

Compass Recovery College Workshop Schedule September – December 2021



Compass Recovery College offers FREE mental health and wellbeing workshops for everyone. We are incredibly pleased to share our new dates with you, including some brand-new workshops!

We are running workshops both online and in person, at a variety of venues. Just to name a few, we have co-produced new workshops around *Autism Spectrum Disorder* and *Bipolar Disorders*, we are exploring how we can *Live a More Mindful Life* and we have new workshops about *Grieving Losses*. We are working with the MERL again, this time on *Singing for Health*, and with Reading Rep Theatre to offer new *Theatre and Creative Writing workshops*. We are also bringing our *Story Telling* and *Creative Writing* workshops back, this time to Reading's Central Library and you can now find our *Art Group* at the Weller Centre.

Mental Health Workshops: Designed to help us understand mental health challenges and teach skills for self-management.

Wellbeing Workshops: Designed to improve wellbeing and help keep us well

Creative Workshops to explore our creative side through a variety of different art forms

Social Sessions: Informal, drop-in sessions to chat about how we are, meet new people or old friends

Your journey starts here...



September to December 2021

Telephone: 01189 373 945

Email: compass.opportunities@reading.gov.uk

September

MONDAY 6th

TUESDAY 7th

WEDNESDAY 8th

THURSDAY 9th

FRIDAY 10th

Coffee and Chat
Pret a The Oracle
10.30-11.30

Wellbeing Coffee Morning
Oak tree house, Dee Park
10.30-11.30

Gardening for Wellbeing
Caversham Court Gardens
(part 1/6)
10.30-12.30

Walk-Talk-Walk
Palmer Park
10.30-11.30

Yoga
South Reading Community Hub
(part 1/4)
12.00-13.00

Art Group with Lisa- Marie
The Weller Centre
(Part 1/7)
14.30-16.30

Self-Compassion
Professionals
Online
(Part 1/4)
16.00 – 17.00



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September

MONDAY 13th

TUESDAY 14th

WEDNESDAY 15th

THURSDAY 16th

FRIDAY 17th

Coffee and Chat
Pret at The Oracle
10.30-11.30

Gardening for Wellbeing
Caversham Court Gardens
(part 2/6)
10.30-12.30

Walk-Talk-Walk
Palmer Park
10.30-11.30

Yoga
South Reading Community Hub
(part 2/4)
12.00-13.00

Art Group with Lisa- Marie
The Weller Centre
(Part 2/7)
14.30-16.30

Self-Compassion
Professionals
Online
(Part 2/4)
16.00 – 17.00

Introduction to Voices
(Why Do We Hear Voices)
Online
1 session
14.00-15.00

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September

MONDAY 20th

TUESDAY 21st

WEDNESDAY 22nd

THURSDAY 23rd

FRIDAY 24th

Coffee and Chat
Pret at The Oracle
10.30-11.30

Gardening for Wellbeing
Caversham Court Gardens
(part 3/6)
10.30-12.30

Walk-Talk-Walk
Palmer Park
10.30-11.30

Yoga
South Reading Community Hub
(part 3/4)
12.00-13.00

Art Group with Lisa- Marie
The Weller Centre
(Part 3/7)
14.30-16.30

How Do We Live Well With Our
Voices
Online
(Part 1/5)
14.00-15.00

Self-Compassion
Professionals
Online
(Part 3/4)
16.00 – 17.00

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September

MONDAY 27th

TUESDAY 28th

WEDNESDAY 29th

THURSDAY 30th

FRIDAY 1st

Coffee and Chat
Pret at the Oracle
10.30-11.30

Gardening for Wellbeing
Caversham Court Gardens
(part 4/6)
10.30-12.30

Walk-Talk-Walk
Palmer Park
10.30-11.30

Yoga
South Reading Community Hub
(part 4/4)
12.00-13.00

Art Group with Lisa- Marie
The Weller Centre
(Part 4/7)
14.30-16.30

Self-Compassion
Professionals
Online
(Part 4/4)
16.00 – 17.00

How Do We Live Well With Our
Voices
Online
(Part 2/5)
14.00-15.00

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October

MONDAY 4th

TUESDAY 5th

WEDNESDAY 6th

THURSDAY 7th

FRIDAY 8th

Coffee and Chat
Pret at The Oracle
10.30-11.30

Gardening for Wellbeing
Caversham Court Gardens
(part 5/6)
10.30-12.30

Walk-Talk-Walk
Palmer Park
10.30-11.30

Introduction to Anxiety
Online
(Part 1/4)
13.00-14.00

Breathing & Movement
Online
(Part 1/5)
12.00-13.00

“We are Reading”
Theatre and Creative
Writing Workshops
Reading Rep Theatre
(Part1/5)
16.00-17.30

