

Thurrock Recovery College

THE NEWSLETTER

September 2024 / Edition 4

RESET AND RETHINK

R E S E T

R E A D J U S T

R E F O C U S

R E A L I G N

as many times as you need to.

Hit the reset button. Whatever happened yesterday, forget about it. Get a new perspective. Today is a new day. Fresh start, begins now.

Germany Kent

WELCOME BACK

From the Newsletter Team



DEAREST READER,

In this issue, we delve into the importance of **RESETING** and **RETHINKING**.

Summer is nearly over, and we can see the changes in the weather and nature. September is the month when we normally dive back into work and say goodbye to the holidays!

If you feel the urge to introduce some changes and take some positive steps towards your wellbeing then it is a great idea to embrace that feeling; reset September is as good a time as any!

Whether it's implementing a new routine, establishing new habits or working on a more positive mindset, it's time to hit reset on various aspects of our life and make the most of the remaining months of the year.

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.

Don't forget that we have got on the 10th of September Suicide Prevent day which looks at raising awareness around the world of the impact someone taking their life has and how to start a conversation around this subject.

Please also look at September being the month for Self Care.

With warm regards and best wishes for your journey,

The Newsletter Team



Reset, Rethink, Re-energise

Written by Louise (Student)

The painting is a reminder, of our relationship with ourselves, others when we rethink.

The symbol of care above is about taking care of our mind.

In the painting Pointing to the mind it is about connecting to use our own mind, strengthening the mind with a better understanding of self.

In the painting the figures have a good connection to each other, it represents a feeling that we can have a more meaningful connection in our relationships like Feeling more happier, more well, when we have some time, focus, for us to find solutions.



Time for mind...
“Rethink” “Reset” by Louise

The painting has a place, it is a symbol, of where a place in my own mind, I can go to reset rethink and after, hope to have more vitality, and energy in mind, this shows in the painting like yellow beams of light shining.

In the painting the balls are made of heavy stone represents something that has been left down, maybe left behind something not needed for now, so can have a More restful peaceful way forward.



“Re-energise”
By Louise

Call me Dave: One step at a time

Written by Dave (RC Volunteer)

I was talking to a wise person some time back, who told me it's important to take stock of my own situation from time to time. "Unless you know how you're doing", she said, "you won't know whether you're succeeding". I had to think about that for a while, until I realised she was right and I subsequently arrived at the conclusion that, if anything was going to get better for me, I had to do some work.



Artwork by, Call Me Dave

With her guidance I was encouraged to chronicle all significant 'milestones' in my life, which had the effect of stirring long-forgotten memories. One of those memories was so significant that it provided an answer to an important question and the consequence has been profound. That revelation was almost like pressing a 'reset' button because I managed to convince myself that a fresh start was possible.

I had a mental image of the contents of a suitcase, with each item representing a burdensome aspect of my life and, to change things for the better, I would need to unpack it. Some issues were beyond my control but others, like my feelings of ill will towards certain people, were one hundred percent self-generated. I conceded that staying angry is a useless waste of energy and even harmful to myself so that's the first burden I chose to put down. I resolved to write a list of everybody I was angry with, with a view to forgiving them all one by one.

What I thought was going to be a simple exercise turned into a something rather complex. For this to work I couldn't leave anybody out, I had to forgive everybody; not for their sakes, but for mine. However, I had no sooner started than I realised there were some people I wasn't ready to forgive. At first, I couldn't even bring myself to THINK their names because each time I did so it became an acknowledgement that they would have to, some day, be forgiven. What a quandary!

I had to readjust my thinking to overcome this unexpected obstacle. Some people were going to be easier to forgive than others, so I had to have a plan.

My mental image of the suitcase transitioned into a step-pyramid with me standing at the base. I knew that I was going to have to do it a step at a time. I had a new focus.

The first name that went onto the list was my own. I had to begin my forgiving myself.

Maybe that's the top of the pyramid?

When did you last smell roses and see trees?

The title is a question put to me a few years ago. What did it mean?

Marvel has shown me an answer. Let me share it with you all.

My life has been full so far; busy, challenging, joyous at times, hopeful and exciting, repetitive, sometimes boring, often lived at a fast pace. Always something to do, and always a list to work through and at work pushing myself to extremes. There were times of absolute desperation and fear. Years of extreme pressures at work, and not looking after myself ended up with me becoming ill and then diagnosed with PTSD (post-traumatic stress disorder). An experience I would not wish upon anyone.

