

## APPENDIX A: indicators to which Compass contributes per Public Health Outcomes Framework and Care Act duties which Compass Recovery College supports

### Wider determinants of health

- B06b - Adults in contact with secondary mental health services who live in stable and appropriate accommodation
- B08a - Gap in the employment rate between those with a long-term health condition and the overall employment rate
- B08c - Gap in the employment rate for those in contact with secondary mental health services and the overall employment rate
- B09a - Sickness absence - the percentage of employees who had at least one day off in the previous week
- B09b - Sickness absence - the percentage of working days lost due to sickness absence
- B18a - Social Isolation: percentage of adult social care users who have as much social contact as they would like (18+ yrs) \*
- B18b - Social Isolation: percentage of adult carers who have as much social contact as they would like (18+ yrs)

### Health improvement / healthcare and premature mortality

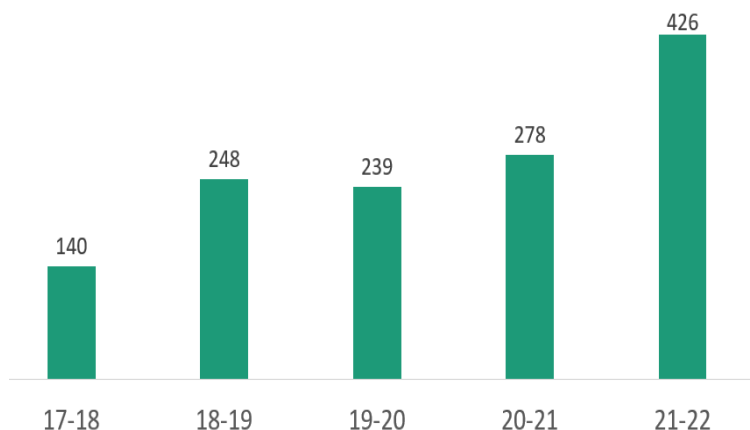
- C28a - Self-reported wellbeing - people with a low satisfaction score
- C28b - Self-reported wellbeing - people with a low worthwhile score
- C28c - Self-reported wellbeing - people with a low happiness score
- C28d - Self-reported wellbeing - people with a high anxiety score
- E10 - suicide rate
- E409ii - Proportion of adults in the population in contact with secondary mental health services

### Care Act duties which Compass Recovery College supports

- Promote the wellbeing of individuals:
  - within individual Adult Social Care assessments and support planning;
  - in the discharge of policy functions;
  - in how the Council interacts with local residents who have care or support needs below Adult Social Care eligibility thresholds, or who have a risk of developing care and support needs.
- The general duty of prevention:
  - to provide or arrange services that reduce needs for support among people and their carers in the local area, and contribute towards preventing or delaying the development of such needs

## APPENDIX B - Attendance figures for 2021-22

### Year-on-year Compass registrations



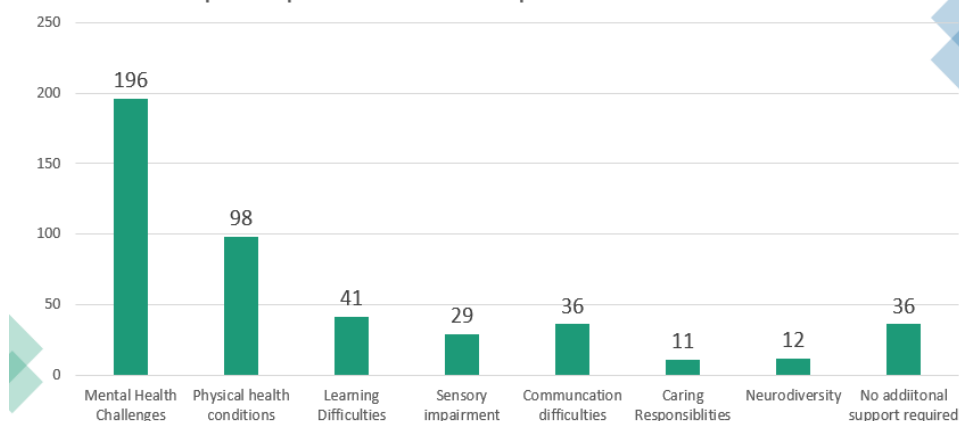
### Highest attended Compass workshops in 21/22

