

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

## September

MONDAY 6<sup>th</sup>

TUESDAY 7<sup>th</sup>

WEDNESDAY 8<sup>th</sup>

THURSDAY 9<sup>th</sup>

FRIDAY 10<sup>th</sup>

**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 13<sup>th</sup>

TUESDAY 14<sup>th</sup>

WEDNESDAY 15<sup>th</sup>

THURSDAY 16<sup>th</sup>

FRIDAY 17<sup>th</sup>

**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 20<sup>th</sup>

TUESDAY 21<sup>st</sup>

WEDNESDAY 22<sup>nd</sup>

THURSDAY 23<sup>rd</sup>

FRIDAY 24<sup>th</sup>

**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 27<sup>th</sup>

TUESDAY 28<sup>th</sup>

WEDNESDAY 29<sup>th</sup>

THURSDAY 30<sup>th</sup>

FRIDAY 1<sup>st</sup>

**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 4<sup>th</sup>

TUESDAY 5<sup>th</sup>

WEDNESDAY 6<sup>th</sup>

THURSDAY 7<sup>th</sup>

FRIDAY 8<sup>th</sup>

**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 11<sup>th</sup>

TUESDAY 12<sup>th</sup>

WEDNESDAY 13<sup>th</sup>

THURSDAY 14<sup>th</sup>

FRIDAY 15<sup>th</sup>

**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 18<sup>th</sup>

TUESDAY 19<sup>th</sup>

WEDNESDAY 20<sup>th</sup>

THURSDAY 21<sup>st</sup>

FRIDAY 22<sup>nd</sup>

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

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

**"We are Reading"**  
**Theatre and Creative Writing**  
**Workshops**  
**Reading Rep Theatre**  
**(Part 3/5)**  
16.00-17.30

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

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

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

**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 25<sup>th</sup>

TUESDAY 26<sup>th</sup>

WEDNESDAY 27<sup>th</sup>

THURSDAY 28<sup>th</sup>

FRIDAY 29<sup>th</sup>

**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 1<sup>st</sup>

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

TUESDAY 2<sup>nd</sup>

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

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

WEDNESDAY 3<sup>rd</sup>

**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 4<sup>th</sup>

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

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

FRIDAY 5<sup>th</sup>

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

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



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## November

MONDAY 8<sup>th</sup>

TUESDAY 9<sup>th</sup>

WEDNESDAY 10<sup>th</sup>

THURSDAY 11<sup>th</sup>

FRIDAY 12<sup>th</sup>

**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 15<sup>th</sup>

TUESDAY 16<sup>th</sup>

WEDNESDAY 17<sup>th</sup>

THURSDAY 18<sup>th</sup>

FRIDAY 19<sup>th</sup>

**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 22<sup>nd</sup>

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

TUESDAY 23<sup>rd</sup>

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

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

WEDNESDAY 24<sup>th</sup>

**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 25<sup>th</sup>

**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 26<sup>th</sup>

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

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

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## November

MONDAY 29<sup>th</sup>

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

TUESDAY 30<sup>th</sup>

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

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

WEDNESDAY 1<sup>st</sup>

**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 2<sup>nd</sup>

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

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

FRIDAY 3<sup>rd</sup>

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

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

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## December

MONDAY 6<sup>th</sup>

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

TUESDAY 7<sup>th</sup>

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

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

WEDNESDAY 8<sup>th</sup>

**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 9<sup>th</sup>

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

FRIDAY 10<sup>th</sup>

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

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

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## December

MONDAY 13<sup>th</sup>

TUESDAY 14<sup>th</sup>

WEDNESDAY 15<sup>th</sup>

THURSDAY 16<sup>th</sup>

FRIDAY 17<sup>th</sup>

**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