

# Thurrock Recovery College STUDENT NEWSLETTER



By Louise, a student at Inclusion Thurrock Recovery College

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- Yoga Pose of the month
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# MOVEMBER



**This November edition is focused on Men's Mental Health in particular as it is covered by global projects taking the time to reach and support men better.**

If you think this is a bit unfair I can reassure you that Movember unites all humans and does not discriminate by sex or perceived gender: it is for us all.

We are in this together as we all have got a stake in making a conscious difference to each other.

Many people face trauma by perhaps a relative who took their own life and still trying to live with the aftermath of what that brings in terms of one's own suffering.

Statistically men's rate of suicide is about three times higher than women's in England (Samaritans, 2023).

What are the potential reasons behind this big gap? Men still seem to be getting socially conditioned to be 'strong', 'not cry' and even perhaps not to actually express or verbalise their emotions, share and identify their feelings. Is crying really a potential sign of showing weakness or a natural outlet for all human beings to release certain overwhelming emotional states?

At the college we are trying to work in a trauma informed way, knowing that adverse experiences affect people's mental wellbeing and not only actual mental illness only in itself.

We recognise that making sense of what happened instead of sharing all details of events is the key to not create overwhelming situations.

Hope our contributions to look at the world a bit differently will make you think and re-evaluate, what is really important to you.



## **Katie Ireland**

### Peer Learning Support Worker

#### **Dear Readers,**

This is a drawing I did a little while ago. The purpose of it is that it's not perfect. Can you see a theme here?

Two months in a row I have created something that's not perfect and I tell you what, it's getting easier to sit with, each time I keep telling myself "I'm proud of myself for doing this and not judging myself when things aren't perfect". I still do it and that's what we should focus on.

This has taken a long time to practice. Sometimes I have this expectation that I'm going to be 'perfect' at everything first time, which in reality isn't going to happen and is almost impossible, so I need to stop reaching for the stars and start aiming for things within my reach.

When I first started drawing this picture, I had no idea where it would take me or any idea of a visual of what I wanted it to look like, I just let my brain take over and guide me.

It's also an important message that we may see a beautiful flower but on the other side of that it is wilted.

Sometimes what we see on social media, might look great and perfect but nothing is perfect.

We can sometimes get fixated on what we see on social media and compare our own lives to it.

I'll give you an example: I used to be obsessed with 'couple photos' and how cute they looked, then got fed up because my relationship didn't look like that, but my



partner made me realise and understand that "people are purposely posing for these photos or been told by a professional photographer to do that pose".

We should not need to publicise who we are on social media, because the people we love and care about know who we are.

For me it's about owning that life may not always be great, but being honest about this, instead of hiding the whole picture. Being a little bit vulnerable, showing the wilted flower, as well as the beauty.

# POSE OF THE MONTH

## Horse Pose (Vatayanasana) - Cultivating Balance and Calm

By Diana - Yoga Tutor



**This month's featured pose is Horse Pose (Vatayanasana), a powerful yet grounding posture that brings a sense of calm and focus.**

Horse Pose is a variation of the foundational Utkata Konasana (Goddess Pose), with a key difference: the hands are placed at the heart centre in Anjali Mudra, while the elbows are more actively engaged, with the forearms parallel to the floor.

This subtle adjustment distinguishes it from Utkata Konasana Variation Namaste, where the elbows remain more relaxed.

**Horse Pose is more than just a yoga posture; it is a practice deeply rooted in Indian tradition.**

It serves as an essential warm-up in Indian martial arts and is also a fundamental part of various Indian classical dance forms.

This pose not only opens the hips deeply but also engages the parasympathetic nervous system, making it an excellent tool for cultivating balance, peace, and poise.

Incorporating Horse Pose into your practice can be particularly beneficial for students dealing with anxiety or depression.

The act of bringing the hands together in Namaste at the heart centre helps to foster a sense of inner calm and focus, allowing the mind to quiet and the body to release tension.

Whether used as a warm-up or as part of a restorative practice, Horse Pose offers a powerful way to wind down from the day and centre yourself.

Continued next page...

## Why Practice Horse Pose?

**Deep Hip Opening:** Both Horse Pose and Utkata Konasana open the hips, but the added engagement in Horse Pose intensifies the stretch and strengthens the lower body.

**Focus and Calm:** The placement of the hands in Anjali Mudra at the heart centre helps maintain mental focus and calm, making it ideal for stress relief.

