



Compass
RECOVERY COLLEGE

Prospectus & Schedule
Sept - Dec 2026

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Code of Conduct

At the heart of Compass is a shared commitment to kindness, inclusion, and respect. To help create a safe, supportive and positive environment, we ask everyone to:

To help create a safe, supportive and positive environment, we ask everyone to:

Treat others with respect, kindness and understanding.

Keep workshop discussions private, unless there is a concern about someone's safety.

Take part as much as they feel able and give others the chance to contribute.

Join online sessions from a private space where possible, with cameras switched on.

Attend workshops free from alcohol, drugs, smoking and vaping.

Respond to Compass staff when asked and follow guidance from facilitators.

Share only what they feel comfortable sharing. Personal experiences are always optional.

Compass may offer additional support if there are concerns about a participant's wellbeing.

If behaviour negatively affects others or does not follow the Code of Conduct, participants may be asked to leave a session or pause attendance. Support and advice will be offered throughout this process.

This agreement helps ensure workshops remain safe, respectful and beneficial for everyone.

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

Grace's Story

A journey from fear to independence

For years, I lived in an abusive relationship. I noticed the impact on my physical health but didn't understand mental ill health—partly because of cultural beliefs.

I just knew I was unwell and felt scared. When my children became adults, they helped me leave and supported me to speak to my GP and access local services. Through these local services, I found Compass. From the start, the staff were so friendly.

I remember being given a notebook and pen—it struck me: something for myself. I still have that notebook. I began with workshops on Psychosis, Panic Attacks, Anxiety, and Depression. Hearing tutors say, “this happened to me” was life-changing.

I realised I wasn't alone.

I learned how the mind works and how to manage my mental health.

Money Matters was transformative. As an ethnic minority woman leaving abuse, I feared the future.

The Recovery team helped me find answers from housing support, money, food, everything. My anxiety reduced, and I felt stronger.

Now, I don't have fear.

I live independently, I'm studying and volunteering, and I'm looking forward to working soon.

Compass gave me hope, knowledge & community.

My journey continues ...



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

Once registered you will receive further information about workshops and their locations

Mental Health Workshops



Summary

- Building Meaningful Connections
Zoom, Wednesdays, 23rd & 30th Sept, 6:30pm – 8:00pm
- Menopause, Perimenopause and Mental Wellbeing
Zoom, Wednesdays, 23rd Sept - 14th Oct, 1:30pm – 3:00 pm
- Living with Chronic Pain & Mental Health
Zoom, Thursdays, 22nd Oct - 5th Nov, 11:00am – 12:30pm
- Managing Emotions
RISC, Thursdays, 19th Nov - 3rd Dec, 11:00am – 12:30pm
- Low Mood & Festive Blues
Zoom, Tuesdays, 24th Nov - 15th Dec, 1:30pm – 3:00pm

Lunch & Learns Mondays, 1:00pm – 2:00pm

- Navigating Uncertainty: 21st Sept
- Introduction to Mental Health First Aid: 5th Oct
- Healthy Habits: 19th Oct
- Digital Wellbeing: 2nd Nov
- Imposter Syndrome: 16th Nov
- Neurodiversity and Me: 30th Nov
- Journaling: 14th Dec

Building Meaningful Connections

2 Sessions – Hosted on Zoom

This two-session workshop provides a space to reflect on the connections we have and those we would like to make.

Together, we will explore our sense of belonging, how it influences our social connections and wellbeing, and discover practical ways to build and maintain meaningful relationships.

September

6:30pm – 8:00pm

Wed 23rd

Wed 30th

Menopause, Perimenopause and Mental Wellbeing

4 Sessions – Hosted on Zoom

September

1:30pm – 3pm

Wed 23rd

Wed 30th

This four-week workshop explores the relationship between perimenopause, menopause, and mental wellbeing. Participants will gain a better understanding of how hormonal changes during perimenopause and menopause can affect mood, anxiety, stress, sleep, confidence, and overall wellbeing.

