

Compass Recovery College

Spring Term Course Schedule April – July 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.

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

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 April to July 2021

Telephone: 01189 373 945

Email: compass.opportunities@reading.gov.uk

APRIL

MONDAY 19th

TUESDAY 20th

WEDNESDAY 21st

THURSDAY 22nd

FRIDAY 23rd

Coffee and Chat
10.30-11.10

**Being kinder to ourselves:
beginning self- care and
compassion-** for health and
social care workers
(Part 1/4)
11.00-12.00

Allotment
Caversham Court Gardens
11.00-13.00

Walk-Talk-Walk
Palmer Park
10.30-11.30

Pilates for Sitters
(Part 1/ 6)
12.00-13.00

**Problem Busting for Less
Stress**
(Part 1/ 2)
14.00-15.00

iCare arts workshop
15.00-17.00

Hearing Voices Coffee& Chat
14.00-15.20

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APRIL

MONDAY 26th

TUESDAY 27th

WEDNESDAY 28th

THURSDAY 29th

FRIDAY 30th

Coffee and Chat
10.30-11.10

**Being kinder to ourselves:
beginning self-care and
compassion-** for health and
social care workers
(Part 2/4)
11.00-12.00

Allotment
Caversham Court Gardens
11.00-13.00

Walk-Talk-Walk
Palmer Park
10.30-11.30

Pilates for Sitters
(Part 2/ 6)
12.00-13.00

**Problem Busting for Less
Stress**
(Part 2/ 2)
14.00-15.00

Improvisation Workshop
(Part 1/6)
16.00-17.00

Hearing Voices Coffee& Chat
14.00-15.20

**Wellbeing, self-care &
resilience (Part 1/ 3)**
19.00-20.00



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MAY

MONDAY 3rd

BANK HOLIDAY

TUESDAY 4th

Coffee and Chat

10.30-11.10

Pilates for Sitters

(Part 3 /6)

12.00-13.00

WEDNESDAY 5th

**Being kinder to ourselves:
beginning self -care and
compassion- for health and
social care workers**

(Part 3/4)

11.00-12.00

Improvisation Workshop

(Part 2/6)

16.00-17.00

THURSDAY 6th

Allotment

Caversham Court Gardens

11.00-13.00

**Wellbeing, self-care &
resilience (Part 2/ 3)**

FRIDAY 7th

Walk-Talk-Walk

Palmer Park

10.30-11.30

**Introduction to Voices
(Why do we hear voices)**

1 session

14.00-15.00



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MAY

MONDAY 10th

**5 Ways to Wellbeing
(Part 1/ 4)**
11.00-12.00

TUESDAY 11th

Coffee and Chat
10.30-11.10

**Pilates for Sitters
(Part 4 /6)**
12.00-13.00

WEDNESDAY 12th

**Being kinder to ourselves:
beginning self-care and
compassion- for health and social
care workers
(Part 4/4)**
11.00-12.00

**Improvisation Workshop
(Part 3/6)**
16.00-17.00

THURSDAY 13th

**Gardening for Wellbeing
(Part1/6)**
Caversham Court Gardens
10.30-12.30

Outdoor Pilates
13.00- 14.00

**Wellbeing, self-care &
resilience (Part 3/ 3)**
19.00-20.00

FRIDAY 14th

Walk-Talk-Walk
Palmer Park
10.30-11.30

**How do we live well with our
voices
(Part 1/5)**
14.00-15.00

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MAY

MONDAY 17th	TUESDAY 18th	WEDNESDAY 19th	THURSDAY 20th	FRIDAY 21st
5 Ways to Wellbeing (Part 2/ 4) 11.00-12.00	Coffee and Chat 10.30-11.10 Pilates for Sitters (Part 5 /6) 12.00-13.00	Being kinder to ourselves: beginning self- care and compassion- for all (Part 1/4) 11.00-12.00 Improvisation workshop (Part 4/ 6) 16.00-17.00	Gardening for Wellbeing (Part2/6) Caversham Court Gardens 10.30-12.30	Walk-Talk-Walk Palmer Park 10.30-11.30 How do we live well with our voices (2/5) 14.00-15.00

