



*Compass*  
RECOVERY COLLEGE



Prospectus & Schedule  
April - June 2026

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# Welcome



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)

# Steve's Story

Finding confidence, independence, and a fresh start

When I first came to Compass, I was struggling. I felt isolated, unsure of myself, and overwhelmed by the challenges of day-to-day living. Simple routines felt difficult, and my confidence had faded over time.

Compass welcomed me straight away. My focus became the weekly drop ins - safe, friendly spaces where I could connect with others, talk openly, and begin rebuilding my confidence. Each session helped me feel a little less alone.



The first proper workshop I attended was Cooking Skills. I was nervous, but that workshop changed everything for me. It gave me independence, confidence, and a sense of achievement I hadn't felt in years.

**It was the first time I realised I could learn new things, look after myself, and build a different future.**

Compass also worked closely with the Mental Health Reablement Team and the Care Coordinators to make sure I had consistent support. Together, they helped me with medication management, improving my sleep routine, building healthy hygiene habits, increasing physical activity, and restoring structure to my days. That joined up approach made the biggest difference.

As my confidence grew, I began looking towards the future again. Inspired by that first Cooking Skills workshop, I signed up for the Hospitality Skills course — opening up new opportunities and a renewed sense of purpose.

**For the first time in a long time, I felt hopeful.**

My routines are improving, my home life feels more manageable, and I'm building the confidence to keep moving forward. I still attend Compass sessions, and every week I notice myself growing — socially, practically, and emotionally.

**Compass helped me rebuild my independence and regain a quality of life I thought I'd lost.**

# 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, confidential space.

Your camera must be switched on and headsets if required for the full duration of the session unless you have agreed otherwise with a member of the Compass team.

Keep your microphone muted when not speaking and treat 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.

## Lunch & Learn sessions

These are our welcoming, easy-to-join online workshops open to everyone and a great springboard into our wider Compass offer.

## 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 Bereavement

4 SESSIONS, ONLINE

This workshop with Olga Zilberberg offers a comprehensive and compassionate four-week journey designed to help individuals navigate the complex landscape of loss. Each 90-minute session blends supportive frameworks to explore loss and provide participants with a versatile toolkit for understanding their unique grieving process.

A significant portion of the content is dedicated to the emotional hurdles that often complicate healing, specifically focusing on working through regret and guilt. By addressing these heavy emotions in a safe environment, the workshop facilitates a path toward genuine acceptance.

Hosted on Zoom

Dates: 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup> May 1.30pm - 3pm

## Building Resilience for Everyday Life

2 SESSIONS, ONLINE

In this two-session workshop we will explore practical ways people can cope with challenges and build resilience in everyday life.

Through discussion and shared reflection, participants will have the opportunity to learn from each other's experiences, discover simple tools that can support wellbeing, and consider ways to protect their energy and develop healthy coping strategies.

This workshop is discussion-based and connection-focused, offering a supportive space to explore what helps people navigate difficult periods and strengthen resilience over time.

If you are looking for a short introduction to coping strategies, you may wish to attend our Lunch & Learn Workshop: Building Coping Skills.

Hosted on Zoom

Tuesdays 16<sup>th</sup>, 23<sup>rd</sup> June 6.30pm - 8pm

# The Stories We Tell Ourselves

3 SESSIONS, IN PERSON

We all have stories about who we are and how our lives have unfolded. Some come from our past, some from what we've been told, and some we've quietly built ourselves over time. These stories can shape how we see the world and how we see ourselves. In this workshop, we'll take a gentle look at the stories we carry — with curiosity, not judgement. Through reflection and shared discussion, we'll have space to notice the roles our stories play in our wellbeing, and whether there might be room for new perspectives to emerge.

Hosted at South Street Arts Centre  
Tuesdays 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup> April 1:00pm - 2.30pm

# Exploring Neurodivergence

2 SESSIONS, ONLINE

Understanding and embracing the ways our minds work can have a powerful impact on our wellbeing, sense of belonging and self-worth.

Across the two sessions, we'll look at some common neurodivergent experiences, considering both the challenges people may face and the strengths that often come with them.

We'll also spend time exploring self-acceptance, reducing stigma, and recognising the unique qualities that make each of us who we are.

There will be space for discussion, sharing lived experiences, and exploring practical strategies that support us in everyday life.