(Note: Social sessions such as Coffee and Chat are weekly, therefore inclined to have higher attendance figures)

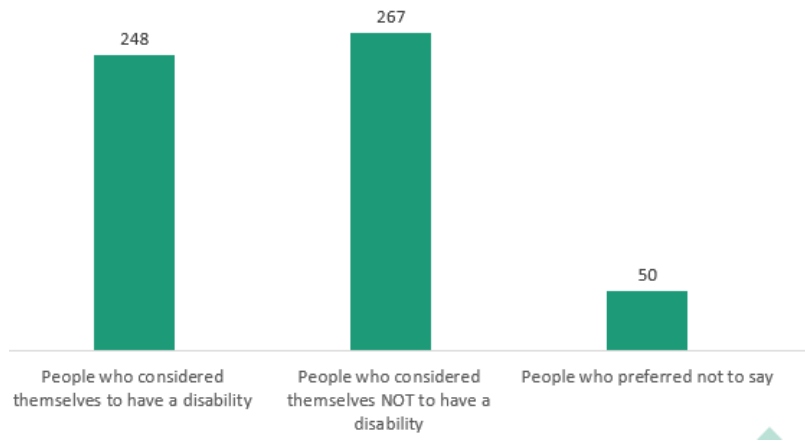
Workshop	Attendees
Coffee and Chat	75
Creative Art	62
Gardening for Wellbeing	27
Singing for Health	24
Walk-Talk-Walk	24
Grieving Losses	21
Gaining Control over Stress and Anxiety	15
Yoga	14
Introduction to Mental Health Medication	14
Living Well with our Voices	14
Theatre and Creative Writing	14
Becoming more Resilient	13
Yoga and Creative Art - dispersed refugees	19
Living a More Mindful Life	10
What is Different to Us	10
Creative Writing -for refugees	8
Living Well with Our Differences	8
Reading for Health	8
Winter Blues and Low Mood	8

### Self-identified challenges faced by participants

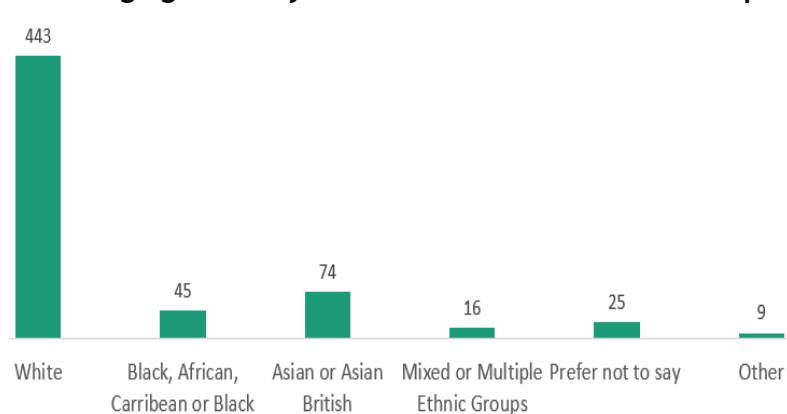
Please tell us about anything which may affect your participation in workshops and social sessions



