

# Reading Community Outreach Plus!

*Transforming Lives, Uplifting Communities*

Join our Drop-In Sessions!

What We Offer:

- Emotional Support: Non-clinical listening support.
- Psychoeducation: Manage emotions with grounding and mindfulness techniques.
- Safety Planning: Identify triggers and prevent mental health crises.
- Daily Planning: Support in daily and weekly schedule planning.
- Goal Setting: Help in identifying and achieving personal goals.
- Signposting: Connect to local support groups and organizations.
- Form Assistance: Help with benefits or housing applications.
- Referral for Further Support: Up to 9 weeks of 1-2-1 community support post-hospital discharge.
- Additional Services: Access to Breathing Space and Managing Emotions Program (Together, Reading services)

Special Features:

- Social Wellbeing Workshops

Session Details:

- Lyndhurst Road Community Centre – every Wednesdays, from 10am to 1.30pm starting on 22/5, for 3 months  
(Lyndhurst Rd, Tilehurst, Reading RG30 6UB)
- Hexham Road Community Centre – every Tuesdays, from 10am to 1.20pm starting on 21/5, for 3 months (1A Bamburgh Cl, Reading RG2 7UD)

***"We're here to support your community with accessible and convenient drop-in sessions."***

**How to get in touch**

To access support, please call us or email us at

**[outreachplus@together-uk.org](mailto:outreachplus@together-uk.org)** or call us on  
**0203 962 8201.**



