



Compass  
RECOVERY COLLEGE



## Supporting Mental Health and Wellbeing

SPRING PROSPECTUS

APRIL – JUNE 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.



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# 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.



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# 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)



Compass  
RECOVERY COLLEGE

# Charter



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 ONLINE

## **Making Sense of Ourselves: "Divergence", "Disorder" and "Difference"**

We increasingly hear terms like neurodiversity, personality disorder and 'on the spectrum' yet do these descriptions help us better understand ourselves or do they leave us feeling judged and feared and misunderstood?

Across 2 sessions, we will be sharing our individual journeys and building bridges across our common experiences as we look beyond the labels to create a deeper understanding and acceptance of who are and who we choose to be



6 SESSIONS IN PERSON

## **Coaching Ourselves to Recovery**

Across 6 sessions you will be learning and practicing self-coaching tools and techniques, and as a group supporting each other to set goals and strategies each week towards the changes you want to see in your life.

This is a hands-on practical workshop that will offer you the tools and the experience to self-coach yourself towards your recovery goals alongside others on their parallel journey.

Feel their support as you report back each week on your triumphs and setbacks, seek advice, inspiration and constructive challenge, before setting yourself new goals for the week ahead and feel yourself moving towards the goals you seek.



# Mental Health Workshops



3 SESSIONS IN PERSON

## Trauma Informed Self-care

Trauma can have a huge impact on our lives, our relationships and our sense of self, and knowing how to self-care through the journey of our recovery can be hugely important to our wellbeing.

In this workshop, we will be looking at what trauma is, why we experience it, and how we can care for ourselves better through our trauma.

Please note that this workshop in no way replaces trauma recovery based therapeutic care but instead is intended to increase our knowledge base and support our self-care.



2 SESSIONS ONLINE

## Making Friends With Fear

For many of us, fear can be the most difficult emotion to allow and to feel, leading us to avoiding and suppressing it on the one hand, but plagued with anxiety and worry instead. Yet like all emotions, fear has a key purpose in our lives and when we can learn to reframe our relationship with fear and start to embrace it and truly allow ourselves to feel it, it can open up the doors to profound personal growth and change.





# Mental Health Workshops



**3 SESSIONS ONLINE**

## **Time Management In Recovery**

The three-part online workshop, Time Management in Recovery, is designed to help you structure your day, set realistic goals, identify your priorities, overcome procrastination, and develop healthy routines that support your recovery journey. This workshop aims to help you recognize tools to build consistency, improve focus, and create a balanced, manageable routine that works for you.



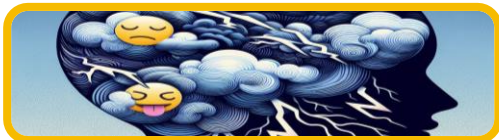
**3 SESSIONS IN PERSON**

## **Navigating EUPD**

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 IN PERSON

## Challenging Unhelpful Thoughts

Our thoughts have a powerful impact on how we feel and behave. This two-session workshop explores how unhelpful thinking patterns can contribute to stress, anxiety, and low mood. You'll learn practical strategies to identify, challenge, and reframe negative thoughts to develop a more balanced and supportive mindset.



3 SESSIONS IN PERSON

## OCD

Obsessive Compulsive Disorder (OCD) is a type of anxiety disorder which can be an extremely debilitating condition. Although many people will experience nervous thoughts and sometimes even rituals, OCD is much more intense and causes great levels of distress if not managed. We will be combining experiences of OCD with therapeutic understandings to create a supportive, insightful and informative workshop.

In the three sessions we will explore how OCD occurs and where its symptoms manifest, present coping skills to help live a more fulfilling life while managing symptoms, and work through examples to improve knowledge around recovery.



2 SESSIONS ONLINE

## Navigating Neurodegenerative Conditions

Memory loss is a frightening prospect, affecting many aging adults. Navigating this experience can therefore be upsetting and confusing, whether for ourselves or for those we love and care for. With support however, individuals can adapt to live a fulfilling life with a prioritisation of comfort and dignity.

This informative workshop incorporates two sessions which will cover signs and symptoms of memory loss, or "neurodegeneration", to help broaden understandings of this condition. Discussions will also explore preventative measures, avenues of support and personal coping strategies, all helping towards considering an informed and person-centred care plan.



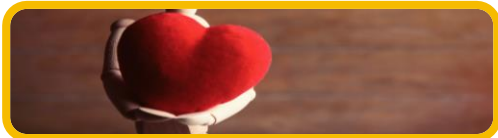
2 SESSIONS IN PERSON

## Navigating Low Mood & Motivation

This two-session, in-person workshop explores practical strategies to better understand and manage low mood while building motivation in an achievable way. Through discussions and reflective exercises, we will explore how our thoughts, behaviors, and routines influence our mood and motivation. Join us in a supportive space to learn, share, and develop strategies that work for you, helping you regain balance and take small, meaningful steps forward.



# Mental Health Workshops



2 SESSIONS ONLINE

## Self-compassion For Emotional Wellbeing

In this two-part workshop, we'll explore how important self-compassion is to our mental health and wellbeing. We'll define what self-compassion means in day-to-day life, and why it is so powerful in helping us manage our emotions, recover from setbacks and reduce stress. Together, we'll learn simple ways to practice self-compassion, improve our self-talk and develop self-compassion strategies to help us recover from challenges.



2 SESSIONS IN PERSON

## Effective Communication for confidence & better connection

Being able to effectively communicate is vital for confidence, healthy relationships and emotional wellbeing. In this workshop, we will review the fundamentals of how to express ourselves more clearly, how to listen actively and how to navigate disagreements with more compassion. We'll explore the common emotional barriers that get in the way of effective and open communication. After clarifying what is important in communicating well, we will introduce practical ways that can help all of us to connect better with others and become more assertive.



2 SESSIONS ONLINE

## Exploring Body Image & Unhealthy Eating Habits

Being comfortable in our bodies can be challenging, and relationships with food can be difficult to navigate. Unhealthy eating habits can be a result of harbouring high levels of distress and contribute towards developing an eating disorder which, if not managed, can be life-threatening.

Over two online sessions, a walkthrough of signs and symptoms of disordered eating and bodily perception will help broaden understandings about this issue and help tackle stigmas it may have. Tips on altering behaviours can then help navigate towards healthier eating habits to enhance body positivity and self-care.



