

Colour Vision

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.

Compass joins with artist Lisa-Marie Gibbs to explore colour through creativity. In a colour palette each colour is equivalent to, and independent of itself, there are no hierarchies. Come and explore your creative flow.

6 weekly sessions starting from
Friday, 5th Jan
10:00am till 12:00pm

Free to join, Enrol with us

Compassrecoverycollege.uk
Compass.opportunities@reading.gov.uk
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COLOUR VISIONS FOR REFUGEES AND ASYLUM SEEKERS

Reading's Refugees and Asylum Seekers are invited to join us for a new Arts and Wellbeing Programme.

We will explore the theme of 'Colour' through film, sculpture, photography, sound, visual arts and visits to artist studios and galleries.

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

6 weekly sessions starting from
Friday, 5th Jan
10:00am till 12:00pm
2:00pm - 4:00pm
3 sessions at DoubleTree by Hilton
3 sessions at Greyfriars Church
Friar St, Reading. RG1 1EH.

Free to join, Enrol with us



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OCD

OCD is a type of anxiety disorder, and it can be an extremely debilitating condition. This workshop will help you work through your symptoms and experiences whilst providing you with coping skills to help further recovery.

The workshop will look at:

- What OCD is and how symptoms may manifest.
- Where OCD stems from and how it can occur.
- Coping skills to help enhance recovery.
- Worked examples to improve knowledge around recovery.