October

1:30pm – 3pm

Wed 7th

Wed 14th

Through shared learning and practical strategies, this course will support participants to manage symptoms, build resilience, strengthen self-care, and develop tools to maintain positive mental health throughout this stage of life.

Living with Chronic Pain & Mental Health

3 Sessions – Hosted on Zoom

October

11am – 12:30pm

Thurs 22nd

Thurs 29th

We will explore how chronic pain affects mental health and emotional wellbeing, including its impact on thoughts, feelings and behaviours within daily life. We will also look at how emotional wellbeing can influence pain and discuss practical self-care and coping strategies. Together, we will identify personal strengths and resources, explore what gives life meaning/ purpose and build resilience in managing the emotional impact of chronic pain.

Using a recovery-focused approach, this workshop aims to support people to live well and maintain wellbeing alongside chronic pain.

November

11am – 12:30pm

Thurs 5th

Managing Emotions

3 Sessions – Hosted at RISC (35-29 London Street)

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.

November

11am – 12:30pm

Thurs 19th

Thurs 26th

December

11am – 12:30pm

Thurs 3rd

Low Mood & Festive Blues

4 Sessions – Hosted on Zoom

This online workshop supports people through the challenges of the winter period. Together, we will explore how shorter days can affect our mood, energy, sleep and wellbeing, while learning practical, evidence-based strategies to stay well. The sessions include mindfulness, gentle relaxation, self-soothing techniques, sensory regulation, building healthy routines, and ways to reduce loneliness and strengthen social connection.

Whether you experience SAD, the winter blues, or simply find this time of year difficult, this supportive workshop offers tools to help you feel more resilient, connected, and hopeful throughout winter.

November

1:30pm – 3pm

Tue 24th

December

1:30pm – 3pm

Tue 1st

Tue 8th

Tue 15th

Lunch & Learn: Navigating Uncertainty

1 Session – Hosted on Zoom

Daily life often brings situations where we don't yet know what might happen. For some people, this can feel unsettling, overwhelming or leave us unsure about what to do or how we might respond.

September

1pm – 2pm

Monday 21st

In this session, we'll explore some simple ideas and practical approaches that can help us navigate these moments with a little more confidence and ease. Together, we'll look at some helpful questions we can ask ourselves, ways of approaching the unknown one small step at a time, and how reflecting on our experiences can gradually help us feel more orientated when life doesn't yet have clear answers.

Lunch & Learn: Introduction to Mental Health First Aid

1 Session – Hosted on Zoom

This one-hour Lunch & Learn session introduces the principles of Mental Health First Aid, with a focus on supporting your own mental wellbeing.

October

1pm – 2pm
Monday 5th

Participants will learn how to recognise early signs that their mental health may be struggling, understand common factors that can affect wellbeing, and explore practical self-help strategies to maintain good mental health. The session will provide simple tools to build resilience, manage stress, and identify when and where to seek additional support if needed.

Lunch & Learn: Healthy Habits

1 Session – Hosted on Zoom

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 genuinely stick.

You'll learn simple, realistic strategies for making positive changes one small step at a time.

October
1pm-2pm
Monday 19th

Lunch & Learn: Digital Wellbeing

1 Session – Hosted on Zoom

We will explore the impact that technology, social media, and constant connectivity can have on mental wellbeing. Together, we will reflect on our digital habits, consider how online activity influences mood, sleep, focus, relationships, and self-esteem, and identify signs that our digital lives may be becoming unbalanced.

November
1pm – 2pm
Monday 2nd

We will identify signs of digital overload and explore practical ways to set healthy boundaries, manage screen time, and create a more balanced relationship with technology. You will leave with simple tools to help protect your wellbeing and use the digital world more intentionally

Lunch & Learn: Imposter Syndrome

1 Session – Hosted on Zoom

November
1pm – 2pm
Monday 16th

In this one-hour Lunch & Learn session, you will explore imposter syndrome and how it can lead people to underestimate their abilities and achievements.

The session will provide practical tools and techniques to help identify and challenge self-doubt, recognise personal strengths, build confidence, and develop a more balanced and realistic view of success.

