

Thurrock Recovery College

THE NEWSLETTER

August 2024 /Edition 3

SELF-LOVE AND CONNECTIONS

Thank you to our student Louise who has shared another piece of her work and this inspirational poem about just being in the moment helping relax with calming breath:

“Self compassion can feel alien to us but is always helpful.”

Self praise is a valuable helpful way for feeling better as well as having self compassion.



Created by Louise

Helps connect self to self, self with others.

Allow the positive and good people, good experiences, good times and good memories to populate in you and give self the good feelings to feel.

Reconnecting to self using breathing as grounding helps to feel more self.

WELCOME BACK

From the Newsletter Team



DEAREST READER,

In this issue, we delve into the importance of SELF-LOVE AND CONNECTIONS.

August bridges the gap between the carefree days of summer and the structured routines of autumn. It provides opportunity to pause and practice self-love, acknowledging both our progress and the areas where we continue to grow.

August is a month when we need to self reflect and reconnect with ourselves. Doing this opens the door to welcome others and makes us more inclined to reach out and make connections.

Self-love and compassion guide us to the connection to our inner selves so we are able to be there for others.

Marvel and Duncan send their love from their holiday and look forward to be back for the next issue in September

We hope you enjoy the content from our usual contributors in this issue, as well as one from a new member of staff, who shares her personal perspective of self-love and how to connect with others.

We continue to encourage everyone to share any upcoming events that they feel would enhance the mental well-being of our Thurrock community. Your contributions help us all grow and learn together.

With warm regards and best wishes for your journey,
The Newsletter Team



Self-Love and Connections: Remember mindful moments

A poem by Louise (RC Student)

Mind "Breeeeathe"

Enjoying relaxing
Space for mind
Self connection
Mindfulness and time.

Relaxed focus
Self awareness
Love time now
Love mindfulness

Senses sensations
calming breath
awareness can change
A calmer self left

Breathing soothing
Renewing energy
Great reasons
body mind happy

Time to start
To Change the pace
slow down thoughts
So they don't race

In the now
Mind on breathing
feeling STRONGER
Igniting

"A Powerful healing "

Breeeeathe
Slow
And
Take your time
You own time
feel better inside

Your own mind "be kind"
Small simple steps
Breath so powerfully wise
Relaxing for self

The aim is mine

To just be

calm.

Feel More self
what a change of mind
When stress has left

enjoying
calming moments
mind is healing
Time spent
mindful breathing

All this because
feeling relaxed
What a good experience
calm breath comes back

How from a unrelaxed state
to feeling inner glow
Breath smoother calmer
gently as thoughts slow

Mind know
I am up for the next thing
Mind more connected to
my breathing
my Rhythm of inner self
has already more feeling

Looking forward to next
time

While
in mind
I'm thinking
remember
I can try relax mind
anytime

Doing the breathing
feeling that feeling 🌟



Mindful breathing, like releasing an anchor and grounding self. Through the waves using your breath like feeling a piece of sunshine, whatever size at a time. Helps calms self more than before: Use breathing to calm in all weather, good or bad like a Captain, mastering the waves.

(In painting captain ships and sunshine shines through waves and an anchor at the centre)

Created by Louise

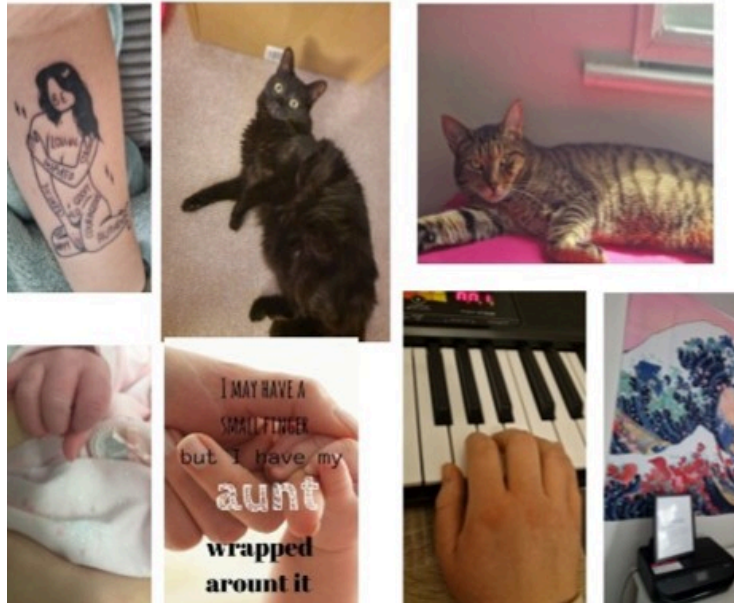
My self care wall

Katie (Peer Learning Support Worker)

