



Supporting Mental Health and Wellbeing

SPRING APRIL- JUNE 2024

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 well-being**.

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.

Compass
RECOVERY COLLEGE



Gale's story



I was going round in circles. I had been passed from service to service and I felt abandoned. I had been diagnosed with Anxiety, Separation Disorder, Major Depressive Disorder and finally, at long last after a struggle, Autism. Mental health services wanted me to get help with my Autism, and the Autism Support Groups wanted me to get help with my mental health challenges.

I had fallen between the tracks. I was shunted from service to service without any help or support.

I was recommended to Compass by the Community Mental Health Team, and immediately I signed up for three courses that I felt would help me to address important issues in my life – my anxiety, sleep, and medication. I really appreciated that I was able to talk to a peer support worker, someone who understood my anxiety and had lived experience of my condition.

Compass gave me the confidence to get my life back on track. I attended courses and was able to progress at my own pace, which was so important to me. Compass gave me the opportunity to understand more about my own mental health in a non-clinical environment. I was able to talk to people without any anxiety.

I moved into work after my spell with Compass. I now work five days a week, and I've been promoted to a position I enjoy. I've made friends and my capacity to socialise has increased a great deal.

Compass treated me as a human being and I hadn't had that before. I couldn't see a future for myself before I joined Compass. Now I can.

Your journey begins here.

Compass
RECOVERY COLLEGE



Compass Charter



The Compass charter is available in full on our website www.Compassrecoverycollege.uk/compass-charter, this outlines what you can expect of us and what we will expect of you.

Code of Conduct

- I agree to behave in a manner that fosters **respect** and **understanding**.
- I agree to treat what is discussed during the workshop with **complete confidentiality**
- I agree to only access online sessions in a **safe and confidential space**, and will ensure my **camera is switched on for the duration of online workshops**
- I agree to **refrain from the use of alcohol, street drugs and smoking** (including vapes and E-cigarettes) whilst attending workshops
- I agree to **engage with course facilitators** and will try to participate during workshops to the best of my ability, I understand it is my choice to share personal experiences or not as we go along.

If you **exhibit unsupportive behaviour** in our group workshops, it is at the **discretion of the Compass staff to ask you to stop attending** until you are able to participate in a way that supports the group environment
If we are concerned about your welfare or behaviour, we may have to ask you to leave. A member of the team will explain the reasons and offer support.

Our Workshops



Mental health 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

Our drop-ins are a good place to start if you are new to Compass. These can be attended as little or often as you like. They offer a safe space to connect with others in a relaxed environment. Join us for a coffee and chat or gentle walk. Register Online or speak to our recovery workers on the Day.

All workshops vary from one off sessions to longer workshops running for up to 10 sessions. Some of our workshops are online via 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

Our 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 require confirmation of attendance 10 days prior to the first session via Email



Interactive Webinar Workshops

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 Workshops

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

Mental Health Workshops



UNDERSTANDING LOW MOOD AND DEPRESSION

Low mood is part of everyday life, in this workshop will look at those thinking patterns which can lead us to experience low mood and how this can progress into depression.

In the sessions, we will explore:

- Creating an environment that can uplift our mood
- Coping with festive events
- Finding your support network
- Challenging intrusive negative thoughts



MANAGING EMOTIONS

Emotions are part of our daily lives but navigating and understanding our emotions can be difficult. At times it can feel like we are on an emotional roller coaster, with no way of slowing down.

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
- How emotions are expressed in body, mind, and behaviour
- Skills to help us manage distress and overwhelming emotions

Note: Skills taught in this workshop are based on principles and teachings from Dialectical Behavioural Therapy (DBT)

 2 SESSIONS N PERSON

 3 SESSIONS STANDARD WEBINAR (MAY)

 2 SESSIONS INTERACTIVE WEBINAR (JUNE)

Mental Health Workshops



ADHD AND ME

Do you, or someone you know have ADHD? Join us for this session that aims to provide some insight into what ADHD is and the ways that this can present day to day.