2 SESSIONS IN PERSON

## Goal setting and creating healthier habits

In this two-part workshop, we will explore how to clarify our goals and create actionable plans to make it easier to achieve what we want. We will discuss key strategies to overcome common barriers like self-sabotage, procrastination, and fear, using practical tools and understanding. After clarifying our goals, we will learn how to build healthier daily habits that align with our goals and how to stay motivated.

# 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.







# Drop In Sessions



## 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**



# Community drop in sessions



LGBT+ ME



NEW TIME & VENUE



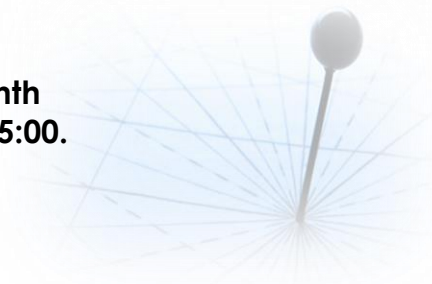
## LGBT + Me social drop in

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.

*We listened to the feedback around venue and time. As a result, we have merged this session with an existing group*

**Join us on the second Saturday of the month  
at Reading Biscuit Factory from 13:00 to 15:00.**





## Craft & Connect - Bring your own Craft session

Unleash your creativity at Compass: Craft & Connect, a welcoming monthly drop-in designed for makers, artists, and craft lovers of all kinds.

Do you knit, sketch, weave, decoupage, sew, or macramé? Whatever your media, this is your space to work on your own projects in a relaxed, social environment.

We are creating a social craft environment, there is no structured lessons or supplies, just **bring all your own materials**, share inspiration, and enjoy creative company. Meet like-minded people, exchange ideas, and find encouragement in a friendly setting where all skill levels are welcome. Whether you're looking for motivation, a fresh perspective, or simply a cozy place to create, Craft & Connect is the perfect escape from the everyday.

Drop in, settle down, and let your creativity flow! No booking required—just bring your craft and come along.



**Whitley Wood Community Centre.** 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**

# Community drop in sessions



## 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.

# Physical Activity Drop in sessions



## Wellbeing in the Woods

Join us each week in the heart of the woods for a hands-on, relaxing drop-in session focused on bushcraft, conservation, and wellbeing.

Guided by our recovery workers, you'll learn essential skills like fire-lighting, woodcraft, and sustainable woodland usage, all while practicing mindfulness in nature.

Whether you're looking to develop outdoor skills, boost your mental wellbeing, or simply connect with like-minded people in a peaceful setting, Wellbeing in the Woods offers a welcoming space for all. No booking needed—just come along and immerse yourself in nature!

**Thursdays 10:00 - 12:00 at the Cowsey nature reserve, Meet in The South Reading Leisure centre carpark, Northumberland Av. RG2 8DH**



## 8 Weeks of Badminton Drop-Ins in collaboration with Better Leisure centres

Pick up a racket and join our friendly Badminton Drop-In at Meadway Leisure! Open to all skill levels, this casual session is a great way to stay active, have fun, and meet new people. No booking needed—just drop in and play!