Hosted on Zoom  
Wednesdays 13<sup>th</sup>, 20<sup>th</sup> May 1:00pm – 2:30pm

# Lunch & Learn: Understanding the Stress Response

1 SESSION, ONLINE

Stress is a normal part of life — but when it builds up, it can affect our mood, sleep, concentration and overall wellbeing. This one-hour workshop explains how the body's stress response works, how to recognise your early warning signs, and what you can do to calm your system. You'll leave with a simple, practical understanding of stress and at least one strategy you can start using straight away.

These are

Hosted on Zoom  
Monday 13th April 12:00pm - 1:00pm

# Lunch & Learn: Goal Setting and Routine Building

1 SESSION, ONLINE

When life feels overwhelming or unstructured, even small changes can make a big difference. This workshop introduces simple, evidence-based approaches to setting achievable goals and building supportive routines. You'll learn how to break tasks down into manageable steps and create one small, sustainable change you can put into action immediately.

Hosted on Zoom  
Monday 27th April 12:00 - 1:00pm

# Lunch & Learn: Healthy habits

1 SESSION, ONLINE

The small things we do every day have a big impact on our energy, mood and overall wellbeing. In this one-hour workshop, we'll explore what makes a habit "healthy," why habits can be hard to build (or break), and how to create routines that actually stick. We'll learn simple, realistic strategies for making positive changes — one small step at a time.

Hosted on Zoom  
Monday 11th May 12:00pm - 1:00pm

# Lunch & Learn: Building Coping Skills

1 SESSION, ONLINE

We all cope with challenges in different ways — some helpful, some less so. In this practical workshop, we'll explore what coping really means, how to spot unhelpful patterns, and how to build a personalised "coping toolkit" that works for you. You'll leave with clear, realistic strategies to support your wellbeing in everyday life.

Hosted on Zoom  
Monday 8th June 12:00pm - 1:00pm

# Lunch & Learn: Emotional Regulation Basics

1 SESSION, ONLINE

Emotional Regulation Basics introduce what emotional regulation is, why it matters, and how simple techniques—like grounding, breathing, and recognising early signs of overwhelm—can support everyday wellbeing. The session is open to anyone wanting to understand and manage their emotions more effectively, and offers practical tools to build resilience, reduce stress, and strengthen coping skills.

Hosted on Zoom  
Monday 15th June 12:00pm - 1:00pm

# Lunch & Learn: Better Sleep for Wellbeing

1 SESSION, ONLINE

Quality sleep is a foundation of good health. This session explores practical, evidence-based ways to improve sleep and build healthier daily routines. We will discover how sleep affects mood, resilience, cognitive function, and physical health, and gain simple tools to manage common sleep challenges such as stress, irregular routines, and environmental factors. This session is suitable for anyone wanting to understand their sleep better and make positive, sustainable changes to support healthier living.

Hosted on Zoom  
Monday 22nd June 12:00pm - 1:00pm

# Wellbeing Workshops



# Introduction to Mindfulness

6 SESSIONS, Online

This set of 6 sessions offers a practical introduction to building awareness of the body, thoughts and emotions. Across six weeks, learners will explore guided mindfulness practices such as body scans, grounding techniques, observing thoughts and the RAIN approach, all designed to support emotional regulation and wellbeing. Each session combines simple explanations, group reflection and supportive home practice, encouraging us to develop a kinder, more compassionate relationship with ourselves. The workshops focus on small, achievable steps to make mindfulness accessible and sustainable, empowering us all to pause, breathe and respond to life with greater clarity and calm.

Hosted on Zoom

Thursdays 14th, 21st, 28th May & 4th, 11th, 18th June 12:00pm – 13:30pm

## Yoga

3 SESSIONS, IN PERSON

A beginner friendly space to move, breathe and reconnect. These sessions focus on calming, grounding practices that work with your body's natural rhythms.

We build safety, self-compassion and steady challenge to support nervous system resilience and more ease in everyday life. Sessions can be adapted for low mobility.

Come exactly as you are.