Wednesday 17th & 24th January

2:00pm till 3:30pm

2 Sessions

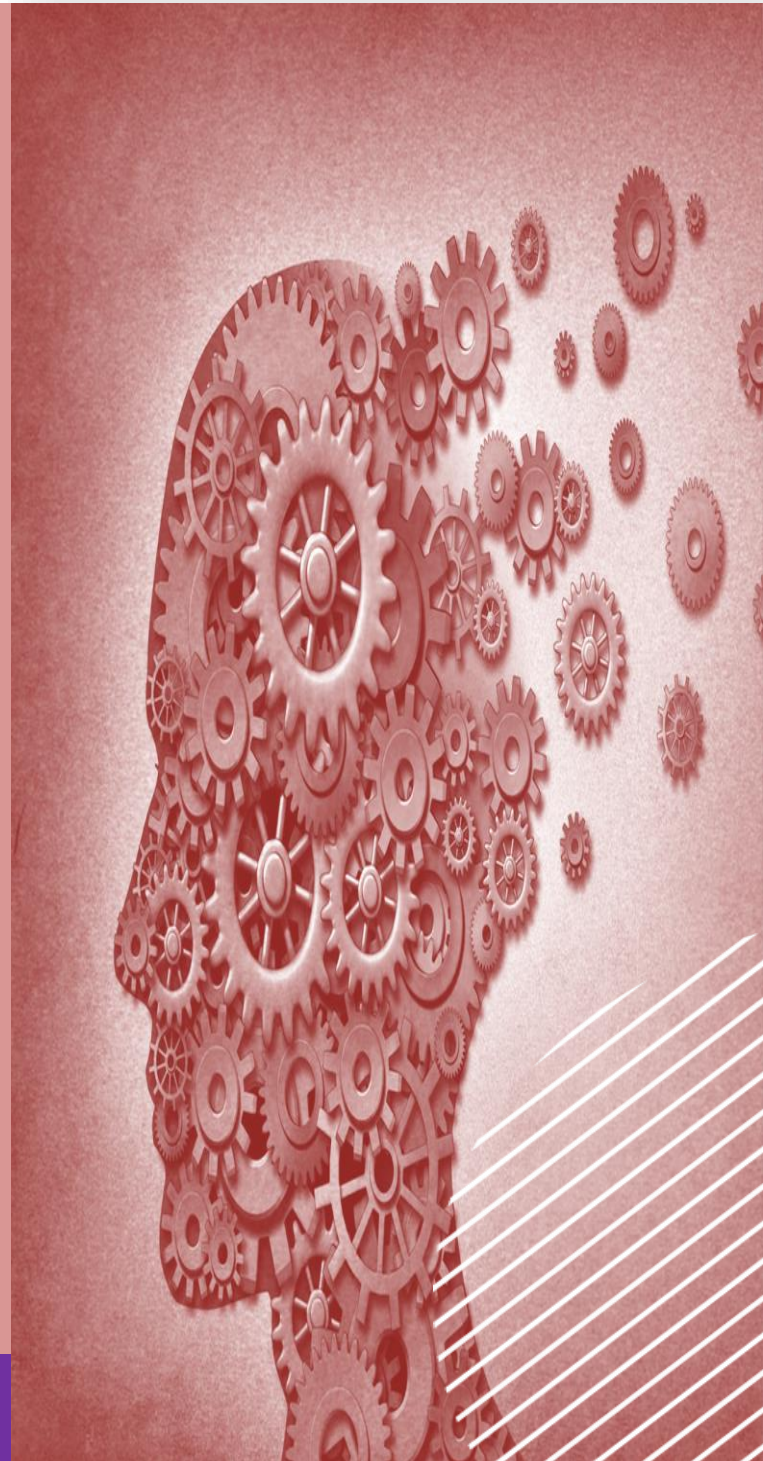
Online

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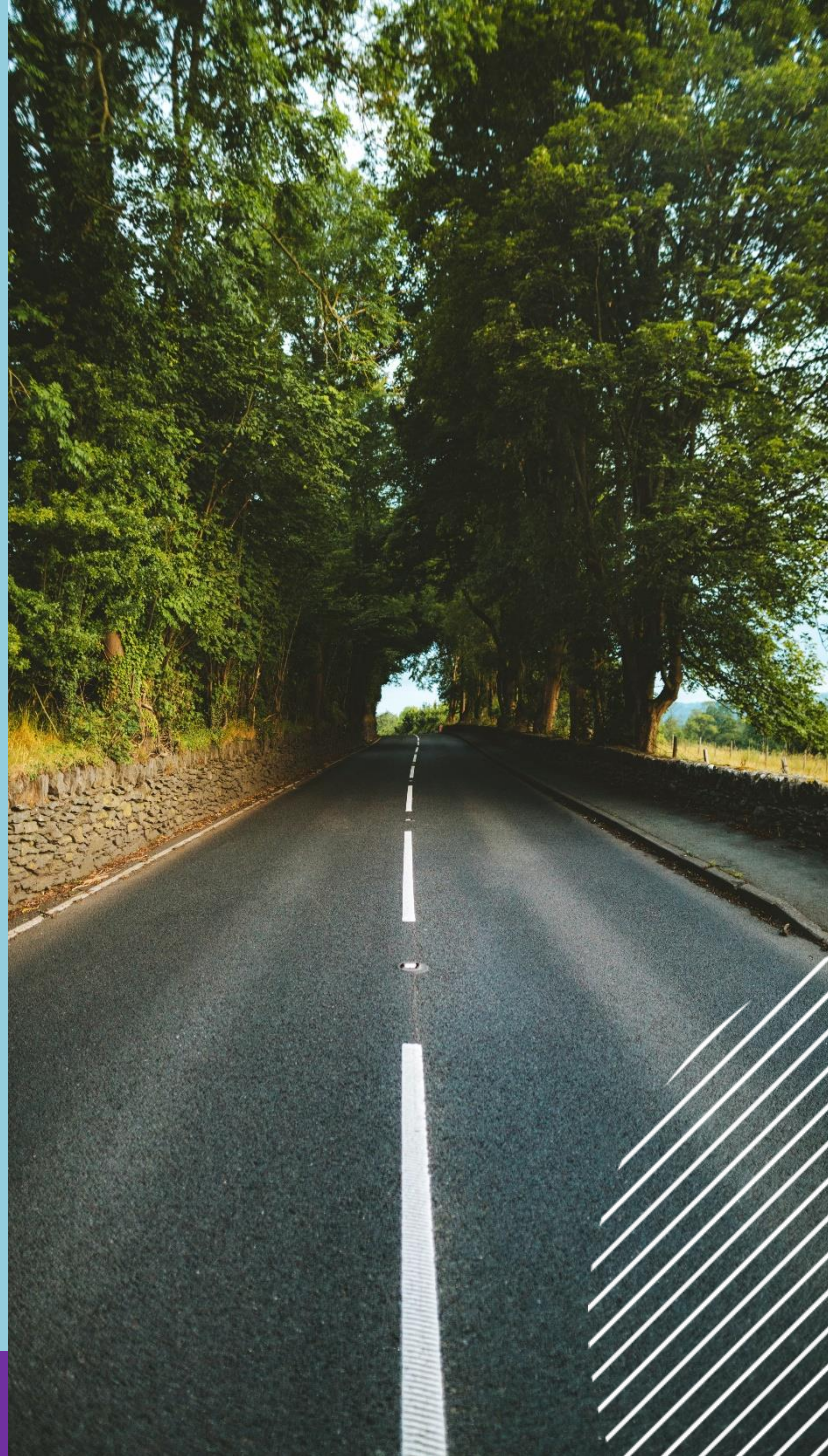
Living With Bipolar