The inspiration for this self care wall, came around because, when I am struggling with my mental health, it's sometimes hard to think of any positives, I seem to only see the negatives. I created my own self care wall which was made up of different aspects of my life that are positives to me and to reflect on them when I am feeling low. They remind me that I do have things in my life that bring me joy and to focus on these.

I've created this template to help me and I am sharing it with you in the hope that you will be able to draw inspiration to create your own self care wall.

ACTIVITY – MY SELF CARE WALL



Activity – my self care wall



Call me Dave: Love and Connection

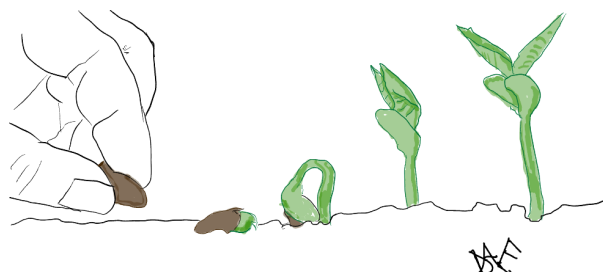
Written by Dave, RC Volunteer

At times I feel completely disconnected with everything. It's almost a numbness yet, even when I am in the darkest of places my soul yearns for connection with ... something?

I imagine it's the same for everybody because human beings are inherently social so we crave intimacy, connection and a sense of belonging and I find that interesting so I can't help wondering why? I'm one of those annoying people who has to know how everything works; it's not enough to know that it does, I have to know the reasons. It drives people who are close to me barmy. Nevertheless, it would be a shame for me to have done all this thinking and not share it. See what you think.

From birth, our development depends on the connections we form with those around us. Love and connection are the drawcards that provide the foundation for all relationships. If they are found (they aren't always) they generate a sense of belonging, which is handmaiden to a sense of wellbeing and security. Love is like a magnet in its desire for company and the strong connection born from it provides a sense of security and belonging, which are both essential to our psychological well-being.

Being able to connect with others' experiences enriches our own. We gain a more nuanced perspective of the world around us brought about by self-reflection and self-understanding that connects us deeply with our emotions. That leads to self-awareness and, vitally, self-acceptance. Love makes us feel seen, heard and valued.



Artwork by, Call Me Dave

Familial love establishes the sense of belonging and security because it's where we can be our genuine selves. Platonic love connects us with others who share our interests and accept us for who we are despite our quirks and idiosyncrasies, and self-love connects us with our needs and desires.

The connections fostered by love can also alleviate, even eradicate, loneliness and isolation, which too many people suffer from in the fast-paced digital world we now live in. On a broader scale, love connects us with our communities and with humanity itself.

Love brings us closer to ourselves, to others and to our communities. Love reduces loneliness and isolation and fosters connection. Love is a force that connects, heals and uplifts. Love is essential to our existence.

The power of connecting

By Patrizia Pessenda-Garcia, RC Coordinator

Connecting is one of the Five Ways to Wellbeing. For me, the power of connecting is all about bringing people together. It helps us understand and support each other, no matter who we are and where we come from.

When we connect we build networks that help us grow and achieve things that we couldn't do alone.

The power of connection is essential for mental health. Building strong relationships with friends, family and community can provide vital support during tough times, reducing feelings of isolation and loneliness.

These connections boost our mood, lower our stress and help us feel valued and understood.

There are so many ways we can connect with others: actively listening, being present and attentive, even starting a friendly conversation with a stranger at the bus stop or in the supermarket.

At Recovery College we encourage everyone to connect with each other by sharing experiences during our courses.



One of my favourite courses that help us all to connect is the mindful walk.

Walking mindfully in nature helps us connect with each other in a few simple ways:

it helps us to relax, making it easier to have good conversations and really listen to each other.