Hosted at South Street Arts Centre

Wednesdays 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup> June 1:00pm – 2.30pm

# 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 Spring term, with each part lasting for 5 weeks. **You will only be offered a space on one.**

Hosted at New Directions College

Round 1: Fridays 24th April, 1st, 8th, 15th, 22nd May 10:30 am–12:30 pm

Round 2: Fridays 5th, 12th, 19th, 26th June, 3rd July 10:30 am–12:30 pm

## Recovery In Motion

6 SESSIONS, IN PERSON

This six-week workshop explores the powerful connection between physical activity and mental health. Each week, you'll take part in a different physical activity taster session, paired with a focused discussion on a key mental health topic, such as Self-esteem, Food and Mood, or Building Motivation. Across the six weeks, you'll experience six unique activities and explore six wellbeing themes—giving you the chance to discover what works best for you. With support from the group, you'll begin shaping a personalised approach to staying active that supports your wellbeing recovery journey. In the final week, we bring everything together and look at how you can continue being active beyond the programme.

Hosted at Meadway Sports centre

Mondays 13th, 20th, 27th April, 11th, 18th May, 1st June 12:45pm – 2:45pm

# Journalling

3 SESSIONS, IN PERSON

Let's explore how journalling can support our mental health and daily wellbeing. Journalling is a flexible, well-researched practice that can help us build self-awareness, spark creativity, manage stress, and set meaningful goals.

This workshop is open to those just starting out in journalling, as well as those who already journal.

We will experiment with different techniques and discuss common challenges, such as perfectionism, overwhelm, or getting started.

Together, we'll find ways to tailor journalling, so it supports your unique needs, communication style, and way of thinking.

Our aim is to create a calm, compassionate environment where everyone can explore what works for them.

Hosted at Museum of English Rural Life (MERL)  
Wednesdays 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup> April 1.30pm - 3:00pm

# Cooking for Wellbeing

BI-WEEKLY SESSIONS, IN PERSON

Join our 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. 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 wellbeing.

Hosted at Whitley Wood Community Centre  
Every other Wednesday  
15<sup>th</sup>, 29<sup>th</sup> April & 13<sup>th</sup>, 27<sup>th</sup> May & 10<sup>th</sup>, 24<sup>th</sup> June 4:00–6:00pm

# Gardening for Wellbeing

MULTIPLE SESSIONS, IN PERSON

Gardening for Wellbeing is a hands on workshop that uses simple gardening activities—such as seed planting, caring for plants, and connecting with nature—to support mental and emotional wellbeing. Designed for all abilities, it offers a calm, inclusive space to learn or practice gardening skills, reduce stress, build confidence, and enjoy time outdoors.

Hosted New Directions  
Start date and time to be confirmed,  
please register your interest for more details

## Carers' Path to Wellbeing

3 SESSIONS, HYBRID

This 3-part workshop supports Carers in creating a personalised wellbeing plan, recognising the critical need for Carers' self-care during their caregiving journey.

Through shared experiences and group discussions, you'll learn how to manage stress, set boundaries, and maintain your own mental health while supporting others. Peer support allows Carers to connect, share strategies, and develop resilience together.

Hybrid: 2 sessions online on Zoom  
& 1 in person at South Street Arts Centre  
Online: Thursday 30<sup>th</sup> April & 7<sup>th</sup> May  
In person: Thursday 14<sup>th</sup> May  
1:00 – 2:30PM

# Drop In Sessions



# Badminton

A light, active session for anyone who wants to move more, have fun, and connect with others.

Our weekly Badminton drop-in is relaxed, friendly, and open to all abilities — whether you've never played before or just enjoy a casual game.

Equipment is provided, and you're welcome to take part at your own pace. Come along for some gentle movement, a bit of social time, and a boost to your wellbeing.

Hosted at Meadway Sports Centre  
Every Monday, 3:00pm - 4:00pm

## Coffee and Chat

Join us for our friendly Coffee Morning, 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!

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

# 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.

Hosted at Palmer Park, Meet outside Tutu's Cafe  
Every Wednesday, 11:00am – 12:30 Midday

# Craft & Connect

As the days grow lighter and signs of spring begin to emerge, Craft & Connect offers a warm, welcoming space to slow down, get creative, and enjoy the company of others. Each week we explore simple, relaxing art and craft activities inspired by the new season—think fresh colours, nature themes, planting, renewal, and gentle creativity. Participants are welcome to bring their own materials or join our beginner activities. We will share inspiration, enjoy creative company and meet like minded people.

No experience is needed at all. Whether you're a complete beginner or someone who already enjoys making things, this group is about connection, creativity, and supporting your wellbeing.

