



Compass  
RECOVERY COLLEGE



## Supporting Mental Health and Wellbeing

WINTER PROSPECTUS

January – March 2025

# 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 wellbeing**.

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



# Alistair's story



As a parent, watching my child spiral into hospital after hospital, struggling with depression, countless diagnoses, and medications, was overwhelming. I was consumed by worry, heartbroken, and emotionally drained. My child's suffering took such a toll on me that I neglected my own wellbeing. I felt lost, unsure of how to support them or myself.

After years of uncertainty, we received a diagnosis, but I still didn't know what that meant or how to help. When my child was admitted to a Place of Safety after a crisis, we were introduced to Compass. Though hesitant, I encouraged my child to sign up for courses like Managing Emotions and Photography.

What truly made a difference was Compass's support for both of us. They welcomed us as a family, and as a Carer, I was invited to attend workshops alongside my child. For the first time in ages, I felt supported. The Compass team didn't just help my child; they understood that my wellbeing mattered too.

I learned how to care for myself, set boundaries, and communicate better with my child. This not only eased my anxiety but allowed me to be more present and effective as a Carer.

With Compass's help, my child regained confidence and returned to university. Watching them graduate was an emotional milestone, and I realized that by caring for myself, I was better able to support them.

**Compass showed me that my own mental health was just as important in this journey, and by nurturing it, I became stronger for both of us.**



Your journey begins here.



Compass  
RECOVERY COLLEGE

# Our Workshop types



## 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.**

Find our schedule at the back of this prospectus, [REGISTER ON OUR WEBSITE](#)

Make sure you register with us (its free!) so that you can register onto your chosen workshops: 0118 9373945, [compass.opportunities@reading.gov.uk](mailto:compass.opportunities@reading.gov.uk)



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

The full code of conduct includes 10 key points that must be adhered to at all times, the headings of which are highlighted below:

## Code of Conduct

### **1. Respect and Inclusion**

Treat all participants, facilitators, and staff with kindness and respect

### **2. Confidentiality**

Respect others' privacy

### **3. Active Participation**

Engage in discussions, listen attentively, and allow others to share their thoughts

### **4. Safety and Well-Being**

Prioritise your well-being and speak up if you're uncomfortable.

### **5. Technology Etiquette (Online)**

### **6. Constructive Feedback**

### **7. No Tolerance for Inappropriate Behaviour**

Any form of verbal, emotional, or physical abuse will not be tolerated. Refrain from using substances such as nicotine, alcohol, or drugs (including vapes).

### **8. Adherence to Guidelines**

### **9. Reporting Issues**

If you encounter any concerns or issues, inform the facilitator or staff promptly.

### **10. Consequences**

Violations may result in removal from the workshop and further action if needed.

**The full version is provided at each session and at registration.**

**Please ask a Compass team member to explain if needed.**





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

## 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.



**A camera and microphone are needed for these sessions**

## Interactive Online 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.



**No camera or microphone is 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.

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](mailto:compass.opportunities@reading.gov.uk)



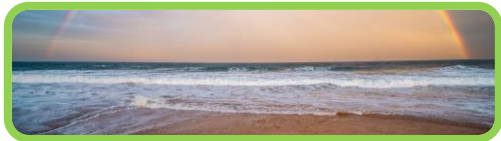
# Mental Health Workshops



2 SESSIONS IN PERSON

## Stress Reduction and Self-soothe Tools

This workshop offers practical, simple ways to understand and manage stress, helping you create more balance and calm in your life. In the first session, we'll explore how the nervous system responds to stress and discover self-care strategies to help you calm yourself more easily. You'll learn and experiment with mind-body tools such as calming breathing techniques, grounding exercises, and self-compassion practices. In the second session, we'll build on these techniques, discussing how to adapt and personalize these tools to suit your individual needs, creating a toolkit for lasting stress reduction and emotional resilience.



2 SESSIONS IN PERSON

## Let's Talk about Depression

Depression is one of the most common mental health challenges, and in this workshop we will be looking at its common symptoms, causes, and some of the things we can do to lift our mood and take steps towards our recovery.

Over two sessions we will be looking at how our emotions operate and the challenges we can face in processing them, along with the importance of our mindset in keeping us healthy and keeping us stuck.



# Mental Health Workshops



2 SESSIONS IN PERSON

## Foundations of Healthy Relationships: Mastering Communication and Boundaries

Healthy relationships are fundamental to our happiness, health and wellbeing. Relationships can be complex so understanding the core elements of healthy relationships can support us to create more positive connection with others.

In this 2-part workshop, we will explore how to express your needs clearly, listen actively, and navigate difficult conversations with confidence. Additionally, you'll explore the importance of boundaries in maintaining emotional wellbeing and how to establish them in a respectful, balanced way.



3 SESSIONS IN PERSON

## Navigating EUPD: Tools for Stability

This three-part workshop provides practical tools for managing Emotional Unstable Personality Disorder (EUPD) (previously BPD/ borderline personality disorder) and building emotional stability. You'll learn coping strategies such as mindfulness, distress tolerance, and grounding techniques to better manage intense emotions. The sessions will also focus on building healthy boundaries, enhancing self-compassion, and improving interpersonal skills to foster emotional balance. This workshop will help you develop lasting tools for stability and well-being.