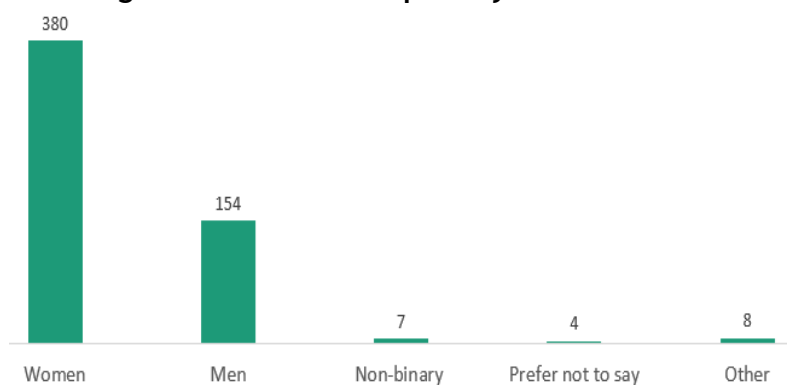
**Almost half of all participants who attend Compass consider themselves to have a disability:**



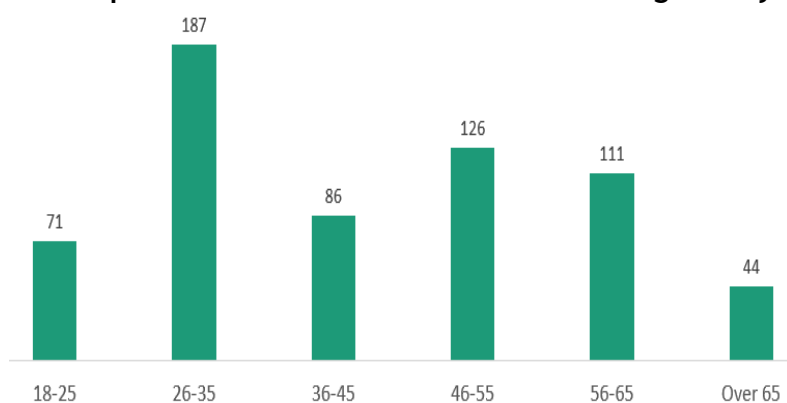
**Encouraging diversity continues to be an aim for Compass:**



**Reaching more men is still a priority area:**



**Vast improvements have been made in reaching more young adults:**



**APPENDIX C: Reflection tool feedback for 2021 - 22**

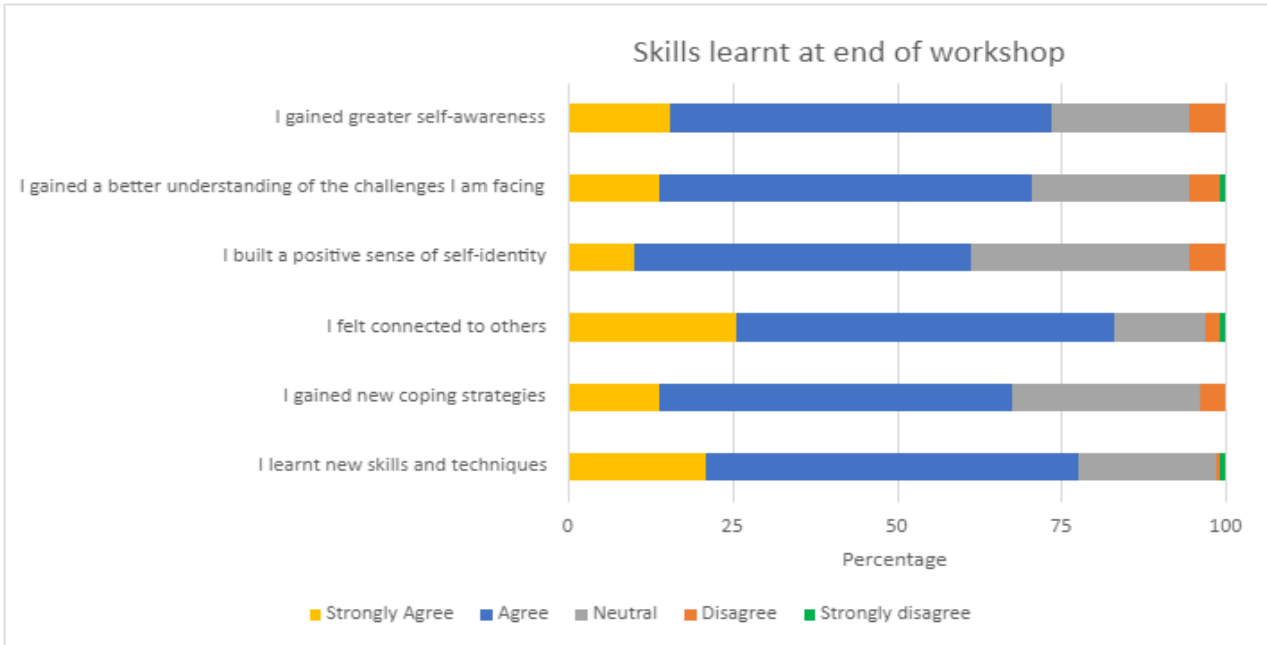
The Compass team worked in consultation with IMROC (Implementing Recovery through Organisational Change) guidance to draft wording which reflected the Warwick Edinburgh Mental Wellbeing Scale and other key Mental Health models such as CHIME.