Lunch & Learn: Neurodiversity and Me

1 Session – Hosted on Zoom

November
1pm – 2pm
Monday 30th

This 1-hour session explores the many ways people experience the world, process information, communicate, learn and navigate everyday life. Together, we will consider some of the strengths and challenges that can come with thinking differently, as well as the impact this can have on our day-to-day experiences.

Lunch & Learn: Journaling

1 Session – Hosted on Zoom

In this one-hour session, we will explore a range of journaling approaches and discover how they can support wellbeing, self-awareness, and personal growth.

Participants will have the opportunity to reflect on what journaling means to them, identify their own reasons for writing, and gain practical ideas for developing a journaling practice that feels meaningful and sustainable. No previous journaling experience is required.

December
1pm – 2pm
Monday 14th

Wellbeing Workshops



Summary

- **Move Outdoors** – *The Ranger Station, Prospect Park*
Thursdays, 24th Sept - 15th Oct, 11:00am – 12:30pm
- **Mindfulness (Unwind and Recharge)** - *Zoom*
Mondays, 26th Oct, - 30th Nov, 7:00pm – 8:30pm
- **Grounding Photography** - *MERL*
Thursdays, 5th - 26th Nov, 1:30pm – 3:00pm
- **Yoga** – *South Street Arts Centre*
Wednesdays, 4th – 18th Nov, 1:00pm – 2:30pm
- **Festive Card Making** – *South Street Arts Centre*
Thursday 17th Dec, 1:00pm – 2:30pm
- **Mindful Creations: Pottery for Wellness** – *New Directions*
Round 1: Fridays, 18th Sept - 16th Oct, 10:30am – 12:30pm.
Round 2: Fridays, 6th Nov - 4th Dec, 10:30am – 12:30pm.
- **Cooking for Wellbeing** – *Whitley Wood Community Centre*
Every other Wednesday, 23rd Sept - 2nd Dec, 4:00pm – 5:30pm.
- **Gardening for Wellbeing** – *New Directions*
Tuesdays, 22nd Sept - 27th Oct, 2:00pm – 4:00pm

Move Outdoors

4 Sessions – Hosted at The Ranger Station, Prospect Park

September

11am – 12:30pm

Thurs 24th

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.

October

11am – 12:30pm

Thurs 1st

Thurs 8th

Thurs 15th

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.

Mindfulness (Unwind and Recharge)

6 Sessions – Hosted on Zoom

This 6-week workshop offers a calm and restorative space at the end of the day to slow down, unwind, and recharge. Through guided mindfulness practices, breathing exercises, deep relaxation, and self-reflection, you'll learn practical techniques to quiet a busy mind, ease tension, and support better rest.

Suitable for beginners, the course provides simple tools to reduce stress and anxiety, improve emotional wellbeing, build resilience, and help you feel calmer, more balanced, and better prepared for a restful night's sleep.

October

7pm – 8:30pm

Mon 26th

November

7pm – 8:30pm

Mon 2nd

Mon 9th

Mon 16th

Mon 23rd

Mon 30th

Grounding Photography

4 Sessions – Hosted at Museum of English Rural Life

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

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

November

1:30pm – 3pm

Thurs 5th

Thurs 12th

Thurs 19th

Thurs 26th

Yoga

3 Sessions – Hosted at South Street Arts Centre

November

1pm – 2:30pm

Wed 4th

Wed 11th

Wed 18th

A beginner-friendly space to move, breathe and reconnect. These sessions focus on calming, grounding practices that work with your body's natural rhythms. Drawing on the concept of wintering, we'll embrace the season as a time to slow down, reflect and nurture ourselves with gentleness and care.

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.

Festive Card Making

1 Session – Hosted at South Street Arts Centre

Join us for this one-off creative festive session where we'll make Winter Wishes cards while taking some time to pause, connect, and reflect on our wellbeing during the holiday season.