# Mental Health Workshops



2 SESSIONS ONLINE

## Balancing Mood: Living with Bipolar

This session focuses on understanding and managing bipolar disorder, with an emphasis on mood stabilization and building resilience. Peer support plays a vital role in sharing coping strategies, discussing triggers, and finding a balance between mental health and daily life. Together, you'll learn how to navigate the ups and downs of bipolar disorder while fostering a sense of community and strength.



2 SESSIONS IN PERSON

## Our Unique Minds: Exploring Female Autism

This in-person workshop is designed to provide a deeper understanding of how Autism uniquely manifests in females. This session will explore the specific challenges women with Autism face and navigating the world of support. No diagnosis is necessary to attend — whether you are personally affected by Autism, or a caregiver seeking to understand and support, this workshop offers a safe and inclusive space to learn and connect.



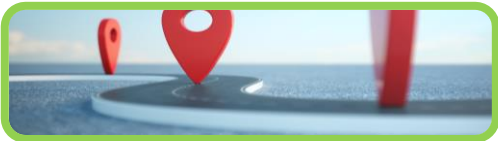
# Mental Health Workshops



1 SESSION IN PERSON

## Unlocking Restful Nights

In this session, you'll learn practical strategies to manage sleep disturbances, including relaxation techniques, sleep hygiene practices, and how to address factors like stress and anxiety that may impact your rest. Through peer support and shared experiences, you'll gain insights and tools to develop healthier sleep habits, making it easier to achieve the restful nights you deserve. Whether you struggle with insomnia or simply want to improve your sleep, this session offers the tools and support to unlock the restful nights you deserve.



2 SESSIONS IN PERSON

## Your MHAP: Mental Health Action Planning

Develop a personalised Mental Health Action Plan (MHAP) that empowers you to take control of your mental wellbeing. Through guided steps, you'll identify your unique challenges, set achievable goals, and access and explore creating your own resources and tools to enable you to support your recovery journey.



2 SESSIONS IN PERSON

## The NeuroMind Connection

This workshop explores the relationship between neurodivergence and mental health, focusing on how different neurological conditions impact thoughts, behaviours, and emotional wellbeing. Participants will gain a deeper understanding of conditions like autism, ADHD, dyslexia, and others, and learn strategies for managing the challenges these conditions can present.

No diagnosis is needed to attend, as the session is open to anyone wanting to better understand neurodivergence and its connection to mental health.



2 SESSIONS IN PERSON

## Calm Within: Managing Anxiety

Learn effective, evidence-based techniques to manage anxiety, including mindfulness, relaxation exercises, and cognitive-behavioural strategies. This program combines peer support with practical tools to help you navigate everyday stressors and anxiety triggers. Share experiences with others facing similar challenges and discover how group connection as well as shared coping mechanisms can empower your recovery.



4 SESSIONS ONLINE

## Addiction, Recovery and Change

Traditionally, addiction was mostly thought of in terms of alcohol, cigarettes and drugs, but increasingly addiction is seen to encompass not just a range of substances but also behaviours such as gambling, online shopping and pornography.

Over four weeks, this workshop will look at the broad spectrum of addictions and the different ways we are increasingly seeing addiction and its causes. We will then be taking a look at the toolkit of recovery options we have available to help us move forwards, including harm reduction and connection.



4 SESSIONS ONLINE

## Better Living through Recovery

Recovery from mental health challenges is an ongoing process that may require considerable support to help us continue to move forwards, and for most of us, the primary support we are going to need is from ourselves.

This workshop is designed to give you the tools required for you to become your own Recovery Programme Manager, including Journaling, Self-Analysis, Self-Coaching, Emotional Literacy, Coping Strategies, and how to integrate all of this into a tailor-made programme for you.



# Mental Health Workshops



3 SESSIONS ONLINE

## Emotional Compass: Navigating Feelings

Learn how to identify, understand, and manage your emotions effectively with the help of peer support. This workshop offers tools for emotional regulation, helping you navigate complex feelings and reactions. By sharing experiences and coping strategies with others, you'll develop a deeper emotional understanding and build resilience, all while connecting with a supportive group.



2 SINGLE SESSION  
WORKSHOPS ONLINE

## Everyday Resilience: Tools and Techniques for Life

This workshop offers practical tools and techniques to build and maintain resilience in everyday life. You'll learn how to navigate challenges, manage stress, and bounce back from setbacks with greater strength and confidence. Through a combination of mindfulness, problem-solving strategies, and self-compassion practices, you'll gain skills to enhance your emotional well-being and maintain a positive outlook, even in difficult times.



1 SESSION IN PERSON

## Caring Conversations

Join us for a supportive meetup focused on Carers' wellbeing, before our Carers' Path to Wellbeing session - This pre-meet session offers participants a chance to meet the team and fellow attendees in person before the online sessions begin, providing a warm introduction to the workshop. It is a space designed for Carers to connect, share experiences, and receive support in a safe, understanding environment. It's also a chance to prioritise your own mental and emotional health, reflect on your wellbeing plan, and gain practical tips for balancing care with self-care. Whether you're looking for advice or simply need a moment to recharge, we're here to help you feel supported and empowered in your caring role.



