



Compass
RECOVERY COLLEGE

Supporting Mental Health and Wellbeing

PROSPECTUS SEPTEMBER – DECEMBER 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 **increased positive wellbeing**.

We are pleased to be partnering with local organisations to offer exciting new workshops around photography, visual art, creative writing and theatre. We are celebrating World Mental Health Day in October by offering a bitesized "Improving Resilience and Motivation" workshop, Stress Awareness Day in November sees us offering "Getting to Grips with Stress" both online and in person, and World Kindness Day sees the return of our excellent "Being Kinder to ourselves: beginning self-care and self-compassion" series of workshops.

Workshops focus on **self-management skills and living well**, with the aim of all our 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. You do not need a referral or a diagnosis to attend. 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.



ANNOUNCEMENT

Our drop in Information and Registration sessions are now on the ground floor of Broad Street Mall! These take place on the first Tuesday of every month: Tuesday 6th September and 4th October, 1-3pm.

Come by to chat to our team, discuss your interests and register for workshops if you would like to.

 Your journey begins here.



Our Workshops



Mental health workshops

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



Wellbeing workshops

designed to improve wellbeing and help keep us well.



Creative workshops

To explore our creative side.



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 workshops running for up to 10 sessions. Some of our workshops are online via Zoom and MS Teams, some are in community venues.

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

[REGISTER HERE](#)

Make sure you register with us (its free!) so that you can register onto your chosen workshops: 0118 9373945, compass.opportunities@reading.gov.uk

Mental Health Workshops



GETTING TO GRIPS WITH STRESS

Join us for an hour and a half on Stress Awareness Day to explore practical steps you can take to start getting to grips with the things that can make life stressful.

Stress comes from many places, so we will look at what it does to us and introduce tips and techniques for dealing with feeling overwhelmed.

 1 SESSION IN PERSON

 1 SESSION ONLINE



IMPROVING RESILIENCE AND MOTIVATION

Navigating and recovering from challenges throughout our lives can be difficult. Being resilient and staying motivated is an important part of our personal growth and gives the us **confidence to face challenges.**

In this workshop, we'll discuss the positive impact that building resilience and motivation can have on our wellbeing. We will look into how we can create new behaviours and competencies, to create a sense of control over our lives, by making use of our strengths.

 1 SESSION IN PERSON

Mental Health Workshops



LIVING WELL WITH CHRONIC PAIN

Finding ways to live well with our chronic pain is not easy to do without help and support.

In this 3-week workshop we will look into ways to maintain a good spirit in spite of our chronic pain.

We will look into mindful practices to enjoy brief 'pain free' moments and we will practice some Cognitive Behavioural Therapy and mindfulness techniques to manage our chronic pain and live more fulfilling, happier lives.

 3 SESSIONS ONLINE



UNDERSTANDING PSYCHOSIS AND HEARING VOICES

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.

This 1.5 hours workshop will work with the voice hearers' experience and focus on understanding the experience.

 1 SESSION IN PERSON



UNDERSTANDING YOUR MENTAL HEALTH MEDICATION

Facilitated by a pharmacist, this workshop 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 ONLINE

Wellbeing Workshops



BEING KINDER TO OURSELVES

Two theory-based sessions, which explore how we can be kinder to ourselves, be in the present moment and practice self-care which nurtures us in difficult times.

Followed by two more practical sessions where we slow down and connect to what is happening in our bodies through gentle movement, self-massage and breathwork.

In these workshops we will look at:

- Identifying how we can practice self-care for resilience
- Implementing different techniques which benefit wellbeing
- Connecting with breath and body

 3 SESSIONS ONLINE



WELLBEING WELCOME

This workshop serves as an introduction to Compass Recovery College and is a good place to start if you are completely new to us.

We will look at what recovery means in the context of mental health challenges, strategies for improving your personal wellbeing and how Compass can support you in your recovery journey.

 1 SESSION IN PERSON



YOGA

This active yoga practice includes functional movement and stretching to give our bodies the best possible chance to feel good.

Staying active makes us feel good and has positive links to improving wellbeing. These sessions will include yoga movements with supported mindful breathing practices. They will offer an upbeat flow, which combines standing postures and some restorative postures. This practice will challenge our minds and bodies, leaving us feeling balanced and restored.

 2 SESSIONS IN PERSON

Creative Workshops



COLOUR VISIONS ART GROUP

Join us to explore 'Colour Visions' through film, sculpture, photography, sound, visual arts and visits to artist studios and galleries.

Sessions will be fun, relaxed, and inspiring - for new and experienced artists alike.

'Colour Visions' is a new 2 year arts programme with artists facilitator Lisa-Marie Gibbs and Compass, nurturing individual perspectives through a collective vision. In a colour palette each colour is equivalent to and independent of itself, there are no hierarchies. Every colour holds its own language.

