

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...



April to July 2022

Telephone: 01189 373 945

Email: compass.opportunities@reading.gov.uk

April

MONDAY 18th

TUESDAY 19th

WEDNESDAY 20th

THURSDAY 21st

FRIDAY 22nd

EASTER MONDAY

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

Walk-Talk-Walk
Palmer Park
10.30-11.30

Gaining Control over Stress and Anxiety
Online
(Part 1/4)
16.00-17.15

April

MONDAY 25th

TUESDAY 26th

WEDNESDAY 27th

THURSDAY 28th

FRIDAY 29th

Coffee and Chat
The Biscuit Factory
10.30-11.30

Singing for Health
MERL
(Part 1/6)
14.00-15.00

Creative Art
Dee Caf Community Café
(Part 1/7)
14.00-16.00

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

Yoga and Mindfulness
Online
(Part 1/5)
16.00-17.00

Walk-Talk-Walk
Palmer Park
10.30-11.30

Gaining Control over Stress and Anxiety
Online
(Part 2/4)
16.00-17.15

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May

MONDAY 2nd

TUESDAY 3rd

WEDNESDAY 4th

THURSDAY 5th

FRIDAY 6th

BANK HOLIDAY

Coffee and Chat
The Biscuit Factory
10.30-11.30

Information and Registration
Reading Central Library
13.00-15.00

Singing for Health
MERL
(Part 2/6)
14.00-15.00

A Goodnight's Sleep
Reading Central Library
(Part 1/2)
12.00-13.00

Creative Art
Dee Caf Community Café
(Part 2/7)
14.00-16.00

Grieving Losses
Online
(Part 1/3)
16.00-17.15

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

Yoga and Mindfulness
Online
(Part 2/5)
16.00-17.00

Gaining Control over Stress and Anxiety
Online
(Part 3/4)
16.00-17.15

Walk-Talk-Walk
Palmer Park
10.30-11.30



May

MONDAY 9 th	TUESDAY 10 th	WEDNESDAY 11 th	THURSDAY 12 th	FRIDAY 13 th
	Coffee and Chat The Biscuit Factory 10.30-11.30	A Goodnight's Sleep Reading Central Library (2/2) 12.00-13.00	Gardening for Wellbeing Caversham Court Gardens (Part 4/6) 10.30-12.30	Walk-Talk-Walk Palmer Park 10.30-11.30
	Singing for Health MERL (Part 3/6) 14.00-15.00	Creative Art Dee Caf Community Café (Part 3/7) 14.00-16.00	Gaining Control over Stress and Anxiety Online (Part 4/4) 16.00-17.15	
		Grieving Losses Online (Part 2/3) 16.00-17.15	Yoga and Mindfulness Online (Part 3/5) 16.00-17.00	

May

MONDAY 16th

TUESDAY 17th

WEDNESDAY 18th

THURSDAY 19th

FRIDAY 20th

Coffee and Chat
The Biscuit Factory
10.30-11.30

Singing for Health
MERL
(Part 4/6)
14.00-15.00

Creative Art
Dee Caf Community Café
(Part 4/7)
14.00-16.00

Grieving Losses
Online
(Part 3/3)
16.00-17.15

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

Stretch and Sketch
MERL
1 sessions
14.30-16.30

Yoga and Mindfulness
Online
(Part 4/5)
16.00-17.00

Walk-Talk-Walk
Palmer Park
10.30-11.30

May

MONDAY 23rd

TUESDAY 24th

WEDNESDAY 25th

THURSDAY 26th

FRIDAY 27th

Coffee and Chat
The Biscuit Factory
10.30-11.30

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

Walk-Talk-Walk
Palmer Park
10.30-11.30

Singing for Health
MERL
(Part 5/6)
14.00-15.00

Creative Art
Dee Caf Community Café
(Part 5/7)
14.00-16.00

Introduction to Mental Health
Medication
Online
15.00-16.30

Yoga and Mindfulness
Online
(Part 5/5)
16.00-17.00

May

MONDAY 30th

TUESDAY 31st

WEDNESDAY 1st

THURSDAY 2nd

FRIDAY 3rd

Coffee and Chat

The Biscuit Factory

10.30-11.30

Singing for Health

MERL

(Part 6/6)

14.00-15.00

Creative Art

Dee Caf Community Café

(Part 6/7)

14.00-16.00

BANK HOLIDAY

QUEEN'S PLATINUM

JUBILEE

BANK HOLIDAY

June

MONDAY 6th

TUESDAY 7th

WEDNESDAY 8th

THURSDAY 9th

FRIDAY 10th

Coffee and Chat

The Biscuit Factory

10.30-11.30

Information and Registration

Reading Central Library

13.00-15.00

Creative Art

Dee Caf Community Café

(Part 7/7)

14.00-16.00

**Finding Happiness & Resilience in
Every Day Life**

Online

(Part 1/3)

19.00-20.15

Gardening for Wellbeing

Caversham Court Gardens

(Part 1/6)

10.30-12.30

Walk-Talk-Walk

Palmer Park

10.30-11.30

June

MONDAY 13th

TUESDAY 14th

Coffee and Chat
The Biscuit Factory
10.30-11.30

WEDNESDAY 15th

**Finding Happiness & Resilience
in Every Day Life**
Online
(Part 2/3)
19.00-20.15

THURSDAY 16th

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

FRIDAY 17th

Walk-Talk-Walk
Palmer Park
10.30-11.30

June

MONDAY 20th

TUESDAY 21ST

Coffee and Chat
The Biscuit Factory
10.30-11.30

WEDNESDAY 22ND

**Finding Happiness & Resilience
in Every Day Life**
Online
(Part 3/3)
19.00-20.15

THURSDAY 23RD

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

FRIDAY 24TH

Walk-Talk-Walk
Palmer Park
10.30-11.30

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June

MONDAY 27th

TUESDAY 28th

WEDNESDAY 29th

THURSDAY 30th

FRIDAY 1st

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

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July

MONDAY 4th

TUESDAY 5th

WEDNESDAY 6th

THURSDAY 7th

FRIDAY 8th

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

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July

MONDAY 11th

TUESDAY 12th

WEDNESDAY 13th

THURSDAY 14th

FRIDAY 15th

Coffee and Chat
The Biscuit Factory
10.30-11.30

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

Walk-Talk-Walk
Palmer Park
10.30-11.30