

Compass Recovery College Workshop Schedule

January – April 2022



Welcome

Compass Recovery College continues to run **free mental health and wellbeing workshops**, both online and in person.

Whether you are a returning participant or new to Compass Recovery College, there's **something for everyone**. The wide range of workshops we offer are an educational route to **recovery from mental health challenges** and **increasing positive wellbeing**.

Workshops focus on **self-management skills and living well**, with the aim of all participants becoming experts in their own self-care. All our workshops are **co-produced**; designed and delivered by people with lived experience of mental health challenges together with mental health professionals. Our aim is for everyone to feel listened to in a safe space, with the opportunity to connect with others.

Everyone is welcome and everyone is a participant, whether affected directly or indirectly by mental ill health. So whether you are struggling yourself, or perhaps you are a carer, family member or professional who would like to know more about mental health and wellbeing, we can help.

Your journey begins here.

Our Workshops

- **Mental health courses:** designed to help us understand mental health challenges and teach skills for self- management.
- **Lunch & learn wellbeing courses:** designed to improve wellbeing and help keep us well
- **Creative courses:** to explore our creative side.
- **Social sessions:** informal, drop-in sessions to chat about how we are, meet new people or old friends.

Your journey starts here...



January

MONDAY 10th

Winter Blues, Low Mood & Depression
Online
(Part 1/3)
10.45-12.30

TUESDAY 11th

Coffee and Chat
The Biscuit Factory
10.30-11.30

WEDNESDAY 12th

Becoming More Resilient
Online
(Part 1/3)
19.00-20.15

THURSDAY 13th

Under 25's Coffee & Chat
University of Reading
14.00-15.00

Object Handling at Reading Museum
Reading Museum
15.00-16.00

FRIDAY 14th

January

MONDAY 17th

Winter Blues, Low Mood & Depression
Online
(Part 2/3)
10.45-12.30

TUESDAY 18th

Coffee and Chat
The Biscuit Factory
10.30-11.30

Introduction to Psychosis
Online
(Part 1/2)
15.00-16.30

WEDNESDAY 19th

Becoming More Resilient
Online
(Part 2/3)
19.00-20.15

THURSDAY 20th

Under 25's Coffee & Chat
University of Reading
14.00-15.00

Yoga
Online
(Part 1/6)
16.00-17.00

FRIDAY 21st

January

MONDAY 24th

Winter Blues, Low Mood & Depression
Online
(Part 3/3)
10.45-12.30

TUESDAY 25th

Coffee and Chat
The Biscuit Factory
10.30-11.30

Introduction to Psychosis
Online
(Part 2/2)
15.00-16.30

WEDNESDAY 26th

Becoming More Resilient
Online
(Part 3/3)
19.00-20.15

THURSDAY 27th

Under 25's Coffee & Chat
University of Reading
14.00-15.00

Yoga
Online
(Part 2/6)
16.00-17.00

FRIDAY 28th

February

MONDAY 31st

TUESDAY 1st

WEDNESDAY 2nd

THURSDAY 3rd

FRIDAY 4th

Coffee and Chat
The Biscuit Factory
10.30-11.30

Living Well with Our Voices
Reading Central Library
(Part 1/6)
10.15-11.30

Walk-Talk-Walk
Palmer Park
10.30-11.30

Living Well with our Differences
– Social Group
Reading Central Library
(Part 1/6)
13.00-14.00

Under 25's Coffee & Chat
University of Reading
14.00-15.00

Introduction to Mental Health Medication
Online
15.00-16.30

Creative Art
Wildling Hearts and Healing
MERL
(Part 1/9)
14.00-16.00

Yoga
Online
(Part 3/6)
16.00-17.00

February

MONDAY 7th

TUESDAY 8th

WEDNESDAY 9th

THURSDAY 10th

FRIDAY 11th

Coffee and Chat
The Biscuit Factory
10.30-11.30

Living Well with Our Voices
Reading Central Library
(Part 2/6)
10.15-11.30

Walk-Talk-Walk
Palmer Park
10.30-11.30

Theatre and Creative Writing
Reading Rep
(Part 1/5)
15.30-17.00

Living Well with our Differences – Social Group
Reading Central Library
(Part 2/6)
13.00-14.00

Under 25's Coffee & Chat
University of Reading
14.00-15.00

Creative Art
Wildling Hearts and Healing
MERL
(Part 2/9)
14.00-16.00

Yoga
Online
(Part 4/6)
16.00-17.00

February

MONDAY 14th

TUESDAY 15th

WEDNESDAY 16th

THURSDAY 17th

FRIDAY 18th

Coffee and Chat
The Biscuit Factory
10.30-11.30

Living Well with Our Voices
Reading Central Library
(Part 3/6)
10.15-11.30

Walk-Talk-Walk
Palmer Park
10.30-11.30

Theatre and Creative Writing
Reading Rep
(Part 2/5)
15.30-17.00

Living Well with our Differences
– Social Group
Reading Central Library
(Part 3/6)
13.00-14.00

