



Compass  
RECOVERY COLLEGE



Courses & Workshops  
Sept – Dec 2025

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# Welcome



Compass  
RECOVERY COLLEGE



Compass Recovery College offers free drop-in groups and wellbeing workshops, both online and in person.

Our sessions are open to everyone over 18 years old in the Reading area —whether you're new or returning, facing mental health challenges, supporting someone else, or just want to learn more.

Our workshops focus on self-care, mental health and practical skills for living well. They are created and led by people with lived experience and mental health professionals.

You don't need a referral or diagnosis to join — just come as you are.

**Everyone is welcome. Start your journey with us today!**

**Telephone:** 01189 373 945

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

# Alistair's Story

A parent's perspective on recovery

When my child was struggling with their mental health, it was one of the hardest times of my life. There were hospital stays, changing diagnoses, and endless worry. I was heartbroken, overwhelmed, and I stopped looking after myself.

Even after we received a diagnosis, I still felt lost. When my child had a crisis and was admitted to a Place of Safety, we were introduced to Compass Recovery College.

I encouraged them to try a few courses. What I did not expect was that Compass would welcome me too. As a Carer, I was invited to join workshops alongside my child. For the first time in a long while, I felt supported.

I began to learn how to care for myself again. I found ways to set boundaries, reduce my anxiety, and be more present. I no longer felt like I had to carry everything alone.

Over time, my child found their confidence again and returned to university. That moment felt like a turning point for both of us.

Compass helped me understand that my mental health matters too.

***By looking after myself, I became stronger. For them, and for me.***



# Code of Conduct

At the heart of Compass is a shared commitment to kindness, inclusion, and respect. To help everyone feel safe and supported, we ask all participants and staff to follow these ten key principles:

## 1. Respect and Inclusion

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

## 2. Confidentiality

Respect the privacy of others, and do not share anything outside the group.

## 3. Active Participation

Take part where you can. Listen to others and give everyone space to share.

## 4. Safety and Wellbeing

Look after your wellbeing and let us know if you feel uncomfortable at any point.

## 5. Technology Etiquette (for online sessions)

Join from a quiet space if possible. Keep your mic off when not speaking. Respect others as you would in person.

## 6. Constructive Feedback

Offer feedback in a respectful, helpful way.

## 7. No Inappropriate Behaviour

We do not allow verbal, emotional, or physical abuse of any kind. Substances including alcohol, drugs, vapes, or nicotine must not be used during sessions.

## 8. Adherence to Guidelines

Follow the structure and boundaries set for each session.

## 9. Reporting Issues

If you have concerns or something is wrong, please speak to a Compass team member as soon as you can.

## 10. Consequences

If the code is broken, we may ask someone to leave the session or take further action if necessary.

The full version of our Code of Conduct is available at every session and during registration.

If anything is unclear, please ask a member of the Compass team to explain.

Read the full version:

[www.compassrecoverycollege.uk/compass-charter](http://www.compassrecoverycollege.uk/compass-charter)



# Our Workshop Types

## Mental Health Workshops

These workshops help us understand mental health challenges. They focus on increasing knowledge, building confidence, and learning self-management skills that support us in everyday life.

## Wellbeing Workshops

Wellbeing sessions are designed to help us feel better and stay well. They offer space to be creative, get active, and connect with others in a positive way.

## Drop-In Sessions

If you are new to Compass, drop-ins are a great place to start. Come as often or as little as you like. These sessions offer a relaxed space to meet others, enjoy a coffee and chat, or take part in a gentle walk.

## How They Work

Workshops may be one-off sessions or run weekly for up to ten weeks. Some take place in community venues. Others are online using Zoom

Before joining any workshops, make sure you are registered with us.

It is quick and free to register.

0118 937 3945

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

[www.compassrecoverycollege.uk](http://www.compassrecoverycollege.uk)

# Mental Health Workshops



# Navigating Depression with Compassion

3 SESSIONS, IN PERSON

Depression is one of the most common mental health challenges, and in this 3-session workshop, we will be exploring its causes and consequences, and how depression frequently creates negative spirals of mood that can be very challenging to navigate and escape. Most importantly, we will be discussing and sharing tools we can use that can help us lift our mood and build our sense of wellbeing.