Hosted at Lifespring Church  
Every Thursday, 10:00am – 12:00 Midday

# LGBT + Me Social Drop-In

LGBT+ME is a friendly, informal drop-in where LGBTQIA+ people and allies can connect, share experiences, and spend time in a safe and welcoming space.

This group offers a relaxed, supportive environment to talk about what you're managing, meet others with similar experiences, and explore strategies that help with day-to-day wellbeing.

Whether you're exploring your identity, looking for community, or simply want a space where you can be yourself, you're very welcome. Come along for a chat, a cuppa, or just to be around others — there's no pressure to share and no need to book. Everyone is welcome, wherever you are on your journey

Venue TBC  
Second Saturday of the month, 11<sup>th</sup> April, 9<sup>th</sup> May, 13<sup>th</sup> June  
1:00pm – 3:00pm

## Compass Community Chat @ Southcote family hub

A relaxed community drop-in open to anyone who would like support, information, or simply a friendly conversation.

Compass Community Chat in Southcote offers a warm, informal space where you can meet the Compass team, connect with others, and take time to think about your wellbeing in a calm, welcoming environment.

Whether you stay for a few minutes or the whole session, our team is here to listen, offer guidance, and help you consider your next steps.

This session is particularly welcoming to people who are navigating life changes or finding their footing — offering a safe, friendly place to stay connected and feel supported.

Hosted at Southcote Family Hub  
Every 1<sup>st</sup> Friday of the month  
1st May, 5th June 10:30-12:00

# Compass Community Chat @ Ranikhet: Parent Connect Edition

Compass Community Chat: Parent Connect is a dedicated drop in for parents and carers who want a welcoming place to talk about their wellbeing, ask questions, or meet others with similar experiences. You can speak with Compass staff, explore local support, share what you are managing at home, or simply take a moment for yourself in a calm, understanding environment. There is no formal agenda and no need to book. Whether you want information, reassurance, or a chance to connect with others, this session offers gentle, informal support tailored to the needs of parents and carers.

Hosted at Ranikhet Family Hub  
1<sup>st</sup> Monday of the month  
1st June, 10:30-12:00

## Compass Community Chat

### @ WCDA

A friendly space to drop-in, talk, and receive support.

Compass Community Chat at WCDA is an open, welcoming drop in where you can meet the Compass team in a relaxed community setting. Whether you are new to Compass or already part of our programmes, you are invited to come along for a conversation, ask questions, share your experiences, or simply spend time in a supportive space.

You can speak with staff, connect with others, learn more about wellbeing, and explore options that might help you. There is no need to book and no pressure to stay for a full session — just come as you are and take part in whatever feels helpful for you.

Hosted at Whitley Community Development association (WCDA)  
Every 3<sup>rd</sup> Wednesday of the month  
Wednesdays 15th April, 20th May, 17th June 12:30pm – 2:00 pm

# Join Our Co-Production Forum

Co-production means creating services **with you** rather than **for you**. At Compass, we believe people with lived experience should help shape what we offer — from designing and evaluating our offerings to improving how the college runs.

By joining our Co-Production Forum, you'll share your ideas, challenge our thinking, and help turn real experiences into better support for everyone. No expertise needed — just your voice, creativity, and curiosity. Come and help us build the future of Compass together.

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

**0118 9373945**

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

## 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 or

**join us at our feedback forum On:**

**Tuesday 23<sup>rd</sup> of June**



# Week 1. April 13th – 18th

<p>MON 13/04</p>	<p><b>Understanding the Stress Response:</b> 12:00pm -1:00pm Online</p> <p><b>Recovery in Motion:</b> 12:45pm – 2:45pm, Meadway Sports Centre (Part 1/6)</p> <p><b>Badminton:</b> 3:00pm – 4:00pm, Meadway Sports Centre</p>
<p>TUE 14/04</p>	<p><b>Coffee &amp; Chat:</b> 11:00am - 12:30pm Reading Biscuit Factory</p> <p><b>The Stories We Tell Ourselves:</b> 1:00pm - 2:30pm South Street Arts Centre (part 1/3)</p>
<p>WED 15/04</p>	<p><b>Walk Talk Walk:</b> 11:00am -12:30pm Palmer Park</p> <p><b>Compass Community Chat WCDA:</b> 12:30pm – 2:00pm Whitley Community Development Association</p> <p><b>Journaling:</b> 1:30pm - 3:00pm Museum of English Rual Life (MERL) (part 1/3)</p> <p><b>Cooking for Wellbeing:</b> 4:00pm - 6:00pm Whitley Wood Community Centre</p>
<p>THU 16/04</p>	<p><b>Craft &amp; Connect:</b>10:00am - 12:00pm Lifespring Church</p>
<p>FRI 17/04</p>	
<p>SAT 18/04</p>	