We will discuss tips and tricks for how to manage the challenges it can present whilst living a happy and fulfilled life.

- Characteristics of ADHD
- Recognising myths & facts
- Understanding how ADHD affects executive functioning & emotional regulation
- Coping mechanisms



STRESS REDUCTION AND SELF-CALM TOOLS

These practical sessions offer simple ways of understanding and managing stress more effectively in order to help create more balance and calm.

Through understanding the nervous system, we will explore easy to apply self-care strategies and how we can learn to calm ourselves more easily.

We will experiment with some simple mind/body tools and how we can adapt self-calm tools to suit our individual needs, including calm breathing, grounding and self-compassion exercises.

 2 SESSIONS INTERACTIVE WEBINAR

 2 SESSIONS IN PERSON

Mental Health Workshops



GETTING A GOOD NIGHT'S SLEEP

Sleep is more important than you might think.

Sleepless nights can make us irritable and moody the following day.

Chronic sleep problems may have an impact on our mental health and well-being. This is a two-session workshop that will look at the factors that can adversely affect our sleep. You might be surprised how many there are.

We will look at:

- What happens when we sleep
- Pitfalls to avoid
- How to improve our sleep

 2 SESSIONS IN PERSON



MANAGING ANXIETY

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

In this workshop, we will look at:

- How anxiety impacts our mental well-being
- The different causes of anxiety
- How we can manage the feelings

This workshop will provide you with a safe place to reflect, discuss your concerns, and identify positive and achievable coping strategies.

 2 SESSIONS INTERACTIVE WEBINAR

Mental Health Workshops



Mental Health Awareness Week: Understanding Common Mental Health Challenges

This workshop provides an overview of common mental health challenges.

It is designed to increase awareness and will explore common conditions such as anxiety and depression.

This session will explore:

- Common conditions and their symptoms
- Healthy coping strategies
- How to move forward with a new positive mindset towards your mental health



Mental Health Awareness Week: Managing Stress and Anxiety in the Workplace

Everyone feels anxious at some time in their lives. This workshop helps us define what anxiety is, identify where stress comes from, why we experience it and how we can deal with it and recover.

In this workshop we will look at:

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

This workshop will provide you with a safe place to reflect, discuss your concerns, and identify positive and achievable coping strategies.

 1 SESSION INTERACTIVE WEBINAR

 1 SESSION INTERACTIVE WEBINAR

50 Ways to Take a Break

- Take a Bath
- Listen to Music
- Take a Nap
- Go to a body of water
- Watch the clouds
- Light a Candle
- REST your legs up on a wall
- Let out a sigh
- Fit a Kite
- Watch the stars
- Write a Letter
- Learn something NEW
- Listen to a guided relaxation
- Read a Book
- Sit in NATURE
- 2x Move twice as slowly
- Take Deep Belly Breaths
- MEDITATE
- Call a Friend
- Meander around Town
- WRITE in a journal
- Notice your Body
- Buy some Flowers
- Find a relaxing scent
- Walk Outside
- Go for a run
- Take a bike ride
- View some ART
- Eat a meal in SILENCE
- Turn off all electronics
- Go to a park
- Pet a furry creature
- Create your own coffee break
- read or watch something FUNNY
- Examine an everyday object with fresh Eyes
- Drive somewhere NEW
- Go to a Farmers Market
- Forgive Someone
- Engage in small acts of KINDNESS
- COLOR with Crayons
- Make some MUSIC
- Climb a Tree
- Let go of something
- Put on some music and DANCE
- Give Thanks
- Do some gentle stretches
- Paint on a surface other than paper
- Write a quick poem
- Read poetry

