

# Compass Recovery College

## Spring Term Course Schedule January – April 2021



Compass Recovery College continues to run FREE mental health and wellbeing courses. We are incredibly pleased to share our new course dates with you, including some brand new courses!

Aside from our outdoor sessions, we continue to run most of our courses online on Zoom or Teams. We will continue to assess the situation, and start to bring in person courses back when it is safe to do so. We will also continue to add courses in before the end of term, so do stay in touch.

**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 fit in a lunchbreak too.

**Creative Courses:** 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.

# Courses January to March 2021

Telephone: 01189 373 945

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

## JANUARY

MONDAY 4th

TUESDAY 5th

WEDNESDAY 6th

THURSDAY 7th

FRIDAY 8th

**Coffee and Chat**  
10.30-11.10

**Fun Quiz**  
11.30-12.10

**Allotment**  
**Caversham Court Gardens**  
11.00-13.00

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

**Living a Stress Less Life (Part1)**  
12.00-13.00

**Introduction to Voices (why do we hear voices?)**  
14.00-15.20

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## JANUARY

MONDAY 11th

**Introduction to Anxiety  
(Part 1)**  
11.00-12.00

**Yoga (Part 1)**  
12.30-13.30

TUESDAY 12<sup>th</sup>

**Coffee and Chat**  
10.30-11.10

WEDNESDAY 13th

**Fun Quiz**  
11.30-12.10

THURSDAY 14th

**Allotment  
Caversham Court Gardens**  
11.00-13.00

**Breathing & Movement for  
Resilience & Resetting  
(Part 1)**  
12.00-13.00

**Well-being, self-care  
& Resilience (Part 1)**  
19.00-20.00

FRIDAY 15th

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

**Living a Stress Less Life (Part 2)**  
12.00-13.00

**Lunchtime Under 25's  
Coffee and Chat**  
13.00-14.00

**How do we live well with our  
voices (Part 1)**  
14.00-15.20



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## JANUARY

MONDAY 18th

TUESDAY 19th

WEDNESDAY 20th

THURSDAY 21st

FRIDAY 22nd

**Introduction to Anxiety  
(Part 2)**  
11.00-12.00

**Coffee and Chat**  
10.30-11.10

**Fun Quiz**  
11.30-12.10

**Allotment  
Caversham Court Gardens**  
11.00-13.00

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

**Yoga (Part 2)**  
12.30-13.30

**Breathing & Movement for  
Resilience & Resetting  
(Part 2)**  
12.00-13.00

**Living a Stress Less Life (Part 3)**  
12.00-13.00

**Lunchtime Under 25's  
Coffee and Chat**  
13.00-14.00

**Online course  
Well-being, self-care  
& Resilience (Part 2)**  
19.00-20.00

**How do we live well with our  
voices (Part 2)**  
14.00-15.20

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## JANUARY

MONDAY 25th

TUESDAY 26th

WEDNESDAY 27th

THURSDAY 28th

FRIDAY 29th

**Introduction to Anxiety  
(Part 3)**  
11.00-12.00

**Coffee and Chat**  
10.30-11.10

**Fun Quiz**  
11.30-12.10

**Allotment  
Caversham Court Gardens**  
11.00-13.00

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

**Yoga (Part 3)**  
12.30-13.30

**Helping Hands (Part 1)**  
12.00-13.00

**Breathing & Movement for  
Resilience & Resetting  
Part 3**  
12.00-13.00

**Living a Stress Less Life (Part 4)**  
12.00-13.00

**Lunchtime Under 25's  
Coffee and Chat**  
13.00-14.00

**How do we live well with our  
voices (Part 3)**  
14.00-15.20

**Well-being, self-care  
& Resilience (Part 3)**  
19.00-20.00



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## FEBRUARY

MONDAY 1st

**Introduction to Anxiety  
(Part 4)**

11.00-12.00

**Yoga (Part 4)**

12.30-13.30

TUESDAY 2nd

**Coffee and Chat (open  
meeting)**

10.30-11.10

**Mindfulness (part 1)**

12.00-13.00

WEDNESDAY 3rd

**Fun Quiz**

11.30-12.10

**Helping Hands (Part 2)**

12.00-13.00

**Storytelling (Part 1)**

12.00-13.00

**A Good Night's Sleep (Part 1)**

16.00-17.00

THURSDAY 4th

**Allotment**

**Caversham Court Gardens**

11.00-13.00

**Healthy Living**

11.00-12.00

**Breathing & Movement for  
Resilience & Resetting**

**(part 4)**

12.00-13.00

FRIDAY 5th

**Walk, Talk, Walk**

**Palmer Park**

10.30-11.30

**Lunchtime Under 25's**

**Coffee and Chat**

13.00-14.00

**How do we live well with our  
voices (Part 4)**

14.00-15.20

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## FEBRUARY

MONDAY 8th

TUESDAY 9th

WEDNESDAY 10th

THURSDAY 11th

FRIDAY 12th

**Yoga (Part 5)**  
12.30-13.30

**Mindfulness (part 2)**  
12.00-13.00

**Helping Hands (Part 3)**  
12.00-13.00