These options were then presented to a group of Compass participants, volunteers and staff with lived experience to choose which they felt best reflected their experience of Compass.

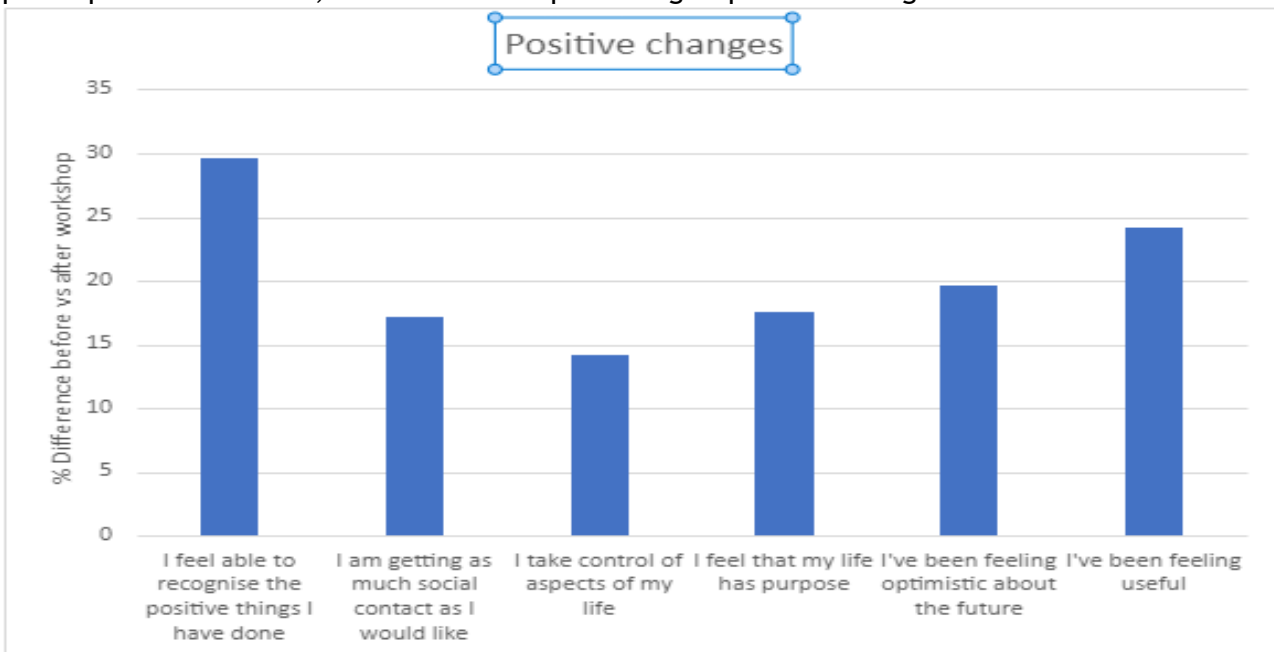
A quick and simple reflection tool was developed using this feedback.