Wellbeing Workshops



MANAGING MONEY & MENTAL HEALTH

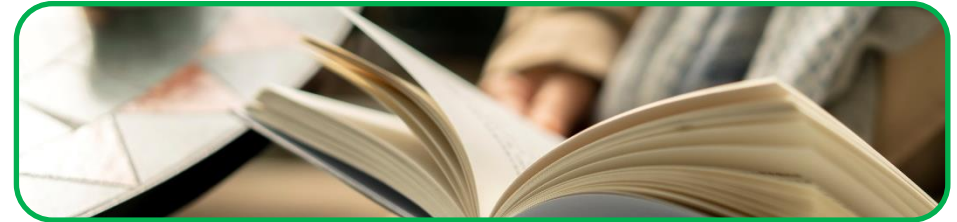
Dealing with money can make us feel anxious and this can affect our well-being. This stand-alone workshop will aim to put you back in control of your money and as a result, reduce anxiety.

The session will:

- Give budgeting tips to help keep your finances under control.
- 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.

 1 SESSION INTERACTIVE WEBINAR (MAY)

 1 SESSION IN PERSON (JUNE)



READING FOR WELLBEING

The aim is to enjoy literature and make connections with objects in the Museum of English Rural Life (The MERL). This workshop brings participants together to simply enjoy great stories and relate them to objects in the museum. Meeting in the beautiful surroundings of The MERL garden, the short stories are read aloud by a trained facilitator. As a member of this workshop, you can choose to read aloud but there is no pressure to do so, it's OK to just sit and listen.

The reading material will be provided at the beginning of each session so no reading in advance is required. Part of the enjoyment is discovering the text for the first time together. This workshop is suitable for readers and non-readers and will involve up to 45 minutes of shared reading time per session.

 4 SESSIONS IN PERSON

Wellbeing Workshops



BREATHWORK AND STRETCHING FOR SELF-COMPASSION

Self-compassion is a powerful tool for emotional well-being.

These practical sessions explore how gentle movement and breathing exercises can aid us in being more compassionate and kinder towards ourselves.

We will connect to our breath and body through somatic techniques such as yoga, self-massage, mindfulness and breathing exercises.

We will use breathwork to intentionally change our breathing pattern and promote deep relaxation.

 3 WORKSHOPS IN PERSON

Drop-in sessions



WALK-TALK-WALK

A gentle stroll around Palmer Park to catch up and enjoy the outdoors, finishing at Tutu's Ethiopian Table for a hot drink.

Our team and volunteers will be there to provide informal support.

Fridays 10.30-12.00



WEEKLY IN PERSON



COFFEE AND CHAT

An opportunity to meet new people, have a coffee and connect with others.

Our team and volunteers will be there to provide informal support.

Tuesdays 11.00-12.30



WEEKLY IN PERSON

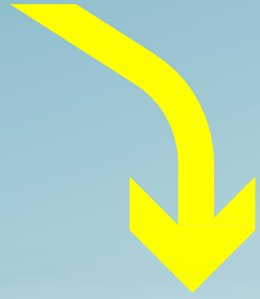
ANNOUNCEMENT

Information and Registration

Our Drop-in sessions are the perfect entry point to Compass Recovery College. Our friendly team are on hand to help you register and find out more about what compass has to offer.

