

# Thurrock Recovery College

## September – December Timetable 2024



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### Contact us

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# September 2024

Monday		Tuesday		Wednesday		Thursday		Friday	
<b>9</b> Newsletter co-production 10-11 am 	<b>9</b> Food and Mood (online) 5-7 pm 	<b>10</b> Ways to Wellbeing: Connect (online) 12-1:30 pm 	<b>11</b> Yoga for Everyone 10 am-12 pm Aveley 	<b>12</b> Understanding Anxiety 10 am- 12 pm Grays 	<b>12</b> Mindful Walk 1-2:30 pm Grays 	<b>13</b> Visualisation for Relaxation(online) 1-2 pm 			
<b>16</b> Newsletter Co-production 10-11 am 	<b>16</b> Food and Mood (online) 5-7 pm 	<b>17</b> Ways to Wellbeing: Take Notice (online) 12-1:30 pm 	<b>18</b> Yoga for Everyone 10 am-12 pm Aveley 	<b>19</b> Understanding Anxiety 10am -12pm Grays 		<b>20</b> Visualisation for Relaxation (online) 10-11 am 			
<b>23</b> Newsletter co-production 10-11 am 	<b>23</b> Food and Mood (online) 5-7 pm 	<b>24</b> 5 Ways to Wellbeing Give (online) 12-1:30 pm 	<b>25</b> Yoga for Everyone 10 am-12 pm Aveley 	<b>26</b> Understanding Anxiety 10 am-12 pm Grays 	<b>26</b> Mindful Walk 1-2:30 pm Grays 	<b>27</b> Individual Learning Plan Review 			
<b>30</b> Newsletter co-production 10-11 	<b>30</b> Exploring Loss Moving Forward 11 am-4 pm Grays 								



















# October 2024

Monday		Tuesday	Wednesday	Thursday	Friday	
		<b>1</b> Ways to Wellbeing: Learning (online) 12-1:30 pm 	<b>2</b> Yoga for Everyone 10 am-12 pm Aveley 	<b>3</b> My Rested Self: Sleep (online) 10 am-12 pm 	<b>4</b> Mindfulness Practice 10 -11:30 am Grays 	
<b>7</b> Newsletter co-production 10-11 am 	<b>7</b> Visualisation for Relaxation (online) 11 am-12 pm 	<b>8</b> Ways to Wellbeing: Take Notice (online) 12-1:30 pm 	<b>9</b> Yoga for Everyone 10 am-12 pm Aveley 	<b>10</b> Mindful Walk 10-11:30 am South Ockendon 	<b>10</b> My Rested Self: Sleep (online) 10-12 	<b>11</b> Understanding Depression 11 am-1 pm South Ockendon 
<b>14</b> Newsletter co-production 10-11 am 	<b>14</b> Introduction to Anxiety (online) 10 am-12 pm 	<b>15</b> Mindfulness Practice 1-2:30 pm Grays 	<b>16</b> Yoga for Everyone 10am-12 pm Aveley 	<b>17</b> My Rested Self: Sleep (online) 10am-12 pm 	<b>18</b> Understanding Depression 11 am-1 pm South Ockendon 	
<b>21</b> Newsletter co-production 10-11 am 	<b>21</b> Introduction to Anxiety (online) 10am -12 pm 	<b>22</b> Thriving with Neurodiversity: An Intro (online) 11 am- 2:30 pm 	<b>23</b> Progressing with Visualisation- "The Ocean" 6-7:30 pm 	<b>24</b> Mindful Walk 10-11:30 am Chafford Hundred 	<b>25</b> Understanding Depression 11 am-1 pm South Ockendon 	
<b>28</b> Half Term		<b>29</b> Half Term	<b>30</b> Half Term	<b>31</b> Half Term		

