

# Compass Recovery College

A mental health and wellbeing organisation

January 2024

Website : [Compass Recovery College](https://www.compassrecoverycollege.org.uk)  
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## INSIDE THIS ISSUE

1. What impact did we have last term?
2. What has Compass been up to?
3. What's coming up
4. Autism and mental health & addiction, dependency and recovery
5. Partner showcase

Last term was a busy one for Compass. Here are some of our highlights:

Stats from Autumn Term (October-December)	
We received 162 individual registrations, who applied for 235 workshop spaces.	Participant gains: 64.5% of participants reported that they had developed new coping skills.
We ran: 11 Mental health and wellbeing workshops.	80.6% of participants felt connected to other people.
2 Weekly drop-in sessions	83.9% of participants felt they had learnt new skills.
3 Drop-in sessions	
6 Outreach drop in sessions for Coley Community	

### How to register

You can register for free via our [website](https://www.compassrecoverycollege.org.uk) or call us on 0118 9373945.  
You can also register in person at our weekly Coffee & Chat sessions:  
Tuesdays, 11 AM at the Biscuit Factory in Reading

Compass has been busy developing new workshops and improving our core workshops; Low Mood and Depression, Managing Anxiety, Managing Emotions and Getting to Grips with Stress.

We also are committed to continuing our drop-in sessions; Coffee and Chat and Walk-talk-walk. This past term our Coffee and Chat attendance has soared, with new activities being brought to the sessions and engagement growing with the use of games and art.

We had great turnouts at Walk-Talk-Walk in the summer and this transferred over to the Autumn even with the weather getting colder and wetter!



The Autumn term has been a busy time for Compass, with many new workshops being showcased.

One new workshop we introduced was Mindfulness Cognitive Behavioral Therapy for Life. This was one of the longest workshops Compass has produced and, with the help of our brilliant facilitator Ali John, one of the most successful. Ali combined the use of mindfulness with cognitive behavioral therapy practices to help our participants in the act of being mindful. Participants fed back that the workshop helped them gain skills for life, and that it has given them a new perspective on how they handle their struggles.

Wellbeing Planning for Carers included new content and was the first hybrid workshop for Compass; online for two sessions and in person for the last one.

## Low mood and festive blues

Many people experience low mood. The holiday period is marketed as a happy time, but for lots of people it is the most difficult time of the year. The days are darker, colder and for some, lonelier.

At Compass, we are striving to reduce the stigma around mental health, even during times where we are “supposed to be happy”.

This workshop covered why this time of year can be difficult and offered practical tips for coping with festive events and how we can create an environment that can uplift our mood.



## Tips for wellbeing

Talk to someone. If you would rather talk someone who is not family or a friend, [Samaritans](#) are available 24 hours a day and [CALM](#) is available from 5pm to midnight every day. [Depression Xpression](#) hold monthly peer support meetings in Reading and online on Zoom.

If you are going to set goals for the new year, start small and make sure they are achievable. Make them measurable so you know you have reached them and choose something you really care about. Break them into specific actions and schedule them in.

If things don't go to plan, be kind to yourself - try talking to yourself as you would to a dear friend and challenge those negative thoughts. [Suggestions for how to reframe them are here](#). And remember no-one is perfect.

Try and block out some time for yourself to do something relaxing and meaningful to you

Keep a gratitude journal. Try writing down three good things about the day before you go to bed.

Check out the five ways to wellbeing - [Connect, Be Active, Take Notice, Learn and Give](#)



## Overview

This winter term we have the return of highly anticipated workshops such as Autism and Mental health, Understanding Bipolar and Living Life with Psychosis, which have all been adapted and improved by our lived experience recovery workers, ready for the new term.

We have also been busy creating brand-new workshops for the winter term, such as "Obsessive-compulsive Disorder" and Addiction, Dependency and Recovery.

As always, our core mental health workshops will be held over the course of this term and our drop-in session Coffee and Chat is on every Tuesday. Walk-Talk-Walk will be resuming in March.