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

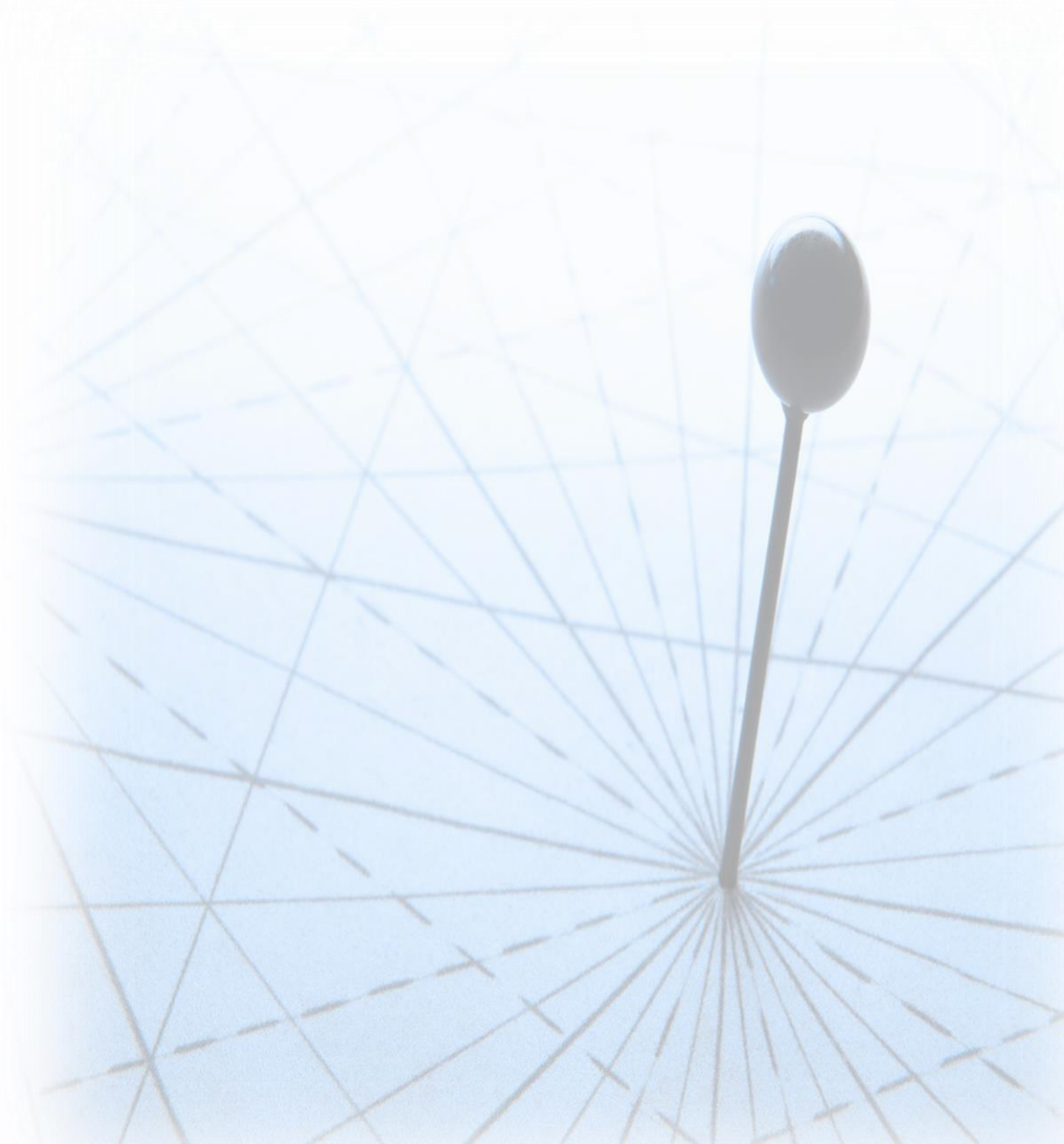
Community Drop-in sessions



We are proud to announce our new series of Drop-in sessions out in our local communities.

Join us Every 3rd Wednesday at the Whitley Community Development Association.

Our team will be there to provide informal support.



What Our Participants Say



“Excellent - in my opinion should be offered again for other people. Charlie and Mark were both warm, engaging, and empathetic.”

Understanding Emotions

“Excellent workshop content and delivery. Can't thank Mark, Kelly and Chuck enough for sharing their own journeys of recovery so openly and honestly, with a great sense of humour and in a reassuring way. This workshop was inspiring, timely and badly needed to give us hope for the future.”

Understanding Psychosis

“Fantastic session and Callum is a brilliant host. Very informative slides and lots covered. Thank you.”

ADHD and Me

“Compass has been the window lately to mingle with new people and tap into my soul.”