# Week 2. April 20th – 25th

Mon 20/04	<b>Recovery in Motion:</b> 12:45pm – 2:45pm Meadway Sports Centre (Part 2/6) <b>Badminton:</b> 3:00pm – 4:00pm, Meadway Sports Centre
Tue 21/04	<b>Coffee &amp; Chat</b> 11:00am - 12:30pm Reading Biscuit Factory <b>The Stories We Tell Ourselves:</b> 1:00pm-2:30pm South Street Arts Centre (part 2/3)
Wed 22/04	<b>Walk Talk Walk:</b> 11:00am - 12:30pm Palmer Park <b>Journalling:</b> 1:30pm - 3:00pm Museum of English Rual Life (MERL) (part 2/3)
Thu 23/04	<b>Craft &amp; Connect:</b> 10:00am – 12:00pm Lifespring Church
Fri 24/04	<b>Pottery 1:</b> 10:30am–12:30pm New Directions (part 1/5)
Sat 25/04	

# Week 3. April 27th – May 2nd

<p>Mon 27/04</p>	<p><b>Goal Setting &amp; Routine Building:</b> 12:00pm - 1:00pm Online</p> <p><b>Recovery in Motion:</b> 12:45pm – 2:45pm, Meadway Sports Centre (Part 3/6)</p> <p><b>Badminton:</b> 3:00pm – 4:00pm Meadway Sports Centre</p>
<p>Tue 28/04</p>	<p><b>Coffee &amp; Chat</b> 11:00am - 12:30pm Reading Biscuit Factory</p> <p><b>The Stories We Tell Ourselves:</b> 1:00pm - 2:30pm South Street Arts Centre (part 3/3)</p>
<p>Wed 29/04</p>	<p><b>Walk Talk Walk:</b> 11:00am - 12:30pm Palmer Park</p> <p><b>Journalling:</b> 1:30pm - 3:00pm Museum of English Rual Life (MERL) (part 3/3)</p> <p><b>Cooking for Wellbeing:</b> 4:00pm - 6:00pm Whitley Wood Community Centre</p>
<p>Thu 30/04</p>	<p><b>Craft &amp; Connect:</b> 10:00am – 12:00pm Lifespring Church</p> <p><b>Carers Path to Wellbeing:</b> 1:00pm - 2:30pm Online (part 1/3)</p>
<p>Fri 01/05</p>	<p><b>Pottery 1:</b> 10:30am – 12:30pm New Directions (Part 2/5)</p> <p><b>Compass Community Chat Southcote:</b> 10:30am – 12:00pm Southcote Family Hub</p>
<p>Sat 02/05</p>	

# Week 4. May 4th – 9th

Mon 04/05	<b>Closed due to bank holiday</b>
Tue 05/05	<b>Coffee &amp; Chat</b> 11:00am - 12:30pm Reading Biscuit Factory <b>Navigating Bereavement:</b> 1:30pm - 3:00pm Online (part 1/4)
Wed 06/05	<b>Walk Talk Walk:</b> 11:00am - 12:30pm Palmer Park
Thu 07/05	<b>Craft &amp; Connect:</b> 10:00am – 12:00pm Lifespring Church <b>Carers Path to Wellbeing:</b> 1:00pm - 2:30pm Online (part 2/3)
Fri 08/05	<b>Pottery 1:</b> 10:30am – 12:30pm New Directions (Part 3/5)
Sat 09/05	<b>LGBT &amp; Me:</b> 1:00pm – 3:00pm Venue TBC