South Street Arts Centre  
Tuesday 16<sup>th</sup>, 23<sup>rd</sup> & 30<sup>th</sup> September 1:00pm – 3:00pm

## Embracing Neurodiversity

3 SESSIONS, ONLINE

Embracing our differences and deepening our self-acceptance can make a huge difference to our sense of wellbeing, belonging and self-worth. In this 3-session workshop we will be looking at common neurodiverse diagnoses and both their challenges and gifts, with a view to create a deeper understanding of how these experiences fit within the spectrum of human cognition and more warmly embrace who we are.

Hosted on Zoom  
Thursday 6<sup>th</sup>, 13<sup>th</sup> & 20<sup>th</sup> November 6:00pm – 8:00pm



# Introduction to The 5 Ways to Wellbeing

## 1 SESSION, IN PERSON

The 5 Ways to Wellbeing is a simple strategy for helping us to build positive routines into our daily lives using the benefits of human connection and physical activity, the power of giving and learning, along with the mindful practice of taking notice of ourselves and what is around us. In this short introductory course, we will be discussing what these can include and how we can integrate them into our lives.

South Street Arts Centre  
Wednesday 22<sup>nd</sup> October 2:00pm – 4:00pm

## Managing Anxiety

### 3 SESSIONS, ONLINE

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

In this workshop we will look at:

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

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

Hosted on Zoom  
Thursday 2<sup>nd</sup> , 9<sup>th</sup> & 16<sup>th</sup> October 10:30am – 12:00 Midday

# Better Living through Recovery

## 4 SESSIONS, IN-PERSON

Using journaling as a base, this 4-session workshop will be a practical exploration of how we can integrate a series of recovery skills into a personal recovery programme for ourselves. We will be covering self-coaching, challenging unhelpful thoughts, The 5 Ways to Wellness, emotional regulation and resilience, radical acceptance and breaking the chain of behavioural action, and how each of these can support the others as we look to build positive adaptation and more fulfilling lives.

Coley Park Community Centre  
Tuesday 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup> & 28<sup>th</sup> October 1:30pm – 3:30pm

# Domestic Abuse & Mental Health

## 2 SESSIONS, IN-PERSON

Learn how domestic abuse can affect mental health in this supportive and inclusive workshop. Explore the cycle of abuse, trauma bonding, and the difference between healthy and unhealthy relationships. Gain practical self-help strategies and connect with those with similar experiences. Open to anyone affected by domestic abuse or supporting someone who is.

South Street Arts Centre  
Monday 3<sup>rd</sup> & 10<sup>th</sup> November 1:30pm – 3:30pm

# Managing Emotions

3 SESSIONS, ONLINE

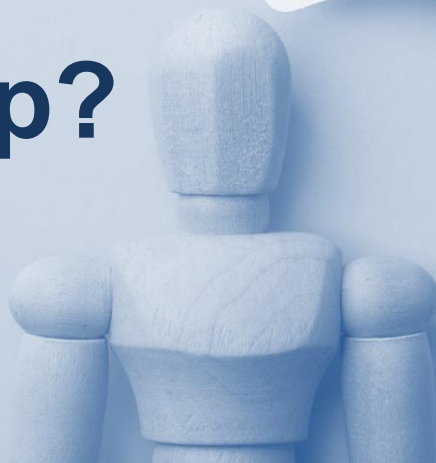
Emotions are part of our daily lives but navigating and understanding our emotions can be difficult. At times it can feel like we are on an emotional roller coaster, with no way of slowing down. Emotions and how we express them can impact on many areas of our lives such as work, relationships, and our self-identity. In this workshop, we explore why we have emotions, why it can be hard to understand and manage our feelings, how emotions are expressed in body, mind, and behaviour, skills to help us manage distress and overwhelming emotions.

Hosted on Zoom

Wednesday 5<sup>th</sup> , 12<sup>th</sup> & 19<sup>th</sup> November 1:00pm – 2:30pm

## 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.



# Wellbeing Workshops



# Wellbeing for Carers Series

3 SESSIONS, IN-PERSON & 3 SESSIONS, ONLINE

Caring for a loved one can bring unique challenges —both emotional and practical. That's why we warmly invite you to join our Wellbeing for Carers series which is specifically aimed at supporting those in a caring role including parent carers.

In these supportive 2-hour sessions, we'll explore some of the common difficulties carers face day to day and share practical tools and strategies to help you manage stress, protect your emotional health, and strengthen your overall wellbeing.

We understand that it's not always easy to commit to sessions each week, so you can choose to join an individual session or take part in the whole series. To make things more flexible, sessions are available both online and in person at South Street Arts Centre.