Art Group with Lisa- Marie
The Weller Centre
(Part 5/7)
14.30-16.30

How Do We Live Well With
Our Voices
Online
(Part 3/5)
14.00-15.00

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October

Monday 11th

TUESDAY 12th

WEDNESDAY 13th

THURSDAY 14th

FRIDAY 15th

Coffee and Chat
Pret at The Oracle
10.30-11.30

Gardening for Wellbeing
Caversham Court Gardens
(part 6/6)
10.30-12.30

Walk-Talk-Walk
Palmer Park
10.30-11.30

Introduction to Anxiety
Online
(Part 2/4)
13.00-14.00

Breathing & Movement
Online
(Part 2/5)
12.00-13.00

“We are Reading”
Theatre and Creative
Writing Workshops
Reading Rep Theatre
(Part 2/5)
16.00-17.30

Art Group with Lisa- Marie
The Weller Centre
(Part 6/7)
14.30-16.30

How Do We Live Well With Our
Voices
Online
(Part 4/5)
14.00-15.00

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October

MONDAY 18th

TUESDAY 19th

WEDNESDAY 20th

THURSDAY 21st

FRIDAY 22nd

Coffee and Chat
Pret at The Oracle
10.30-11.30

Art Group with Lisa- Marie
The Weller Centre
(Part 7/7)
14.30-16.30

**What's Different to Us is
Normal for You**
Weller Centre
(Part 1/2)
11.00-12.00

Introduction to Anxiety
Online
(Part 3/4)
13.00-14.00

Living with Bipolar Disorders
Online
(Part 1/2)
16.00 – 17.00

"We are Reading"
Theatre trip
Reading Rep Theatre
(Part3/5)
19:00-21:00

Gardening for Wellbeing
Caversham Court Gardens
(part 1/6)
10.30-12.30

Breathing & Movement
Online
(Part 3/5)
12.00-13.00

Walk-Talk-Walk
Palmer Park
10.30-11.30

**How Do We Live Well With
Our Voices**
Online
(Part 5/5)
14.00-15.00

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October

MONDAY 25th

TUESDAY 26th

WEDNESDAY 27th

THURSDAY 28th

FRIDAY 29th

Coffee and Chat
Pret at The Oracle
10.30-11.30

Gardening for Wellbeing
Caversham Court Gardens
(part 2/6)
10.30-12.30

Walk-Talk-Walk
Palmer Park
10.30-11.30

**What's Different to Us is
Normal for You**
Weller Centre
(Part 2/2)
11.00-12.00

Introduction to Anxiety
Online
(Part 4/4)
13.00-14.00

"We are Reading"
Theatre and Creative
Writing Workshops
Reading Rep Theatre
(Part4/5)
16.00-17.30