**Mondays 15:00 - 16:00 at the Meadway Sports Centre, Conwy close, RG30 4BZ Starts 12<sup>th</sup> may**



# Community drop in sessions



MONTHLY 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

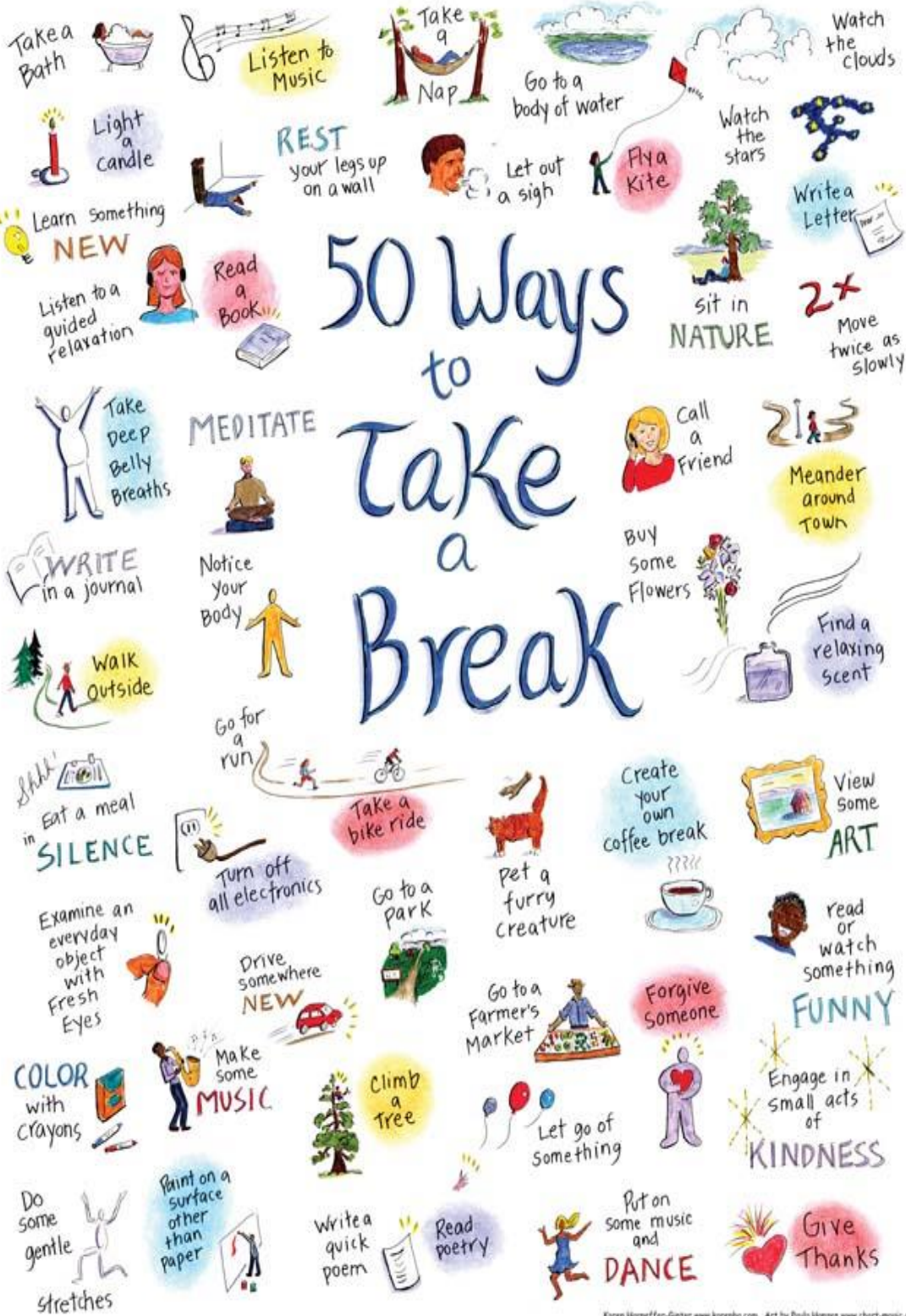


EMBRACE NEW  
EXPERIENCES,  
SEE OPPORTUNITIES,  
SURPRISE YOURSELF



Your time,  
your words,  
your presence







**2 SESSIONS ONLINE**

## **Journaling for wellbeing**

In this three-part workshop, we'll explore the benefits of journaling for mental health and how to incorporate this tool into daily life. Journaling is a well-researched practice that enhances self-awareness, creativity, stress management, and goal setting. Whether you already journal and want to explore things further, or are new to this practice, we'll examine the most popular evidence-based approaches. Everyone is unique, so we will experiment with different techniques and discuss overcoming common challenges to help us tailor the practice to suit our individual needs.



**6 SESSIONS IN PERSON**

## **Finding Peace in a Frantic World: Mindfulness Course**

This 6 week in-person mindfulness course is based on the best-selling book "finding peace in a frantic world" by Professor Mark Williams and Dr. Danny Penman. Guided meditations and related activities support participants with the development of mindfulness skills and attitudes to improve well-being and resilience to stress. Suitable for those new to mindfulness, or those with experience who would like to deepen their practice in a group setting.



# Wellbeing Workshops



**7 SESSIONS IN PERSON**

## Recovery in Motion

Join us as we discover the role physical activity plays in mental health recovery. We try 6 different activities in this program after short mental health discussions that 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.

In the last week we explore how you can continue to be active.



**4 SESSIONS IN PERSON**

## Bowling for Wellbeing

Come connect with others at Palmer Park Bowling Club for Outdoor Bowls, where you will receive guidance and instruction in this gentle and wholesome game in the great (and hopefully sunny!) outdoors. Over four sessions, you will be able to get to know the game and both your fellow participants and also your hosts, and if you would like to continue afterwards, there will be an option to join the Club permanently.



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.



5 SESSIONS IN PERSON

## Grounding Photography: Seeing the World Differently

Discover the power of photography as a tool for Wellbeing, creativity, and self-expression. In this series of practical and engaging workshops, we'll explore how simple photography techniques can help us slow down, see our surroundings with fresh eyes, and connect more deeply with nature, ourselves, and others.

No specialist equipment is needed—just bring a smartphone, tablet, or camera, along with an open mind. Whether you're new to photography or looking for a new perspective, this workshop offers a relaxed and supportive space to develop confidence, creativity, and self-expression through mindful photography.

Notes

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Things I need to remember

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# What Our Participants Say

## Emotional Compass

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

*Very passionate, friendly  
& helpful facilitators.*

*Thank you for the hard  
work!*

## NeuroMind connection

*Absolutely amazing,  
and personable  
approach as well -  
Felt incredibly  
accommodated and  
learnt many things.*

## 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*

## Navigating EUPD

*I felt comfortable sharing  
my experiences. The  
facilitators are all easy to  
approach and kind.*

## Exploring unique minds: female autism

*I really enjoyed this  
workshop. Izzy was  
brilliant! I learned many  
things and found the  
workshop to be interesting  
and enlightening, thank  
you so much x*

## 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.*

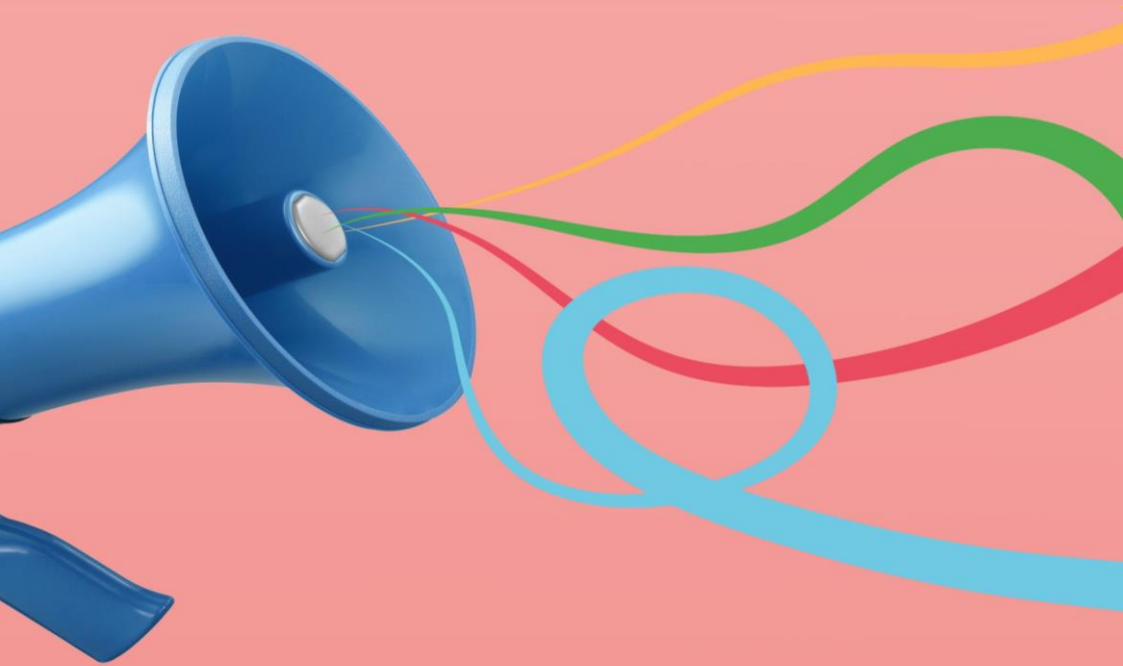


**Have your say**



**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 20/05  
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 Work Life Central program 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.