Although we all have mood swings, in bipolar disorder these can become unmanageable and overwhelming. In this workshop we will look at:

- The facts and realities of bipolar disorder
- How it affects our lives and relationships
- Common triggers and challenges
- How it is diagnosed and treated
- How you can manage it
- How you can support someone that you care about.

Monday 22nd & 29th Jan
7:00pm till 8pm
2 Sessions Online

Free to join, Enrol with us



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Managing Money & Mental Health

Dealing with money can make us feel anxious and this can affect our well-being.

This stand alone workshop aims to put you back in control of money and as a result reduce anxiety.

The sessions will:

- Give budgeting tips to help keep your finances under control in the Future
- 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

Wednesday 24th Jan
2:00 pm - 3:30pm
Reading Central Library,
Abbey Square,
Reading RG1 3BQ

Enrol with us, free to join



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Addiction, dependency and recovery

Dealing with money can make us feel anxious and this can affect our well-being.

This stand alone workshop aims to put you back in control of money and as a result reduce anxiety.

The sessions will:

- Give budgeting tips to help keep your finances under control in the Future
- 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

Thursday 25th Jan
2:00 pm - 3:30pm
Change Grow Live
127 Oxford Road, Reading,
RG1 7UR

Enrol with us, free to join

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Managing Anxiety

Everyone feels anxious at some time in their lives. These workshops help us define what anxiety is, why we experience it and how we can deal with it and recover.

We will look at:

- How anxiety impacts on our mental wellbeing
- The different causes of anxiety
- How we can manage the feelings