Under 25's Coffee & Chat
University of Reading
14.00-15.00

Wellness Planning for Carers
Online
(Part 1/4)
16.00-17.00

Creative Art
Wildling Hearts and Healing
MERL
(Part 3/9)
14.00-16.00

Yoga
Online
(Part 5/6)
16.00-17.00

February

MONDAY 21st

TUESDAY 22nd

WEDNESDAY 23rd

THURSDAY 24th

FRIDAY 25th

Coffee and Chat

The Biscuit Factory
10.30-11.30

Emotional First Aid

RISC
(Part 1/3)
11.00-12.00

Wellness Planning for Carers

Online
(Part 2/4)
16.00-17.00

Theatre and Creative Writing

Reading Rep
(Part 3/5)
15.30-17.00

Living Well with Our Voices

Reading Central Library
(Part 4/6)
10.15-11.30

Living Well with our Differences

– Social Group
Reading Central Library
(Part 4/6)
13.00-14.00

Creative Art

Wildling Hearts and Healing

MERL
(Part 4/9)
14.00-16.00

Reading for Health

MERL
(Part 1/4)
10.30-12.00

Under 25's Coffee & Chat

University of Reading
14.00-15.00

Yoga

Online
(Part 6/6)
16.00-17.00

Walk-Talk-Walk

Palmer Park
10.30-11.30

March

MONDAY 28th

TUESDAY 1st

WEDNESDAY 2nd

THURSDAY 3rd

FRIDAY 4th

Coffee and Chat

The Biscuit Factory
10.30-11.30

Emotional First Aid

RISC
(Part 2/3)
11.00-12.00

Wellness Planning for Carers

Online
(Part 3/4)
16.00-17.00

Living Well with Our Voices

Reading Central Library
(Part 5/6)
10.15-11.30

Living Well with our Differences

– Social Group
Reading Central Library
(Part 5/6)
13.00-14.00

Creative Art

Wildling Hearts and Healing
MERL
(Part 5/9)
14.00-16.00

Gardening for Wellbeing

Caversham Court Gardens
(Part 1/6)
10.30-12.30

Reading for Health

MERL
(Part 2/4)
10.30-12.00

Under 25's Coffee & Chat

University of Reading
14.00-15.00

Walk-Talk-Walk

Palmer Park
10.30-11.30

Theatre and Creative Writing

Reading Rep
(Part 4/5)
15.30-17.00

March

MONDAY 7th

Theatre and Creative Writing

Reading Rep
(Part 5/5)
15.30-17.00

TUESDAY 8th

Coffee and Chat
The Biscuit Factory
10.30-11.30

Emotional First Aid
RISC
(Part 3/3)
11.00-12.00

Wellness Planning for Carers
Online
(Part 4/4)
16.00-17.00

WEDNESDAY 9th

Living Well with Our Voices
Reading Central Library
(Part 6/6)
10.15-11.30

Living Well with our Differences
– Social Group
Reading Central Library
(Part 6/6)
13.00-14.00

Creative Art
Wildling Hearts and Healing
MERL
(Part 6/9)
14.00-16.00

THURSDAY 10th

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

Reading for Health
MERL
(Part 3/4)
10.30-12.00

Under 25's Coffee & Chat
University of Reading
14.00-15.00

FRIDAY 11th

Walk-Talk-Walk
Palmer Park
10.30-11.30

March

MONDAY 14th

TUESDAY 15th

WEDNESDAY 16th

THURSDAY 17th

FRIDAY 18th

Coffee and Chat

The Biscuit Factory

10.30-11.30

Living with Bipolar Disorders

RISC

(Part 1/2)

15.00-16.15

Creative Art

Wildling Hearts and Healing

MERL

(Part 7/9)

14.00-16.00

Gardening for Wellbeing

Caversham Court Gardens

(Part 3/6)

10.30-12.30

Reading for Health

MERL

(Part 4/4)

10.30-12.00

Managing Chronic Pain

Online

(Part 1/3)

11.00-12.15

Under 25's Coffee & Chat

University of Reading

14.00-15.00

Walk-Talk-Walk

Palmer Park

10.30-11.30

March

MONDAY 21st

TUESDAY 22nd

WEDNESDAY 23rd

THURSDAY 24th

FRIDAY 25th

Coffee and Chat
The Biscuit Factory
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

Living with Bipolar Disorders
RISC
(Part 2/2)
15.00-16.15

Creative Art
Wildling Hearts and Healing
MERL
(Part 8/9)
14.00-16.00

Managing Chronic Pain
Online
(Part 2/3)
11.00-12.15

Under 25's Coffee & Chat
University of Reading
14.00-15.00

March

MONDAY 28th

TUESDAY 29th

WEDNESDAY 30th

THURSDAY 31st

FRIDAY 1st

Coffee and Chat
The Biscuit Factory
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

Managing Chronic Pain
Online
(Part 3/3)
11.00-12.15

Creative Art
Wildling Hearts and Healing
MERL
(Part 9/9)
14.00-16.00

Under 25's Coffee & Chat
University of Reading
14.00-15.00

January to April 2022

Telephone: 01189 373 945

Email: compass.opportunities@reading.gov.uk

April

MONDAY 4th

TUESDAY 5th

WEDNESDAY 6th

THURSDAY 7th

FRIDAY 8th

Coffee and Chat
The Biscuit Factory
10.30-11.30

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

January to April 2022

Telephone: 01189 373 945

Email: compass.opportunities@reading.gov.uk

April

MONDAY 11th

TUESDAY 12th

WEDNESDAY 13th

THURSDAY 14th

FRIDAY 15th

Good Friday