

Compass Recovery College Workshop Schedule

April to June 2024

Welcome

Compass Recovery College run **free mental health and wellbeing workshops**, both online and in person. Here at 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**.

Our workshops focus on **self-management skills and living well**, with the aim of all 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..



Our Workshops:

MENTALHEALTH WORKSHOPS

Designed to help us understand mental health challenges. These workshops focus on increasing knowledge, building confidence, and teaching self-management skills to help us in our day to day lives.

WELLBEING WORKSHOPS

Designed to improve wellbeing and help keep us well. They provide a space to explore our creative side, engage in exercise and connect with others

DROP IN SESSIONS

Join us to explore and get in touch with your creative side.

Compass Recovery College Workshop Types

In-Person workshops

Our face-to-face workshops are delivered in various settings across Reading, including educational, health, social and community venues. The locations include, but are not limited to, town centre, Whitley, Coley, Cemetery junction and Caversham.

We ask for confirmation of attendance 10 days prior to the first session via Email

Online workshops

Interactive Webinar

Our interactive webinars allow participants to engage in online learning. A webinar turns our workshops into real-time learning using MS Teams on a phone, tablet, laptop or desktop computer. Our team will talk you through workshop content alongside a PowerPoint. You are invited to participate in conversations and share what works for you, if you like, as we go along.

A camera and Microphone are needed for these sessions

Standard Webinar

In our standard webinar you can see and listen to our team discussing workshop content. You will see a PowerPoint and the team, and can interact with them throughout, by writing in via the questions box.

No camera and Microphone are needed for these sessions

Check out our [website](#) for a full list of current workshops locations
We are always looking for new spaces to deliver sessions from. If your venue can host a workshop please contact us.
tel: 0118 9373945, email: compass.opportunities@reading.gov.uk



April - June 2024

Telephone: 01189 373 945

Email: compass.opportunities@reading.gov.uk

April

MONDAY 1 st	TUESDAY 2 nd	WEDNESDAY 3 rd	THURSDAY 4 th	FRIDAY 5 th
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CLOSED

CLOSED

CLOSED

CLOSED

CLOSED

MONDAY 8 th	TUESDAY 9 th	WEDNESDAY 10 th	THURSDAY 11 th	FRIDAY 12 th
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CLOSED