## Session 1: Managing Stress & Reducing Anxiety

Practical techniques for managing stress and navigating negative thoughts.

Online: 11<sup>th</sup> November 12:30pm – 2.30pm  
South Street: 3<sup>rd</sup> December 12:30pm – 2:30pm

## Session 2: Creating Healthy Boundaries, Self Care & Managing Emotions (especially guilt)

Guidance on setting limits, making space for yourself, and handling difficult feelings.

Online: 18<sup>th</sup> November 12:30pm – 2.30pm  
South Street: 10<sup>th</sup> December 12:30pm – 2:30pm

## Session 3: Regaining a Sense of Self & Finding Support

Looking at identity beyond caring, self-esteem, connecting with others, and exploring helpful wellbeing tools.

Online: 25<sup>th</sup> November 2:30pm – 2.30pm  
South Street: 17<sup>th</sup> December 12:30pm – 2:30pm

# Journalling

3 SESSIONS, ONLINE

In this three-part workshop, we'll explore the benefits of journalling for mental health and how to incorporate this tool into daily life. Journalling 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.

Hosted on Zoom  
Wednesday October 1<sup>st</sup> , 8<sup>th</sup> & 15<sup>th</sup> 1:30pm – 3:00pm

## Recovery in Motion

7 SESSIONS, IN-PERSON

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.

Meadway Sports Centre  
Monday October 6<sup>th</sup> , 13<sup>th</sup> , 20<sup>th</sup> & 27<sup>th</sup>  
November 3<sup>rd</sup> , 10<sup>th</sup> & 17<sup>th</sup>  
10:30am–12:30pm

# Mindful Creations: Pottery for Wellness

5 SESSIONS, IN-PERSON

Engage in creative expression through pottery, using the process to promote mindfulness and stress relief. This hands-on programme 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.

Pottery will run twice during the winter term, with each part lasting for 5 weeks. **You will only be offered a space on one**

New Directions College

Round 1: Fridays Sept 19<sup>th</sup> 26<sup>th</sup> , Oct 3<sup>rd</sup> 10<sup>th</sup> 17<sup>th</sup> 10:30 am–12:30 pm

Round 2: Fridays Nov 7<sup>th</sup> 14<sup>th</sup> 21<sup>st</sup> 28<sup>th</sup> , Dec 5<sup>th</sup> 10:30 am–12:30 pm

## Mental Health Action Planning

4 SESSIONS, IN-PERSON

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.

Museum of English Rural Life (MERL)

Thursday 6<sup>th</sup> 13<sup>th</sup>, 20<sup>th</sup> & 27<sup>th</sup> November 10:00am – 12:00 Midday

# Drop In Sessions





# Monday Mindfulness

Come join us online each week for our drop-in mindfulness sessions on Zoom, where we slip straight into a gentle guided meditation focused on a theme such as Presence, Awareness, Discernment or Acceptance, following by a space for reflection and journaling. We then open up the space for sharing, discussion and connection.

Mindfulness is a wonderful practice that helps builds attention, deepens our connection and integration with ourselves, and supports both greater wellbeing and our capacity for change. No booking needed – just log on to connect with like-minded people and start the week in a lovely way!

Hosted on Zoom  
Every Monday, 10:30am – 12:00 Middyay

## 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!

The Biscuit Factory  
Every Tuesday, 11:00am – 12:30pm

# Social Game Night

It's game night at our new weekly evening social connection drop-in session! As the nights start to draw in, board games provide a relaxed and fun way to meet people and connect with friends, share conversation, stories and laughter. Whether you're a total beginner or a seasoned enthusiast, everyone is welcome to come join us and play. Bring your own favourite game to share, join in with others, or borrow one of ours, there will be opportunities for both large group games and quieter games for pairs.

Come along **Tuesday evenings at The Biscuit Factory, 6:00pm-9:00pm**, and let the games begin!

## 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.

**Palmer Park, Meet outside Tutu's Cafe  
Every Wednesday, 10:30am – 12:00 Midday**

# Craft & Connect

Unleash your creativity at Compass: Craft & Connect, a welcoming weekly 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, so feel free to **bring your own materials**, or join our beginner activity. Share inspiration and enjoy creative company & meet like-minded people to exchange ideas and find encouragement in a friendly setting where all skill levels are welcome.