We had a lovely walk in the Chafford Hundred Gorge and we all felt truly connected.

RC Mindful Walk student group



Staff Spotlight

I wanted to introduce myself to everyone reading these amazing newsletters! I am the new peer learning support worker, working at the Thurrock Inclusion Recovery College. I have previously worked as a peer support worker under a different part of the NHS for a year and a half, which has been a real eye opener for me because living with a mental health condition I never realised I could be so much more than my diagnosis. Working in that role, I found my voice, I now know I am a person with a diagnosis, the diagnosis is not what makes me 'me'. I am really passionate about what I do and my only hope, is to help other people who are struggling, because I know just how hard it can be to feel worthless and to feel you don't have a purpose. I found mine and one day you will find yours!

A little bit about me?

- I play Dungeons and Dragons
- I like being surrounded by nature, I think it's beautiful
- I have lived mental health experience and I would like to use my experience in a way that inspires hope and inspiration and is authentic.
- I decided to teach myself how to play piano last Christmas because I decided you're never too old to learn something new!



Meet Katie (pictured above)

Someone I am inspired by?
Brené Brown, she does lots of podcasts and TED talks. I am inspired by her because for someone who has mental health challenges, when I listen to her, I feel there is no difference between us and I like that feeling of 'normality'. I also feel really pumped and motivated whenever I'm listening to what she has to say.

“

Inspirational Quote:

'The Mad Hatter: Have I gone mad?
Alice: I'm afraid so. You're entirely bonkers but I'll tell you a secret, all the best people are'

From Alice in Wonderland

”

Chair up your fitness: Pose of the month

By Diana – Yoga tutor

After another successful 'Yoga for Everyone' practice, our Yoga tutor Diana is sharing another chair pose and its benefits.

Pose of the Month:

Easy Pose Chair To Chair Pose ('Sukhasana Chair To Utkatasana')



How to Practice:

- 1• Sit with your knees and feet slightly apart.
- 2• Roll your shoulders back and down, and engage your core muscles.
- 3• Inhale as you activate your glutes and leg muscles. Keeping your core engaged, lift yourself halfway off the chair, as if you're about to stand up, but maintain your knees at a 90 degree angle.
- 4• Exhale as you lower yourself back down to the chair with control.
- 5• Repeat this movement 5 times.

Benefits:

Strengthens Lower Body

- Quads, Glutes, Hamstrings
- Ankles and Calves

Engages Core Muscles

- Abdominal Muscles and lower back

Improves Balance and Stability

- Enhance your balance and proprioception

Enhances Flexibility:

- Hip Flexors and Ankles
- Shoulders and Chest
- Boosts Cardiovascular Health
- Promotes Mental Focus and Determination

Encourages Proper Alignment

Enhances Breathing

“

Inspirational Quote:

"Rise with strength and stability; each Chair Pose is a step towards mastering your inner power."

”