Join us to find a "creative flow" for wellbeing.

 7 SESSIONS IN PERSON



THEATRE AND CREATIVE WRITING

Join Reading Rep Theatre for four creative workshops inspired by the story of Jekyll and Hyde and a one-man stand-up comedy show.

We will explore the model of stand-up comedy and create our own pieces of work.

The format will be open and created by the group and their interests. The group is open to all, from those new to the arts to more experienced creatives.

 4 SESSIONS IN PERSON

Creative Workshops



A PLAY MADE BY YOU

Work with Rank & File Theatre, with support from Compass Recovery College, to write and perform your own stage play. Participants can get involved at any point and in any capacity; from writing to set design to performance.

We will be devising and premiering an original piece of theatre written by local people, asylum seekers, refugees, and those with lived experience of mental health challenges at South Street Arts Centre in November 2022. Our work will be inspired by themes of connection through our individual experiences, human rights and the importance of health and wellbeing for ourselves and for the planet.

The workshops will be spent devising, writing and rehearsing a theatre performance and engaging in high quality creative activities and cultural expression with new people from different backgrounds and communities. All levels of experience welcome.

 15 SESSIONS IN PERSON



MINDFUL PHOTOGRAPHY

Using a blend of simple photography and mindfulness, mindful photography offers a new way of seeing our surroundings that improves mental health, increases confidence and self-esteem.

Join mindful photography practitioner, Nicolette Evans for a series of practical, fun workshops at The Museum of English Rural Life and benefit from new ways of connecting to nature, ourselves and others. All you need is a smartphone or camera and an open mind.

 5 SESSIONS IN PERSON

Social Sessions



WALK-TALK-WALK

A gentle walk around Palmer Park to catch up and enjoy the outdoors, with a stop of at Tutu's Ethiopian Table for a hot drink. Peer support workers and volunteers will be there to provide informal support.

 WEEKLY IN PERSON



COFFEE AND CHAT

An opportunity to meet new people, have a coffee and catch up with friends. Peer support workers and volunteers will be there to provide informal support.

 WEEKLY IN PERSON

ANNOUNCEMENT

Information and Registration

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What Our Participants Say



“Informative and helpful, taught at comfortable pace and with understanding and compassion”

Gaining Control Over Stress and Anxiety

“Really informative, interesting and well delivered. I appreciated the regular pauses to allow for questions, and the quality of resources shared with us. Wish I had found this sooner!”

Introduction to Mental Health Medication

‘This course helped to clarify particular behavioural habits that needed to be addressed, and better coping strategies. One thing that has been very helpful, if I’m really struggling with a certain activity or event, is to ask myself why I’m doing it. This allows me to figure if I need to do it or if I want to do it. Amazing how just figuring out that much is so helpful!’

Improving Resilience and Motivation

“All positives. Led superbly. I last did yoga 20 years ago and there are different schools. Muscle memory of the postures soon came back and I’m now committed to continuing yoga practice. I came away feeling light in body and mind, minus some niggling aches and inflammation, but chiefly psychologically refreshed. Such a fulfilling practice inspires an outlook that enables growth, fulfilment, belief in and commitment to my continuing recovery”

Yoga





Have your say

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

We have regular feedback forums, where we focus on different topics so you can share thoughts and ideas with us. Our next feedback forum is **Tuesday 25th September, 11.30am at the Biscuit Factory.**

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 workshop or delivering on our existing workshops. 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



FAQS

What do I need to do in order to join?

If you would like to talk to someone before registering, please get in touch and a member of our team will be happy to talk to you or arrange to meet you in advance of a workshop. We also host regular Information & Registration sessions on the first Tuesday of each month at Reading Central Library. Please feel free to come by and talk to us about our workshops and what you would like to gain from them. We're here to help! Alternatively, you can complete our [online registration form](#). Participants must register for their chosen workshops each term. Due to high demand, we ask you to choose no more than 3 workshops. Please only register for workshops that you can attend and save the dates in your calendar. We are a small service with high demand and want to be able to support as many people as possible. We will ask you to confirm your attendance via email a week before

attending the workshop. If we do not hear back from you, we will assume you are no longer able to take up your place and offer it to someone else.

What will the format of the sessions be?

Our trainers 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 online workshops?

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 workshops take place on Zoom or MS Teams. On

the morning of the workshop, you will be emailed a link which you will need to click on to access the workshop. The email will include simple instructions. You shouldn't have to download any apps beforehand to access the workshop, 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.

Get in touch



Compass Website:
www.compassrecoverycollege.uk

Compass Facebook:
Search 'Compass Recovery College'

Compass Twitter:
twitter.com/RecoveryCompass

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