

# Compass Recovery College Workshop Schedule September to 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 **increasing 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.

**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...*



# September to December 2022

Telephone: 01189 373 945

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

## September

MONDAY 5<sup>th</sup>

TUESDAY 6<sup>th</sup>

WEDNESDAY 7<sup>th</sup>

THURSDAY 8<sup>th</sup>

FRIDAY 9<sup>th</sup>

**Coffee and Chat**

**The Biscuit Factory**

**10.30-11:30**

**Walk-Talk-Walk**

**Palmer Park**

**10.30-11.30**

**Information & Registration**

**Broad Street Mall**

**13:00-15:00**

**Yoga**

**Forbury Gardens**

**(Reading Central Library if  
raining)**

**13:00-14:00**

**A Play Made By You**

**RISC**

**(Part 3/15)**

**15:30-17:30**

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## September

MONDAY 12<sup>th</sup>

TUESDAY 13<sup>th</sup>

**Coffee and Chat**

**The Biscuit Factory**

**10.30-11.30**

WEDNESDAY 14<sup>th</sup>

**Wellbeing Welcome**

**Reading Central Library**

**12:00-13:30**

**A Play Made By You**

**RISC**

**(Part 4/15)**

**15:30-17:30**

THURSDAY 15<sup>th</sup>

FRIDAY 16<sup>th</sup>

**Walk-Talk-Walk**

**Palmer Park**

**10.30-11.30**

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## September

MONDAY 19th

TUESDAY 20th

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

WEDNESDAY 21st

**Yoga**  
**Forbury Gardens**  
**(Reading Central Library if**  
**raining)**  
**13:00-14:00**

**A Play Made By You**  
**RISC**  
**(Part 5/15)**  
**15:30-17:30**

THURSDAY 22nd

FRIDAY 23rd

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

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## September

MONDAY 26<sup>th</sup>

TUESDAY 27<sup>th</sup>

**Coffee and Chat**  
**The Biscuit Factory**  
**10.30-11:30**

WEDNESDAY 28<sup>th</sup>

**Understanding Psychosis &  
Hearing Voices**  
**Reading Central Library**  
**12:00-13:30**

**A Play Made By You**  
**RISC**  
**(Part 6/15)**  
**15:30-17:30**

THURSDAY 29<sup>th</sup>

FRIDAY 30<sup>th</sup>

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

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## October

MONDAY 3rd	TUESDAY 4th	WEDNESDAY 5th	THURSDAY 6 <sup>th</sup>	FRIDAY 7 <sup>th</sup>
	<b>Coffee and Chat</b> The Biscuit Factory 10.30-11:30			<b>Walk-Talk-Walk</b> Palmer Park 10.30-11.30
<b>Theatre &amp; Creative Writing</b> Reading Rep (Part 1/4) 15:30-17:00	<b>Introduction to Mental Health Medication</b> Online 15:30-17:00	<b>A Play Made By You</b> RISC (Part 7/15) 15:30-17:30		