December

1pm – 2:30pm

Thurs 17th

With plenty of craft materials, sparkle, and glitter to enjoy, this is a chance to get creative, share some festive cheer, and make a card or two for someone special. Everyone is welcome, regardless of experience.

Mindful Creations: Pottery for Wellness

5 Sessions – Hosted at New Directions College

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

Round 1

10:30am – 12:30pm

September

Fri 18th, 25th

October

Fri 2nd, 9th, 16th

Round 2

10:30am – 12:30pm

November

Fri 6th, 13th, 20th, 27th

December

Fri 4th

Cooking for Wellbeing

6 Sessions – Hosted at Whitley Wood Community Centre

Join us for this six-session course, held every other week, where you'll build confidence in the kitchen and develop practical cooking skills in a relaxed and supportive environment. Each session combines hands-on cooking with learning and discussion around topics such as healthy eating, meal planning, budgeting, and kitchen confidence.

Together, you'll prepare simple, affordable meals and can share ideas, swap recipes, and learn from one another. At the end of each session, you'll take home the food you've prepared to enjoy later. Whether you're a complete beginner or looking to refresh your skills, this course is a great way to learn, connect, and have fun

September
4pm – 5:30pm
Wed 23rd

October
Wed 7th
Wed 21st

November
Wed 4th
Wed 18th

December
Wed 2nd

Gardening for Wellbeing

5 Sessions – Hosted at New Directions College

September
2pm - 4pm
Tue 22nd
Tue 29th

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 emotional wellbeing.

October
2pm - 4pm
Tue 6th
Tue 13th
Tue 20th

Designed for all abilities, it offers a calm, inclusive space to learn or practice gardening skills, reduce stress, build confidence, and enjoy time outdoors.

World Mental Health Day: Mindfulness Drop-In

1 Session – Hosted on Zoom

Join us for a mindfulness session to celebrate World Mental Health Day.

Take time to pause, breathe, and reconnect with yourself through guided mindfulness and relaxation practices. We'll explore the benefits of mindfulness for managing stress, improving wellbeing, and building resilience, as well as try out a range of simple techniques that you can use in everyday life. Whether you're new to mindfulness or already have experience, this session offers a chance to step away from daily pressures and focus on your mental wellbeing.

No previous experience is needed. Just bring yourself and a willingness to pause and be present.

October
1pm – 1:45pm
Wed 7th

World Mental Health Day: Junk Journaling for Wellbeing

1 Session – Hosted at Reading Central Library (The Courtyard)

Join us for a special World Mental Health Day creative wellbeing session and discover the art of junk journaling. Using recycled materials, images, colours and words, you'll create your own unique journal pages while taking time to reflect, relax and express yourself. We'll explore how creative activities like junk journaling can support mental wellbeing by reducing stress, encouraging mindfulness, and providing a positive outlet for thoughts and emotions. No artistic experience is needed, just bring your curiosity and creativity. Come along, connect with others, and take some time to focus on your wellbeing.

October
1pm – 2pm
Thurs 8th

Drop-In Sessions



Summary

- Coffee and Chat
Every Tuesday, 11:00am – 12:30pm
- Walk Talk Walk
Every Wednesday, 11:30am – 1:00pm
- LGBT & Me Social Drop-In
Every 2nd Saturday of the month, 1:00pm – 3:00pm
- Compass Community Chat @ Ranikhet: Parent Connect Edition
Every 1st Monday of the month, 10:30am – 12:00pm
- Compass Community Chat @ WCDA
Every 3rd Wednesday of the month, 12:30pm – 2:00pm

Coffee and Chat

Hosted at The Biscuit Factory

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!

Every Tuesday

11:00am – 12:30pm

Walk Talk Walk

Hosted at Palmer Park

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, you're welcome to join us for a drink and a chat in a welcoming, supportive environment. It's all about moving, talking, and connecting.

Every Wednesday

11:30am – 1:00pm

Meet outside Tutu's Café until 28th Oct,
Meet outside Palmer Tavern from 4th Nov

LGBT + Me Social Drop-In

Hosted at The Castle Tap

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 are very welcome here. 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.

