



# Supporting Mental Health and Wellbeing

PROSPECTUS JANUARY – APRIL 2023

# 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**.

Our 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.



## 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:

Tuesdays January 10, February 7 and March 7, 12-2pm.

Come by to chat to our team, discuss your interests and register for workshops.

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

# Mental Health Workshops



## LOW MOOD AND DEPRESSION

Keeping up with our wellbeing and finding ways to feel more upbeat is not always that easy. Depression can set in and we can find it difficult to enjoy life, engage with others and make sense of the world around us.

We will look into ways to support our wellbeing by taking care of our physical and mental health. We will look into ways of challenging those thinking patterns that can lead us to feelings of despair and we will work on creating an environment that can uplift our mood when we are feeling low. Finding the right activity for us, the right support network and challenging any intrusive negative thoughts can lead to beating the winter blues, lifting our mood and living well.

 3 WORKSHOPS ONLINE



## IMPROVING SELF ESTEEM

Self Esteem can affect all aspects of our lives.

This workshop will help to focus on what we can control, as opposed to what we can't. We will look into strategies and ideas that help tackle self-esteem issues.

 1 WORKSHOP ONLINE



## UNDERSTANDING AUTISM AND MENTAL HEALTH

Autistic Spectrum Disorder (ASD) can make managing certain areas of our lives more difficult, such as becoming distressed when there are changes to routine or finding certain situations anxiety provoking.

These workshops aim to help autistic adults understand their ASD and how it affects their mental health, whilst discussing ways to cope with common mental health challenges in everyday life.

 2 WORKSHOPS IN PERSON

# Mental Health Workshops



## AUTISM AND SOCIAL ANXIETY

**Social interactions are a common source of anxiety for many autistic adults.**

This workshop will explore social anxiety and look at workable strategies for managing social situations to help autistic adults do the things they want and need to do.

 1 WORKSHOP IN PERSON



## SELF ESTEEM AND AUTISM

**This workshop will focus on self-esteem for autistic adults.**

We will look at self-acceptance and self-identity, as well as exploring strategies for how to manage negative experiences or reactions from others, whilst identifying and acknowledging your strengths.

 1 WORKSHOP IN PERSON



## SUPPORTING YOU TO SUPPORT AUTISM

**These workshops aim to support the family and carers of autistic adults in understanding ASD and support strategies for mental health and wellbeing.**

We will explore how autism presents and how this can be linked to mental health challenges.

We will also explore how you can meet your own mental health and wellbeing needs when supporting others.

 2 WORKSHOPS IN PERSON

# Mental Health Workshops



## GRIEVING LOSSES

Experiencing loss is part of life, whether you have lost a loved one, the end of a long life relationship, the loss of a job or the loss of an important friendship; learning to accept the new situation and living a fulfilled life after loss might seem nearly impossible.

In these workshops we will consider how we all grieve in different ways and how we can support ourselves through the process and, with time, find meaning to our losses.

We will look at understanding different stages of grief and identifying where we are in the process. We will practice treating ourselves kindly and learn new ways to decrease suffering after a loss.

 3 WORKSHOPS ONLINE



## WELLBEING FOR CARERS

These workshops work with carers to identify and articulate their needs. We explore prevention and wellness techniques that everyone can use to monitor their wellness and cope with challenges.

We look at creating a daily maintenance plan and investigate how we cope with difficult situations. We will also create a wellness toolbox which participants can use in their daily lives.

 4 WORKSHOPS ONLINE



## UNDERSTANDING PSYCHOSIS

The experience of psychosis, for example hearing voices or experiencing altered perception, is surprisingly common. Being diagnosed with psychosis can be a frightening and life changing event.

There are lots of misconceptions and stigma regarding psychosis which can make coming to terms with it even harder. These 1.5 hours workshops will work with lived experience and focus on understanding the experience.

 2 WORKSHOPS IN PERSON

# Wellbeing Workshops



## 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 WORKSHOP IN PERSON



## HABITS AND ROUTINES FOR POSITIVE CHANGE

This workshop explores the benefits of routine on our wellbeing. We will look at workable strategies for building new habits and routines into our daily lives.

We will also look at why this sometimes doesn't work despite our best intentions and what we can do to avoid this and make our new routine sustainable.

 1 WORKSHOP IN PERSON



## YOGA FOR ENERGY

These gentle yoga workshops are an invitation to explore your bodies energy levels. Sometimes it is not easy to be in the body and we will investigate that with kindness and compassion.

We will listen to and feel the sensations of our bodies, reconnecting with ourselves and building energy reserves. We will explore yoga poses and breathing to enhance self-awareness and better self-regulation in everyday life.

 3 WORKSHOP ONLINE

# Wellbeing Workshops



## CHAIR YOGA

These slower paced chair-based sessions are for older people and those with injuries or chronic pain.

Chair yoga can help those with limited mobility stay active, decrease stress, and relieve anxiety. They will help us connect with our bodies, breath and mind and remind us all to be more intentional as we move about our days.

 9 WORKSHOP IN PERSON



## PARENT & BABY YOGA

These yoga sessions are for women that have birthed and their new babies (from 6 weeks to crawling). Join us to nourish and care for your body as we stretch, strengthen and breathe mindfully. It's a great way to bond with your baby and ease back in to exercise in a safe and welcoming environment.