3 SESSIONS ONLINE

## Carers' Path to Wellbeing: A Planning Guide

This 3-part workshop supports Carers in creating a personalized wellbeing plan, recognising the critical need for Carers' self-care during their caregiving journey. Through shared experiences and group discussions, you'll learn how to manage stress, set boundaries, and maintain your own mental health while supporting others. Peer support allows Carers to connect, share strategies, and develop resilience together.



# Drop In Sessions



## ANNOUNCEMENT: NEW DAY FOR: WALK-TALK-WALK



Take a step towards better well-being with our gentle, mobility-friendly 1-mile walk, designed to get you moving at your own pace. Walk-Talk-Walk is all about connecting with others, enjoying the outdoors, and having a chat along the way. Whether you're walking solo or with others, it's a chance to talk, relax, and unwind. After the walk, we'll end with a cozy coffee social—where you can enjoy a warm drink and continue the conversation in a welcoming, supportive environment. It's all about moving, talking, and connecting. .

**Wednesdays 10:30 - 12:00**  
**Meet outside tutu's Café**

*\*walk will be cancelled if there is a weather warning in place\**

## COFFEE AND CHAT

Join us for our friendly Coffee Mornings, a relaxed opportunity to connect with others, enjoy a coffee, and catch up with friends. These gatherings are a great way to find out how we can support you on your journey, while meeting new people in a welcoming atmosphere. Our peer support workers and volunteers will be on hand to offer informal support share experiences, and help with any questions you may have. Whether you're looking for guidance or simply want to chat, come along and enjoy some time in good company!

**Tuesdays from 11:00 - 12.30**  
**Upstairs in the biscuit factory**



## LGBT + ME

### LGBT + Me social drop in

Being part of the LGBT+ community can be isolating and presents many challenges to our mental health.

Our Coffee Social Drop-In is a peer support group for LGBT+ people to share their experiences in a safe space with a friendly atmosphere. Wherever you are on your journey, however you identify—whether you are part of the community or an ally—everyone is welcome.

Join us on the second Wednesday of the month at Whitley Wood Community Centre from 16:00 to 17:30.



**Whitley Wood Community Centre is situated in Swallowfield Drive estate in South Reading.** The nearest bus route is the number 6 which stops just outside the centre. The bus stop is called 'Farmers Close'. There is a car park next to the centre which is shared with residents.  
**28-35 Lexington Grove, Reading RG2 8UG**





## Chill & Chat Café

Join us for a laid-back, open space where you can grab a hot drink, relax, and connect with others in a supportive, judgment-free zone.

Whether you're looking to chat, share, or just listen, Chill & Chat Café is the perfect place to talk about life, mental health, or whatever's on your mind. No pressure, just good vibes and real conversations.

This session is open to individuals aged 18-30. Everyone is welcome—let's brew up some support together! ☕💬

**Fridays 10:30 - 12:00 at Reading Rep, RG1 4LY**



## WELLBEING WEDNESDAYS

### Informal Drop-in sessions.

Join us from 12:00 – 13:00, every 3<sup>rd</sup> Wednesday of the month at Whitley Community Development Association.

Our team will be there to provide informal support and information around different subjects such as wellbeing, stress, sleep and more.



3 SESSION IN PERSON

## Parent Connect: Wellbeing & Support group

This is an informal drop-in group for parents with children of any age who want support with their own emotional wellbeing or who's child is dealing with mental health challenges. You can find out about local support in Reading, talk about managing emotions, ask questions about mental health, and connect with other parents who are going through similar experiences.

We'll meet at the Weller Centre in Caversham – Dates TBC



TALK & LISTEN,  
BE THERE,  
FEEL CONNECTED



DO WHAT YOU CAN,  
ENJOY WHAT YOU DO,  
MOVE YOUR MOOD



REMEMBER  
THE SIMPLE  
THINGS THAT  
GIVE YOU JOY



EMBRACE NEW  
EXPERIENCES,  
SEE OPPORTUNITIES,  
SURPRISE YOURSELF



Your time,  
your words,  
your presence

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 

Fly a Kite 

Watch the stars 

Learn something NEW 

Listen to a guided relaxation 

Read a Book 

# 50 Ways to Take a Break

Sit in NATURE 

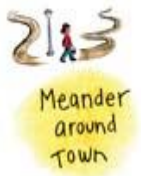
Write a Letter 

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 

Pet a furry creature 

Create your own coffee break 

View some ART 

Eat a meal in SILENCE 

Turn off all electronics 

Go to a PARK 

Go to a Farmer's Market 

read or watch something FUNNY 

Examine an everyday object with Fresh Eyes 

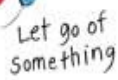
Drive somewhere NEW 

Forgive someone 

COLOR with crayons 

Make some MUSIC 

Climb a Tree 

Let go of something 

Engage in small acts of KINDNESS 

Do some gentle stretches 

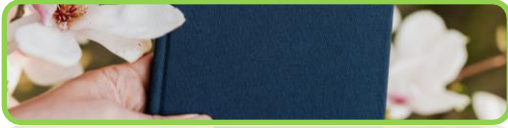
Paint on a surface other than paper 

Write a quick poem 

Read poetry 

Put on some music and DANCE 

Give Thanks 



4 SESSIONS IN PERSON

## Pages to Peace: Reading for Wellbeing

Discover how reading can be a powerful tool for mental health recovery. Select books and literature focused on personal growth, mindfulness, and resilience, while engaging in reflective discussions with peers. Sharing perspectives and stories fosters a supportive community, helping you find peace and emotional healing through literature and shared experiences.