CLOSED

CLOSED

CLOSED

CLOSED



April

MONDAY 15th

TUESDAY 16th

WEDNESDAY 17th

THURSDAY 18th

FRIDAY 19th

Coffee & Chat
The Biscuit Factory
11:00-12.30

Wellbeing Wednesdays
WCDA
South Reading Community Hub
12:00 – 13:00

Walk-Talk-Walk
Palmer Park
10:30-12:00

**Breathwork and Stretching
for Self-Compassion**
Greyfriars
(Part 1/3)
14:00-15:30

**Understanding Low Mood &
Depression**
Greyfriars
(Part 1/2)
14:00-15:30

Reading for Wellbeing
The Museum of English Rural
Life
(Part 1/4)
14:00-15:30

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April

MONDAY 22nd

**Breathwork and Stretching
for Self-Compassion**
Greyfriars
(Part 2/3)
14:00-15:30

TUESDAY 23rd

Coffee & Chat
The Biscuit Factory
11:00-12.30

WEDNESDAY 24th

**Understanding Low Mood &
Depression**
Greyfriars
(Part 2/2)
14:00-15:30

THURSDAY 25th

Reading for Wellbeing
The Museum of English Rural
Life
(Part 2/4)
14:00-15:30

FRIDAY 26th

Walk-Talk-Walk
Palmer Park
10:30-12:00

April/May

MONDAY 29th

TUESDAY 30th

WEDNESDAY 1st

THURSDAY 2nd

FRIDAY 3rd

Coffee & Chat
The Biscuit Factory
11.00-12.30

**Breathwork and Stretching
for Self-Compassion**
Greyfriars
(Part 3/3)
14:00-15:30

Managing Emotions
Online
Standard Seminar
(Part 1/3)
13:00-14:00

**Managing Money & Mental
Health**
Online
Interactive Webinar
11:00-12:30

Reading for Wellbeing
The Museum of English Rural
Life
(Part 3/4)
14:00-15:30

Walk-Talk-Walk
Palmer Park
10:30-12:00

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May

MONDAY 6th

BANK HOLIDAY

TUESDAY 7th

Coffee & Chat
The Biscuit Factory
11:00-12:30

WEDNESDAY 8th

Managing Emotions
Online
Standard Seminar
(Part 2/3)
13:00-14:00

THURSDAY 9th

Reading for Wellbeing
The Museum of English Rural
Life
(Part 4/4)
14:00-15:30

FRIDAY 10th

Walk-Talk-Walk
Palmer Park
10:30-12:00

May

MONDAY 13th

TUESDAY 14th

WEDNESDAY 15th

THURSDAY 16th

FRIDAY 17th

Coffee & Chat

The Biscuit Factory
11:00-12.30

Mental Health Awareness Week:
Managing Stress and Anxiety in
the Workplace
Online
(Part 1 /1)
13:00-14:00

Wellbeing Wednesdays

WCDA
South Reading Community Hub
12:00 – 13:00

Managing Emotions
Online
Standard Seminar
(Part 3/3)
13:00-14:00

Mental Health Awareness
Week: Understanding Common
Mental Health Challenges
Online
Interactive Webinar
(Part 1 /1)
12.30-1.30

Walk-Talk-Walk

Palmer Park
10:30-12:00

ADHD and Me

Online
Interactive Webinar
(Part 1/2)
19:00-20:00

May

MONDAY 20th

TUESDAY 21st

WEDNESDAY 22nd

THURSDAY 23rd

FRIDAY 24th

Coffee & Chat
The Biscuit Factory
11:00-12.30

Stress Reduction & Self-Calm tools 11-12.30
Greyfriars
(Part 1/2)
12:00-13:30

Managing Anxiety
Online
Interactive Webinar
(part 1/2)

Walk-Talk-Walk
Palmer Park
10:30-12:00

ADHD and Me
Online
Interactive Webinar
(Part 2/2)
19:00-20:00

May

MONDAY 27th

TUESDAY 28th

WEDNESDAY 29th

THURSDAY 30th

FRIDAY 31st

Coffee & Chat
The Biscuit Factory
11:00-12.30

Bank Holiday

Managing Anxiety
Online
Interactive Webinar
(part 1/2)
11-12.30

Walk-Talk-Walk
Palmer Park
10.30-12.00

**Stress Reduction & Self-Calm
tools**
Greyfriars
(Part 2/2)
12:00-13:30

June

MONDAY 3rd

TUESDAY 4th

WEDNESDAY 5th

THURSDAY 6th

FRIDAY 7th

Coffee & Chat

The Biscuit Factory

11:00-12.30

Walk-Talk-Walk

Palmer Park

10.30-12:00

Getting a Good Night's Sleep

Greyfriars

(Part 1/2)

13:00-14:30

June

MONDAY 10th

TUESDAY 11th

WEDNESDAY 12th

THURSDAY 13th

FRIDAY 14th

Coffee & Chat
The Biscuit Factory
11:00-12:30

Managing Emotions
Online
Interactive Webinar
(Part 1 /2)
11-12.30

Walk-Talk-Walk
Palmer Park
10.30-12.00

Getting a Good Night's
Sleep
Greyfriars
(Part 2/2)
13:00-14:30

June

MONDAY 17th

Managing Money & Mental Health
Greyfriars
11:00-12:30

TUESDAY 18th

Coffee & Chat
The Biscuit Factory
11:00-12:30

WEDNESDAY 19th

Wellbeing Wednesdays
WCDA
South Reading Community Hub
12:00 – 13:00

THURSDAY 20th

Managing Emotions
Online
Interactive Webinar
(Part 2/2)
11-12.30

FRIDAY 21st

Walk-Talk-Walk
Palmer Park
10.30-12.00

June

MONDAY 24th

TUESDAY 25th

WEDNESDAY 26th

THURSDAY 27th

FRIDAY 28th

Coffee & Chat
The Biscuit Factory
11:00-12:30

Walk-Talk-Walk
Palmer Park
10.30-12.00