**Storytelling (Part 2)**  
12.00-13.00

**A Good Night's Sleep (Part 2)**  
16.00-17.00

**Coffee and Chat**  
10.30-11.10

**Fun Quiz**  
11.30-12.10

**Allotment**  
**Caversham Court Gardens**  
11.00-13.00

**Breathing & Movement for  
Resilience & Resetting  
(part 5)**  
12.00-13.00

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

**Creative Writing**  
12.00-13.30

**Lunchtime Under 25's**  
**Coffee and Chat**  
13.00-14.00

**How do we live well with our voices  
(Part 5)**  
14.00-15.20

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## FEBRUARY

MONDAY 15th

**Introduction to  
Depression (Part 1)**  
11.00-12.00

**Yoga (Part 6)**  
12.30-13.30

TUESDAY 16th

**Coffee and Chat**  
10.30-11.10

**Mindfulness (part 3)**  
12.00 – 13.00

WEDNESDAY 17th

**Fun Quiz**  
11.30-12.10

**Helping Hands (Part 4)**  
12.00-13.00

**Storytelling (Part 3)**  
12.00-13.00

THURSDAY 18th

**Allotment**  
**Caversham Court Gardens**  
11.00-13.00

FRIDAY 19th

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

**Lunchtime Under 25's**  
**Coffee and Chat**  
13.00-14.00

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

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## FEBRUARY

MONDAY 22nd

**Introduction to  
Depression (Part 2)**

11.00-12.00

TUESDAY 23rd

**Coffee and Chat**

10.30-11.10

**Mindfulness (part 4)**

12.00-13.00

WEDNESDAY 24th

**Fun Quiz**

11.30-12.10

**Storytelling (Part 4)**

12.00-13.00

THURSDAY 25th

**Allotment**

**Caversham Court Gardens**

11.00-13.00

FRIDAY 26th

**Walk, Talk, Walk**

**Palmer Park**

10.30-11.30

**Lunchtime Under 25's**

**Coffee and Chat**

13.00-14.00

**Hearing Voices**

**Coffee & Chat**

14.00-15.20

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## MARCH

MONDAY 1st

**Introduction to  
Depression (Part 3)**  
11.00-12.00

TUESDAY 2nd

**Coffee and Chat  
(open meeting)**  
10.30-11.10

**Mindfulness (part 5)**  
12.00-13.00

WEDNESDAY 3rd

**Fun Quiz**  
11.30-12.10

**Storytelling (part 5)**  
12.00-13.00

THURSDAY 4th

**Allotment  
Caversham Court Gardens**  
11.00-13.00

**Becoming More Resilient  
(Part 1)**  
19.00-20.00

FRIDAY 5th

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

**Lunchtime Under 25's  
Coffee and Chat**  
13.00-14.00

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



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## MARCH

MONDAY 8th

**Introduction to  
Depression (Part 4)**  
11.00-12.00

TUESDAY 9th

**Coffee and Chat**  
10.30-11.10

**Mindfulness (part 6)**  
12.00-13.00

WEDNESDAY 10th

**Fun Quiz**  
11.30-12.10

**Storytelling (part 6)**  
12.00-13.00

THURSDAY 11th

**Allotment  
Caversham Court Gardens**  
11.00-13.00

**Becoming More Resilient  
(Part 2)**  
19.00-20.00

FRIDAY 12th

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

**Lunchtime Under 25's  
Coffee and Chat**  
13.00-14.00

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

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## MARCH

MONDAY 15th

TUESDAY 16th

WEDNESDAY 17th

THURSDAY 18th

FRIDAY 19th

**Coffee and Chat**  
10.30-11.10

**Mindfulness (part 7)**  
12.00-13.00

**Fun Quiz**  
11.30-12.10

**Allotment**  
**Caversham Court Gardens**  
11.00-13.00

**Becoming More Resilient**  
**(Part 3)**  
19.00-20.00

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

**Lunchtime Under 25's**  
**Coffee and Chat**  
13.00-14.00

**Hearing Voices**  
**Coffee and Chat**  
14.00-15.20

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## MARCH

MONDAY 22nd

**Introduction to Panic  
Attacks (Part 1)**  
11.00-12.00

TUESDAY 23rd

**Coffee and Chat**  
10.30-11.10

**Mindfulness (part 8)**  
12.00-13.00

WEDNESDAY 24th

**Fun Quiz**  
11.30-12.10

THURSDAY 25th

**Allotment**  
**Caversham Court Gardens**  
11.00-13.00

FRIDAY 26th

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

**Lunchtime Under 25's**  
**Coffee and Chat**  
13.00-14.00

**Hearing Voices**  
**Coffee and Chat**  
14.00-15.20

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## MARCH

MONDAY 29nd

**Introduction to Panic  
Attacks (Part 2)**

11.00-12.00

TUESDAY 30th

**Coffee and Chat**

10.30-11.10

WEDNESDAY 31st

**Fun Quiz**

11.30-12.10

THURSDAY 1st

**Allotment**

**Caversham Court Gardens**

11.00-13.00

FRIDAY 2nd

**Walk, Talk, Walk**

**Palmer Park**

10.30-11.30

**Lunchtime Under 25's**

**Coffee and Chat**

13.00-14.00

**Hearing Voices**

**Coffee and Chat**

14.00-15.20