6 SESSIONS IN PERSON

## Nourishing Minds: Cooking for Wellbeing

Join our fortnightly cooking group where we focus on easy, affordable recipes designed to nourish both your body and mind. Each session, you'll cook a new meal while learning essential food safety and hygiene skills. You'll also have the opportunity to gain hands-on experience with barista skills, learning how to prepare coffee and other beverages. Through this group, participants will not only improve their cooking abilities but also build confidence in the kitchen, connect with others, and gain valuable skills that can support personal recovery and wellbeing.

\*you can gain your level 1 food hygiene certificate



7 SESSIONS IN PERSON

## Recovery in Motion: Steps to Strength

Discover the role physical activity plays in mental health recovery. Whether through yoga, walking, or strength training, this program emphasizes how exercise can reduce stress, improve mood, and support overall wellbeing. With the support of others, you'll build a fitness plan that aligns with your recovery goals, reinforcing the benefits of physical movement on both mental and physical health.



2 WORKSHOPS PER TERM  
5 SESSIONS IN PERSON

## Mindful Creations: Pottery for Wellness

Engage in creative expression through pottery, using the process to promote mindfulness and stress relief. This hands-on program encourages participants to explore their emotions through art, fostering self-discovery and recovery in a supportive, peer-driven environment. By working with clay, you'll not only create physical pieces but also build resilience, focus, and mental clarity. These pottery workshops will run twice during the winter term, with each part lasting for 5 weeks.



# Wellbeing Workshops



3 SESSION IN PERSON

## Money Matters: Financial Wellness

Explore how financial health plays a key role in overall mental wellbeing. This program addresses money management, budgeting, and the emotional impact of financial stress, offering peer support and practical advice. You'll learn how to take control of your financial situation, with the added benefit of connecting with others who share similar challenges and recovery goals.

## Got an idea for a workshop?

We are always keen to hear ideas for new workshops. If there is a topic you would like to see compass deliver, please speak with a member of the recovery team.



## Notes

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## Things I need to remember

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# What Our Participants Say

## Stress Reduction and Self-Calming Tools:

*It was a great workshop, content was great, delivery was spot on.*

*Very passionate, friendly & helpful facilitators. Thank you for the hard work!*

## Breath work & stretching for Self-compassion:

*I love how personalised the course was and how safe the environment was.*

## Coffee & Chat

*I find coffee and chat very engaging. I feel able to talk about my problems I'm going through. I find the peer support very helpful*

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

*Excellent workshop. I will highly recommend. I was able to attend it in my lunch hour, thank you.*

## Developing a Confident Mindset:

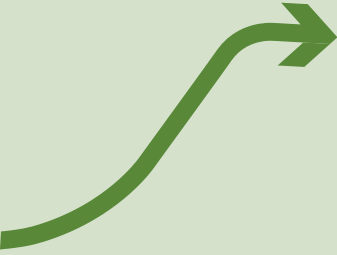
*Another great workshop by Clare. It was very well communicated*

## Pottery 2

*I enjoyed Emma's presentation style and how she gave us the freedom to get on with the processes, whilst directing and advising when necessary.*



**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 11/03  
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 opportunities for volunteering, keep an eye out on website for available roles.

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

**0118 9373945**

**[compass.opportunities@reading.gov.uk](mailto: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.



### Work Life 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.



# Frequently Asked Questions



## Do I have to pay to join?

No, **Compass workshops are free to all.** Our workshops are open to all people in or connected to reading **over the age of 18**

## How can I join?

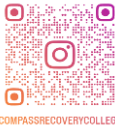
To join our workshops, you can complete our [online registration form](#). Alternatively, if you would like to talk to someone before registering, please get in touch and a member of our team will be happy to talk to you.

**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 10 days before attending the workshop. **If you do not confirm, your place will be offered to someone else.**

## Do I need a referral from a doctor?

No, you don't need a referral from a health professional. The ethos of our college is that participants enrol on any workshop they think might help and they might enjoy. Health professionals can support you to go through the prospectus and register for a workshop if you would like some extra help. Our drop-in sessions are a great way to find out more about what we offer.

## Find us online



## How many workshops can I apply for?

You can apply for up to three workshops per term, with priority going to the first. This is to ensure equity and, we have found that most people find up to three courses in any one term is about right. If there are spaces available, you might be offered another workshop if you express interest.

## What do Compass workshops look like?

Our recovery team 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.

## Can I bring a friend or family member with me?

Yes. We are happy for you to attend with a carer, supporter or staff member who supports you.

Please note that your supporter must register and participate in the sessions also.

## 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 our online workshops take place on 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.

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 to use on your phone.

# Winter term 2025



## Our Workshops:

<b>MENTAL HEALTH COURSES</b>	Designed to help us understand mental health challenges and teach skills for self- management.
<b>LEARNING &amp; WELLBEING COURSES</b>	Designed to improve wellbeing and help keep us well
<b>CREATIVE COURSES</b>	Join us to explore and connect with your creative side.
<b>SOCIAL SESSION</b>	Informal drop-in sessions to chat about how we are, meet new people or old friends.

