

Compass Recovery College

Summer Term Course Schedule July – August 2021



Welcome to Compass Recovery College's summer schedule.

This summer, we are running a variety of outdoor courses; from Yoga to Pilates to Creative Art to Gardening for Wellbeing. These courses will take place in Reading parks, enabling us all to step away from our screens and enjoy time in nature. We will continue our long-standing Walk-Talk-Walk group and our online Hearing Voices Coffee and Chat. Excitingly, our Tuesday Coffee and Chat drop ins will be transitioning to an in-person location; a café in the town centre.

We are also introducing a brand-new course in partnership with the Museum of English Rural Life; Reading for Health. Reading on a regular basis helps us feel more positive and satisfied. It is also a great way to find out about new things, question the way we think or simply take us 'out of ourselves' for a while. This course will take place in the MERL gardens.

For more information and course descriptions, you can see our [prospectus](#). We will be back with a full schedule of online and in person courses in the autumn term. Until then, we look forward to welcoming you to these summer courses.

As always, please do contact us if you have any further questions,

Compass Recovery college

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Courses July to August 2021

Telephone: 01189 373 945

Email: compass.opportunities@reading.gov.uk

July

MONDAY 5th

TUESDAY 6th

WEDNESDAY 7th

THURSDAY 8th

FRIDAY 9th

Feedback Forum
Online
10.30-11.10

Gardening for Wellbeing
(part2/6)
Caversham Court Gardens
11.00-13.00

Walk-Talk-Walk
Palmer Park
10.30-11.30

Outdoor Yoga
(part 1/3)
Prospect Park
13.15-14.00

Outdoor Creative Art
workshop
(1/6)
Prospect Park
16.00-17.30

Hearing Voices Coffee& Chat
Online
14.00-15.20

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July

MONDAY 12th

TUESDAY 13th

WEDNESDAY 14th

THURSDAY 15th

FRIDAY 16th

Coffee and Chat
Town Centre Cafe
10.30-11.30

Gardening for Wellbeing
(part 3/6)
Caversham Court Gardens
11.00-13.00

Walk-Talk-Walk
Palmer Park
10.30-11.30

Outdoor Pilates
(part 1/3)
Prospect Park
13.15-14.00

Outdoor Creative Art
workshop
(2/6)
Prospect Park
16.00-17.30

Hearing Voices Coffee& Chat
Online
14.00-15.20



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July

MONDAY 19th

TUESDAY 20th

WEDNESDAY 21st

THURSDAY 22nd

FRIDAY 23rd

Coffee and Chat
Town Centre Cafe
10.30-11.30

Reading for Health
(part 1/6)
MERL
10.30-12.00

Gardening for Wellbeing
(part 4/6)
Caversham Court Gardens
11.00-13.00

Walk-Talk-Walk
Palmer Park
10.30-11.30

Outdoor Creative Art
workshop
(3/6)
Prospect Park
16.00-17.30

Feedback Forum
Online
15.00-16.00

Outdoor Yoga
(part 2/3)
Prospect Park
13.15-14.00

Hearing Voices Coffee& Chat
Online
14.00-15.20

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July

MONDAY 26th

TUESDAY 27th

WEDNESDAY 28th

THURSDAY 29th

FRIDAY 30th

Coffee and Chat
Town Centre Cafe
10.30-11.30

Reading for Health
(part 2/6)
MERL
10.30-12.00

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

Walk-Talk-Walk
Palmer Park
10.30-11.30

Outdoor Pilates
(part 2/3)
Prospect Park
13.15-14.00

Outdoor Creative Art
workshop
(4/6)
Prospect Park
16.00-17.30

Hearing Voices Coffee& Chat
Online
14.00-15.20

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August

MONDAY 2nd

TUESDAY 3rd

WEDNESDAY 4th

THURSDAY 5th

FRIDAY 6th

Coffee and Chat
Town Centre Cafe
10.30-11.30

Reading for Health
(part 3/6)
MERL
10.30-12.00

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

Walk-Talk-Walk
Palmer Park
10.30-11.30

Outdoor Yoga
(part 3/3)
Prospect Park
13.15-14.00

Hearing Voices Coffee& Chat
Online
14.00-15.20

Outdoor Creative Art
workshop
(5/6)
Prospect Park
16.00-17.30

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August

MONDAY 9th

TUESDAY 10th

WEDNESDAY 11th

THURSDAY 12th

FRIDAY 13th

Coffee and Chat
Town Centre
10.30-11.30

Reading for Health
(part 4/6)
MERL
10.30-12.00

Garden Drop In
Caversham Court Gardens
10.30-12.30

Walk-Talk-Walk
Palmer Park
10.30-11.30

Outdoor Pilates
(part 3/3)
Prospect Park
13.15-14.00

Hearing Voices Coffee& Chat
Online
14.00-15.20

Outdoor Creative Art
workshop
(6/6)
Prospect Park
16.00-17.30



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August

MONDAY 16th

TUESDAY 17th

WEDNESDAY 18th

THURSDAY 19th

FRIDAY 20th

Coffee and Chat
The Shed
10.30-11.30

Reading for Health
(part 5/6)
MERL
10.30-12.00

Garden Drop In
Caversham Court Gardens
10.30-12.30

Walk-Talk-Walk
Palmer Park
10.30-11.30

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August

MONDAY 23rd

TUESDAY 24th

WEDNESDAY 25th

THURSDAY 26th

FRIDAY 27th

Coffee and Chat
The Shed
10.30-11.30

Reading for Health
(part 6/6)
MERL
10.30-12.00

Garden Drop In
Caversham Court Gardens
10.30-12.30

Walk-Talk-Walk
Palmer Park
10.30-11.30

Courses

Telephone: 01189 373 945

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MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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MONDAY

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MONDAY

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