Lifespring Church  
Thursdays, 10:00am – 12:00 Midday

## Campfire Conversations

Join us each week amongst the trees for a brew around the fire and an opportunity to share that most timeless of experiences; conversation and connection, sharing and listening, all while watching the flames, keeping warm and cozy (and possibly doing a bit of dodging the smoke!).

These very informal sessions are a great way to spend some time outdoors, whether you're keen to connect with others, simply happy to listen and share good company, or whether you're looking for some informal support and guidance. The kettle is always on, and if you get there at the start, you can always practice your fire-lighting skills!

No booking needed—just come along and immerse yourself in nature! **Thursdays 1:30pm – 3:30pm at The 89th Reading Scouts, 5 Jefferson Close, Caversham, Reading RG4 8US**

## Chill & Chat Café

Join us for a laid-back, open space where you can grab a free 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!

Reading Rep Theatre  
Every Friday, 10:30am – 12:00 Midday

## Wellbeing Wednesdays

Informal Drop-in sessions.

Join us from 12:00 Midday – 1:00pm, every 3rd 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

# 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.

**Parkside Café**

**Last Monday of each month, 10:00am – 11:30am**

## 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.

**The Biscuit Factory**

**Second Saturday of the month, 1:00pm – 3:00pm**

# Cooking Club

Join our monthly 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 Creating social connections. 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.

Whitley Wood Community Centre  
Second Wednesday of the month, **starting October**,  
4:00pm – 5:30pm

# 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)**

# September 1<sup>st</sup> – 6<sup>th</sup>

MONDAY 8/09	CLOSED
TUESDAY 9/09	CLOSED
WEDNESDAY 10/09	CLOSED
THURSDAY 11/09	CLOSED
FRIDAY 12/09	CLOSED
SATURDAY 13/09	Closed

# September 8<sup>th</sup> – 13<sup>th</sup>

MONDAY 8/09	CLOSED
TUESDAY 9/09	CLOSED
WEDNESDAY 10/09	CLOSED
THURSDAY 11/09	CLOSED
FRIDAY 12/09	CLOSED
SATURDAY 13/09	<b>LGBT+ME</b> – 1:00PM -3:00PM, Reading Biscuit Factory

# Week 1. September 15<sup>th</sup> – 20<sup>th</sup>

MONDAY 15/09	<b>Monday Mindfulness</b> : 10:00 am – 12:00pm Online
TUESDAY 16/09	<b>Coffee &amp; Chat</b> 11:00am: 12:30pm Reading Biscuit Factory  <b>Navigating Depression with Compassion</b> 1:00pm – 3:00pm South Street Arts Centre (Part 1/3)  <b>Social Games Night:</b> 6:00pm – 9:00pm Reading Biscuit Factory
WEDNESDAY 17/09	<b>Walk Talk Walk:</b> 10:30-12:00 Palmer Park  <b>Wellbeing Wednesday:</b> 1:00-2:00pm Whitley Community Development Association (WCDA)
THURSDAY 18/09	<b>Craft &amp; Connect:</b> - 10:00am – 12:00pm Lifespring Church  <b>Campfire Conversations</b> 1:30pm-3:30pm 89 <sup>th</sup> Reading Scouts
FRIDAY 19/09	<b>Chill &amp; Chat Café</b> 10:30am -12:00pm Reading Rep Theatre  <b>Pottery 1:</b> 10:30–12:30 New Directions (Part 1/5)
SATURDAY 20/09	



# Week 2. September 22<sup>nd</sup> – 27<sup>th</sup>

MONDAY 22/09	<b>Monday Mindfulness</b> : 10:00 am – 12:00pm Online
TUESDAY 23/09	<b>Coffee &amp; Chat</b> 11:00am: 12:30pm Reading Biscuit Factory  <b>Navigating Depression with Compassion</b> 1:00pm – 3:00pm South Street Arts Centre (Part 2/3)  <b>Social Games Night:</b> 6:00pm – 9:00pm Reading Biscuit Factory
WEDNESDAY 24/09	<b>Walk Talk Walk:</b> 10:30-12:00 Palmer Park
THURSDAY 25/09	<b>Craft &amp; Connect:</b> - 10:00am – 12:00pm Lifespring Church  <b>Campfire Conversations</b> 1:30pm-3:30pm 89 <sup>th</sup> Reading Scouts
FRIDAY 26/09	<b>Chill &amp; Chat Café</b> 10:30am -12:00pm Reading Rep Theatre  <b>Pottery 1:</b> 10:30–12:30 New Directions (Part 2/5)
SATURDAY 27/09	