Every 2nd Saturday of the month
1:00pm – 3:00pm

Compass Community Chat @ Ranikhet: Parent Connect Edition

Hosted at Ranikhet Family Hub

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.

Every 1st Monday of the month
10:30am – 12:00pm

Compass Community Chat @ WCDA

Hosted at Whitley Community Development
Association

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

Every 3rd Wednesday of the month
12:30pm – 2:00pm

Have your say!

Join our Co-Production Forum!

Co-production means creating services **with you** rather than **for you**. We believe people with lived experience should help shape what we offer – from designing, evaluating and offering improvements on how we run. 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. Please contact us if you would like to find out more and come help us build the future of Compass together.



Got an idea
for a
workshop
you'd like to
attend?

0118 9373945

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

You Said, We Did

Your feedback helps shape Compass. Here's how we've responded to what matters most to you



You said:

"I want more flexible ways to access support."

You said:

"I'd like more creative wellbeing activities."

You said:

"We need more outdoor and physical activities."

You said:

"The feedback forms are too long and complicated"

We did:

Expanded our range of online workshops and wellbeing sessions, making support easier to access from home.

We did:

Introduced and continued popular creative sessions including Pottery, Photography and Journaling.

We did:

Launched Recovery in Motion and expanded activities such as Move Outdoors, and Yoga through local partnerships.

We did:

Introduced shorter, easier-to-complete feedback forms while still capturing valuable insights.

Voices of Recovery

Hear from people who have been part of the Compass community.



"Really insightful and useful workshop. I've learnt so much during the small, bitesize workshops"

"Helpful, brings people together and helps you gain confidence and strategies you would never normally have"

"There was more than enough room for folks to have conversations and be connected"

"I enjoy these smaller lunch time sessions, and these have been a very useful pointer for items to research further"

"As someone who has a job it's easier for me to fit these lunch and learn sessions in"

"Yoga was an excellent class, as it helps the body, mind and spirit to feel at ease"

"This programme has been a game changer for me and I am very thankful"

"Another valuable course from compass and I learned a lot, particularly from the interactive discussions by participants"

September 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
14th	15th Coffee & Chat	16th Walk Talk Walk Compass Community Chat @ WCDA	17th	18th Pottery for Wellness (1/5)	19th
21st Lunch & Lean: Navigating Uncertainty	22nd Coffee & Chat Gardening for Wellbeing (1/5)	23rd Walk Talk Walk Menopause, Perimenopause and Mental Wellbeing (1/4) Cooking for Wellbeing (1/6) Building Meaningful Connections (1/2)	24th Move Outdoors (1/4)	25th Pottery for Wellness (2/5)	26th
28th	29th Coffee & Chat Gardening for Wellbeing (2/5)	30th Walk Talk Walk Menopause, Perimenopause and Mental Wellbeing (2/4) Building Meaningful Connections (2/2)	1st Move Outdoors (2/4)	2nd Pottery for Wellness (3/5)	3rd

October 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5th Compass Community Chat @ Ranikhet: Parent Connect Edition Lunch & Learn: Everyday Mental Health First Aid	6th Coffee & Chat Gardening for Wellbeing (3/5)	7th Walk Talk Walk World Mental Health Day: Mindfulness Drop In Menopause, Perimenopause and Mental Wellbeing (3/4) Cooking for Wellbeing (2/6)	8th Move Outdoors (3/4) World Mental Health Day: Junk Journaling Drop In	9th Pottery for Wellness (4/5)	10th LGBT + Me
12th	13th Coffee & Chat Gardening for Wellbeing (4/5)	14th Walk Talk Walk Menopause, Perimenopause and Mental Wellbeing (4/4)	15th Move Outdoors (4/4)	16th Pottery for Wellness (5/5)	17th
19th Lunch & Learn : Healthy Habits	20th Coffee & Chat Gardening for Wellbeing (5/5)	21st Walk Talk Walk Compass Community Chat @ WCDA Cooking for Wellbeing (3/6)	22nd Chronic Pain and Mental Health (1/3)	23rd	24th
26th Mindfulness (Unwind & Recharge) (1/6)	27th Coffee & Chat	28th Walk Talk Walk	29th Chronic Pain and Mental Health (2/3)	30th	31st