Positive Affirmations

COMPASSIONATE	H	M	V	H	B	R	A	N	R	Y	B	Z	Y	P	X	O	X	N	T	D	Q	I	R	X
INDEPENDENT	C	R	A	Z	Y	J	A	C	P	S	W	E	E	A	M	Q	U	H	A	P	P	Y	C	S
IMAGINATIVE	F	F	R	Z	H	S	J	F	H	O	R	H	P	G	K	E	U	V	U	U	B	D	D	L
MEANINGFUL	I	T	P	W	Q	W	H	C	A	D	M	I	R	E	D	P	I	B	D	P	F	J	A	A
WONDERFUL	V	C	J	M	E	A	N	I	N	G	F	U	L	V	U	G	F	D	G	U	L	L	L	H
CONFIDENT	W	B	S	G	H	A	N	D	S	O	M	E	T	O	M	W	S	T	R	O	N	G	Z	N
BEAUTIFUL	W	E	C	V	Q	L	H	R	G	K	N	D	G	L	Q	L	K	A	K	O	L	V	W	S
VALUABLE	V	A	O	X	X	E	L	W	I	K	R	L	E	Y	J	F	L	V	R	M	J	A	C	A
RELIABLE	S	U	M	T	X	H	R	Z	X	P	R	G	E	N	E	R	O	U	S	E	C	L	F	D
POSITIVE	C	T	P	X	U	F	U	N	N	Y	U	J	M	B	K	L	W	U	O	G	X	U	C	T
HANDSOME	R	I	A	G	L	X	F	S	I	N	D	E	P	E	N	D	E	N	T	X	H	A	L	P
GENEROUS	E	F	S	Y	O	H	E	Y	S	E	F	I	M	J	J	U	W	U	W	L	S	B	E	I
FRIENDLY	A	U	S	W	V	J	L	E	A	D	E	R	X	W	K	Y	T	E	I	M	J	L	V	X
CREATIVE	T	L	I	G	I	B	C	B	X	P	F	P	A	U	S	M	D	P	M	J	E	E	E	C
ADMIRABLE	I	V	O	O	N	U	A	S	R	K	C	O	U	Q	A	U	X	T	A	E	S	N	R	E
WONDERFUL	V	M	N	O	G	A	R	B	E	D	R	S	M	A	R	T	I	S	G	O	B	X	T	I
CONFIDENT	E	H	A	D	Q	C	I	N	Z	W	E	I	L	P	I	H	T	J	I	B	R	H	Z	D
IMAGINATIVE	S	I	T	B	J	L	N	T	P	C	L	T	K	I	T	R	P	E	N	C	A	V	J	L
MEANINGFUL	L	C	E	I	U	R	G	J	S	B	I	I	S	K	C	Y	Z	H	A	Z	V	B	N	A
WONDERFUL	P	K	Z	G	K	J	F	X	B	Y	A	V	F	G	W	C	F	M	T	R	E	E	C	K
VALUABLE	D	C	G	U	H	D	U	T	S	W	B	E	X	B	S	O	K	D	I	Z	U	W	W	R
RELIABLE	R	V	G	O	W	M	V	V	E	G	L	E	R	Y	W	X	M	C	V	E	O	E	O	G
POSITIVE	C	O	N	F	I	D	E	N	T	G	E	M	H	W	M	O	L	T	E	Y	J	G	W	F
HANDSOME	Z	V	R	G	U	W	P	F	R	I	E	N	D	L	Y	W	O	N	D	E	R	F	U	L



Altruistic August

Try these simple every day actions that will help you build a happier world and make happiness a habit in your life.

