



Compass
RECOVERY COLLEGE

Prospectus & Schedule
July – September 2026

What's Inside

1 Our Welcome

2 Code Of Conduct

3 Mental Health Workshops

4 Wellbeing Workshops

5 Drop-In Sessions

6 Calendar

7 Wellbeing Apps

8 Additional Information

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

Chloe's Story

Finding confidence, independence, and a fresh start

I was spiralling... no end in sight.

Hospital admission after hospital admission, depression diagnosis and a referral to talking therapies and a prescription for medication.

An ongoing cycle through most of my teenage years and early 20s. Finally, after years of the unknown, I got a new diagnosis. This time, bipolar... but I didn't know what that really meant for me.

After a stay in the Place of Safety following a moment of crisis, I was told about Compass and given a prospectus. Hesitant, but desperate for help, I signed up for as many courses as I could, such as Understanding Bipolar, Getting to Grips with Stress and even Pottery.

Team Compass were so friendly; they welcomed both my mum and me. As a Carer, she was able to come to any workshop I wanted or needed her to. This helped relieve some of my anxiety, but also helped her understand what was going on for me.

Compass gave me purpose.

They understood me and listened to my story. They helped me to explore myself and my wellbeing; provided opportunities for me to experiment and find what works for my mental health and wellbeing.

Not only did I learn about my own mental health, but how to communicate my needs to those supporting me. With the support of Compass, I felt well enough to return to my studies at university.

I can now proudly say I have graduated.



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

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

www.compassrecoverycollege.uk

Mental Health Workshops



Why Change Feels Hard

3 SESSIONS, ONLINE

Change is often presented as a matter of motivation, willpower, or positive thinking, but life is usually more complicated than that.

In this workshop, we'll explore some of the reasons why change can feel difficult. Together, we'll look at common experiences such as feeling stuck, overwhelmed, uncertain, or pulled in different directions, and consider how our experiences, responsibilities, emotions, and circumstances can shape our ability to move forward.

Through exploration, discussion and reflection, we'll explore practical ways of creating more space for change.

Hosted on Zoom

Dates: 14th, 21st, 28th July 6:30pm - 8:00pm

Understanding Self-Worth & Identity

3 SESSIONS, ONLINE

Our sense of who we are is shaped by many things – life experiences, relationships, expectations, criticism, comparison, success, failure, and the roles we find ourselves playing.

Over time, these experiences can influence how we see ourselves, how we relate to others, and how we judge our own worth.

Over three sessions, we will explore self-worth and identity in a supportive and reflective way, creating space to consider the many influences that shape our sense of self. Together, we will explore ways of relating to ourselves with greater understanding, compassion, and choice

Hosted on Zoom

Dates: 6th, 13th, 20th August 6:30 - 8:00pm

Lunch & Learn: Understanding Burnout & Overwhelm

1 SESSION, ONLINE

Feeling constantly exhausted, stretched too thin, or emotionally drained can be signs that stress has been building for too long. This workshop explores what burnout and overwhelm can look like, why they happen, and practical ways to recognise early warning signs and protect your wellbeing.

Hosted on Zoom
Monday 6th July 12:00 - 1:00pm

Lunch & Learn: Setting Healthy Boundaries

1 SESSION, ONLINE

Healthy boundaries can support our wellbeing, relationships, and energy levels. This workshop explores why boundaries can sometimes feel difficult and introduces practical ways to communicate limits more clearly and confidently.

Hosted on Zoom
Monday 20th July 12:00 - 1:00pm

Lunch & Learn: Building Self-Confidence

1 SESSION, ONLINE

Confidence is not something people are simply born with — it can grow through small experiences and realistic expectations. This workshop explores self-doubt, confidence-building habits, and practical ways to become more comfortable taking small steps outside your comfort zone.

Hosted on Zoom
Monday 3rd August 12:00 - 1:00pm

Lunch & Learn: Wellbeing for Carers

1 SESSION, ONLINE

This 1-hour workshop is designed to support carers in looking after their own mental health and wellbeing, whilst also caring for others. We will explore the impact caring can have, recognise signs of stress and burnout, and share simple, practical self-care strategies. The session also introduces WRAP (Wellness Recovery Action Plan), helping you identify what keeps you well and where you can find support.

