

# Compass Recovery College

A mental health and  
wellbeing  
organisation

April 2023



Website : [Compass Recovery College](https://www.compassrecoverycollege.org.uk)  
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## Stats from last term

We had 275 participants register.	We ran 24 mental health and wellbeing workshops.
We ran mental health workshops for individuals with Autism -36 participants attended.	82% of participants reported they had learnt new coping strategies.
We ran 5 training workshops for professionals.	74% of participants felt they had gained greater self-awareness.

## Summary of last term

Last term was a busy and exciting term for Compass. We delivered twenty-four mental health and wellbeing workshops, including sessions on low mood and depression, psychosis, grieving losses and self-esteem. A particular highlight was our autism offering. Following funding from Reading Integration Board (RIB) we delivered six workshops providing mental health support specifically to individuals with autism and their families. We worked closely with Autism Berkshire when planning these workshops to ensure they were of a high quality

and complimentary to support being provided in Reading. In line with our ethos, these workshops were co-produced and co-facilitated by individuals with lived experience of autism and mental health difficulties. Thirty-six individuals engaged with these workshops, and we received very positive feedback from the workshops.

Our wellbeing workshops also continued to be popular and well received. Last term we ran workshops on creative writing, positive habits, art (colour-vision), yoga (including mother and baby sessions), book conservation, finances, and employability.

### **What's coming up this term?**



### **Workshops**

Compass have another thrilling term ahead, with some new workshops to look forward to. This term we will be adding new workshops on understanding emotions, ADHD, and how to think beyond recovery and build a positive future.

We have plenty of mental health and wellbeing workshops to address a range of needs and provide support. Our aim is to build confidence, understanding, independence and skills to support participants to better manage their mental health and wellbeing.

For more detailed information, please refer to our prospectus and schedule, which can be found online:

[Compass Recovery College – Supporting mental health and wellbeing](#)

### **Training for Staff**

We will be continuing to provide training workshops for staff who work in the voluntary or community sector. If you wish to find out more information or are interested in attending, please contact our team via phone or email.

Additionally, we will also be delivering a six-week Mental Health Reablement Training Programme. This training is designed to upskill and support service providers who work alongside individuals who have recently been discharged from psychiatric hospitals. Currently this is only open to specific providers and staff from Reading Borough Council. This training aims to increase awareness around mental health difficulties, signs of relapse, and will be focused on supporting recovery through techniques such as goal setting and sleep hygiene.

## Volunteering

We have made some changes to our volunteering programme and have devised four new roles which we are excited to share. These roles have a clear focus and provide opportunities for learning and development. If you are interested in volunteering, please get in contact with our team by phone or email. Please find below an overview of our new volunteering roles:

### Peer Supporter

- *To provide companionship and support to participants.*
- *To be a support to Compass staff in workshops.*
- *To be a friendly listener and help facilitate discussions as appropriate.*
- *To relay any concerns or issues to Compass Staff.*

### Workshop Contributor

- *To help plan and develop workshops.*
- *To research certain topics related to the workshop.*
- *To review presentation, content, and workshop plans.*
- *To help co-facilitate workshops where suitable under guidance from our Recovery Workers.*

### Content Creator

- *To help manage social media channels including creating content.*
- *To contribute towards website development*
- *To help think of innovative ways to drive online engagement around mental health and wellbeing.*

### Compass Ambassador

- *To promote Compass in different groups and forums.*
- *To network with working partners*
- *To support our Info and Registration sessions.*
- *To represent Compass in a professional manner*

## How to register

You can register for free online via our website, or alternatively call us on 0118 9373945.

[Compass Recovery College – Supporting mental health and wellbeing](#)

If you would prefer to speak with the team in person, we will be running information and registration sessions at Broad Street Mall on the following dates:

Wednesday 10th May 12.00-14.00.

Wednesday 14th June 12.00-14.00.

## Partner showcase

**Berkshire**  
Adult Autism Support Service

**Autism Berkshire** | **Frimley Health and Care** | **NHS**  
Buckinghamshire, Oxfordshire and Berkshire West  
Integrated Care Board

Support?  
Who do I talk to?

**Adult support Helpline**      **Workshops & courses**  
**One-to-one support**      **Activity & social groups**

📞 Helpline: **01189 594 594** | **www.autismberkshire.org.uk**  
**adult.support@autismberkshire.org.uk**

Autism Berkshire is a working name of Berkshire Autistic Society. Charity No: 1076217  
Company no. 375 0656. 40 Caversham Road, Reading, RG1 7EB Tel: 01189 594 594  
Facebook: AutismBerkshire Twitter: @autismberkshire website: www.autismberkshire.org.uk



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Reading & Wokingham

"We are Sport in Mind - the charity that uses sport and physical activity to improve the lives of people experiencing mental health problems". Our sessions take place every week, all year around. To find out more about sessions near you, check out our Activity Map on sportinmind.org or contact Claire on 0118 947 9762!

### Reading Sessions

Day	Time	Activity	Instructor	Venue
Mon	11-12PM	Walk	Dave	Christchurch Meadows, Caversham, Reading RG4 8BY, meet in the middle of Christchurch Foot Bridge
Mon	2-3PM	Yoga	Julie	Meadway Sports Centre, Conwy Cl, Reading RG30 4BZ
Mon	6.30-7.15PM	Jog & Walk	Calum	Prospect Park, Liebenrood Road, RG30 2ND, meet nr changing rooms at car park
Tues	11.30-12.30PM	Dance	Josie	The Royal Suite, South Reading Leisure Centre, Northumberland Ave, RG2 8DH
Tues	2-3PM	Football	Ashley	Football Courts, Prospect Park, Liebenrood Road, RG30 2ND
Weds	12-1PM	Badminton & Table Tennis	Gill	Sports Hall, Rivermead Leisure Centre, Richfield Avenue, Reading, RG1 8EQ
Weds	1-2PM	Yoga	Ann	Room 2, Student Opportunities (ask RUSU reception) Reading University Campus, Pepper Ln, RG66EH
Weds	3.30-4.30PM	Tai Chi	Steve	Museum of English Rural Life, 6 Redlands Road, RG1 5EX
Thurs	12-1PM	Tennis	Gill	Indoors in the Tennis Dome, Reading University, Shinfield Rd, RG2 7BW
Thurs	6.30-7.15PM	Jog & Walk	Laura / Sam	Meet near statue, Palmer Park, RG6 1LF

### Wokingham Sessions

Day	Time	Activity	Instructor	Venue
Mon	12-1PM	Badminton & Table Tennis	Gill	Woodford Park Leisure Centre, Haddon Drive, Woodley, RG5 4LY
Fri	2-3PM	Badminton & Table Tennis	Gill	Wokingham Leisure Centre, Wellington Road, Wokingham, RG40 2AF

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Supported by the Thriving Communities Fund, made possible thanks to