Altruistic August 2024

MONDAY



5 Spend time wishing for other people to be happy and well

TUESDAY



6 Smile and be friendly to the people you see today

WEDNESDAY



7 Give time to help a project or cause you care about

THURSDAY

1 Set an intention to be kind to others (and yourself) this month

FRIDAY

2 Send an uplifting message to someone you can't be with

SATURDAY

3 Be kind and supportive to everyone you interact with

SUNDAY

4 Ask someone how they feel and really listen to their reply

12 Contact a friend to let them know you're thinking of them

13 No plans day! Be kind to yourself so you can be kind to others too

14 Take an action to be kind to nature and care for our planet

15 If someone annoys you, be kind. Imagine how they may be feeling

16 Make a thoughtful gift as a surprise for someone

17 Be kind online. Share positive and supportive comments

18 Today do something to make life easier for someone else

19 Be thankful for your food and the people who made it possible

20 Look for the good in everyone you meet today

21 Donate unused items, clothes or food to help a local charity

22 Give people the gift of your full attention

23 Share an article, book or podcast you found helpful

24 Forgive someone who hurt you in the past

25 Give your time, energy or attention to help someone in need

26 Find a way to 'pay it forward' or support a good cause

27 Notice when someone is down and try to brighten their day

28 Have a friendly chat with someone you don't know very well

29 Do something kind to help in your local community

30 Give away something to help those who don't have as much as you

31 Share Action for Happiness with other people today



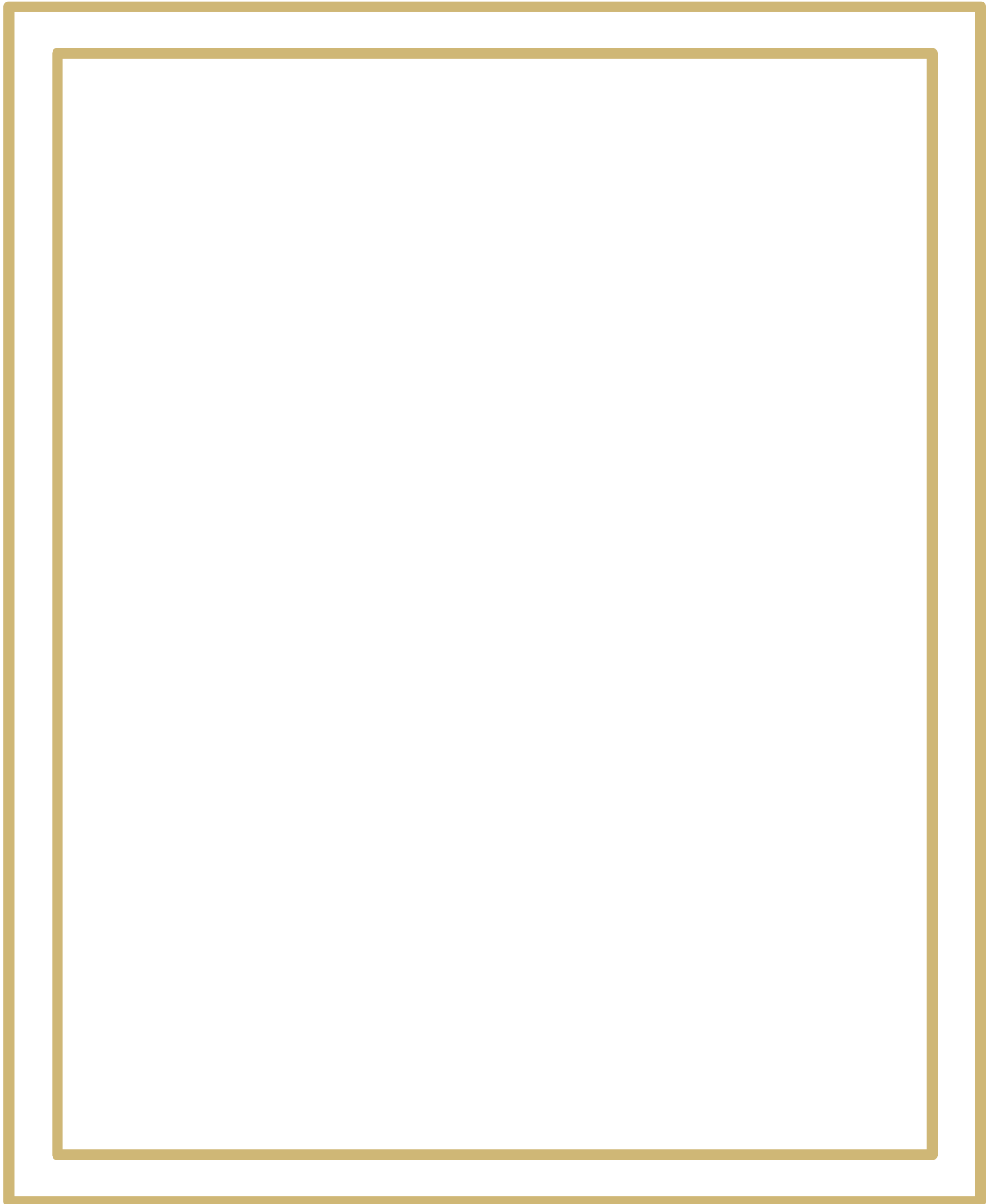
ACTION FOR HAPPINESS

Happier · Kinder · Together



Distractions

We are also inviting you to make a note of your thoughts, reflections or creative work, whether it's a poem, a personal story or a simple note of gratitude.



You can share your work by emailing us at thurrockRcollege@mpft.nhs.uk

Upcoming Summer Half Term

Keep an eye on your email, our website and other social media for information about extra Informal Mindful Practice workshop that we may run in Grays depending on demand.

Community connections

EVERY WEDNESDAY IS A WELL-BEING DAY

hosted by
THE FLOWERS COMMUNITY GROUP

**AT THE FLOWERS COMMUNITY HALL
(PREVIOUSLY KNOWN AS LIME CLOSE HALL)
IN LIME CLOSE, SOUTH OCKENDON**

EVERY WEDNESDAY FROM
10.30 A.M. UNTIL 12.30 P.M.
THERE'S A SUPPORT GROUP SURGERY

FROM 1.30 P.M. UNTIL 2.15 P.M.