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## October

MONDAY 10th

TUESDAY 11<sup>th</sup>

WEDNESDAY 12<sup>th</sup>

THURSDAY 13<sup>th</sup>

FRIDAY 14<sup>th</sup>

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

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

**Improving Resilience & Motivation**  
**Reading Central Library**  
**12:00-13:00**

**A Play Made By You**  
**RISC**  
**(Part 8/15)**  
**15:30-17:30**

**Theatre & Creative Writing**  
**Reading Rep**  
**(Part 2/4)**  
**15:30-17:00**

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## October

MONDAY 17<sup>th</sup>

**Theatre & Creative Writing**  
Reading Rep  
(Part 3/4)  
15:30-17:00

TUESDAY 18<sup>th</sup>

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

**Colour Vision Art Group**  
Jelly (Broad Street Mall)  
(Part 1/7)  
14:00-16:00

WEDNESDAY 19<sup>th</sup>

**A Play Made By You**  
RISC  
(Part 9/15)  
15:30-17:30

THURSDAY 20<sup>th</sup>

FRIDAY 21<sup>st</sup>

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



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## October

MONDAY 24th

**Theatre & Creative Writing**  
Reading Rep  
(Part 4/4)  
15:30-17:00

TUESDAY 25th

**Coffee and Chat**  
The Biscuit Factory  
10.30-11:30

**Colour Vision Art Group**  
Jelly (Broad Street Mall)  
(Part 2/7)  
14:00-16:00

WEDNESDAY 26<sup>th</sup>

**A Play Made By You**  
RISC  
(Part 10/15)  
15:30-17:30

THURSDAY 27<sup>th</sup>

FRIDAY 28<sup>th</sup>

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

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## November

MONDAY 31 <sup>st</sup>	TUESDAY 1 <sup>st</sup>	WEDNESDAY 2 <sup>nd</sup>	Thursday 3 <sup>rd</sup>	Friday 4 <sup>th</sup>
	<b>Coffee and Chat</b> The Biscuit Factory 10.30-11:30	<b>Getting to Grips with Stress</b> Reading Central Library 12:00-13:30	<b>Getting to Grips with Stress</b> Online 12:00-13:30	<b>Walk-Talk-Walk</b> Palmer Park 10.30-11.30
	<b>Colour Vision Art Group</b> Jelly (Broad Street Mall) (Part 3/7) 14:00-16:00	<b>A Play Made By You</b> RISC (Part 11/15) 15:30-17:30		

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## November

MONDAY 7<sup>th</sup>

TUESDAY 8<sup>th</sup>

**Coffee and Chat**  
**The Biscuit Factory**  
**10.30-11:30**

WEDNESDAY 9<sup>th</sup>

**Mindful Photography**  
**MERL**  
**(Part 1/5)**  
**13:00-15:30**

Thursday 10<sup>th</sup>

Friday 11<sup>th</sup>

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

**Colour Vision Art Group**  
**Jelly (Broad Street Mall)**  
**(Part 4/7)**  
**14:00-16:00**

**A Play Made By You**  
**RISC**  
**(Part 12/15)**  
**15:30-17:30**

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## November

MONDAY 14th

TUESDAY 15th

WEDNESDAY 16th

Thursday 17th

Friday 18th

**Coffee and Chat**  
**The Biscuit Factory**  
**10.30-11:30**

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

**Mindful Photography**  
**MERL**  
**(Part 2/5)**  
**13:00-15:30**

**Colour Vision Art Group**  
**Jelly (Broad Street Mall)**  
**(Part 5/7)**  
**14:00-16:00**

**A Play Made By You**  
**RISC**  
**(Part 13/15)**  
**15:30-17:30**

**Being Kinder to Ourselves**  
**Online**  
**(Part 1/4)**  
**16:00-17:00**

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## November

MONDAY 21st

TUESDAY 22nd

WEDNESDAY 23rd

Thursday 24th

Friday 25th

**Coffee and Chat**  
**The Biscuit Factory**  
**10.30-11:30**

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

**Mindful Photography**  
**MERL**  
**(Part 3/5)**  
**13:00-15:30**

**Colour Vision Art Group**  
**Jelly (Broad Street Mall)**  
**(Part 6/7)**  
**14:00-16:00**

**A Play Made By You**  
**RISC**  
**(Part 14/15)**  
**15:30-17:30**

**Being Kinder to Ourselves**  
**Online**  
**(Part 2/4)**  
**16:00-17:00**

## November

MONDAY 28th

TUESDAY 29th

WEDNESDAY 30th

Thursday 1st

Friday 2nd

**Coffee and Chat**  
**The Biscuit Factory**  
**10.30-11:30**

**Living Well with Chronic Pain**  
**Online**  
**(Part 1/3)**  
**12:00-13:00**

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

**Colour Vision Art**  
**Jelly (Broad Street Mall)**  
**(Part 7/7)**  
**14:00-16:00**

**Mindful Photography**  
**MERL**  
**(Part 4/5)**  
**13:00-15:30**

**Being Kinder to Ourselves**  
**Online**  
**(Part 3/4)**  
**16:00-17:00**

**A Play Made By You**  
**RISC**  
**(Part 15/15)**  
**15:30-17:30**

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## December

MONDAY 5th

TUESDAY 6th

**Coffee and Chat**  
**The Biscuit Factory**  
**10.30-11:30**

WEDNESDAY 7th

**Living Well with Chronic Pain**  
**Online**  
**(Part 2/3)**  
**12:00-13:00**

**Mindful Photography**  
**MERL**  
**(Part 5/5)**  
**13:00-15:30**

Thursday 8th

Friday 9th

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

**Being Kinder to Ourselves**  
**Online**  
**(Part 4/4)**  
**16:00-17:00**

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## December

MONDAY 12th

TUESDAY 13th

**Coffee and Chat**  
**The Biscuit Factory**  
**10.30-11:30**

WEDNESDAY 14th

**Living Well with Chronic Pain**  
**Online**  
**(Part 3/3)**  
**12:00-13:00**

Thursday 15th

Friday 16th

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