# Week 5. May 11th – 16th

Mon 11/05	<p><b>Healthy Habits:</b> 12:00pm - 1:00pm Online</p> <p><b>Recovery in Motion:</b> 12:45pm – 2:45pm, Meadway Sports Centre (Part 4/6)</p> <p><b>Badminton:</b> 3:00pm - 4:00pm, Meadway Sports Centre</p>
Tue 12/05	<p><b>Coffee &amp; Chat</b> 11:00am - 12:30pm Reading Biscuit Factory</p> <p><b>Navigating Bereavement:</b> 1:30pm - 3:00pm Online (part 2/4)</p>
Wed 13/05	<p><b>Walk Talk Walk:</b> 11:00am - 12:30pm Palmer Park</p> <p><b>Exploring Neurodivergence:</b> 1:00pm - 2:30pm Online (part 1/2)</p> <p><b>Cooking for Wellbeing:</b> 4:00pm - 6:00pm Whitley Wood Community Centre</p>
Thu 14/05	<p><b>Craft &amp; Connect</b> 10:00am –12:00pm Lifespring Church</p> <p><b>Introduction to Mindfulness:</b> 12:00pm - 1:30pm Online (part 1/6)</p> <p><b>Carers Path to Wellbeing:</b> 1:00pm - 2:30pm South Street Arts Centre (part 3/3)</p>
Fri 15/05	<p><b>Pottery 1:</b> 10:30am – 12:30pm New Directions (Part 4/5)</p>
Sat 16/05	

# Week 6. May 18th – 23rd

Mon 18/05	<p><b>Recovery in Motion:</b> 12:45pm – 2:45pm, Meadway Sports Centre (Part 5/6)</p> <p><b>Badminton:</b> 3:00pm – 4:00pm, Meadway Sports Centre</p>
Tue 19/05	<p><b>Coffee &amp; Chat:</b> 11:00am - 12:30pm Reading Biscuit Factory</p> <p><b>Navigating Bereavement:</b> 1:30pm - 3:00pm Online (part 3/4)</p>
Wed 20/05	<p><b>Walk Talk Walk:</b> 11:00am-12:30pm Palmer Park</p> <p><b>Compass Community Chat (WCDA):</b> 12:30pm – 14:00pm Whitley Community Development Association</p> <p><b>Exploring Neurodivergence:</b> 1:00pm - 2:30pm Online (part 2/2)</p>
Thu 21/05	<p><b>Craft &amp; Connect:</b> 10:00am – 12:00pm Lifespring Church</p> <p><b>Introduction to Mindfulness:</b> 12:00pm - 1:30pm Online (part 2/6)</p>
Fri 22/05	<p><b>Pottery 1:</b> 10:30am – 12:30pm New Directions (Part 5/5)</p>
Sat 23/05	

# Week 7. May 25th – 30th

Mon 25/05	<b>Closed due to Bank holiday</b>
Tue 26/05	<b>Coffee &amp; Chat</b> 11:00am - 12:30pm Reading Biscuit Factory <b>Navigating Bereavement:</b> 1:30pm - 3:00pm Online (part 4/4)
Wed 27/05	<b>Walk Talk Walk:</b> 11:00am - 12:30pm Palmer Park <b>Cooking for Wellbeing:</b> 4:00pm - 6:00pm Whitley Wood Community Centre
Thu 28/05	<b>Craft &amp; Connect:</b> 10:00am – 12:00pm Lifespring Church <b>Introduction to Mindfulness:</b> 12:00pm - 1:30pm Online (part 3/6)
Fri 29/05	
Sat 30/05	

# Week 8. June 1st – 6th

Mon 01/06	<p><b>Compass Community Chat Ranikhet:</b> 10:30am – 12:00pm Ranikhet Family Hub</p> <p><b>Recovery in Motion:</b> 12:45pm – 2:45pm, Meadway Sports Centre (Part 6/6)</p> <p><b>Badminton:</b> 3:00pm – 4:00pm, Meadway Sports Centre</p>
Tue 02/06	<p><b>Coffee &amp; Chat</b> 11:00am - 12:30pm Reading Biscuit Factory</p>
Wed 03/06	<p><b>Walk Talk Walk:</b> 11:00am - 12:30pm Palmer Park</p> <p><b>Yoga:</b>1:00pm - 2:30pm South Street Arts Centre (part 1/3)</p>
Thu 04/06	<p><b>Craft &amp; Connect:</b>10:00am – 12:00pm Lifespring Church</p> <p><b>Introduction to Mindfulness:</b> 12:00pm - 1:30pm Online (part 4/6)</p>
Fri 05/06	<p><b>Compass Community Chat Southcote:</b> 10:30am – 12:00pm Southcote Family Hub</p> <p><b>Pottery 2:</b> 10:30am – 12:30pm New Directions (Part 1/5)</p>
Sat 06/06	