# Compass Recovery College

## Workshop Schedule April to June 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)



# 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.

# Spring term 2025



## Our Workshops:

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

Everyone must register for all our sessions. You may turn up to our drop-in sessions without prior registering, however the team will register you on arrival.

## 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



# Locations of Our Workshops:

Below is a list of the locations we are using this term,  
the address and closest bus, other routes are available



| Location                     | Meeting point                                     | Address  |
|------------------------------|---|--|
| Biscuit Factory              | Upstairs (behind the large curtains)              | The Biscuit Factory, Broad Street Mall, Reading, RG1 7QE   |
| Civic Offices                | Main reception (Simmons street)                   | Civic Offices, Bridge Street, Reading, RG1 2LU town centre location                                |
| Coley Community Centre       | Inside front door, will have signs for which room | 140 Wensley Road, Coley Park, Reading, RG1 6DW<br>closest bus stop: Coley Park House ( Routes: 11) |
| Hexam Road Community Centre  | Inside front door, will have signs for which room | 1A Bamburgh Close, Reading, RG2 7UD<br>closest bus stop: Corbridge Road ( Routes: 5)               |
| Meadway Leisure Centre       | Main reception and follow staff instructions      | Conwy Close, Tilehurst, Reading, RG30 4BZ<br>closest bus stop: Crown Place passage ( Routes: 33)   |
| Museum Of English Rural Life | Main reception and follow staff instructions      | 6 Redlands Road, Reading, RG1 5EX<br>closest bus stop: Crown Place passage ( Routes: 21)           |
| New Directions               | Main reception and follow staff instructions      | 330 Northumberland Avenue, Reading, RG2 8DH<br>closest bus stop: Stockton Road ( Routes: 5)        |

# Locations of Our Workshops:

| Location   | Meeting point   | Address   |
|--|---|---|
| Palmer Park  | Outside tutu's café,<br>behind play area  | Palmer Park, Wokingham Road,<br>Reading, RG6 1LF ( Routes: 4, 4A,<br>17)  |
| Palmer Park Bowling<br>Club                            | Meet at bowls club gate,<br>behind tutus  | Palmer Park Bowling Club,<br>Wokingham Rd, Reading RG6 1LF<br>closet bus stop: college road ( Routes: 4, 4A, 17)        |
| Rabsons Rec  | Meet in south reading<br>leisure centre car park<br>near clothes recycling<br>point | Northumberland Avenue,<br>Reading, RG2 8DH closet bus<br>stop: Stockton Road ( Routes: 5)                               |
| Reading Rep  | Main foyer  | Reading Rep Theatre, King's Road,<br>Reading, RG1 4LY closet bus stop:<br>Reading college ( Routes: 4/4A,<br>13,14, 17) |
| South Street Arts<br>Centre                            | Main reception and<br>follow staff instructions                                     | 21 South Street, Reading, RG1<br>4QU closet bus stop: London<br>street foot ( Routes: 5, 6, 21)                         |
| Weller Centre  | Main reception and<br>follow staff instructions                                     | 110 Amersham Road, Reading,<br>RG4 5NA closet bus stop: Ian<br>Mikardo Way ( Routes: 27, 29, 84)                        |
| Whitley Community<br>Development<br>Association (WCDA) | Main Café space   | 252-260 Northumberland<br>Avenue, Reading, RG2 7QA closet<br>bus stop: Community centre ( Routes: 5)                    |
| Whitley Wood<br>Community Centre                       | Inside front door, will<br>have signs for which<br>room                             | 28-35 Lexington Grove, Reading,<br>RG2 8UG closet bus stop: Farmers<br>Close ( Routes: 6, 6A )                          |

# Week 1. April 7<sup>th</sup> – 12<sup>th</sup>

|                    |  |
|--------------------|--|
| MONDAY<br>07/04    |  |
| TUESDAY<br>08/04   | <ul style="list-style-type: none"><li>• <b>COFFEE AND CHAT:</b><br/>11:00 -12:30, THE BISCUIT FACTORY</li></ul>  |
| WEDNESDAY<br>09/04 | <ul style="list-style-type: none"><li>• <b>WALK-TALK-WALK:</b><br/>10:30 -12:00, PALMER PARK</li><li>• <b>BRING YOUR OWN CRAFT:</b><br/>16:00 – 17:30, WHITLEY WOOD<br/>COMMUNITY CENTRE</li></ul> |
| THURSDAY<br>10/04  |  |
| FRIDAY<br>11/04    | <ul style="list-style-type: none"><li>• <b>CHILL &amp; CHAT CAFE:</b><br/>10:30 – 12:00, READING REP</li></ul>   |
| SATURDAY<br>12/04  | <ul style="list-style-type: none"><li>• <b>LGBT+ ME</b><br/>13:00 -1500, The Biscuit Factory</li></ul>   |

# Week 2. April 14<sup>th</sup> – 19<sup>th</sup>

|                    |   |
|--------------------|---|
| MONDAY<br>14/04    |   |
| TUESDAY<br>15/04   | <ul style="list-style-type: none"><li>• <b>COFFEE AND CHAT:</b><br/>11:00-12:30, THE BISCUIT FACTORY</li><li>• <b>JOURNALING FOR WELLBEING</b><br/>(Part 1/2) 13:00-14:30, ONLINE</li></ul>   |
| WEDNESDAY<br>16/04 | <ul style="list-style-type: none"><li>• <b>WALK-TALK-WALK:</b><br/>10:30-12:00, PALMER PARK</li><li>• <b>WELLBEING WEDNESDAY:</b><br/>12:00-13:00, SOUTH READING COMMUNITY HUB</li><li>• <b>NAVIGATING EUPD:</b><br/>(PART 1/3) 14:30-16:30, COLEY COMMUNITY CENTRE</li></ul> |
| THURSDAY<br>17/04  | <ul style="list-style-type: none"><li>• <b>WELLBEING IN THE WOODS:</b><br/>10:00-12:00, RABSON'S REC</li></ul>  |
| FRIDAY<br>18/04    | <b>Closed for Public Holiday</b>  |
| SATURDAY<br>19/04  |   |