## GET IN CONTACT:

Telephone: 01189 373 945

Email: [compass.opportunities@reading.gov.uk](mailto:compass.opportunities@reading.gov.uk)

Find us at our weekly drop in sessions

# Compass Recovery College Workshop Schedule January to March 2025

## 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..

### CONTACT US:

Telephone: 01189 373 945

Email: [compass.opportunities@reading.gov.uk](mailto:compass.opportunities@reading.gov.uk)



# Week 1. January 6<sup>th</sup> – 10<sup>th</sup>

MONDAY 06/01	
TUESDAY 07/01	<b>COFFEE AND CHAT:</b> 11:00-12:30, THE BISCUIT FACTORY
WEDNESDAY 08/01	<b>WALK-TALK-WALK:</b> 10:30-12:00, PALMER PARK  <b>LGBT+ME COFFEE SOCIAL:</b> 16:00 – 17:30, WHITLEY WOOD COMMUNITY CENTRE
THURSDAY 09/01	
FRIDAY 10/01	<b>CHILL &amp; CHAT CAFE:</b> 10:30 – 12:00, READING REP  <b>NOURISHING MINDS - COOKING FOR WELLBEING:</b> (PART 1/6) 13:00-16:00, LAUNCHPAD

# Week 2. January 13<sup>th</sup> – 17<sup>th</sup>

<p>MONDAY 13/01</p>	<p><b>MONEY MATTERS – FINANCIAL WELLNESS:</b> (PART 1/3) 10:00- 12:00, SOUTH STREET ARTS CENTRE</p>
<p>TUESDAY 14/01</p>	<p><b>COFFEE AND CHAT:</b> 11:00-12:30, THE BISCUIT FACTORY</p>
<p>WEDNESDAY 15/01</p>	<p><b>WALK-TALK-WALK:</b> 10:30-12:00, PALMER PARK</p> <p><b>WCDA WELLBEING WEDNESDAYS - DROP IN:</b> 12:00-13:00, WHITLEY COMMUNITY HUB</p>
<p>THURSDAY 16/01</p>	<p><b>STRESS REDUCTION AND SELF CALM TOOLS:</b> (PART 1/2) 13:30-15:30, CIVIC OFFICES</p>
<p>FRIDAY 17/01</p>	<p><b>MINDFUL CREATIONS – POTTERY FOR WELLNESS 1:</b> (PART 1/5), 10:30-12:30, NEW DIRECTIONS</p> <p><b>CHILL &amp; CHAT CAFE:</b> 10:30 – 12:00, READING REP</p>



# Week 3. January 20<sup>th</sup> – 24<sup>th</sup>

<p>MONDAY 20/01</p>	<p><b>MONEY MATTERS – FINANCIAL WELLNESS:</b> (PART 2/3) 10:00-12:00, SOUTH STREET ARTS CENTRE</p> <p><b>RECOVERY IN MOTION – STEPS TO STRENGTH:</b> (PART 1/7), 12:45-14:45, MEADWAY SPORTS CENTRE</p>
<p>TUESDAY 21/01</p>	<p><b>COFFEE AND CHAT:</b> 11:00-12:30, THE BISCUIT FACTORY</p> <p><b>THE NEUROMIND CONNECTION:</b> (PART 1/2) 13:00-14:00, CIVIC OFFICES</p>
<p>WEDNESDAY 22/01</p>	<p><b>WALK-TALK-WALK:</b> 10:30-12:00, PALMER PARK</p> <p><b>LET'S TALK ABOUT DEPRESSION:</b> (PART 1/2) 11:00-13:30, CIVIC OFFICES</p> <p><b>PAGES TO PEACE - READING FOR WELLBEING:</b> (PART 1/4)14:00-15:30, MERL</p>
<p>THURSDAY 23/01</p>	<p><b>BETTER LIVING THROUGH RECOVERY:</b> (PART 1/4) 11:00-13:00, ONLINE</p> <p><b>STRESS REDUCTION AND SELF CALM TOOLS:</b> (PART 2/2) 13:30-15:30, CIVIC OFFICES</p>
<p>FRIDAY 24/01</p>	<p><b>MINDFUL CREATIONS – POTTERY FOR WELLNESS 1:</b> (PART 2/5), 10:30-12:30, NEW DIRECTIONS</p> <p><b>CHILL &amp; CHAT CAFE:</b> 10:30 – 12:00, READING REP</p> <p><b>NOURISHING MINDS - COOKING FOR WELLBEING:</b> (PART 2/6) 13:00-16:00, LAUNCHPAD</p>

