14.00-16.00**

**Coffee and Chat Under 25's**  
**University of Reading**  
**14.00-15.00**

# January to April 2022

Telephone: 01189 373 945

Email: [compass.opportunities@reading.gov.uk](mailto:compass.opportunities@reading.gov.uk)

## April

MONDAY 4<sup>th</sup>

TUESDAY 5<sup>th</sup>

WEDNESDAY 6<sup>th</sup>

THURSDAY 7<sup>th</sup>

FRIDAY 8<sup>th</sup>

**Coffee and Chat**  
**The Biscuit Factory**  
**10.30-11.30**

# January to April 2022

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## April

MONDAY 11<sup>th</sup>

TUESDAY 12<sup>th</sup>

WEDNESDAY 13<sup>th</sup>

THURSDAY 14<sup>th</sup>

FRIDAY 15<sup>th</sup>