Monday 5th & 12th Feb
2:00pm till 3:30pm,
2 Sessions
Online

Free to join, Enrol with us



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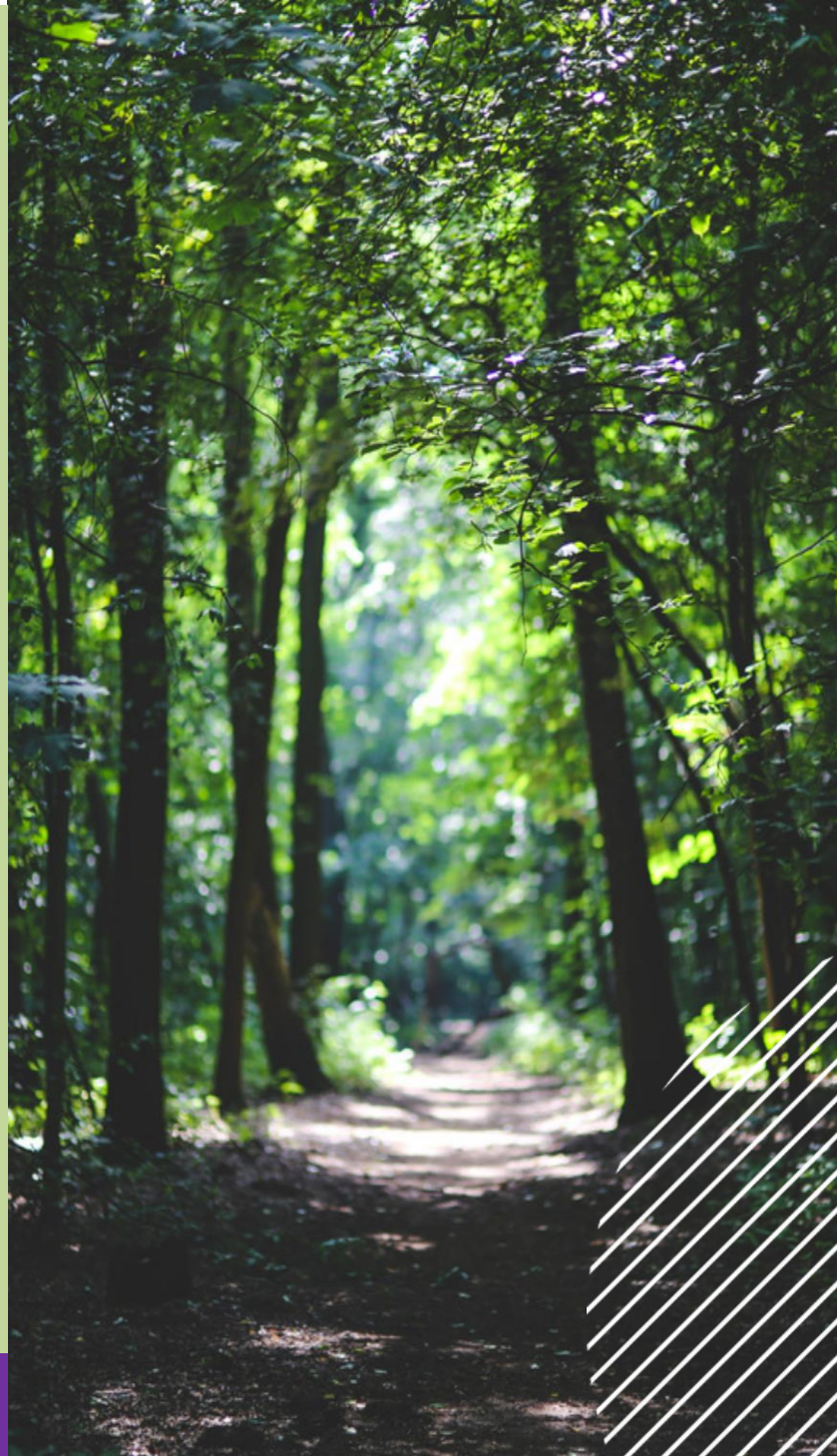
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Living Life With Psychosis

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

Thursday 7th ,14th 21st Feb
2:00pm till 3:30pm
3 Sessions
Reading Central Library,
Abbey Square,
Reading RG1 3BQ

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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.

Monday 19st & 26th February
2:00pm till 3:30pm
3 Hybrid Sessions
2 sessions Online
1 session at south street arts centre

