

# Thurrock Recovery College

## October – December Timetable 2024



*Scan the QR code to register your interest*

### Contact us

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[recoverycollege.inclusionthurrock.org](https://recoverycollege.inclusionthurrock.org)


























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# October 2024

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

## December 2024

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