One day a simple act of affection (even love) by Marvel made me stop. Stop and think or perhaps Rethink.

Marvel was sniffing around in the garden, saw me watching him and started to play with a ball. I, of course, joined in. After about ten minutes I lay down on the grass, on my back; exhausted!

Marvel came and lay down near my head, gave my face a lick and then literally lay alongside me, gave a big sigh, rolling onto his back and looked up. I copied him. A few minutes went by and I noticed Marvel had not moved; still looking up and now sniffing the air. As I copied him, I became aware of the smell of Roses and that the trees looked lovely swaying in the gentle breeze.

It dawned on me, Marvel in his way got me to stop the business of life, take time to think and see. I was smelling roses and seeing the trees! To stop and think, reflect (or rethink) what we do each day, or how why we do certain actions, follow habits, socialise with others or perform our work is a vital part of living, often easily forgotten.

Marvel had shown me an answer to the question!

Written by Duncan (Student and Volunteer)



Reset, Rethink, Re-energise

Written by Katie (Peer Learning Support Worker)

I love putting the pause button on things and the sense of starting afresh.

Going through the clutter in my house, throwing out what I no longer need, deep cleaning the house and re-setting.

For me this is a time to reflect on the past few months, recognise and celebrate the things that have gone well. Start to think about the things that haven't gone well and what I can do, if I am faced with a similar situation in the future, bearing in mind, some things are out of our control, but what we can control can make a difference to our own wellbeing.

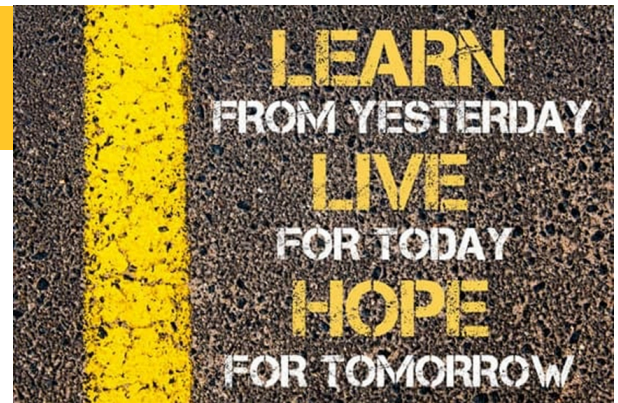
Reflecting on these things is always helpful because if you're anything like me sometimes you don't feel like you have the time to stop and reflect.

Also it's a time to let go of anything that may be hanging over your shoulders, that we cannot help or change, because it's not serving us a purpose to be holding on to it. We cannot change the past but we can hope for a better future.

“ Inspirational Quote:

'Acceptance does not mean resignation; it means understanding that something is what it is and that there's got to be a way through it.'

From Michael J. Fox, *AARP The Magazine*
Interview (2019)



I like to take things in from all perspectives, if something has made me annoyed or upset, I will often think of the other side of it. So, if my loved one had experienced this, how would they feel? How would they deal with this? It allows me to think more openly and also understand the reason behind my feelings, sometimes you have to dig a little deeper to find the root cause.

Also, as I reset and rethink, I remind myself the use of language, I think it is vitally important for everyone's wellbeing. I used to just say the first thing that I thought of, but now through learning, I think before I speak. If I am struggling with how to explain something, I will take some time to think about what I'm going to say and how I can say it in a compassionate and recovery focused way, because some conversations can be hard but are needed so we can grow as people.

Staff spotlight – Senior Administrator

Hi, I'm Faith, the Senior Administrator at the Recovery College, where I have the privilege of supporting my dedicated team in delivering exceptional services to the Thurrock community. My role involves ensuring that our operations run smoothly, enabling us to provide the best possible support to those we serve.



Meet Faith (pictured above)

As a parent raising a child with additional needs, I understand the importance of finding balance and support. I've also faced my own mental health challenges, but with the help of my peers and a strong support network, I've always found a way to persevere.

Working in the mental health field is challenging, but it's also a unique and fulfilling experience. It allows me to learn, grow, and share my own experiences with others, making a real difference in the lives of those we serve. I'm proud to be part of a team that not only supports our community but also each other.