# Week 3. April 21<sup>st</sup> – 26<sup>th</sup>

|                    |   |
|--------------------|---|
| MONDAY<br>21/04    | <b>Closed for Public Holiday</b>  |
| TUESDAY<br>22/04   | <ul style="list-style-type: none"><li>• <b>COFFEE AND CHAT:</b><br/>11:00-12:30, THE BISCUIT FACTORY</li><li>• <b>JOURNALING FOR WELLBEING</b><br/>(PART 2/2) 13:00-14:30, ONLINE</li></ul>   |
| WEDNESDAY<br>23/04 | <ul style="list-style-type: none"><li>• <b>WALK-TALK-WALK:</b><br/>10:30-12:00, PALMER PARK</li><li>• <b>NAVIGATING EUPD:</b><br/>(Part 2/3) 14:30-16:30, COLEY COMMUNITY CENTRE</li></ul>  |
| THURSDAY<br>24/04  | <ul style="list-style-type: none"><li>• <b>WELLBEING IN THE WOODS:</b><br/>10:00-12:00, RABSON'S REC</li></ul>  |
| FRIDAY<br>25/04    | <ul style="list-style-type: none"><li>• <b>CHILL &amp; CHAT CAFE:</b><br/>10:30 – 12:00, READING REP</li><li>• <b>MINDFUL CREATIONS – POTTERY FOR WELLNESS 1:</b><br/>(PART 1/5), 10:30-12:30, NEW DIRECTIONS</li><li>• <b>FINDING PEACE IN A FRANTIC WORLD</b><br/>(PART 1/6) 13:00-15:00, HEXHAM COMMUNITY CENTRE</li></ul> |
| SATURDAY<br>26/04  |   |

# Week 4. April 28<sup>th</sup> – May 3<sup>rd</sup>

|                    |   |
|--------------------|---|
| MONDAY<br>28/04    | <ul style="list-style-type: none"><li>• <b>PARENT CONNECT</b><br/>10:00-11:30, WELLER CENTRE</li></ul>  |
| TUESDAY<br>29/04   | <ul style="list-style-type: none"><li>• <b>COFFEE AND CHAT:</b><br/>11:00-12:30, THE BISCUIT FACTORY</li></ul>  |
| WEDNESDAY<br>30/04 | <ul style="list-style-type: none"><li>• <b>WALK-TALK-WALK:</b><ul style="list-style-type: none"><li>• 10:30-12:00, PALMER PARK</li></ul></li><li>• <b>NAVIGATING EUPD:</b><br/>(Part 3/3) 14:30-16:30, COLEY COMMUNITY CENTRE</li></ul>   |
| THURSDAY<br>01/05  | <ul style="list-style-type: none"><li>• <b>WELLBEING IN THE WOODS:</b><br/>10:00-12:00, RABSON'S REC</li></ul>  |
| FRIDAY<br>02/05    | <ul style="list-style-type: none"><li>• <b>CHILL &amp; CHAT CAFE:</b><br/>10:30 – 12:00, READING REP</li><li>• <b>MINDFUL CREATIONS – POTTERY FOR WELLNESS 1:</b><br/>(PART 2/5), 10:30-12:30, NEW DIRECTIONS</li><li>• <b>FINDING PEACE IN A FRANTIC WORLD</b><br/>(PART 2/6) 13:00-15:00, HEXHAM COMMUNITY CENTRE</li></ul> |
| SATURDAY<br>03/05  |   |



# Week 5. May 5<sup>th</sup> – 10<sup>th</sup>

|                    |   |
|--------------------|---|
| MONDAY<br>05/05    | <b>Closed for Public Holiday</b>  |
| TUESDAY<br>06/05   | <ul style="list-style-type: none"><li>• <b>COFFEE AND CHAT</b><br/>11:00 -12:30, THE BISCUIT FACTORY</li></ul>  |
| WEDNESDAY<br>07/05 | <ul style="list-style-type: none"><li>• <b>WALK-TALK-WALK</b><br/>10:30 -12:00, PALMER PARK</li><li>• <b>SELF-COMPASSION FOR EMOTIONAL WELLBEING</b><br/>(PART 1/2) 12:00-14:00, ONLINE</li><li>• <b>TRAUMA-INFORMED SELF-CARE</b><br/>(PART 1/3) 14:30-16:30, COLEY COMMUNITY CENTRE</li></ul>                             |
| THURSDAY<br>08/05  | <ul style="list-style-type: none"><li>• <b>WELLBEING IN THE WOODS</b><br/>10:00-12:00, RABSON'S REC</li><li>• <b>NAVIGATING NEURODEGENERATIVE CONDITIONS</b><br/>(PART 1/2) 13:30-15:30, ONLINE</li></ul>   |
| FRIDAY<br>09/05    | <ul style="list-style-type: none"><li>• <b>CHILL &amp; CHAT CAFE</b><br/>10:30 – 12:00, READING REP</li><li>• <b>MINDFUL CREATIONS – POTTERY FOR WELLNESS 1</b><br/>(PART 3/5), 10:30-12:30, NEW DIRECTIONS</li><li>• <b>FINDING PEACE IN A FRANTIC WORLD</b><br/>(PART 3/6) 13:00-15:00, HEXHAM COMMUNITY CENTRE</li></ul> |
| SATURDAY<br>10/05  | <ul style="list-style-type: none"><li>• <b>LGBT+ ME</b><br/>13:00 -1500, THE BISCUIT FACTORY</li></ul>  |