This is now completed at the beginning and end of every set of workshops to garner a better understanding of our impact and the experience our participants are having.

Over the last year, we can see that “learning new skills and techniques”, “feeling connected to others” and “gaining greater self-awareness” are some of the strongest benefits that participants are experiencing:



Each statement area saw an increase AFTER workshops had completed, with “I feel able to recognise the positive things I have done” demonstrating the greatest increase compared to participants’ initial score. The below chart represents the percentage of increase as scored by participants themselves, with all workshops leading to positive changes of 15-30%.



## **APPENDIX D - Clinically Extremely Vulnerable Fund (CEV) and Contain Outbreak Management Fund (COMF) delivery**

### **Clinically Extremely Vulnerable Fund (CEV)**

#### **VCS mental health and wellbeing training**

- 52 individual participants across 36 unique organisations.
- Between January - June 2022, Compass developed and ran six free workshops for Reading's voluntary sector (with more planned for July and August)
- Aimed to support volunteers and VCS staff with added mental health challenges they are addressing in their work.
- The workshops focused on three main areas of mental health and wellbeing: 'Personal boundaries within work', 'Self-care and wellbeing' and 'Understanding mental health'.

#### **VCS Participant Feedback:**

- 'I feel better able to support the clientele I deal with as a support group facilitator. Thank you.'
- 'Brilliant, thank you for offering such a space in our field, much needed.'
- 'Olga was a lovely trainer/practitioner. I'm interested to research the Gibbs Reflective Cycle more. She also coped well with technical challenges!'
- 'The tutor was excellent. She was very knowledgeable and had good understanding of different cultures, given different options to people of different abilities.'
- 'This workshop was really good, I felt so relaxed afterwards and it made me realise that my body really needed some rest and time to heal. The instructor was brilliant! So calm and the way she was able to get everyone to open up was lovely, it helped us to connect better with each other.'

#### **Community group co-production**

The CEV fund enabled Compass to grant small funds to community groups to create a wellbeing support structure for those who were disproportionately affected by the Covid-19 pandemic. We have been working together to create bespoke workshops around mental health and well-being. Workshops are designed collaboratively by Compass Recovery Workers, peer support workers and volunteers with support of community leaders, volunteers and VCS staff to ensure workshops reflect what support is needed by the local community.

Groups worked with include:

- The Weller Centre
- Reading Golders Luncheon Club
- RCLC (Reading Community Learning Centre)
- Sadaka

Examples of workshops developed with Reading Community Learning Centre:

- Understanding Mental Health Challenges
- Five Ways to Wellbeing
- Being Kinder to Ourselves

Examples of workshops developed with The Weller Centre:

- Young People's Wellbeing
- Social Anxiety
- Money Matters

### **Contain Outbreak Management Fund (COMF)**

#### **Community group co-production**

We co-produced mental health and wellbeing workshops with the Alliance For Cohesion and Racial Equality (ACRE) and funded outreach work and the development of culturally tailored "Mental Health Aware" and "Suicide Awareness" booklets.

Workshops include:

- Men's Mental Health
- Women's Wellbeing
- Intergenerational Wellbeing Event

### **Work with refugees and asylum seekers**

We worked with 39 refugees and asylum seekers across 2 bridging hotels over 23 sessions. This included Afghan refugees and dispersed refugees. After an initial consultation with the groups using a translator, we determined that a wellbeing focus was needed to support the refugees in exploring language and cultural differences in this extremely challenging time in their lives.