A Few Things About Me:

- I enjoy reading and writing short stories, often inspired by my own life experiences.
- Travelling and exploring different cultures with my son.
- I love all things related to scents, so making candles and wax melts is a true joy for me.
- I'm currently learning Mandarin with my son, and we're enjoying the challenge together.

Someone I'm Inspired By:

I'm deeply inspired by Maya Angelou, a phenomenal writer, poet, and civil rights activist. Her strength, resilience, and unwavering spirit have left a lasting impact on our culture, shaping conversations around race, identity, and empowerment. Maya Angelou's words have the power to uplift and inspire, and her ability to speak truth to power continues to resonate with people around the world. Her life and work remind me of the importance of courage, compassion, and the relentless pursuit of justice, qualities I strive to embody in my own life and work.



Inspirational Quote:

Roald Dahl once said, Those who don't believe in magic will never find it."



This quote reminds me to keep an open heart and mind, embracing the magic in everyday moments and the power of belief in achieving our dreams.



Second Staff in the Spotlight - Peer Trainer

Hi Everyone! Firstly I am honoured and grateful to have this opportunity to write something to you all to introduce myself.

My name is Paul and I have just joined the Recovery College as a Peer Trainer. Prior to this I worked as a Compliance and Training Manager for a recruitment company for over 20 years. I have also experienced a number of traumatic incidents and have been living with depression for the last 5 years.

Unfortunately, earlier this year I was made redundant and decided then that it was time to reset and rethink what I want for my future (after Euro 2024 of course). I have a passion for delivering training, but also wanted to work in an area with greater social responsibility and particularly to help others experiencing mental health challenges because I know how it feels to have to motivate yourself when you don't know why you are trying to, or to care for others when you don't feel like caring for yourself. It's hard...and it's even harder when you feel like you don't have support.

I'm a serial hobbyist and love trying to learn new things. Some examples from this year include:

- Origami
- Woodworking
- Model making
- Drawing and painting (I like painting peoples pets especially).
- I also enjoy gaming
- Reading science fantasy novels
- Astronomy and can't wait for the dark skies to come around again so I can go out with my telescope.



Meet Paul (above)

The Recovery College can offer that support.

Here I sit on day 2 looking out over sunny Grays and I'm reflecting on how much care and attention the team here offer students. I'm really excited to be a part of that and am very much looking forward to meeting and working with you all over the coming months.

My Inspiration

I'm not one for motivational quotes, but there is one that has stayed with me for years and it came from my Daughter when she was about 8 years old. I was trying to fix our washing line and she came outside to hear me muttering and cursing under my breath and said:

“ Just try your best Dad, that's all you can do ”

Wise words.



Distractions

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5			7		6			

Your creative space



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

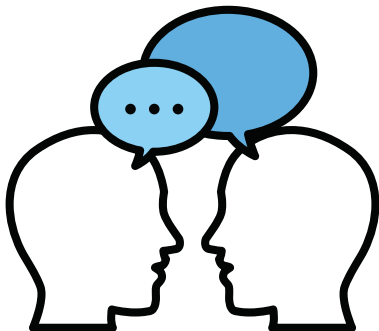
Upcoming Courses

Food and Mood (online) - Mondays 9, 16 and 23 of September 2024 from 5-7pm

Are we really what we eat? Is there a relationship between what we eat and drink and our mental wellbeing? Which foods can boost our mood and physical wellbeing and which foods may have a more negative impact? Do you know what food works best for you at different times of your life?



Ways to Wellbeing Connect (online) - Tuesday 10 of September from 12-2 pm



This course as part of the 5 ways to well-being aims to define the term 'Connect' as well as discuss the benefits of connecting with others and some current barriers. We will have the opportunity to reflect on ways in which we have been connecting in specific situations and also highlight different ways in which we can connect with others. The session will also provide identification of ways of improving well-being through making connections with others.

Ways to Wellbeing: Take Notice (online) Tuesday 17 of September from 12-2 pm

This course, as part of the 5 ways to well-being, aims to define the term 'Notice', discuss the benefits of taking notice. We will reflect on ways in which we have been taking notice in specific circumstances, explore other different ways in which we can take notice and identify ways of improving our well-being by taking notice.



Upcoming Courses

Ways to Wellbeing: Give (online) Tuesday 17 of September from 12-2 pm

As part of the 5 ways to wellbeing, this course aims to define the term 'Giving to Others'. We will discuss the benefits of giving as well as enumerate some current barriers. We will reflect on ways in which we have been giving to others in specific situations and highlight other different ways in which we can give. The course will also explore identification of ways of improving wellbeing by "Giving to Others".