# Week 4. January 27<sup>th</sup> – 31<sup>st</sup>

<p>MONDAY 27/01</p>	<p><b>MONEY MATTERS – FINANCIAL WELLNESS:</b> (PART 3/3) 10:00- 12:00, SOUTH STREET ARTS CENTRE</p> <p><b>RECOVERY IN MOTION - STEPS TO STRENGTH:</b> (PART 2/7), 12:45-14:45, MEADWAY SPORTS CENTRE</p>
<p>TUESDAY 28/01</p>	<p><b>COFFEE AND CHAT:</b> 11:00-12:30, THE BISCUIT FACTORY</p> <p><b>THE NEUROMIND CONNECTION:</b> (PART 2/2) 13:00-14:00, CIVIC OFFICES</p>
<p>WEDNESDAY 29/01</p>	<p><b>WALK-TALK-WALK:</b> 10:30-12:00, PALMER PARK</p> <p><b>LET'S TALK ABOUT DEPRESSION:</b> (PART 2/2) 11:00-13:30, CIVIC OFFICES</p> <p><b>PAGES TO PEACE - READING FOR WELLBEING:</b> (PART 2/4)14:00-15:30, MERL</p>
<p>THURSDAY 30/01</p>	<p><b>BETTER LIVING THROUGH RECOVERY:</b> (PART 2/4) 11:00-13:00, ONLINE</p>
<p>FRIDAY 31/01</p>	<p><b>MINDFUL CREATIONS – POTTERY FOR WELLNESS 1:</b> (PART 3/5), 10:30-12:30, NEW DIRECTIONS</p> <p><b>CHILL &amp; CHAT CAFE:</b> 10:30 – 12:00, READING REP</p>

# Week 5. February 3<sup>rd</sup> – 7<sup>th</sup>

<p>MONDAY 03/02</p>	<p><b>RECOVERY IN MOTION - STEPS TO STRENGTH:</b> (PART 3/7), 12:45-14:45, MEADWAY SPORTS CENTRE</p>
<p>TUESDAY 04/02</p>	<p><b>COFFEE AND CHAT:</b> 11:00-12:30, THE BISCUIT FACTORY</p>
<p>WEDNESDAY 05/02</p>	<p><b>WALK-TALK-WALK:</b> 10:30-12:00, PALMER PARK</p> <p><b>PAGES TO PEACE - READING FOR WELLBEING:</b> (PART 3/4)14:00-15:30, MERL</p>
<p>THURSDAY 06/02</p>	<p><b>BETTER LIVING THROUGH RECOVERY:</b> (PART 3/4) 11:00-13:00, ONLINE</p>
<p>FRIDAY 07/02</p>	<p><b>MINDFUL CREATIONS – POTTERY FOR WELLNESS 1:</b> (PART 4/5), 10:30-12:30, NEW DIRECTIONS</p> <p><b>CHILL &amp; CHAT CAFE:</b> 10:30 – 12:00, READING REP</p> <p><b>NOURISHING MINDS - COOKING FOR WELLBEING:</b> (PART 3/6) 13:00-16:00, LAUNCHPAD</p>

# Week 6. February 10<sup>th</sup> – 14<sup>th</sup>

<p>MONDAY 10/02</p>	<p><b>NAVIGATING EUPD – TOOLS FOR STABILITY:</b> (PART 1/3) 11:00-13:00, CIVIC OFFICES</p> <p><b>RECOVERY IN MOTION – STEPS TO STRENGTH:</b> (PART 4/7), 12:45-14:45, MEADWAY SPORTS CENTRE</p>
<p>TUESDAY 11/02</p>	<p><b>COFFEE AND CHAT:</b> 11:00-12:30, THE BISCUIT FACTORY</p>
<p>WEDNESDAY 12/02</p>	<p><b>WALK-TALK-WALK:</b> 10:30-12:00, PALMER PARK</p> <p><b>PAGES TO PEACE - READING FOR WELLBEING:</b> (PART 4/4)14:00-15:30, MERL</p> <p><b>LGBT+ME COFFEE SOCIAL:</b> 16:00 – 17:30, WHITLEY WOOD COMMUNITY CENTRE</p>
<p>THURSDAY 13/02</p>	<p><b>BETTER LIVING THROUGH RECOVERY:</b> (PART 4/4) 11:00-13:00, ONLINE</p> <p><b>CARING CONVERSATIONS:</b> 12:00-13:30, CIVIC OFFICES</p>
<p>FRIDAY 14/02</p>	<p><b>MINDFUL CREATIONS – POTTERY FOR WELLNESS 1:</b> (PART 5/5), 10:30-12:30, NEW DIRECTIONS</p> <p><b>CHILL &amp; CHAT CAFE:</b> 10:30 – 12:00, READING REP</p>

# Week 7. February 17<sup>th</sup> – 21<sup>st</sup>

<p>MONDAY 17/02</p>	<p><b>NAVIGATING EUPD – TOOLS FOR STABILITY:</b> (PART 2/3) 11:00-13:00, CIVIC OFFICES</p> <p><b>RECOVERY IN MOTION – STEPS TO STRENGTH:</b> (PART 5/7), 12:45-14:45, MEADWAY SPORTS CENTRE</p>
<p>TUESDAY 18/02</p>	<p><b>COFFEE AND CHAT:</b> 11:00-12:30, THE BISCUIT FACTORY</p> <p><b>UNLOCKING RESTFUL NIGHTS:</b> 12:30-13:30, CIVIC OFFICES</p>
<p>WEDNESDAY 19/02</p>	<p><b>WALK-TALK-WALK:</b> 10:30-12:00, PALMER PARK</p> <p><b>WCDA WELLBEING WEDNESDAYS - DROP IN:</b> 12:00-13:00, WHITLEY COMMUNITY HUB</p> <p><b>EVERYDAY RESILIENCE – TOOLS AND TECHNIQUES FOR LIFE 1</b> 14:00-15:00, ONLINE</p>
<p>THURSDAY 20/02</p>	<p><b>BALANCING THE MOOD – LIVING WITH BIPOLAR:</b> (PART 1/2) 11:00 – 13:00, ONLINE</p>
<p>FRIDAY 21/02</p>	<p><b>CHILL &amp; CHAT CAFE:</b> 10:30 – 12:00, READING REP</p> <p><b>NOURISHING MINDS - COOKING FOR WELLBEING:</b> (PART 4/6) 13:00-16:00, LAUNCHPAD</p>