Hosted on Zoom
Monday 17th August 12:00 - 1:00pm

Lunch & Learn: The Neurodiversity Umbrella

1 SESSION, ONLINE

A 1-hour introduction to neurodiversity, exploring diagnosis such as autism, ADHD, and dyslexia. This interactive session challenges myths, highlights strengths, and provides simple strategies to support neurodivergent individuals or for those who would like to understand more. This is not a workshop just for those who identify with Neurodiversity but for those who would like to explore and understand more in this gentle-non-judgemental space.

Hosted on Zoom
Monday 24th August 12:00 - 1:00pm

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 team or

Join us at our feedback forum at Coffee & Chat: Tuesday 1st of September

Wellbeing Workshops



Junk Journaling

5 SESSIONS, IN PERSON

Join us for a gentle and practical 5-session workshop. Each week, we will create a junk journaling page based on a different wellbeing theme. Junk journaling is a flexible, low-pressure creative practice that involves using everyday or recycled materials, such as magazine cuttings, packaging, notes, tickets, or fabric, alongside writing, drawing, and collage. There's no "right" way to do it; it's about expression rather than perfection.

Each week, we will explore a different wellbeing theme and create a personalised journal page using a mix of creative techniques. These sessions are designed to support reflection, build self-awareness, and encourage us to explore what helps maintain wellbeing.

Through creative activities, guided prompts, and reflection, this workshop offers a supportive space to explore thoughts, feelings, and personal experiences.

Hosted at Lifespring Church

Thursdays 9th, 16th, 23rd, 30th July & 6th August, 10:30am to 12 Midday

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 1st, 8th, 15th July, 1:00pm – 2.30pm

Art in the Park

4 SESSIONS, IN PERSON

Join us for a creative session in a natural outdoor setting. Art in the Park offers a chance to slow down, take in your surroundings, and explore creativity.

Spending time in nature and engaging in gentle creative activity can support emotional wellbeing, reduce stress, and help build a sense of connection—to yourself, others, and the environment.

You're welcome to bring your own art materials or use our basic supplies. We'll offer simple, low-pressure creative prompts with opportunities to try activities such as watercolour painting, drawing (pencil, charcoal, or pen) or nature sketching (leaves, trees, landscapes).

No artistic experience needed. You can take part in your own way, whether that's creating, reflecting, or simply enjoying being outdoors with others.

Hosted at Forbury Gardens
Tuesdays 11th, 18th, 25th Aug and 1st Sept, 1.30pm - 3:00pm

Move Outdoors

4 SESSIONS, IN PERSON

This four-week workshop harnesses the positive impact of spending time outdoors, while trying new activities in a supportive environment. Each week, you will take part in a different beginner-friendly physical activity, such as archery, mini golf or tennis.

These sessions offer a chance to build confidence, boost your mood and discover what activities you enjoy most. You will be encouraged to go at your own pace and find what works best for your wellbeing.

Please bring a drink and come prepared for the weather, with items such as a hat, sunscreen or a rain jacket as needed.

Hosted at The Ranger Station,
Prospect Park,
Mondays 6th, 13th 20th, 27th July. 1.00 – 3.00pm

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

Reading for Wellbeing

4 SESSIONS, IN PERSON

These session will bring us together to simply enjoy great stories and connect them to objects within the Museum. As a participant you can choose to read aloud but there is no pressure to do so, it's ok to just sit and listen. We will take time during the stories, and we will talk about the text, making personal connections with it in a relaxed and inclusive environment then explore the museum to make connections with relevant objects..

Hosted at MERL
Thursday 9th, 16th, 23rd, 30th July 1:30 – 3:30PM

Drop In Sessions



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!

Venue TBC
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 cosy 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

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 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

Hosted at The Castle Tap
Second Saturday of the month,
11th July, 8th August, & 12th September
1:00pm – 3:00pm

Compass Community Chat @ Southcote family hub

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

Compass Community Chat in Southcote offers an 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.

