

What's On



May 2019

One to One Support

We accept referrals for anyone wishing to receive 1-2-1 support. This is up to 12 weeks with a Your Way worker to focus on what you would like to achieve. You can either contact the office, or drop in during our open door session on Mondays between 10.00am – 12.00pm

Activities

After registering with us and receiving one to one support clients can participate in our service user led groups, please speak to a Your Way Worker for more information

Peer Support

We provide one to one peer support with fully trained supporters using their lived experience. You can request to receive peer support through speaking to the staff team.

If you think you might be interested in becoming a peer supporter then you can either contact the office, or speak to the staff team.

News and opportunities

Bank Holidays Please note we will be closed on May 6th and May 27th for the Bank holidays, there will be no activities running on those days.

Hidden Stories on tour Saturday 11th May from 10-3 Reading Central Library will be hosting the Hidden Stories Event. Hidden Stories is an illustrated book based on the everyday experiences of people living with invisible conditions like anxiety, autism and ME. Come along to pick up a free copy and get involved in games and discussion.

BBC Radio Berkshire Mental health awareness week event As part of Mental Health Awareness Week, BBC Radio Berkshire is inviting people with experience of mental health difficulties to come along to Nisby's on May 13th for a coffee and a chat to share their experiences. Click [Here](#) to register.

Finding Positive Solutions to Life's Challenges - Friday 17th May 10:30am-3pm at Watlington House Everyone goes through a difficult time in their lives. This event is designed to give you the opportunity to hear from people who have been through it and come out the other side. There will be speakers talking about their own experiences, free taster sessions from the Recovery College and creative workshops to show you how to use writing as a therapeutic tool, or to help you gain confidence talking to others about your own story. Booking for the workshops is essential but the rest of the event is a drop in. For more details please contact Wellbeing.Service@reading.gov.uk or call 0118 937 2383.

Wokingham Wellbeing Week There will be events every day for a week for all ages highlighting the importance of Wellbeing, through; talks storytelling, art, performance art, music, health & fitness, meditation & relaxation, discussion & more. Check out a list of events that have been organised so far on the [Wokingham Wellbeing Week Facebook page](#).

Berkshire West Your Way, 1A Rupert Square, Reading, RG1 3HE
0118 9660 240
Berkshirewest-yourway@together-uk.org
www.together-uk.org/yourway

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The Oasis Community Meeting Place-

The Oasis is run by Carey Baptist Church for all in the local community to meet, have a coffee, get help and support, take part in a short course or enjoy a shared interest. Call 0118 959 0058 or visit <https://www.theoasisreading.org.uk/> to find out more

Depression Xpression

A peer support group helping people who suffer from depression, anxiety and loneliness. Meetings are held in Wokingham on the first Wednesday of the month and in Reading on the second Monday of the month and last Wednesday of the month. Email depressionxpression@gmail.com for more information.

Compass Recovery College-

Compass Recovery College provide free courses and social groups for anyone in the area over 18 who may be affected directly or indirectly by mental ill health. They provide courses about specific diagnoses, general concepts or coping strategies, delivered by staff and peer support volunteers with lived experience of mental health challenges. To find out more about their courses, including details of how to register, visit <https://www.compassrecoverycollege.uk/> email compass.opportunitites@reading.gov.uk or call 01189 373945

Sport in Mind-Sport in Mind run many more activities throughout Berkshire, these are open access so anyone can attend please visit www.sportinmind.org for more information

Yoga	Mondays	2.00pm – 3.00pm	Meadway Leisure Centre, Reading
Walking	Fridays	12.00pm –12.45pm	Near Changing rooms at Prospect park, Reading

Coffee companions A national scheme for anyone, anywhere to create contacts and build friendships. You can find other meet ups at coffeecompanions.co.uk

Wokingham	Thursdays	10.00am	Aroma Coffee shop, Wokingham Library, Denmark Street
Reading	Tuesdays	9.30am	Lower back hall, Wycliffe Baptist Church, King's Road
Newbury	Tuesdays	2.30pm	The Corn Exchange, Market Place