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MAY

MONDAY 24th

**5 Ways to Wellbeing
(Part 3/ 4)**
11.00-12.00

TUESDAY 25th

Coffee and Chat
10.30-11.10

**Pilates for Sitters
(Part 6 /6)**
12.00-13.00

WEDNESDAY 26th

**Being kinder to ourselves:
beginning self- care and
compassion- for all
(Part 2/4)**
11.00-12.00

**Improvisation workshop
(Part 5/ 6)**
16.00-17.00

THURSDAY 27th

**Gardening for Wellbeing
(Part3/6)**
Caversham Court Gardens
10.30-12.30

FRIDAY 28th

Walk-Talk-Walk
Palmer Park
10.30-11.30

**How do we live well with our
voices
(Part 3/5)**
14.00-15.00

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MAY - JUNE

MONDAY 31st

BANK HOLIDAY

TUESDAY 1st

Coffee and Chat
10.30-11.10

WEDNESDAY 2nd

**Being kinder to ourselves:
beginning self-care and
compassion- for all
(Part 3/4)**
11.00-12.00

**Improvisation workshop
(Part 6/6)**
16.00-17.00

THURSDAY 3rd

**Gardening for Wellbeing
(Part4/6)**
Caversham Court Gardens
10.30-12.30

FRIDAY 4th

Walk-Talk-Walk
Palmer Park
10.30-11.30

**How do we live well with our
voices
(Part 5/5)**
14.00-15.00

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JUNE

MONDAY 7th

**5 Ways to Wellbeing
(Part 4/ 4)**
11.00-12.00

**Money Matters
(Part 1/ 3)**
14.00-15.30

TUESDAY 8th

Coffee and Chat
10.30-11.10

WEDNESDAY 9th

**Being kinder to ourselves:
beginning self- care and
compassion- for all
(Part 4/4)**
11.00-12.00

THURSDAY 10th

**Gardening for Wellbeing
(Part5/6)**
Caversham Court Gardens
10.30-12.30

FRIDAY 11th

Walk-Talk-Walk
Palmer Park
10.30-11.30

**How do we live well with our
voices
(Part 5/5)**
14.00-15.00

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JUNE

MONDAY 14th

**WRAP for Carers
(Part 1/ 4)**
11.00-12.00

**Money Matters
(Part 2/ 3)**
14.00-15.30

TUESDAY 15th

Coffee and Chat
10.30-11.10

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

WEDNESDAY 16th

**Introduction to Psychosis
(Part 1/ 2)**
15.00-16.00

THURSDAY 17th

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

FRIDAY 18th

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

Hearing Voices Coffee & Chat
14.00-15.20



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JUNE

MONDAY 21st

**WRAP for Carers
(Part 2/ 4)**
11.00-12.00

**Money Matters
(Part 3/ 3)**
14.00-15.30

TUESDAY 22nd

Coffee and Chat
10.30-11.10

**Introduction to Mental Health
Medication**
1 session
14.00-15.00

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

WEDNESDAY 23rd

**Introduction to Psychosis
(Part 2/ 2)**
15.00-16.00

THURSDAY 24th

FRIDAY 25th

Walk-Talk-Walk
Palmer Park
10.30-11.30

Hearing Voices Coffee& Chat
14.00-15.20



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JUNE - JULY

MONDAY 28th

**WRAP for Carers
(Part 3/ 4)**
11.00-12.00

TUESDAY 29th

Coffee and Chat
10.30-11.10

WEDNESDAY 30th

THURSDAY 1st

**Gardening for Wellbeing
(Part1/6)**
Caversham Court Gardens
10.30-12.30

FRIDAY 2nd

Walk-Talk-Walk
Palmer Park
10.30-11.30

Hearing Voices Coffee& Chat
14.00-15.20

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JULY

MONDAY 5th

**WRAP for Carers
(Part 4/ 4)**
11.00-12.00

TUESDAY 6th

Coffee and Chat
10.30-11.10

WEDNESDAY 7th

THURSDAY 8th

**Gardening for Wellbeing
(Part2/6)**
Caversham Court Gardens
10.30-12.30

FRIDAY 9th

Walk-Talk-Walk
Palmer Park
10.30-11.30

Hearing Voices Coffee& Chat
14.00-15.20