# Week 3. Sept 29<sup>nd</sup> – oct 4<sup>th</sup>

MONDAY 29/09	<b>Monday Mindfulness</b> : 10:00 am – 12:00pm Online
TUESDAY 30/09	<b>Coffee &amp; Chat</b> 11:00am: 12:30pm Reading Biscuit Factory  <b>Navigating Depression with Compassion</b> 1:00pm – 3:00pm South Street Arts Centre (Part 3/3)  <b>Social Games Night:</b> 6:00pm – 9:00pm Reading Biscuit Factory
WEDNESDAY 1/10	<b>Walk Talk Walk:</b> 10:30-12:00 Palmer Park  <b>Journalling:</b> 1:30pm – 3:00pm, Online, (Part 1/3)
THURSDAY 2/10	<b>Craft &amp; Connect:</b> - 10:00am – 12:00pm Lifespring Church  <b>Managing Anxiety:</b> 10:30am – 12:00 Midday, Online (Part 1/3)  <b>Campfire Conversations</b> 1:30pm-3:30pm 89 <sup>th</sup> Reading Scouts
FRIDAY 3/10	<b>Chill &amp; Chat Café</b> 10:30am -12:00pm Reading Rep Theatre  <b>Pottery 1:</b> 10:30–12:30 New Directions (Part 3/5)
SATURDAY 4/10	

# Week 4. October 6<sup>th</sup> – 11<sup>th</sup>

MONDAY 6/10	<b>Monday Mindfulness</b> : 10:00 am – 12:00pm Online  <b>Recovery in Motion:</b> 10:30am – 12:30pm, Meadway Sports Centre (Part 1/7)
TUESDAY 7/10	<b>Coffee &amp; Chat</b> 11:00am: 12:30pm Reading Biscuit Factory  <b>Better Living through Recovery:</b> 1:30pm – 3:30pm, Coley Park Community Centre (Part 1/4)  <b>Social Games Night:</b> 6:00pm – 9:00pm Reading Biscuit Factory
WEDNESDAY 8/10	<b>Walk Talk Walk:</b> 10:30-12:00 Palmer Park  <b>Journalling:</b> 1:30pm – 3:00pm, Online, (Part 2/3)
THURSDAY 9/10	<b>Craft &amp; Connect:</b> - 10:00am – 12:00pm Lifespring Church  <b>Managing Anxiety:</b> 10:30am – 12:00 Midday, Online (Part 2/3)  <b>Campfire Conversations</b> 1:30pm-3:30pm 89 <sup>th</sup> Reading Scouts
FRIDAY 10/10	<b>Chill &amp; Chat Café</b> 10:30am -12:00pm Reading Rep Theatre  <b>Pottery 1:</b> 10:30–12:30 New Directions (Part 4/5)
SATURDAY 11/10	<b>LGBT+ME</b> – 1:00PM -3:00PM, Reading Biscuit Factory

# Week 5. October 13<sup>th</sup> – 18<sup>th</sup>

MONDAY 13/10	<b>Monday Mindfulness</b> : 10:00 am – 12:00pm Online  <b>Recovery in Motion:</b> 10:30am – 12:30pm, Meadway Sports Centre (Part 2/7)
TUESDAY 14/10	<b>Coffee &amp; Chat 11:00am:</b> 12:30pm Reading Biscuit Factory  <b>Better Living through Recovery:</b> 1:30pm – 3:30pm, Coley Park Community Centre (Part 2/4)  <b>Social Games Night:</b> 6:00pm – 9:00pm Reading Biscuit Factory
WEDNESDAY 15/10	<b>Walk Talk Walk:</b> 10:30-12:00 Palmer Park  <b>Wellbeing Wednesday:</b> 1:00-2:00pm Whitley Community Development Association (WCDA)  <b>Journalling:</b> 1:30pm – 3:00pm, Online, (Part 3/3)
THURSDAY 16/10	<b>Craft &amp; Connect:</b> - 10:00am – 12:00pm Lifespring Church  <b>Managing Anxiety:</b> 10:30am – 12:00 Midday, Online (Part 3/3)  <b>Campfire Conversations</b> 1:30pm-3:30pm 89 <sup>th</sup> Reading Scouts
FRIDAY 17/10	<b>Chill &amp; Chat Café</b> 10:30am -12:00pm Reading Rep Theatre  <b>Pottery 1:</b> 10:30–12:30 New Directions (Part 5/5)
SATURDAY 18/10	