# Week 6. May 12<sup>th</sup> - 16<sup>th</sup>

|                    |  |
|--------------------|--|
| MONDAY<br>12/05    | <ul style="list-style-type: none"><li>• <b>RECOVERY IN MOTION – STEPS TO STRENGTH</b><br/>(PART 1/7), 12:45-14:45, MEADWAY SPORTS CENTRE</li><li>• <b>BADMINTON DROP-IN</b><br/>(PART 1/8), 15:00-16:00, MEADWAY SPORTS CENTRE</li><li>• <b>MAKING FRIENDS WITH FEAR</b><br/>(PART 1/2) 14:00-16:00, ONLINE</li></ul>  |
| TUESDAY<br>13/05   | <ul style="list-style-type: none"><li>• <b>COFFEE AND CHAT</b><br/>11:00 -12:30, THE BISCUIT FACTORY</li><li>• <b>CHALLENGING UNHELPFUL THOUGHTS</b><br/>(PART 1/2) 13:15-14:45, SOUTH STREET ARTS CENTRE</li></ul>  |
| WEDNESDAY<br>14/05 | <ul style="list-style-type: none"><li>• <b>WALK-TALK-WALK</b><br/>10:30 -12:00, PALMER PARK</li><li>• <b>SELF-COMPASSION FOR EMOTIONAL WELLBEING</b><br/>(PART 2/2) 12:00-14:00, ONLINE</li><li>• <b>TRAUMA-INFORMED SELF-CARE</b><br/>(PART 2/3) 14:30-16:30, COLEY COMMUNITY CENTRE</li><li>• <b>BRING YOUR OWN CRAFT</b><br/>16:00 – 17:30, WHITLEY WOOD COMMUNITY CENTRE</li></ul> |
| THURSDAY<br>15/05  | <ul style="list-style-type: none"><li>• <b>WELLBEING IN THE WOODS</b><br/>10:00-12:00, RABSON’S REC</li><li>• <b>NAVIGATING NEURODEGENERATIVE CONDITIONS</b><br/>(PART 2/2) 13:30-15:30, ONLINE</li></ul>  |
| FRIDAY<br>16/05    | <ul style="list-style-type: none"><li>• <b>CHILL &amp; CHAT CAFE:</b><br/>10:30 – 12:00, READING REP</li><li>• <b>MINDFUL CREATIONS – POTTERY FOR WELLNESS 1</b><br/>(PART 4/5), 10:30-12:30, NEW DIRECTIONS</li><li>• <b>FINDING PEACE IN A FRANTIC WORLD</b><br/>(PART 4/6) 13:00-15:00, HEXHAM COMMUNITY CENTRE</li></ul>   |
| SATURDAY<br>17/05  |  |

# Week 7. May 19<sup>th</sup> - 24<sup>th</sup>

|                    |   |
|--------------------|---|
| MONDAY<br>19/05    | <ul style="list-style-type: none"><li>• <b>RECOVERY IN MOTION – STEPS TO STRENGTH</b><br/>(PART 2/7), 12:45-14:45, MEADWAY SPORTS CENTRE</li><li>• <b>BADMINTON DROP-IN</b><br/>(PART 2/8), 15:00-16:00, MEADWAY SPORTS CENTRE</li><li>• <b>MAKING FRIENDS WITH FEAR</b><br/>(PART 2/2) 14:00-16:00, ONLINE</li></ul>       |
| TUESDAY<br>20/05   | <ul style="list-style-type: none"><li>• <b>COFFEE AND CHAT</b><br/>11:00 -12:30, THE BISCUIT FACTORY</li><li>• <b>CHALLENGING UNHELPFUL THOUGHTS</b><br/>(PART 2/2) 13:15-14:45, SOUTH STREET ARTS CENTRE</li></ul>   |
| WEDNESDAY<br>21/05 | <ul style="list-style-type: none"><li>• <b>WALK-TALK-WALK</b><br/>10:30 -12:00, PALMER PARK</li><li>• <b>WELLBEING WEDNESDAY</b><br/>12:00-13:00, SOUTH READING COMMUNITY HUB</li><li>• <b>TRAUMA-INFORMED SELF-CARE</b><br/>(PART 3/3) 14:30-16:30, COLEY COMMUNITY CENTRE</li></ul>                                       |
| THURSDAY<br>22/05  | <ul style="list-style-type: none"><li>• <b>WELLBEING IN THE WOODS</b><br/>10:00-12:00, RABSON'S REC</li><li>• <b>TIME MANAGEMENT IN RECOVERY</b><br/>(PART 1/3) 11:00-12:30, ONLINE</li><li>• <b>EXPLORING BODY IMAGE &amp; UNHEALTHY EATING HABITS</b><br/>(PART 1/2) 13:30-15:00, ONLINE</li></ul>                        |
| FRIDAY<br>23/05    | <ul style="list-style-type: none"><li>• <b>CHILL &amp; CHAT CAFE</b><br/>10:30 – 12:00, READING REP</li><li>• <b>MINDFUL CREATIONS – POTTERY FOR WELLNESS 1</b><br/>(PART 5/5), 10:30-12:30, NEW DIRECTIONS</li><li>• <b>FINDING PEACE IN A FRANTIC WORLD</b><br/>(PART 5/6) 13:00-15:00, HEXHAM COMMUNITY CENTRE</li></ul> |
| SATURDAY<br>24/05  |   |

# Week 8. May 26<sup>th</sup> – 31<sup>st</sup>

|                    |  |
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| MONDAY<br>26/05    |  |
| TUESDAY<br>27/05   | <ul style="list-style-type: none"><li>• <b>COFFEE AND CHAT</b><br/>11:00 -12:30, THE BISCUIT FACTORY</li><li>• <b>EFFECTIVE COMMUNICATION FOR CONFIDENCE &amp; BETTER CONNECTION</b><br/>(PART 1/2) 14:00-15:30, HEXHAM COMMUNITY CENTRE</li><li>• <b>MAKING SENSE OF OURSELVES</b><br/>(PART 1/2) 14:00-16:00, ONLINE</li></ul>   |
| WEDNESDAY<br>28/05 | <ul style="list-style-type: none"><li>• <b>WALK-TALK-WALK</b><br/>10:30 -12:00, PALMER PARK</li><li>• <b>COACHING OURSELVES FOR RECOVERY</b><br/>(PART 1/6) 14:30-16:30, COLEY COMMUNITY CENTRE</li></ul>  |
| THURSDAY<br>29/05  | <ul style="list-style-type: none"><li>• <b>WELLBEING IN THE WOODS</b><br/>10:00-12:00, RABSON'S REC</li><li>• <b>TIME MANAGEMENT IN RECOVERY</b><br/>(PART 2/3) 11:00-12:30, ONLINE</li><li>• <b>EXPLORING BODY IMAGE &amp; UNHEALTHY EATING HABITS</b><br/>(PART 2/2) 13:30-15:00, ONLINE</li><li>• <b>GROUNDING PHOTOGRAPHY: SEEING THE WORLD DIFFERENTLY</b><br/>(PART 1/6) 13:30-15:30, MERL</li></ul> |
| FRIDAY<br>30/05    | <ul style="list-style-type: none"><li>• <b>CHILL &amp; CHAT CAFE</b><br/>10:30 – 12:00, READING REP</li></ul>  |
| SATURDAY<br>31/05  |  |