Enrol with us, free to join

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Autism & mental health

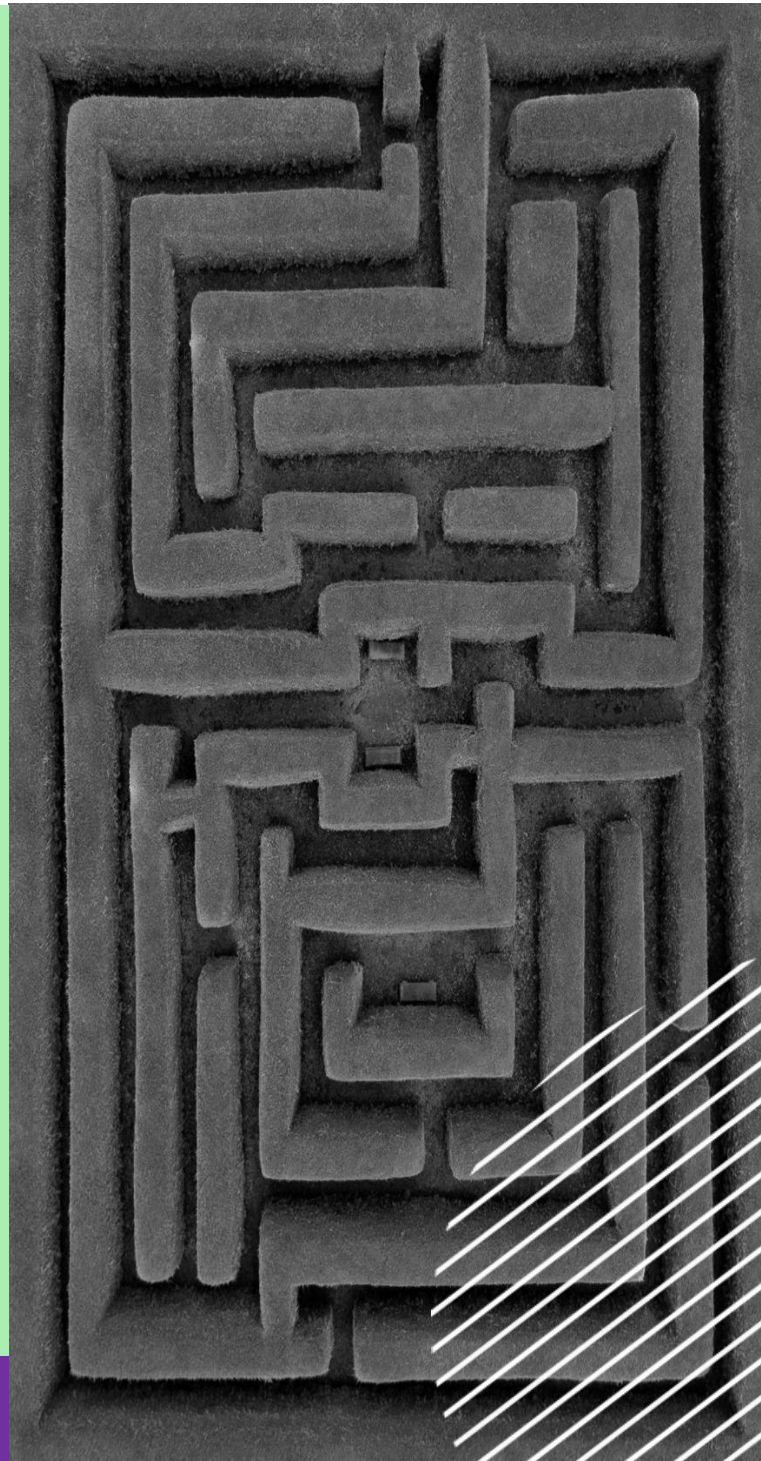
Autistic Spectrum Disorder (ASD) can make managing certain areas of our lives more difficult, such as becoming distressed when there are changes to routine or finding certain situations anxiety provoking.

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.

Wednesday 13st & 20th March
2:00pm till 3:30pm
2 Sessions
Greyfriars Church, Friar St, Reading.
RG1 1EH

Enrol with us, free to join

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Managing Emotions

Emotions and how we express them can impact on many areas of our lives such as work, relationships, and our self-identity.

In this workshop we will look at:

- Why we have emotions
- Why it can be hard to understand and manage our feelings
- Skills to help us manage feelings of distress and overwhelming emotions

Friday 21st & 28th March

10:30am till 12:00pm

2 Sessions

Greyfriars Church, Friar St,
Reading. RG1 1EH

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Coffee and Chat

Our Coffee Mornings are an opportunity to find out how we can support you, whilst meeting new people, having a coffee and catching up with friends. Peer support workers and volunteers will be there to provide informal support.

Weekly drop in Sessions
Every Tuesday throughout the term
11:00 am - 12:30 pm
Biscuit Factory,
1 Queens Walk,
Reading, RG1 7QA

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Coffee and Feedback

Collaborative working and lived experience is central to our values at compass.