These workshops will stabilise your body after birth, with a particular focus on core and pelvic floor health. Workshops will feature mindful movements to support fatigue, energy and the emotional challenges of parenting. Alongside this, there will be play, movement, massage and lullabies for the babies.

 9 WORKSHOPS IN PERSON

# Wellbeing Workshops



## MONEY MATTERS

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

*The workshops 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

 3 WORKSHOP ONLINE



## EMPLOYABILITY AND MENTAL HEALTH

Entering or re-entering the workforce after a period of mental ill health or wellbeing challenges can be hard. These workshops with New Directions and Compass will discuss the benefits of employment skills, support the building of goals and healthy habits, and share strategies for improving personal wellbeing.

Through conversations and fun interactions, participants will explore what their transferable skills are, what they want to get out of employment and which tools may best help them express themselves. We will work on CVs and personal statements as well as mental health coping strategies and skills to keep well when looking for and in work.

 4 WORKSHOPS 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 2-year arts programme with artist facilitator Lisa-Marie Gibbs and Compass. It explores colour through creativity; in a colour palette each colour is equivalent to and independent of itself, there are no hierarchies and every colour holds its own language. Join us to find a "creative flow" for wellbeing.

 7 WORKSHOPS IN PERSON



## COLOUR VISIONS ART GROUP FOR REFUGEES AND ASYLUM SEEKERS

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, catering specifically to Reading's refugees and asylum seekers.

'Colour Visions' is a 2-year arts programme with artist facilitator Lisa-Marie Gibbs and Compass. It explores colour through creativity. Join us to connect with others and find a "creative flow" for wellbeing.

 7 WORKSHOPS IN PERSON

# Creative Workshops



## CREATIVE WRITING

Join Reading Rep Theatre for four creative writing workshops and a trip to the theatre to watch a production of Hedda Gabler.

We will explore different styles and approaches to creative writing, exploring how we can create work from personal experience or from fiction. The group is open to all, from those new to the arts to more experienced creatives.

 4 WORKSHOPS IN PERSON



## CONSERVATION FOR WELLBEING: KINTSUGI BINDING

Kintsugi is a traditional and longstanding Japanese method of object repair that visibly accentuates and enhances the damage an item has sustained to create a new, equally beautiful object.

These sessions will explore the wellbeing that can come from conservation and participants will have the opportunity to take a book of their choice that is damaged and repair it in a tactile and meaningful way to create something that is patched but equally perfect.

Working with The MERL library and archive conservator Victoria Stevens, we will explore book structures in a very hands-on and tactile way, looking at how books were made, the processes behind repairing them and the materials we can use. The workshops will end with a display of the books we have made together, and to share the story behind them.

 6 WORKSHOPS IN PERSON

# Social Sessions



## WALK-TALK-WALK

A gentle walk around Palmer Park to catch up and enjoy the outdoors, with a stop off 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 connect with others.

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



“I am continually surprised and pleased at how helpful these sessions are. Whatever you’re doing, its working. The goals ladder was helpful and the “it’s no big deal if you mess up” philosophy is also super helpful”

## ***Wellbeing Welcome***

“I have felt very welcomed and included by everyone at Coffee and Chat, I have felt better with myself since I joined this social activity”

## ***Coffee and chat***

“Very enjoyable, clear message, upbeat and respectful. Personal, lived experiences are helpful.”

## ***Improving Resilience and Motivation***

“Timing, delivery, location perfect, perfect teachers. Amazing, inspiring, loving, and kind”

## ***Yoga***

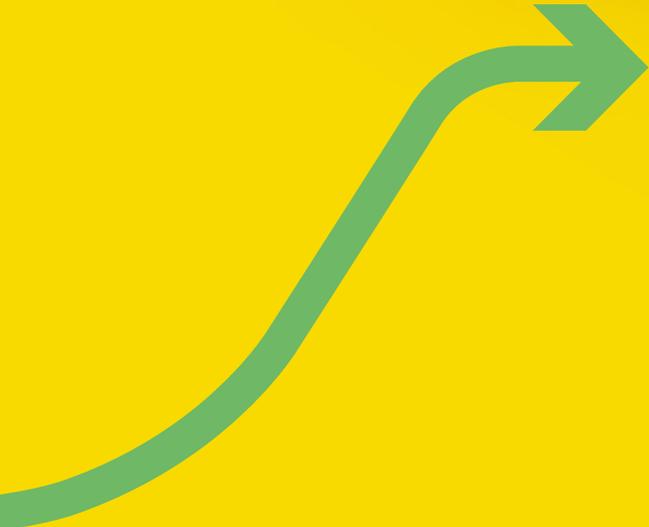
“It was nice to listen to others’ experiences and make sense of my own experiences.”

## ***Understanding Psychosis***

“I enjoyed the workshop; it was nice to learn about the different stages of grief and it was nice to connect with other people and support each other.”

## ***Grieving Losses***





## 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 14th February, 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](mailto: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](http://www.compassrecoverycollege.uk)

**Compass Facebook:**  
Search 'Compass Recovery College'

**Compass Twitter:**  
[twitter.com/RecoveryCompass](https://twitter.com/RecoveryCompass)

**Compass Phone:**  
0118 9373945

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