# Week 8. February 24<sup>th</sup> – 28<sup>th</sup>

<p>MONDAY 24/02</p>	<p><b>NAVIGATING EUPD – TOOLS FOR STABILITY:</b> (PART 3/3) 11:00-13:00, CIVIC OFFICES</p> <p><b>RECOVERY IN MOTION – STEPS TO STRENGTH:</b> (PART 6/7), 12:45-14:45, MEADWAY SPORTS CENTRE</p>
<p>TUESDAY 25/02</p>	<p><b>COFFEE AND CHAT:</b> 11:00-12:30, THE BISCUIT FACTORY</p> <p><b>CARERS' PATH TO WELLBEING – A PLANNING GUIDE:</b> (PART 1/3) 14:30 – 16:00, ONLINE</p>
<p>WEDNESDAY 26/02</p>	<p><b>WALK-TALK-WALK:</b> 10:30-12:00, PALMER PARK</p> <p><b>EMOTIONAL COMPASS – NAVIGATING FEELINGS:</b> (PART 1/3) 14:00-16:00, ONLINE</p>
<p>THURSDAY 27/02</p>	<p><b>BALANCING THE MOOD – LIVING WITH BIPOLAR:</b> (PART 2/2) 11:00 – 13:00, ONLINE</p> <p><b>OUR UNIQUE MINDS – EXPLORING FEMALE AUTISM:</b> (PART 1/2) 13:30-15:30, CIVIC OFFICES</p>
<p>FRIDAY 28/02</p>	<p><b>MINDFUL CREATIONS – POTTERY FOR WELLNESS 2:</b> (PART 1/5) 10:30-12:30, NEW DIRECTIONS</p> <p><b>CHILL&amp; CHAT CAFE:</b> 10:30 – 12:00, READING REP</p>

# Week 9. March 3<sup>rd</sup> – 7<sup>th</sup>

<p>MONDAY 03/03</p>	<p><b>YOUR MHAP – MENTAL HEALTH ACTION PLANNING:</b> (PART 1/2) 14:30-16:30, CIVIC OFFICES</p> <p><b>RECOVERY IN MOTION – STEPS TO STRENGTH:</b> (PART 7/7), 12:45-14:45, MEADWAY SPORTS CENTRE</p>
<p>TUESDAY 04/03</p>	<p><b>COFFEE AND CHAT:</b> 11:00-12:30, THE BISCUIT FACTORY</p> <p><b>CARERS' PATH TO WELLBEING – A PLANNING GUIDE:</b> (PART 2/3) 14:30 – 16:00, ONLINE</p>
<p>WEDNESDAY 05/03</p>	<p><b>WALK-TALK-WALK:</b> 10:30-12:00, PALMER PARK</p> <p><b>EMOTIONAL COMPASS – NAVIGATING FEELINGS:</b> (PART 2/3) 14:00-16:00. ONLINE</p>
<p>THURSDAY 06/03</p>	<p><b>ADDICTION, RECOVERY &amp; CHANGE:</b> (PART 1/4) 10:30-12:30, ONLINE</p> <p><b>OUR UNIQUE MINDS – EXPLORING FEMALE AUTISM:</b> (PART 2/2) 13:30-15:30, CIVIC OFFICES</p>
<p>FRIDAY 07/03</p>	<p><b>MINDFUL CREATIONS – POTTERY FOR WELLNESS 2:</b> (PART 2/5) 10:30-12:30, NEW DIRECTIONS</p> <p><b>CHILL&amp; CHAT CAFE:</b> 10:30 – 12:00, READING REP</p> <p><b>NOURISHING MINDS - COOKING FOR WELLBEING:</b> (PART 5/6) 13:00-16:00, LAUNCHPAD</p>

# Week 10. March 10<sup>th</sup> – 14<sup>th</sup>

<p>MONDAY 10/03</p>	<p><b>YOUR MHAP – MENTAL HEALTH ACTION PLANNING:</b> (PART 2/2) 14:30-16:30, CIVIC OFFICES</p>
<p>TUESDAY 11/03</p>	<p><b>COFFEE AND CHAT:</b> 11:00-12:30, THE BISCUIT FACTORY</p> <p><b>CARERS' PATH TO WELLBEING – A PLANNING GUIDE:</b> (PART 3/3) 14:30 – 16:00, ONLINE</p>
<p>WEDNESDAY 12/03</p>	<p><b>WALK-TALK-WALK:</b> 10:30-12:00, PALMER PARK</p> <p><b>EMOTIONAL COMPASS – NAVIGATING FEELINGS:</b> (PART 3/3) 14:00-16:00. ONLINE</p> <p><b>LGBT+ME COFFEE SOCIAL:</b> 16:00-17:30, WHITLEY WOOD COMMUNITY CENTRE</p>
<p>THURSDAY 13/03</p>	<p><b>ADDICTION, RECOVERY &amp; CHANGE:</b> (PART 2/4) 10:30-12:30, ONLINE</p>
<p>FRIDAY 14/03</p>	<p><b>MINDFUL CREATIONS – POTTERY FOR WELLNESS 2:</b> (PART 3/5) 10:30-12:30, NEW DIRECTIONS</p> <p><b>CHILL&amp; CHAT CAFE:</b> 10:30 – 12:00, READING REP</p>