Reading for Wellbeing





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 on:

Tuesday 25th June, 12:00pm-1.00pm at the Reading Biscuit Factory.

Volunteer with us

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.

We are always keen to hear from potential volunteers at Compass. We have a variety of opportunities for volunteering, keep an eye out on our website for available roles.

Please contact us if you would like to find out more.

0118 9373945

compass.opportunities@reading.gov.uk



Wellbeing Apps



Look for these apps in your app store or click the links below

[#StayAlive](#)

The Stay Alive app is a suicide prevention resource for the UK, packed full of useful information and tools to help you stay safe in crisis.



[Bright Sky](#)

Bright Sky is a free to download, confidential mobile app providing support and information for anyone who may be in an abusive relationship or those concerned about someone they know.



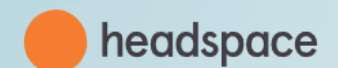
[WorkLife Central](#)

The WorkLife Central programme consists of a curated collection of expertise, information and inspiration available through video, live event and written format, covering five principal topic areas – Careers, Families, Inclusion, Wellbeing and Workplace.



[Headspace](#)

Headspace is a science-backed app in mindfulness and meditation, providing unique tools and resources to help reduce stress, build resilience, and aid better sleep.



FAQS

How can I join?

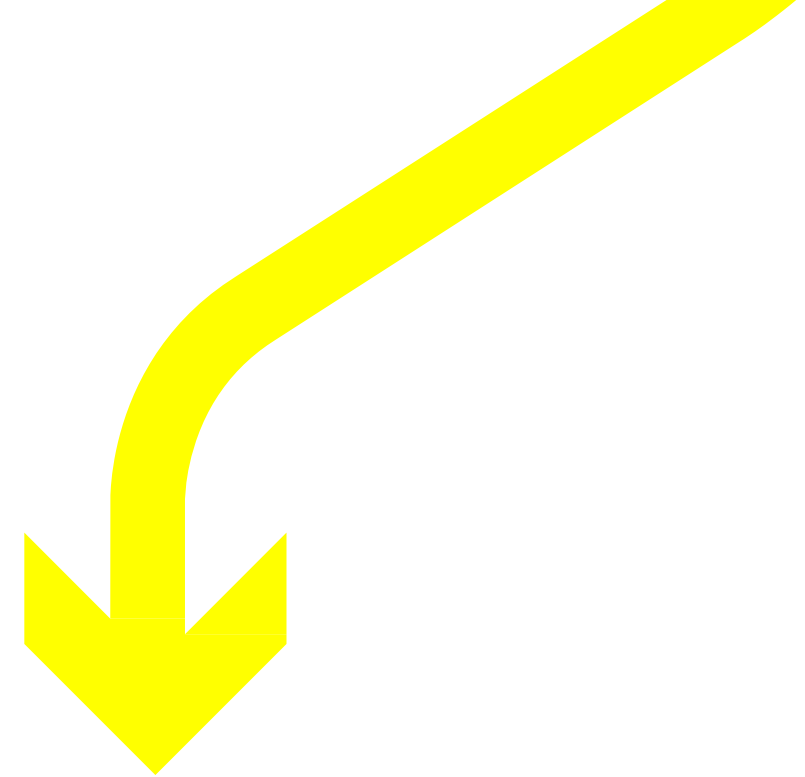
If you would like to talk to someone before registering, please get in touch and a member of our team will be happy to talk to you or arrange to meet you in advance of a workshop. Alternatively, you can complete our [online registration form](#). Please only register for workshops that you can attend and save the dates in your calendar. We will ask you to confirm your attendance via email a week before attending the workshop.

What do Compass Workshops look like?

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

Compass Facebook:

Search 'Compass Recovery College'

Compass Twitter:

twitter.com/RecoveryCompass

Compass Phone:

01189373945

Compass E-mail:

compass.opportunities@reading.gov.uk