# Week 6. October 20<sup>th</sup> – 25<sup>th</sup>

MONDAY 20/10	<b>Monday Mindfulness</b> : 10:00 am – 12:00pm Online  <b>Recovery in Motion:</b> 10:30am – 12:30pm, Meadway Sports Centre (Part 3/7)
TUESDAY 21/10	<b>Coffee &amp; Chat</b> 11:00am: 12:30pm Reading Biscuit Factory  <b>Better Living through Recovery:</b> 1:30pm – 3:30pm, Coley Park Community Centre (Part 3/4)  <b>Social Games Night:</b> 6:00pm – 9:00pm Reading Biscuit Factory
WEDNESDAY 22/10	<b>Walk Talk Walk:</b> 10:30-12:00 Palmer Park  <b>The 5 Ways to Wellbeing:</b> 2:00pm – 4:00pm, South Street Arts Centre (Part 1/1)
THURSDAY 23/10	<b>Craft &amp; Connect:</b> - 10:00am – 12:00pm Lifespring Church  <b>Campfire Conversations</b> 1:30pm-3:30pm 89 <sup>th</sup> Reading Scouts
FRIDAY 24/10	<b>Chill &amp; Chat Café</b> 10:30am -12:00pm Reading Rep Theatre
SATURDAY 25/10	

# Week 7. October 27<sup>th</sup> - Nov 1<sup>st</sup>

MONDAY 27/10	<b>Monday Mindfulness</b> : 10:00 am – 12:00pm Online  <b>Recovery in Motion:</b> 10:30am – 12:30pm, Meadway Sports Centre (Part 4/7)
TUESDAY 28/10	<b>Coffee &amp; Chat</b> 11:00am: 12:30pm Reading Biscuit Factory  <b>Better Living through Recovery:</b> 1:30pm – 3:30pm, Coley Park Community Centre (Part 4/4)  <b>Social Games Night:</b> 6:00pm – 9:00pm Reading Biscuit Factory
WEDNESDAY 29/10	<b>Walk Talk Walk:</b> 10:30-12:00 Palmer Park
THURSDAY 30/10	<b>Craft &amp; Connect:</b> - 10:00am – 12:00pm Lifespring Church  <b>Campfire Conversations</b> 1:30pm-3:30pm 89 <sup>th</sup> Reading Scouts
FRIDAY 31/10	<b>Chill &amp; Chat Café:</b> 10:30am -12:00pm Reading Rep Theatre
SATURDAY 1/11	

# Week 8. November 3<sup>rd</sup> – 8<sup>th</sup>

MONDAY 3/11	<p><b>Monday Mindfulness</b> : 10:00 am – 12:00pm Online</p> <p><b>Domestic Abuse &amp; Mental Health:</b> 1:30pm-3:30pm, South Street Arts Centre (Part 1/2)</p> <p><b>Recovery in Motion:</b> 10:30am – 12:30pm, Meadway Sports Centre (Part 5/7)</p>
TUESDAY 4/11	<p><b>Coffee &amp; Chat</b> 11:00am: 12:30pm Reading Biscuit Factory</p> <p><b>Social Games Night:</b> 6:00pm – 9:00pm Reading Biscuit Factory</p>
WEDNESDAY 5/11	<p><b>Walk Talk Walk:</b> 10:30-12:00 Palmer Park</p> <p><b>Managing Emotions:</b> 1:00pm – 2:30pm, Online, (part 1/3)</p>
THURSDAY 6/11	<p><b>Craft &amp; Connect:</b> - 10:00am – 12:00pm Lifespring Church</p> <p><b>Mental Health Action Planning:</b> 10:00am – 12:00 Midday, Museum of Rural Life (MERL) (Part 1/4)</p> <p><b>Campfire Conversations</b> 1:30pm-3:30pm 89<sup>th</sup> Reading Scouts</p> <p><b>Embracing Neurodiversity</b> 6:00pm - 8:00pm, Online (Part 1/3)</p>
FRIDAY 7/11	<p><b>Chill &amp; Chat Café</b> 10:30am -12:00pm Reading Rep Theatre</p> <p><b>Pottery 2:</b> 10:30–12:30 New Directions (Part 1/5)</p>
SATURDAY 8/11	<p><b>LGBT+ME</b> – 1:00PM -3:00PM, Reading Biscuit Factory</p>