# Week 9. June 2<sup>nd</sup> - 7<sup>th</sup>

|                    |   |
|--------------------|---|
| MONDAY<br>02/06    | <ul style="list-style-type: none"><li>• <b>OBSESSIVE-COMPULSIVE DISORDER</b><br/>(PART 1/3) 10:00-11:00, COMMITTEE ROOM 1, CIVIC</li><li>• <b>RECOVERY IN MOTION – STEPS TO STRENGTH</b><br/>(PART 3/7), 12:45-14:45, MEADWAY SPORTS CENTRE</li><li>• <b>BADMINTON DROP-IN</b><br/>(PART 3/8), 15:00-16:00, MEADWAY SPORTS CENTRE</li></ul> |
| TUESDAY<br>03/06   | <ul style="list-style-type: none"><li>• <b>COFFEE AND CHAT</b><br/>11:00 -12:30, THE BISCUIT FACTORY</li><li>• <b>EFFECTIVE COMMUNICATION FOR CONFIDENCE &amp; BETTER CONNECTION</b><br/>(PART 2/2) 14:00-15:30, HEXHAM COMMUNITY CENTRE</li><li>• <b>MAKING SENSE OF OURSELVES</b><br/>(PART 2/2) 14:00-16:00, ONLINE</li></ul>            |
| WEDNESDAY<br>04/06 | <ul style="list-style-type: none"><li>• <b>WALK-TALK-WALK</b><br/>10:30 -12:00, PALMER PARK</li><li>• <b>COACHING OURSELVES FOR RECOVERY</b><br/>(PART 2/6) 14:3-16:30, COLEY COMMUNITY CENTRE</li></ul>  |
| THURSDAY<br>05/06  | <ul style="list-style-type: none"><li>• <b>WELLBEING IN THE WOODS</b><br/>10:00-12:00, RABSON'S REC</li><li>• <b>TIME MANAGEMENT IN RECOVERY</b><br/>(PART 3/3) 11:00-12:30, ONLINE</li><li>• <b>GROUNDING PHOTOGRAPHY: SEEING THE WORLD DIFFERENTLY</b><br/>(PART 2/6) 13:30-15:30, MERL</li></ul>   |
| FRIDAY<br>06/06    | <ul style="list-style-type: none"><li>• <b>CHILL &amp; CHAT CAFE</b><br/>10:30 – 12:00, READING REP</li><li>• <b>MINDFUL CREATIONS – POTTERY FOR WELLNESS 2</b><br/>(PART 1/5), 10:30-12:30, NEW DIRECTIONS</li><li>• <b>FINDING PEACE IN A FRANTIC WORLD</b><br/>(PART 6/6) 13:00-15:00, HEXHAM COMMUNITY CENTRE</li></ul>                 |
| SATURDAY<br>07/06  |   |

# Week 10. June 9<sup>th</sup> - 14<sup>th</sup>

|                    |  |
|--------------------|--|
| MONDAY<br>09/06    | <ul style="list-style-type: none"><li>• <b>OBSESSIVE-COMPULSIVE DISORDER</b><br/>(PART 2/3) 10:00-11:00, COMMITTEE ROOM 1, CIVIC</li><li>• <b>RECOVERY IN MOTION – STEPS TO STRENGTH</b><br/>(PART 4/7), 12:45-14:45, MEADWAY SPORTS CENTRE</li><li>• <b>BADMINTON DROP-IN</b><br/>(PART 4/8), 15:00-16:00, MEADWAY SPORTS CENTRE</li></ul>  |
| TUESDAY<br>10/06   | <ul style="list-style-type: none"><li>• <b>BOWLING FOR WELLBEING</b><br/>(PART 1/4) 10:00-12:00, PALMER PARK BOWLING CLUB</li><li>• <b>COFFEE AND CHAT</b><br/>11:00 -12:30, THE BISCUIT FACTORY</li></ul>   |
| WEDNESDAY<br>11/06 | <ul style="list-style-type: none"><li>• <b>WALK-TALK-WALK</b><br/>10:30 -12:00, PALMER PARK</li><li>• <b>COACHING OURSELVES FOR RECOVERY</b><br/>(PART 3/6) 14:30-16:30, COLEY COMMUNITY CENTRE</li><li>• <b>BRING YOUR OWN CRAFT</b><br/>16:00 – 17:30, WHITLEY WOOD COMMUNITY CENTRE</li></ul>   |
| THURSDAY<br>12/06  | <ul style="list-style-type: none"><li>• <b>WELLBEING IN THE WOODS</b><br/>10:00-12:00, RABSON'S REC</li><li>• <b>GROUNDING PHOTOGRAPHY: SEEING THE WORLD DIFFERENTLY</b><br/>(PART 3/6) 13:30-15:30, MERL</li></ul>  |
| FRIDAY<br>13/06    | <ul style="list-style-type: none"><li>• <b>CHILL &amp; CHAT CAFE</b><br/>10:30 – 12:00, READING REP</li><li>• <b>MINDFUL CREATIONS – POTTERY FOR WELLNESS 2</b><ul style="list-style-type: none"><li>• (PART 2/5), 10:30-12:30, NEW DIRECTIONS</li></ul></li><li>• <b>GOAL-SETTING &amp; CREATING HEALTHIER HABITS</b><br/>(PART 1/2) 12:30-13:30, COMMITTEE ROOM 1, CIVIC</li><li>• <b>NAVIGATING LOW MOOD AND MOTIVATION</b><br/>(PART 1/2) 13:00-15:00, HEXHAM COMMUNITY CENTRE</li></ul> |
| SATURDAY<br>14/06  | <ul style="list-style-type: none"><li>• <b>LGBT+ ME</b><br/>13:00 -1500, THE BISCUIT FACTORY</li></ul>   |