# Week 9. June 8th – 13th

Mon 08/06	<b>Building Coping Skills:</b> 12:00pm - 1:00pm Online <b>Badminton:</b> 3:00pm – 4:00pm, Meadway Sports Centre
Tue 09/06	<b>Coffee &amp; Chat</b> 11:00am - 12:30pm Reading Biscuit Factory
Wed 10/06	<b>Walk Talk Walk:</b> 11:00am - 12:30pm Palmer Park <b>Yoga:</b> 1:00pm - 2:30pm South Street Arts Centre (part 2/3) <b>Cooking for Wellbeing:</b> 4:00pm - 6:00pm Whitley Wood Community Centre
Thu 11/06	<b>Craft &amp; Connect:</b> 10:00am – 12:00pm Lifespring Church <b>Introduction to Mindfulness:</b> 12:00pm - 1:30pm Online (part 5/6)
Fri 12/06	<b>Pottery 2:</b> 10:30am – 12:30pm New Directions (Part 2/5)
Sat 13/06	<b>LGBT &amp; Me:</b> 1:00pm – 3:00pm Venue TBC

# Week 10. June 15th – 20th

Mon 15/06	<p><b>Emotional Regulation Basics:</b> 12:00pm-1:00pm Online</p> <p><b>Badminton:</b> 3:00pm – 4:00pm, Meadway Sports Centre</p>
Tue 16/06	<p><b>Coffee &amp; Chat</b> 11:00am - 12:30pm Reading Biscuit Factory</p> <p><b>Building Resilience for Everyday Life:</b> 6:30pm – 8:00pm (part 1/2)</p>
Wed 17/06	<p><b>Walk Talk Walk:</b> 11:00am - 12:30pm Palmer Park</p> <p><b>Compass Community Chat WCDA:</b> 12:30pm – 14:00pm Whitley Community Development Association</p> <p><b>Yoga:</b> 1:00pm - 2:30pm South Street Arts Centre (part 3/3)</p>
Thu 18/06	<p><b>Craft &amp; Connect:</b> 10:00am – 12:00pm Lifespring Church</p> <p><b>Introduction to Mindfulness:</b> 12:00pm - 1:30pm Online (part 6/6)</p>
Fri 19/06	<p><b>Pottery 2:</b> 10:30am – 12:30pm New Directions (Part 3/5)</p>
Sat 20/06	

# Week 11. June 22nd – 27th

Mon 22/06	<b>Better Sleep for Wellbeing:</b> 12:00pm -1:00pm Online <b>Badminton:</b> 3:00pm – 4:00pm, Meadway Sports Centre
Tue 23/06	<b>Coffee &amp; Chat</b> 11:00am - 12:30pm Reading Biscuit Factory <b>Building Resilience for Everyday Life:</b> 6:30pm – 8:00pm (part 2/2)
Wed 24/06	<b>Walk Talk Walk:</b> 11:00am - 12:30pm Palmer Park <b>Cooking for Wellbeing:</b> 4:00pm - 6:00pm Whitley Wood Community Centre
Thu 25/06	<b>Craft &amp; Connect:</b> 10:00am – 12:00pm Lifespring Church
Fri 26/06	<b>Pottery 2:</b> 10:30am – 12:30pm New Directions (Part 4/5)
Sat 27/06	

# Week 12. June 29th – 30th

Mon 29/06	Closed
Tue 30/06	Closed
Wed 01/07	Closed
Thu 02/07	Closed
Fri 03/07	<b>Pottery 2: 10:30am – 12:30pm New Directions (Part 5/5)</b>
Sat 04/08	Closed

# 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 **register** and book via **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 Compass 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 email address, and a PC, laptop, tablet or smartphone with a stable internet connection. All our online workshops take place on Zoom, and you will receive the joining link via the email you provide.

For the safety and wellbeing of everyone in the session, your camera must be switched on for the full duration of the workshop and headphones must be used if others may overhear the call. This helps us ensure a supportive, secure learning environment.

**If you require a reasonable adjustment that affects camera use, please speak with a member of the Compass team before the workshop begins so that we can agree arrangements in advance.**

# Contact Details

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Everyone must register for all our sessions. You may turn up to our drop-in sessions without prior registration; 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
- Venues for hire
- NHS Choices for GPs, Pharmacies, Dentists
- ☀️ 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**