# Week 9. November 10<sup>th</sup> – 15<sup>th</sup>

MONDAY 10/11	<p><b>Monday Mindfulness</b> : 10:00 am – 12:00pm Online</p> <p><b>Domestic Abuse &amp; Mental Health:</b> 1:30pm-3:30pm, South Street Arts Centre (Part 2/2)</p> <p><b>Recovery in Motion:</b> 10:30am – 12:30pm, Meadway Sports Centre (Part 6/7)</p>
TUESDAY 11/11	<p><b>Coffee &amp; Chat</b> 11:00am: 12:30pm Reading Biscuit Factory</p> <p><b>Wellbeing for Carers Series:</b> 12:30pm – 3:00pm, Online</p> <p><b>Social Games Night:</b> 6:00pm – 9:00pm Reading Biscuit Factory</p>
WEDNESDAY 12/11	<p><b>Walk Talk Walk:</b> 10:30-12:00 Palmer Park</p> <p><b>Managing Emotions:</b> 1:00pm – 2:30pm, Online, (part 2/3)</p>
THURSDAY 13/11	<p><b>Craft &amp; Connect:</b> - 10:00am – 12:00pm Lifespring Church</p> <p><b>Mental Health Action Planning:</b> 10:00am – 12:00 Midday, Museum of Rural Life (MERL) (Part 2/4)</p> <p><b>Campfire Conversations</b> 1:30pm-3:30pm 89<sup>th</sup> Reading Scouts</p> <p><b>Embracing Neurodiversity</b> 6:00pm - 8:00pm, Online (Part 2/3)</p>
FRIDAY 14/11	<p><b>Chill &amp; Chat Café</b> 10:30am -12:00pm Reading Rep Theatre</p> <p><b>Pottery 2:</b> 10:30–12:30 New Directions (Part 2/5)</p>
SATURDAY 15/11	



# Week 10. November 17<sup>th</sup> – 22<sup>nd</sup>

MONDAY 17/11	<b>Monday Mindfulness</b> : 10:00 am – 12:00pm Online  <b>Recovery in Motion:</b> 10:30am – 12:30pm, Meadway Sports Centre (Part 7/7)
TUESDAY 18/11	<b>Coffee &amp; Chat</b> 11:00am: 12:30pm Reading Biscuit Factory  <b>Wellbeing for Carers Series:</b> 12:30pm – 3:00pm, Online  <b>Social Games Night:</b> 6:00pm – 9:00pm Reading Biscuit Factory
WEDNESDAY 19/11	<b>Walk Talk Walk:</b> 10:30-12:00 Palmer Park  <b>Wellbeing Wednesday:</b> 1:00-2:00pm Whitley Community Development Association (WCDA)  <b>Managing Emotions:</b> 1:00pm – 2:30pm, Online, (part 3/3)
THURSDAY 20/11	<b>Craft &amp; Connect:</b> - 10:00am – 12:00pm Lifespring Church  <b>Mental Health Action Planning:</b> 10:00am – 12:00 Midday, Museum of Rural Life (MERL) (Part 3/4)  <b>Campfire Conversations</b> 1:30pm-3:30pm 89 <sup>th</sup> Reading Scouts  <b>Embracing Neurodiversity</b> 6:00pm - 8:00pm, Online (Part 3/3)
FRIDAY 21/11	<b>Chill &amp; Chat Café</b> 10:30am -12:00pm Reading Rep Theatre  <b>Pottery 2:</b> 10:30–12:30 New Directions (Part 3/5)
SATURDAY 22/11	

# Week 11. November 24<sup>th</sup> – 29<sup>th</sup>

MONDAY 24/11	<b>Monday Mindfulness</b> : 10:00 am – 12:00pm Online
TUESDAY 25/11	<b>Coffee &amp; Chat</b> 11:00am: 12:30pm Reading Biscuit Factory <b>Wellbeing for Carers Series:</b> 12:30pm – 3:00pm, Online <b>Social Games Night:</b> 6:00pm – 9:00pm Reading Biscuit Factory
WEDNESDAY 26/11	<b>Walk Talk Walk:</b> 10:30-12:00 Palmer Park
THURSDAY 27/11	<b>Craft &amp; Connect:</b> - 10:00am – 12:00pm Lifespring Church <b>Mental Health Action Planning:</b> 10:00am – 12:00 Midday, Museum of Rural Life (MERL) (Part 4/4) <b>Campfire Conversations</b> 1:30pm-3:30pm 89 <sup>th</sup> Reading Scouts
FRIDAY 28/11	<b>Chill &amp; Chat Café</b> 10:30am -12:00pm Reading Rep Theatre <b>Pottery 2:</b> 10:30–12:30 New Directions (Part 4/5)
SATURDAY 29/11	