# Week 11. June 16<sup>th</sup> – 21<sup>st</sup>

|                    |   |
|--------------------|---|
| MONDAY<br>16/06    | <ul style="list-style-type: none"><li>• <b>OBSESSIVE-COMPULSIVE DISORDER</b><br/>(PART 3/3) 10:00-11:00, COMMITTEE ROOM 1, CIVIC</li><li>• <b>RECOVERY IN MOTION – STEPS TO STRENGTH</b><br/>(PART 5/7), 12:45-14:45, MEADWAY SPORTS CENTRE</li><li>• <b>BADMINTON DROP-IN</b><br/>(PART 5/8), 15:00-16:00, MEADWAY SPORTS CENTRE</li></ul> |
| TUESDAY<br>17/06   | <ul style="list-style-type: none"><li>• <b>BOWLING FOR WELLBEING</b><br/>(PART 2/4) 10:00-12:00, PALMER PARK BOWLING CLUB</li><li>• <b>COFFEE AND CHAT</b><br/>11:00 -12:30, THE BISCUIT FACTORY</li></ul>  |
| WEDNESDAY<br>18/06 | <ul style="list-style-type: none"><li>• <b>WALK-TALK-WALK</b><br/>10:30 -12:00, PALMER PARK</li><li>• <b>COACHING OURSELVES FOR RECOVERY</b><br/>(PART 4/6) 14:30-16:30, COLEY COMMUNITY CENTRE</li><li>• <b>WELLBEING WEDNESDAY</b><br/>12:00-13:00, SOUTH READING COMMUNITY HUB</li></ul>   |
| THURSDAY<br>19/06  | <ul style="list-style-type: none"><li>• <b>WELLBEING IN THE WOODS</b><br/>10:00-12:00, RABSON'S REC</li><li>• <b>GROUNDING PHOTOGRAPHY: SEEING THE WORLD DIFFERENTLY</b><br/>(PART 4/6) 13:30-15:30, MERL</li></ul>   |
| FRIDAY<br>20/06    | <ul style="list-style-type: none"><li>• <b>CHILL &amp; CHAT CAFE</b><br/>10:30 – 12:00, READING REP</li><li>• <b>MINDFUL CREATIONS – POTTERY FOR WELLNESS 2</b><br/>(PART 3/5), 10:30-12:30, NEW DIRECTIONS</li><li>• <b>NAVIGATING LOW MOOD AND MOTIVATION</b><br/>(PART 2/2) 13:00-15:00, HEXHAM COMMUNITY CENTRE</li></ul>               |
| SATURDAY<br>21/06  |   |

# Week 12. June 23<sup>rd</sup> - 28<sup>th</sup>

|                    |   |
|--------------------|---|
| MONDAY<br>23/06    | <ul style="list-style-type: none"><li>• <b>RECOVERY IN MOTION – STEPS TO STRENGTH:</b><br/>(PART 6/7), 12:45-14:45, MEADWAY SPORTS CENTRE</li><li>• <b>BADMINTON DROP-IN</b><br/>(PART 6/8), 15:00-16:00, MEADWAY SPORTS CENTRE</li></ul>   |
| TUESDAY<br>24/06   | <ul style="list-style-type: none"><li>• <b>BOWLING FOR WELLBEING</b><br/>(PART 3/4) 10:00-12:00, PALMER PARK BOWLING CLUB</li><li>• <b>COFFEE AND CHAT</b><br/>11:00 -12:30, THE BISCUIT FACTORY</li></ul>  |
| WEDNESDAY<br>25/06 | <ul style="list-style-type: none"><li>• <b>WALK-TALK-WALK</b><br/>10:30 -12:00, PALMER PARK</li><li>• <b>COACHING OURSELVES FOR RECOVERY</b><br/>(PART 5/6) 14;30-16;30, COLEY COMMUNITY CENTRE</li></ul>   |
| THURSDAY<br>26/06  | <ul style="list-style-type: none"><li>• <b>WELLBEING IN THE WOODS</b><br/>10:00-12:00, RABSON'S REC</li><li>• <b>GROUNDING PHOTOGRAPHY: SEEING THE WORLD DIFFERENTLY</b><br/>(PART 5/6) 13:30-15;30, MERL</li></ul>   |
| FRIDAY<br>27/06    | <ul style="list-style-type: none"><li>• <b>CHILL &amp; CHAT CAFE</b><br/>10:30 – 12:00, READING REP</li><li>• <b>MINDFUL CREATIONS – POTTERY FOR WELLNESS 2</b><br/>(PART 4/5), 10:30-12:30, NEW DIRECTIONS</li><li>• <b>GOAL-SETTING &amp; CREATING HEALTHIER HABITS</b><br/>(PART 2/2) 12:30-13:30, COMMITTEE ROOM 1, CIVIC</li></ul> |
| SATURDAY<br>28/06  |   |

# Week 13. June 30<sup>th</sup> – July 5<sup>th</sup>

|                    |   |
|--------------------|---|
| MONDAY<br>30/06    | <ul style="list-style-type: none"><li>• <b>PARENT CONNECT</b><br/>10:00-11:30, WELLER CENTRE</li><li>• <b>RECOVERY IN MOTION – STEPS TO STRENGTH</b><br/>(PART 7/7), 12:45-14:45, MEADWAY SPORTS CENTRE</li><li>• <b>BADMINTON DROP-IN</b><br/>(PART 7/8), 15:00-16:00, MEADWAY SPORTS CENTRE</li></ul> |
| TUESDAY<br>01/07   | <ul style="list-style-type: none"><li>• <b>BOWLING FOR WELLBEING</b><br/>(PART 4/4) 10:00-12:00, PALMER PARK BOWLING CLUB</li><li>• <b>COFFEE AND CHAT</b><br/>11:00 -12:30, THE BISCUIT FACTORY</li></ul>  |
| WEDNESDAY<br>02/07 | <ul style="list-style-type: none"><li>• <b>WALK-TALK-WALK</b><br/>10:30 -12:00, PALMER PARK</li><li>• <b>COACHING OURSELVES FOR RECOVERY</b><br/>(PART 6/6) 14:30-16:30, COLEY COMMUNITY CENTRE</li></ul>   |
| THURSDAY<br>03/07  | <ul style="list-style-type: none"><li>• <b>WELLBEING IN THE WOODS</b><br/>10:00-12:00, RABSON'S REC</li><li>• <b>GROUNDING PHOTOGRAPHY: SEEING THE WORLD DIFFERENTLY</b><br/>(PART 6/6) 13:30-15:30, MERL</li></ul>   |
| FRIDAY<br>04/07    | <ul style="list-style-type: none"><li>• <b>CHILL &amp; CHAT CAFE</b><br/>10:30 – 12:00, READING REP</li><li>• <b>MINDFUL CREATIONS – POTTERY FOR WELLNESS 2</b><br/>(PART 5/5), 10:30-12:30, NEW DIRECTIONS</li></ul>   |
| SATURDAY<br>05/07  |   |

# 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**