Yoga for Everyone (6 weeks) starting on Wednesday 11 September from 10am-12pm, Aveley

Would you like to improve your flexibility, strength and overall wellbeing? Join us for our Yoga for Everyone course suitable for individuals of all ages and fitness levels.



Upcoming Courses

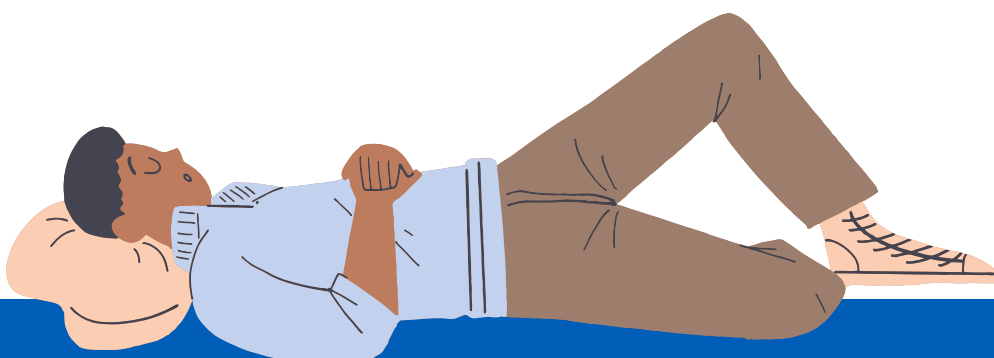
Understanding Anxiety, Thursdays 12, 19 and 26 of September, 10-12, Grays

We all experience anxiety at time - that 'butterflies in your stomach' feeling when you worry about sitting exams, going for an interview or seeing the dentist. It is a natural feeling and can be useful, as it can help us perform better or warn us when we need to act if in danger. However, anxiety can be persistent, excessive or over-whelming. The aim of this workshop is to explore the facts and realities about anxiety, making a distinction between stress, common anxiety and anxiety disorders. We discover some tips on how you can manage it or support someone you care about who struggles with anxiety.



Visualisation for Relaxation (online) Fridays 13 of September 1-2pm and 20 of September 10-11

Are you needing a little time to relax? Sit back, turn your camera off and join us for a guided visualisation. This is a one hour online, experiential workshop which includes a 20 minute visualisation in which we lead you in an exercise of imaging and designing your own personalised, safe, outdoor space in which you can relax whenever you wish.



COMMUNITY CONNECTIONS

THURROCK MUSEUM PRESENTS




ON THE ALLOTMENT

A Free Exhibition

27 August - 12 September

Celebrating Thurrock's vibrant allotment heritage.

Co-curated by members of the **Whitehall and Mollands Lane allotment communities.**



SATURDAY 31 AUGUST



11AM-3.30PM	2PM-3PM
PLANT POT PAINTING	ALLOTMENTS TALK
SEED BOMB MAKING	BOOK THROUGH THAMESIDE THEATRE
AND MORE FOR ALL AGES	0345 300 5264

LOCATION:
 THURROCK TOWN HALL, HIGH STREET, GRAYS, ESSEX RM17 6SL



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ARTS COUNCIL ENGLAND



 **mind** Thurrock and Brentwood

Are you an Expert by Experience ?

What stories do you have to share? What could you bring to the conversation around mental health? Be part of the process to develop our new lived experience panel.

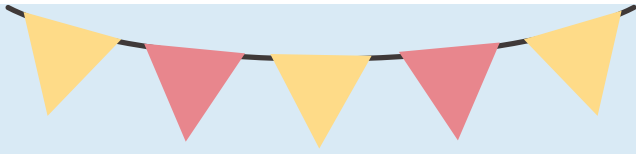


Join us today!

Scan the QR code or
 Tel: 01368 391411
 Email: livedexperience@tbmind.org.uk



NOTICE BOARD



Our new timetable is out!
To attend any of our courses
please call us on 01375 809708 or
email us at
thurrockcollege@mpft.nhs.uk

You said, we did...

You said that, you wanted Food & Mood to be online and in later hours of the day and we implemented that in our new timetable.

You also wanted to attend more Mindful Walks and we increased the frequency of them being repeated.

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: Thurrockcollege@mpft.nhs.uk

Call: 01375 809 708

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