IT'S **Oomph!** TIME

REPRESENTATIVES FROM VARIOUS
ORGANISATIONS MAY CHANGE
FROM WEEK TO WEEK.

THEY MAY BE FROM:
HEALTHWATCH
THE ALZHEIMERS SOCIETY
FIBROMYALGIA UK
THURROCK CARERS
COMMUNITY HEALTH
THE RESIDENT ENGAGEMENT TEAM
AND OTHERS

OOMPH IS GROUP-LED
IT MIGHT CHANGE WEEK TO WEEK.
THE GROUP DECIDES
IT MAY BE LIGHT EXERCISE,
(SITTING OR STANDING), GAMES,
LINE DANCING OR WHATEVER THE
GROUP FANCIES ON THE DAY.
**OOMPH IS FOLLOWED BY DRINKS,
BISCUITS, AND A GROUP CHAT**

**INFORMATION ABOUT LOCAL SERVICES
SUPPORTING COUNCIL TENANTS WITH BUDGETING, BENEFIT, & DEBT ISSUES**

Tenancy Sustainment & Managing Rent Arrears
Benefit Claims / Entitlement / Issues ~ Fuel Poverty and The Cost-of-Living Crisis
Budgeting Advice / Income Maximisation / Advice on Reducing Expenditure
Under Occupancy and Advice on the Downsizing Process ~ Debt Advice
Water Charges Reduction Entitlement / Applications ~ Council Tax Benefit Entitlement

**IF WE DON'T HAVE THE INFORMATION THAT YOU NEED, WE'LL GET
IT FOR YOU, OR ARRANGE A REFERRAL.**

THE COMMUNITY BIG LUNCH

& FREE Summer Events for the whole family!
12pm - 4pm



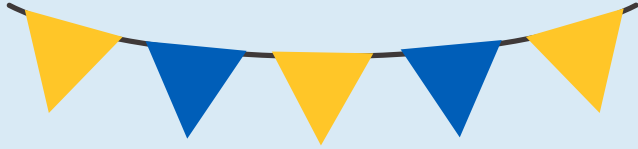
MON 29 Jul	Purfleet-On-Thames On the Green (by the Beacon) Centurion Way, Purfleet-On-Thames, RM19 1QA	THUR 1 Aug	West Thurrock West Thurrock Memorial Ground, London Rd, Grays, RM20 3BX
WED 7 Aug	Chadwell St Mary Pyramid Resource Centre, Heath Rd, Grays, RM16 3AP	THUR 8 Aug	Tilbury Picnic in the Park The Anchor Fields, Tilbury, RM18 8EY
SAT 10 Aug	Grays (Seabrooke Rise Community House) 11:00am-3:00pm Kilverts Field, Grays, RM17 6JT	WED 14 Aug	Aveley Recreational Ground, High St, Aveley, RM15 4BX
MON 19 Aug	Corringham Corringham Town Park, Springhouse Rd, Corringham, SS17 7LF	WED 21 Aug	East Tilbury Gobions Park Princess Margaret Rd, East Tilbury, RM18 8TN
FRI 23 Aug	Grays (Big Local) Grays Town Park, Park Rd, Grays, RM17 6RB	WED 28 Aug	South Ockendon Dilkes Park, Fairham Ave, South Ockendon, RM15 5NN

Grab a picnic and come along for a family fun afternoon!
Packed with creative activities, live entertainment, sports and more!

For more information please visit:
www.thurrockcvs.org



NOTICE BOARD



After the success of the Five Ways to Wellbeing Reunion we are planning to have more student reunions in the future.

Watch this space for more details...



You said, we did...

You said that, during courses it's difficult to adjust when other students miss the first session and join on the second one. For psychological safety and to offer a better experience, from next term students will only be able to join a course from session 1.

Our courses will be running more often to allow students to join their desired course.



Reminder

If you are interested in contributing to the newsletter we would love to hear from you. Please contact us to arrange attending our next informal meeting.

Meetings are held regularly in and around Thurrock.

The venues offer accessible facilities and free parking on site.



SCAN ME

Scan the QR code below or visit
www.recoverycollege.inclusionthurrock.org
to read more!



Contact Us!

Email: Thurrockrcollege@mpft.nhs.uk

Call: 01375 809 708

X @ThurrckRCollege

f Inclusion Thurrock Recovery College