## Obsessive-Compulsive disorder



As obsessive-compulsive disorder (OCD) is a type of anxiety disorder which can often be combined into umbrella terms and not explored enough. We felt it was important to bring light to a condition many people suffer in silence with.

Developed using both lived experience and clinical knowledge, we have created a workshop that allows participants to learn more about their condition whilst discussing new coping strategies and sharing experiences.

This workshop is open to anyone who struggles with the condition themselves, wants to learn more about the condition or has family, friends or loved ones with obsessive-compulsive disorder.

## Autism and Mental Health

This term we are excited for the return of our Autism and Mental Health workshop.

Autism 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.

## What's coming up in the winter term?

The workshop was initially developed last year as part of our larger outreach project to support those in the autistic community with their mental health.

The workshop pulls on the expertise of the Compass's recovery workers, those with lived experience of Autism, Carers of autistic individuals and our fantastic partners at Autism Berkshire.

We explore traits of autism, common co-occurring conditions and the daily mental health challenges experienced by those living with autism. We will invite participants to express their experiences, share coping strategies and provide some of the top tips from our recovery team.



The workshop is open to all who are living with autism, whether you have a diagnosis, you are supporting someone with autism or would just like to learn more about autism and mental health.

## Addiction, Dependency and Recovery

**When does our drinking alcohol and use of drugs become a problem?**

The Office of National Statistics estimate that 90% of the UK adult population drink alcohol. For many, alcohol and drugs can be a form of release. However, for some, they can ruin lives and the lives of those around for them.

Compass are delighted to be working with the Drug and Alcohol rehabilitation team Change Grow Live to develop exciting new workshops which examine how we can change our relationship to alcohol and drug dependency.

Three workshops will explore how we can understand and identify our addiction to **change**, how we can undertake a recovery journey to **grow**, and how we can move forward by utilising healthy coping strategies and relapse prevention techniques to **live**.

**Compass Recovery Workshops.  
Addiction, Dependency and Recovery 25th Jan  
1st and 8th February.  
From 11am - 12.30pm**



**Berkshire**  
Adult Autism Support Service

**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](http://www.autismberkshire.org.uk)

[adult.support@autismberkshire.org.uk](mailto: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



**April 2023**  
**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](http://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

@sportinmind info@sportinmind.org www.sportinmind.org 01189479762

Supported by the Thriving Communities Fund, made possible thanks to



# READ, RELAX AND CONNECT

## TRY SHARED READING

**Every Monday at 10.15am-11.45am**

**Reading Central Library, Abbey Square, Reading, RG1 3BQ**

Shared Reading groups bring people together to talk, laugh and share. Just drop in and enjoy listening to a story or poem – no pressure to talk or read.

**To find out more email [info@readinglibraries.org.uk](mailto:info@readinglibraries.org.uk)**





# RECOLLECT

## Recovery Colleges Characterisation & Testing

Exploring the impact of Recovery Colleges  
(Study 1)

This project has been approved by North  
West - Greater Manchester West Research  
Ethics Committee [REC Ref 22/NW/0091]

Recently registered students needed for exciting  
research exploring the outcomes of Recovery  
Colleges (Study 1)!



To participate in Study 1, you must:

- Be aged 18 or older
- Currently using, been accepted but waiting to access, or discharged within the last 12 months from a local secondary or tertiary NHS mental health service (e.g. a community mental health team or assertive outreach team)
- Have attended **no more than one** introductory Recovery College course or workshop!

**What is involved in Study 1?**

You will be asked to complete a set of questionnaires at 4 time-points; once when you agree to participate in RECOLLECT, then 4, 8, and 12 months later. You will be compensated with £15 for every set of questionnaires you complete.

Please complete the expression of interest form <https://kings.onlinesurveys.ac.uk/expression-of-interest-form> to take part or email [RECOLLECT@kcl.ac.uk](mailto:RECOLLECT@kcl.ac.uk) to find out more.

RECOLLECT 2 Study 1 student poster: V3.0 18-07-22. IRAS: 303212