# Week 12. December 1<sup>st</sup> – 6<sup>th</sup>

MONDAY 1/12	<b>Monday Mindfulness</b> : 10:00 am – 12:00pm Online
TUESDAY 2/12	<b>Coffee &amp; Chat</b> 11:00am: 12:30pm Reading Biscuit Factory  <b>Social Games Night:</b> 6:00pm – 9:00pm Reading Biscuit Factory
WEDNESDAY 3/12	<b>Walk Talk Walk:</b> 10:30-12:00 Palmer Park  <b>Wellbeing for Carers Series:</b> 12:30pm – 3:00pm, South Street Arts Centre
THURSDAY 4/12	<b>Craft &amp; Connect:</b> - 10:00am – 12:00pm Lifespring Church  <b>Campfire Conversations</b> 1:30pm-3:30pm 89 <sup>th</sup> Reading Scouts
FRIDAY 5/12	<b>Chill &amp; Chat Café</b> 10:30am -12:00pm Reading Rep Theatre  <b>Pottery 2:</b> 10:30–12:30 New Directions (Part 5/5)
SATURDAY 6/12	

# Week 13. December 8<sup>th</sup> – 13<sup>th</sup>

MONDAY 8/12	<b>Monday Mindfulness</b> : 10:00 am – 12:00pm Online
TUESDAY 9/12	<b>Coffee &amp; Chat</b> 11:00am: 12:30pm Reading Biscuit Factory  <b>Social Games Night:</b> 6:00pm – 9:00pm Reading Biscuit Factory
WEDNESDAY 10/12	<b>Walk Talk Walk:</b> 10:30-12:00 Palmer Park  <b>Wellbeing for Carers Series:</b> 12:30pm – 3:00pm, South Street Arts Centre
THURSDAY 11/12	<b>Craft &amp; Connect:</b> - 10:00am – 12:00pm Lifespring Church  <b>Campfire Conversations</b> 1:30pm-3:30pm 89 <sup>th</sup> Reading Scouts
FRIDAY 12/12	<b>Chill &amp; Chat Café</b> 10:30am -12:00pm Reading Rep Theatre
SATURDAY 13/12	<b>LGBT+ME</b> – 1:00PM -3:00PM, Reading Biscuit Factory

# Week 14. December 15<sup>th</sup> – 20<sup>th</sup>

MONDAY 15/12	<b>Monday Mindfulness</b> : 10:00 am – 12:00pm Online
TUESDAY 16/12	<b>Coffee &amp; Chat</b> 11:00am: 12:30pm Reading Biscuit Factory  <b>Social Games Night:</b> 6:00pm – 9:00pm Reading Biscuit Factory
WEDNESDAY 17/12	<b>Walk Talk Walk:</b> 10:30-12:00 Palmer Park  <b>Wellbeing for Carers Series:</b> 12:30pm – 3:00pm, South Street Arts Centre  <b>Wellbeing Wednesday:</b> 1:00-2:00pm Whitley Community Development Association (WCDA)
THURSDAY 18/12	<b>Craft &amp; Connect:</b> - 10:00am – 12:00pm Lifespring Church  <b>Campfire Conversations</b> 1:30pm-3:30pm 89 <sup>th</sup> Reading Scouts
FRIDAY 19/12	<b>Chill &amp; Chat Café</b> 10:30am -12:00pm Reading Rep Theatre
SATURDAY 20/12	Closed for Festive period until January 5 <sup>th</sup>

# Wellbeing Apps

Look for these apps in your app store

## 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.



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## 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.



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## 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.



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## 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.



# FAQ

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## 1. 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**.

## 2. How can I join?

To join our workshops, you need to create an account and book sessions via our **online Portal on our website**.

## 3. 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 enroll on any workshop they think might help and they might enjoy.

## 4. 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 Zoom. A link will be sent to you via the email you provided.

# Contact Details

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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.

**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**.

**Telephone:** 01189 373 945

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

**Find us at our weekly drop in sessions**

**Find us online**



Compass  
RECOVERY COLLEGE



# 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**