November 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2nd Compass Community Chat @ Ranikhet: Parent Connect Edition Lunch & Learn: Digital Wellbeing Mindfulness (Unwind & Recharge) (2/6)	3rd Coffee & Chat	4th Walk Talk Walk Yoga (1/3) Cooking for Wellbeing (4/6)	5th Chronic Pain and Mental Health (3/3) Grounding Photography (1/4)	6th Pottery for Wellness 2 (1/5)	7th
9th Mindfulness (Unwind & Recharge) (3/6)	10th Coffee & Chat	11th Walk Talk Walk Yoga (2/3)	12th Grounding Photography (2/4)	13th Pottery for Wellness 2 (2/5)	14th LGBT & Me
16th Lunch & Learn: Imposter Syndrome Mindfulness (Unwind & Recharge) (4/6)	17th Coffee & Chat	18th Walk Talk Walk Compass Community Chat @ WCDA Yoga (2/3) Cooking for Wellbeing (5/6)	19th Managing Emotions (1/3) Grounding Photography (3/4)	20th Pottery for Wellness 2 (3/5)	21st
23rd Mindfulness (Unwind & Recharge) (5/6)	24th Coffee & Chat Low Mood and Festive Blues (1/4)	25th Walk Talk Walk	26th Managing Emotions (2/3) Grounding Photography (4/4)	27th Pottery for Wellness 2 (4/5)	28th

December 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30th Lunch & Learn: Neurodiversity & Me Mindfulness (Unwind & Recharge) (1/6)	1st Coffee & Chat Low Mood and Festive Blues (2/4)	2nd Walk Talk Walk Cooking for Wellbeing (6/6)	3rd Managing Emotions (3/3)	4th Pottery for Wellness (5/5)	5th
7th Compass Community Chat @ Ranikhet: Parent Connect Edition	8th Coffee & Chat Low Mood and Festive Blues (3/4)	9th Walk Talk Walk	10th	11th	12th LGBT & Me
14th Lunch & Learn: Journaling for Wellbeing	15th Coffee & Chat Low Mood and Festive Blues (4/4)	16th Walk Talk Walk Compass Community Chat @ WCDA	17th Festive Card Making	18th	19th

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



Professional Training at Compass

Building Recovery-Focused Practice

Compass Recovery College offers a range of professional training opportunities for organisations and practitioners who want to strengthen their understanding of mental health, wellbeing, recovery, and co-production.

Our training is informed by the principles of Recovery Colleges and is co-designed and co-delivered wherever possible by people with lived experience alongside professionals. This unique approach helps participants gain practical knowledge, challenge assumptions, and develop more person-centred ways of working.

Who Is Training For?

Our training can benefit:

- Health and social care professionals
- Community and voluntary sector organisations
- Anyone interested in supporting mental health and wellbeing within their role

What We Offer

Training can be tailored to meet the needs of your organisation and may include topics such as:

- Understanding Mental Health and Recovery
- Suicide First Aid
- Mental Health Awareness
- Wellbeing and Resilience
- Suicide Prevention Awareness

We can deliver sessions in person or online and work with organisations to develop bespoke training packages based on their specific needs.

Why Choose Compass?

Compass Recovery College is part of Reading Borough Council's Public Health service and has extensive experience delivering recovery-focused education across Reading and the surrounding area. Our approach moves beyond awareness raising to create meaningful learning experiences that empower individuals, teams, and organisations to support wellbeing more effectively.

Find Out More

If you are interested in professional training for your team or organisation, please contact Compass Recovery College to discuss your requirements. We would be delighted to explore how we can support your workforce development and wellbeing goals.

Email: compass.opportunities@reading.gov.uk

Website: www.compassrecoverycollege.uk

Phone: 01189 373 945



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**