Art Group
The Weller Centre
14.30-16.30

Living with Bipolar Disorders
Online
(Part 2/2)
16.00- 17.00

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November

MONDAY 1st

**“We are Reading”
Theatre and Creative
Writing Workshops
Reading Rep Theatre
(Part 5/5)
16.00-17.30**

TUESDAY 2nd

**Coffee and Chat
Pret at The Oracle
10.30-11.30**

**Art Group
The Weller Centre
14.30-16.30**

WEDNESDAY 3rd

**Empower Yourself to
Stress Less
Central Library
(Part 1/2)
12.00-13.00**

**Creative Writing
Central Library
(Part 1/2)
12:00-13:30**

**Singing for Health
Museum of English Rural Life
(Part 1/6)
14.00-15.00**

THURSDAY 4th

**Gardening for Wellbeing
Caversham Court Gardens
(part 3/6)
10.30-12.30**

**Breathing & Movement
Online
(Part 4/5)
12.00-13.00**

FRIDAY 5th

**Walk-Talk-Walk
Palmer Park
10.30-11.30**

**Hearing Voices Coffee& Chat
Online
14.00-15.20**



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November

MONDAY 8th

TUESDAY 9th

WEDNESDAY 10th

THURSDAY 11th

FRIDAY 12th

Coffee and Chat
Pret at The Oracle
10.30-11.30

Gardening for Wellbeing
Caversham Court Gardens
(part 4/6)
10.30-12.30

Walk-Talk-Walk
Palmer Park
10.30-11.30

Empower Yourself to
Stress Less
Central Library
(Part 2/2)
12.00-13.00

Art Group
The Weller Centre
14:30-16:30

Creative Writing
Central Library
(Part 2/2)
12:00-13:30

Breathing & Movement
Online
(Part 5/5)
12.00-13.00

Hearing Voices Coffee& Chat
Online
14.00-15.20

Singing for Health
Museum of English Rural Life
(Part 2/6)
14.00-15.00

Living a More Mindful Life
Online
(Part 1/4)
16.00-17.15

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November

MONDAY 15th

TUESDAY 16th

WEDNESDAY 17th

THURSDAY 18th

FRIDAY 19th

Coffee and Chat
Pret at The Oracle
10.30-11.30

Story Telling
Central Library
(Part 1/4)
12:00-13.00

Gardening for Wellbeing
Caversham Court Gardens
(part 5/6)
10.30-12.30

Walk-Talk-Walk
Palmer Park
10.30-11.30

Art Group
The Weller Centre
14.30-16.30

Singing for Health
Museum of English Rural Life
(Part 3/6)
14.00-15.00

Living a More Mindful Life
Online
(Part 2/4)
16.00-17.15

Hearing Voices Coffee & Chat
Online
14.00-15.20

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November

MONDAY 22nd

Grieving Losses
Online
(Part 1/3)
13.00-14.00

TUESDAY 23rd

Coffee and Chat
Pret at The Oracle
10.30-11.30

Art Group
The Weller Centre
14.30-16.30

WEDNESDAY 24th

Story Telling
Central Library
(Part 2/4)
12:00-13.00

Singing for Health
Museum of English Rural Life
(Part 4/6)
14.00-15.00

THURSDAY 25th

Gardening for Wellbeing
Caversham Court Gardens
(part 6/6)
10.30-12.30

Living a more Mindful life
Online
(Part 3/4)
16.00-17.15

FRIDAY 26th

Walk-Talk-Walk
Palmer Park
10.30-11.30

Hearing Voices Coffee& Chat
Online
14.00-15.20

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November

MONDAY 29th

Grieving Losses
Online
(Part 2/3)
13.00-14.00

TUESDAY 30th

Coffee and Chat
Pret at The Oracle
10.30-11.30

Art Group
The Weller Centre
14.30-16.30

WEDNESDAY 1st

Story Telling
Central Library
(Part 3/4)
12:00-13.00

Singing for Health
Museum of English Rural Life
(Part 5/6)
14.00-15.00

THURSDAY 2nd

Money Matters
Online
(Part 1/2)
11.00-12.30

Living a More Mindful Life
Online
(Part 4/4)
16.00-17.15

FRIDAY 3rd

Walk-Talk-Walk
Palmer Park
10.30-11.30

Hearing Voices Coffee & Chat
Online
14.00-15.20

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December

MONDAY 6th

Grieving Losses
Online
(Part 3/3)
13.00-14.00

TUESDAY 7th

Coffee and Chat
Pret at The Oracle
10.30-11.30

Art Group
The Weller Centre
14.30-16.30

WEDNESDAY 8th

Story Telling
Central Library
(Part 4/4)
12:00-13.00

Singing for Health
Museum of English Rural Life
(Part 6/6)
14.00-15.00

A Good Night's Sleep
Central Library
(Part 1/2)
16.00-17.00

THURSDAY 9th

Money Matters
Online
(Part 2/2)
11.00-12.30

FRIDAY 10th

Walk-Talk-Walk
Palmer Park
10.30-11.30

Hearing Voices Coffee& Chat
Online
14.00-15.20

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December

MONDAY 13th

TUESDAY 14th

WEDNESDAY 15th

THURSDAY 16th

FRIDAY 17th

Coffee and Chat
Pret at The Oracle
10.30-11.30

Art Group
The Weller Centre
14.30-16.30

A Good Night's Sleep
Central Library
(Part 2/2)
16.00-17.00