Hosted at Southcote Family Hub
Every 1st Friday of the month
3rd July, 7th August, 4th September 10:30-12:00

Compass Community Chat @ WCDA

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

Compass Community Chat at WCDA offers an 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.

Hosted at Whitley Community Development association (WCDA)

Every 3rd Wednesday of the month

Wednesdays 15th July, 19th August, 16th September 12:30pm – 2:00 pm

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

1st Monday of the month

1st June, 10:30-12:00

Week 1. July 6th – 11th

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|----------------------|--|
| <p>MON 06/07</p> | <p>Compass Community Chat Ranikhet: 10:30am-12:00pm Ranikhet Family Hub</p> <p>Understanding Burnout & Overwhelm: 12:00pm -1:00pm Online</p> <p>Getting Active Outdoors: 1:00pm – 2:30pm Prospect Park (Part 1/4)</p> |
| <p>TUE 07/07</p> | <p>Coffee & Chat: 11:00am - 12:30pm Reading Biscuit Factory</p> |
| <p>WED 08/07</p> | <p>Walk Talk Walk: 11:00am -12:30pm Palmer Park</p> <p>Yoga: 1:00pm – 2:30pm South Street Arts Centre (Part 2/3)</p> |
| <p>THU 09/07</p> | <p>Junk Journaling:10:30am - 12:00pm Lifespring Church (Part 1/5)</p> <p>Reading for Wellbeing: 1:30pm – 3:30pm MERL (Part 1/4)</p> |
| <p>FRI 10/07</p> | |
| <p>SAT 11/07</p> | <p>LGBT & ME: 1:00pm – 3:00pm Castle Tap</p> |

Week 0. June 29th – 4th July

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|--------------|--|
| MON 29/06 | Gardening for Wellbeing: 2:00pm-4:00pm New Directions (part 5/5) |
| TUE 30/06 | |
| WED 01/07 | Yoga: 1:00pm – 2:30pm South Street Arts Centre (Part 1/3) |
| THU 02/07 | |
| FRI 03/07 | Compass Community Chat Southcote: 10:30am – 12:00pm Southcote Family Hub |
| SAT 04/07 | |

Week 2. July 13th – 18th

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|--------------|---|
| Mon 13/07 | Getting Active Outdoors: 1:00pm – 2:30pm Prospect Park (Part 2/4) |
| Tue 14/07 | Coffee & Chat 11:00am - 12:30pm Reading Biscuit Factory Why Change Feels Hard 6:30pm – 8:00pm Online (Part 1/3) |
| Wed 15/07 | Walk Talk Walk: 11:00am - 12:30pm Palmer Park Compass Community Chat WCDA: 12:30pm – 2:00pm Whitley Community Development Association Yoga: 1:00pm – 2:30pm South Street Arts Centre (Part 3/3) |
| Thu 16/07 | Junk Journaling: 10:30am - 12:00pm Lifespring Church (Part 2/5) Reading for Wellbeing: 1:30pm – 3:30pm MERL (Part 2/4) |
| Fri 17/07 | |
| Sat 18/07 | |

Week 3. July 20th – 25th

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|--------------|---|
| Mon 20/07 | Setting Healthy Boundaries: 12:00pm - 1:00pm Online Getting Active Outdoors: 1:00pm – 2:30pm, Prospect Park (Part 3/4) |
| Tue 21/07 | Coffee & Chat 11:00am - 12:30pm Reading Biscuit Factory Why Change Feels Hard 6:30pm – 8:00pm Online (Part 2/3) |
| Wed 22/07 | Walk Talk Walk: 11:00am - 12:30pm Palmer Park |
| Thu 23/07 | Junk Journaling: 10:30am - 12:00pm Lifespring Church (Part 3/5) Reading for Wellbeing: 1:30pm – 3:30pm MERL (Part 3/4) |
| Fri 24/07 | |
| Sat 25/07 | |