We commissioned experienced local practitioners to deliver art, creative writing and yoga workshops which brought the refugees together, allowed them to share their anxieties and focus on something positive. The sessions broke down cultural barriers and reduced loneliness and social isolation. For example, due to cultural differences, many of the women would not leave their hotel rooms except for mealtimes were slowly encouraged to join in the group activities, began to make eye contact and were smiling and participating by the end of the sessions.

Participant quote:

“Most mornings, I find it hard to get up, but on Tuesday mornings (when we have Creative Writing), I get up early with something to look forward to”

## **APPENDIX E - Quotes and case studies**

“I have felt very welcomed and included by everyone at Coffee and Chat, I have felt better with myself since I joined this social activity”

*Coffee and chat participant*

“It was nice to listen to others’ experiences and make sense of my own experiences.”

*Why do we Hear Voices participant*

“This has helped me work on my stress and anxiety. I had been under the misapprehension that I had to prove my worth more so working from home, but now realise that I am more effective as a practitioner when I have taken time out to care for myself.”

*Being Kinder to Ourselves, for health and social care workers participant*

“I really enjoyed Introduction to Anxiety, I thought it was a very interesting course. It helped me to understand my triggers and how my body reacts to Anxiety. I have started to use some of the strategies suggested on the course... These have helped me a lot.”

*Introduction to Anxiety participant*

“The location worked so well for this workshop. Having the cafe to continue getting to know people was a really good bonus, after each session. Singing really connects people and everyone in our group found the workshop a positive experience.”

*Singing for Health participant*

“Timing, delivery, location perfect, perfect teachers. Amazing, inspiring, loving, and kind”

*Yoga and Mindfulness participant*

“I enjoyed the workshop; it was nice to learn about the different stages of grief and it was nice to connect with other people and support each other.”

*Grieving Losses participant*

### **Case Study: Gale’s Journey**

Gale was in his early twenties and recently diagnosed with Autism with accompanying anxiety and panic attacks after having been non-verbal for years. He had been discharged from Prospect Park Hospital and with encouragement from his social worker, gave Compass a try. He had nothing else in the way of support at the time and describes it as a “last line of defence”.

Gale did a range of mental health workshops over 6-months. These were held at New Directions which had previously been his school, where he had not had a good experience. It was daunting for him but seeing the Compass volunteer he knew helped him relax and participate.

Because of his positive experience of Compass at New Directions, Gale gained the confidence to return to his education there, completing his English and Maths GCSEs.

In the following year, Gale started full-time work and quickly moved up onto a management program. During this time, he bumped into the Compass volunteer he knew and reconnected with Compass in a new way by providing a testimonial for the prospectus.

Gale then applied to be a volunteer with Compass. With support from Compass staff, he developed and delivered a successful workshop.

When a temporary Recovery Worker role was advertised at Compass, Gale applied and was successful. Using his lived experience to support and enable others has been very important to Gale. He is now moving on to a specialist lived experience role in crisis support.

### **Case Study: Grace’s Journey**

Grace came to Compass because it was suggested to her by another local service she was using. She had been in an abusive relationship for a long time and only identified the effect of this on her physical health. She had no awareness of her mental ill health. She just knew she was sick, and this scared her.

Through encouragement from her adult children, she started getting help from her GP and other support services, exited the relationship, and started her recovery.

Grace said, "I didn't know what I would get out of it but I had hope". She was struck by being given a notepad and pen at her first workshop, "something for myself". She treasured the notepad and still has it.

Grace felt welcome, had the chance to meet people, gained both knowledge about mental and the sense "not being alone" in her challenges.

The Difference Compass Made:

For an ethnic minority woman coming out of an abusive relationship, there was a lot of fear about the future. The mental health workshops Grace attended all helped but it was Money Matters that had the biggest impact. It answered all her questions, reduced her anxiety and made her feel stronger.

"Now I don't have fear. I can live by myself and live more independently".

Next Steps:

Over the course of two years attending Compass, Grace took up studies and volunteering and was looking towards work, when she last attended.