# Week 11. March 17<sup>th</sup> – 21<sup>st</sup>

<p>MONDAY 17/03</p>	
<p>TUESDAY 18/03</p>	<p><b>COFFEE AND CHAT:</b> 11:00-12:30, THE BISCUIT FACTORY</p> <p><b>FOUNDATIONS OF HEALTHY RELATIONSHIPS – MASTERING COMMUNICATION AND BOUNDARIES:</b> (PART 1/2) 13:30-15:30, CIVIC OFFICES</p>
<p>WEDNESDAY 19/03</p>	<p><b>WALK-TALK-WALK:</b> 10:30-12:00, PALMER PARK</p> <p><b>WCDA WELLBEING WEDNESDAYS - DROP IN:</b> 12:00-13:00, WHITLEY COMMUNITY HUB</p> <p><b>EVERYDAY RESILIENCE – TOOLS AND TECHNIQUES FOR LIFE 2:</b> 14:00-15:00, ONLINE</p>
<p>THURSDAY 20/03</p>	<p><b>ADDICTION, RECOVERY &amp; CHANGE:</b> (PART 3/4) 10:30-12:30, ONLINE</p>
<p>FRIDAY 21/03</p>	<p><b>MINDFUL CREATIONS – POTTERY FOR WELLNESS 2:</b> (PART 4/5) 10:30-12:30, NEW DIRECTIONS</p> <p><b>CHILL &amp; CHAT CAFE:</b> 10:30 – 12:00, READING REP</p> <p><b>NOURISHING MINDS - COOKING FOR WELLBEING:</b> (PART 6/6) 13:00-16:00, LAUNCHPAD</p>

# Week 12. March 24<sup>th</sup> – 28<sup>th</sup>

<p>MONDAY 24/03</p>	
<p>TUESDAY 25/03</p>	<p><b>COFFEE AND CHAT:</b> 11:00-12:30, THE BISCUIT FACTORY</p> <p><b>FOUNDATIONS OF HEALTHY RELATIONSHIPS – MASTERING COMMUNICATION AND BOUNDARIES:</b> (PART 2/2) 13:30-15:30, CIVIC OFFICES</p>
<p>WEDNESDAY 26/03</p>	<p><b>WALK-TALK-WALK:</b> 10:30-12:00, PALMER PARK</p> <p><b>CALM WITHIN - MANAGING ANXIETY:</b> (PART 1/2) 11:30-13:30, CIVIC OFFICES</p>
<p>THURSDAY 27/03</p>	<p><b>ADDICTION, RECOVERY &amp; CHANGE:</b> (PART 4/4) 10:30-12:30, ONLINE</p>
<p>FRIDAY 28/03</p>	<p><b>MINDFUL CREATIONS – POTTERY FOR WELLNESS 2:</b> (PART 5/5) 10:30-12:30, NEW DIRECTIONS</p> <p><b>CHILL &amp; CHAT CAFE:</b> 10:30 – 12:00, READING REP</p>

# Week 13. March 31<sup>st</sup>/April 1<sup>st</sup>-4<sup>th</sup>

<p>MONDAY 31/03</p>	
<p>TUESDAY 01/04</p>	<p><b>COFFEE AND CHAT:</b> 11:00-12:30, THE BISCUIT FACTORY</p>
<p>WEDNESDAY 02/04</p>	<p><b>WALK-TALK-WALK:</b> 10:30-12:00, PALMER PARK</p> <p><b>CALM WITHIN - MANAGING ANXIETY:</b> (PART 2/2) 11:30-13:30, CIVIC OFFICES</p>
<p>THURSDAY 03/04</p>	
<p>FRIDAY 04/04</p>	<p><b>CHILL &amp; CHAT:</b> 10:30 – 12:00, READING REP</p>

# Reading Services Guide



**Adult &  
Carers  
Support  
Services**

**Family  
Information  
Services**  
0118 937 3777

**Reading  
Youth**



## Disabled Children & Young People's Register

- ☀️ Community activities and support groups for all
- NHS Choices for GPs, Pharmacies, Dentists
- Venues for hire
- ☀️ Local events

▶ Care services, specialist support services, social activities and advice services for older people and people with disabilities and their carers.

▶ Information for families in the Family Information Service (FIS) section of the guide - parents can search for Registered Childcare Services, see OFSTED reports, find activities or get parenting advice.

▶ Information, activities and support services for young people, collectively making up Reading's Youth Offer.

▶ The "Local Offer" provides details about local services and support for children and young people with Special Educational Needs and Disabilities (SEND) to help improve choice for them and their families.

**...and  
much more**