Week 4. July 27th – August 1st

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|--------------|---|
| Mon 27/07 | Getting Active Outdoors: 1:00pm – 2:30pm, Prospect Park (Part 4/4) |
| Tue 28/07 | Coffee & Chat 11:00am - 12:30pm Reading Biscuit Factory Why Change Feels Hard 6:30pm – 8:00pm Online (Part 3/3) |
| Wed 29/07 | Walk Talk Walk: 11:00am - 12:30pm Palmer Park |
| Thu 30/07 | Junk Journaling: 10:30am - 12:00pm Lifespring Church (Part 4/5) Reading for Wellbeing: 1:30pm – 3:30pm MERL (Part 4/4) |
| Fri 31/07 | Picnic and Games: 12:00pm – 2:00pm Forbury Gardens |
| Sat 01/08 | |

Week 5. August 3rd – 8th

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| Mon 03/08 | Compass Community Chat Ranikhet: 10:30am-12:00pm Ranikhet Family Hub Building Self-Confidence: 12:00pm - 1:00pm Online |
| Tue 04/08 | Coffee & Chat 11:00am - 12:30pm Reading Biscuit Factory |
| Wed 05/08 | Walk Talk Walk: 11:00am - 12:30pm Palmer Park |
| Thu 06/08 | Junk Journaling: 10:30am - 12:00pm Lifespring Church (Part 5/5) Understanding Self-Worth & Identity: 6:30pm - 8:00pm Online (Part 1/3) |
| Fri 07/08 | Running for Wellbeing: 10:00am – 11:30am Prospect Park (Part 1/3) Compass Community Chat Southcote: 10:30am – 12:00pm Southcote Family Hub |
| Sat 08/08 | LGBT & ME: 1:00pm – 3:00pm Castle Tap |

Week 6. August 10th – 15th

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| Mon 10/08 | |
| Tue 11/08 | Coffee & Chat: 11:00am - 12:30pm Reading Biscuit Factory Art in the Park: 1:30pm - 3:00pm Forbury Gardens (Part 1/4) |
| Wed 12/08 | Walk Talk Walk: 11:00am-12:30pm Palmer Park |
| Thu 13/08 | Understanding Self-Worth & Identity: 6:30pm - 8:00pm Online (Part 2/3) |
| Fri 14/08 | Running for Wellbeing: 10:00am – 11:30am Prospect Park (Part 2/3) |
| Sat 15/08 | |

Week 7. August 17th – 22nd

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| Mon 17/08 | Wellbeing for Carers:12:00pm - 1:00pm Online |
| Tue 18/08 | Coffee & Chat 11:00am - 12:30pm Reading Biscuit Factory Art in the Park: 1:30pm - 3:00pm Forbury Gardens (Part 2/4) |
| Wed 19/08 | Walk Talk Walk: 11:00am - 12:30pm Palmer Park Compass Community Chat WCDA: 12:30pm – 2:00pm Whitley Community Development Association |
| Thu 20/08 | Understanding Self-Worth & Identity: 6:30pm - 8:00pm Online (Part 3/3) |
| Fri 21/08 | Running for Wellbeing: 10:00am – 11:30am Prospect Park (Part 3/3) |
| Sat 22/08 | |

Week 8. August 24th – 29th

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|--------------|--|
| Mon 24/08 | The Neurodiversity Umbrella: 12:00pm - 1:00pm Online |
| Tue 25/08 | Coffee & Chat 11:00am - 12:30pm Reading Biscuit Factory Art in the Park: 1:30pm - 3:00pm Forbury Gardens (Part 3/4) |
| Wed 26/08 | Walk Talk Walk: 11:00am - 12:30pm Palmer Park |
| Thu 27/08 | |
| Fri 28/08 | Picnic and Games: 12:00pm – 2:00pm Forbury Gardens |
| Sat 29/08 | |

Week 9. August 31st – Sept 5th

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|--------------|--|
| Mon 31/08 | Closed due to Bank Holiday |
| Tue 01/09 | Coffee & Chat 11:00am - 12:30pm Reading Biscuit Factory Art in the Park: 1:30pm - 3:00pm Forbury Gardens (Part 4/4) |
| Wed 02/09 | Walk Talk Walk: 11:00am - 12:30pm Palmer Park |
| Thu 03/09 | |
| Fri 04/09 | Compass Community Chat Southcote: 10:30am – 12:00pm Southcote Family Hub |
| Sat 05/09 | |

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.



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.



FAQ

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

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

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**