# November 2024

Monday			Tuesday		Wednesday		Thursday		Friday	
<p style="text-align: right;"><b>4</b></p> <p>Newsletter co-production 10-11 am</p> 	<p style="text-align: right;"><b>4</b></p> <p>NEW*Getting that Job 9-11 am Grays</p> 	<p style="text-align: right;"><b>4</b></p> <p>Food and Mood 12-2 pm Grays</p> 	<p style="text-align: right;"><b>5</b></p> <p>Relaxation workshop 10 am-12 pm Grays</p> 	<p style="text-align: right;"><b>6</b></p> <p>Exploring Loss Moving Forward (online) 1:30-4 pm</p> 	<p style="text-align: right;"><b>7</b></p> <p>Ways to Wellbeing: Connect 10 am-12 pm Grays</p> 	<p style="text-align: right;"><b>8</b></p> <p>Mindful Walk 12-1:30 pm Purfleet</p> 				
<p style="text-align: right;"><b>11</b></p> <p>Newsletter co-production 10-11 am</p> 	<p style="text-align: right;"><b>11</b></p> <p>NEW*Getting that Job 9-11 am Grays</p> 	<p style="text-align: right;"><b>11</b></p> <p>Food and Mood 12-2 pm Grays</p> 	<p style="text-align: right;"><b>12</b></p> <p>Introduction to Navigating Emotions 10 am-12:30 pm Grays</p> 	<p style="text-align: right;"><b>13</b></p> <p>Exploring Loss Moving Forward (online) 1:30-4 pm</p> 	<p style="text-align: right;"><b>14</b></p> <p>Ways to Wellbeing: Learn 10 am-12 pm Grays</p> 	<p style="text-align: right;"><b>15</b></p> <p>Visualisation for Relaxation (online) 6-7 pm</p> 				
<p style="text-align: right;"><b>18</b></p> <p>Newsletter co-production 10-11 am</p> 	<p style="text-align: right;"><b>18</b></p> <p>NEW*Getting that Job 9-11 am Grays</p> 	<p style="text-align: right;"><b>18</b></p> <p>Food and Mood 12-2 pm Grays</p> 	<p style="text-align: right;"><b>19</b></p> <p>Introduction to Navigating Emotions 10 am-12:30 pm Grays</p> 	<p style="text-align: right;"><b>20</b></p> <p>NEW Visualisation for Relaxation - Loving, Kindness and Compassion (online) 12-1 pm</p> 	<p style="text-align: right;"><b>21</b></p> <p>Ways to Wellbeing: Give 10 am-12 pm Grays</p> 	<p style="text-align: right;"><b>22</b></p> <p>Mindful Walk Chafford Hundred 12-1:30 pm</p> 				
<p style="text-align: right;"><b>25</b></p> <p>Newsletter co-production 10-11</p> 	<p style="text-align: right;"><b>25</b></p> <p>NEW*Getting that Job 9-11 am Grays</p> 	<p style="text-align: right;"><b>25</b></p> <p>Progressing with Visualisation (online) 10-11:30 am</p> 	<p style="text-align: right;"><b>26</b></p> <p>Thriving with Neurodiversity: An Intro (online) 10 am-1:30 pm</p> 	<p style="text-align: right;"><b>27</b></p> <p>Creating Mindfulness 2-4 pm Grays</p> 	<p style="text-align: right;"><b>28</b></p> <p>Ways to Wellbeing: Take Notice 10 am-12 pm Grays</p> 	<p style="text-align: right;"><b>29</b></p> <p>Individual Learning Plan Review</p> 				

## December 2024

Monday		Tuesday		Wednesday		Thursday		Friday			
<b>2</b>	Newsletter co- production 10-11 am 	<b>2</b>	Communication Skills (online) 10 am-12 pm 	<b>3</b>	NEW My Rested Self: Relaxation 11 am-1 pm South Ockendon 	<b>4</b>	Creating Mindfulness 2-4 pm Grays 	<b>5</b>	Ways to Wellbeing: Be Active 10 am-12 pm Grays 	<b>6</b>	Mindful Walk 10 am-11:30 am South Ockendon 
<b>9</b>	Newsletter co- production 10-11 am 	<b>9</b>	Communication Skills (online) 10 am-12 pm 	<b>10</b>	NEW My Rested Self: Relaxation 11 am-1 pm South Ockendon 	<b>11</b>	Creating Mindfulness 2-4 pm Grays 	<b>12</b>	Identity & Personality (online) 10 am-12 pm 	<b>13</b>	Individual Learning Plan Review 
<b>16</b>	Newsletter co- production 10-11 am 	<b>16</b>	Visualisation for Relaxation (online) 1-2 pm 	<b>17</b>	NEW My Rested Self: Relaxation 11 am-1 pm South Ockendon 	<b>18</b>	Creating Mindfulness 2-4 pm Grays 	<b>19</b>	Identity & Personality (online) 10 am-12 pm 	<b>20</b>	Mindful Walk 10 am-11:30 pm Grays 
<b>23</b>		<b>24</b>		<b>25</b>		<b>26</b>		<b>27</b>			
<b>Christmas Holiday</b>		<b>Christmas Eve</b>		<b>Christmas Day</b>		<b>Boxing Day</b>		<b>Christmas Holiday</b>			

\*This course is running in partnership with *Inclusion IPS Employment Service* meaning students need to be receiving support from IPS to attend this course.