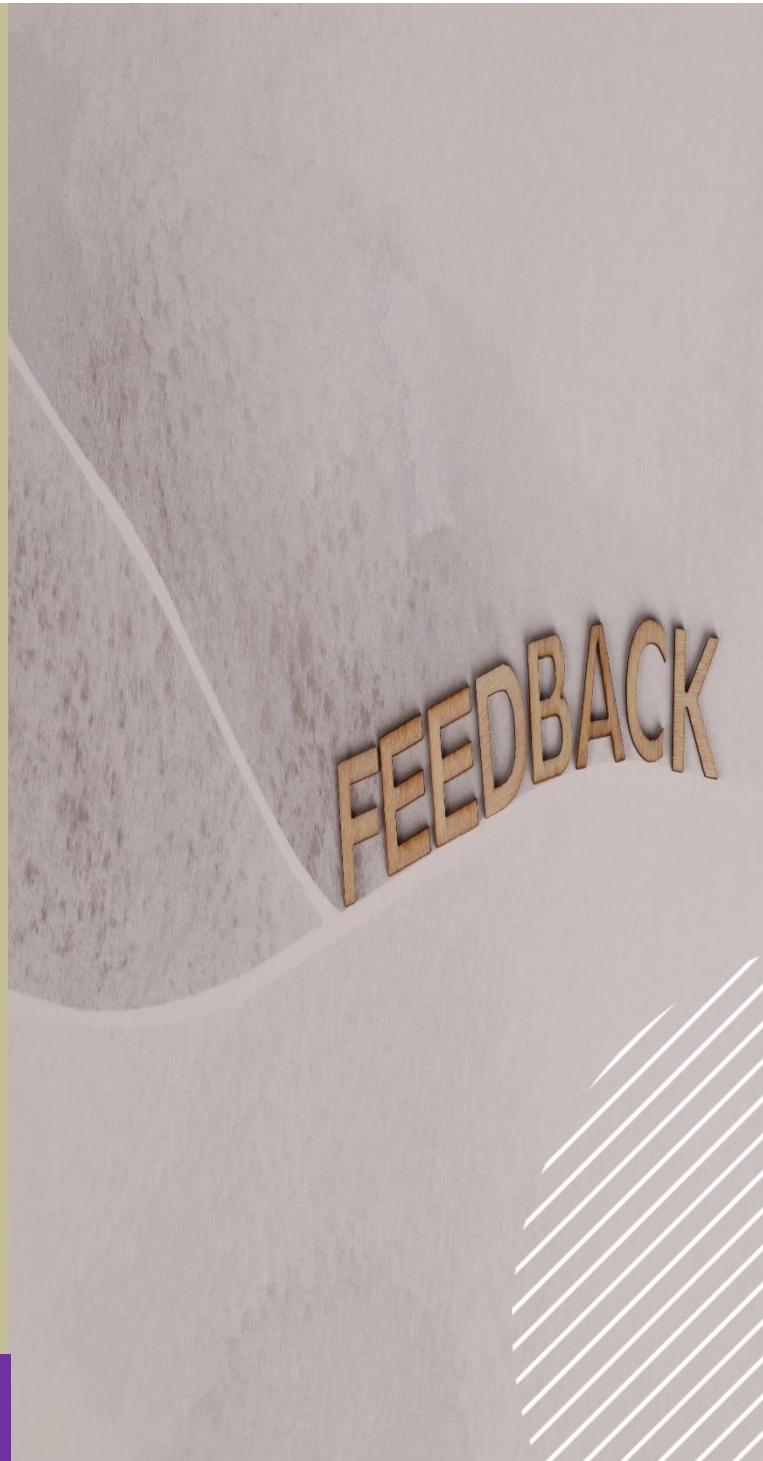
This is why your feedback is so important to us.

Our Feedback forum is your chance to make your voice heard. Come along to this informal session, and join the group discussion.

Tuesday 26th March
12:00 pm - 1:00pm
Biscuit Factory,
1 Queens Walk,
Reading, RG1 7QA

Enrol with us, free to join

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Walk Talk Walk

Join us for 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.

Fridays 10:30am till 12 noon
Tutu's café Palmer Park
Wokingham Rd, Reading RG6
1LF

Free to join, Enrol with us



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