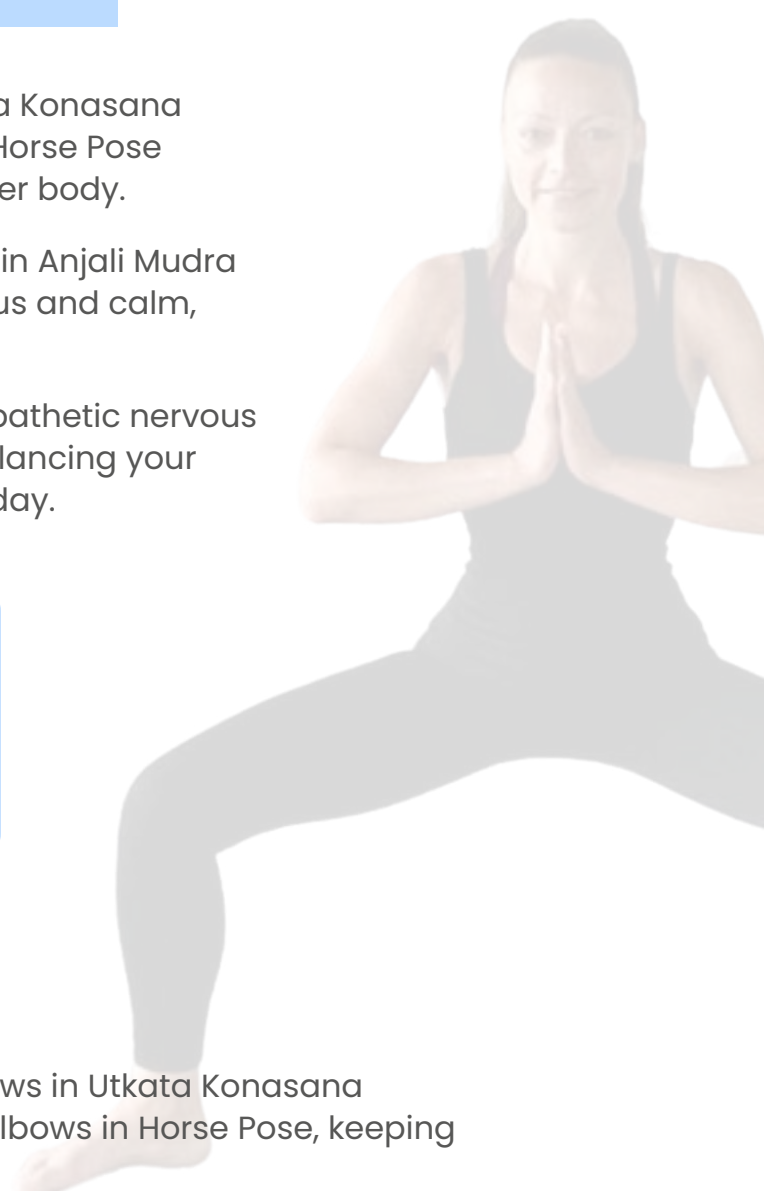
**Balancing Energy:** By activating the parasympathetic nervous system, Horse Pose helps in grounding and balancing your energy, perfect for winding down after a long day.

“ Rooted in strength and centred in calm, Horse Pose invites us to find balance within, transforming stillness into serenity. ”

## How to Practice:

- 1 Engage the Elbows:** Unlike the relaxed elbows in Utkata Konasana Variation Namaste, actively engage your elbows in Horse Pose, keeping your forearms parallel to the floor.
- 2 Heart-Centred Focus:** Bring your hands together in Anjali Mudra at the heart centre, keeping your focus on your breath to cultivate a calm and centred state of mind.
- 3 Mindful Transitions:** Whether you are entering or exiting the pose, move mindfully, maintaining the connection between breath and movement.

Incorporate Horse Pose into your practice this month to experience its calming and balancing effects. Whether you are looking to deepen your hip opening or simply find a moment of peace, this pose offers a perfect blend of physical and mental benefits.





## Mental Health?

Hi Everyone, I wanted to write a piece in this month's Newsletter as its **Men's Mental Health Awareness Month** (Or Movember as its nicknamed).

I started thinking to myself, do I grow a moustache for the month to raise awareness? I look terrible with a moustache, it's itchy and uncomfortable and it doesn't make me feel or look good... And then I wondered, could that be, at least partly, the point?

If you have struggled with your mental health, or faced traumatic incidents that change your outlook on life, if you're anything like me, then you start to build a mask to wear. Because it's easier to do that than showing how vulnerable you feel. That's because life goes on, you still need to go to work, your family needs your care and attention, daily chores and other day to day

duties still need to be attended to, we don't have time to think about mental health and even if we did have the time, what's the point? It takes weeks to get a GP appointment, we don't want to sit in a group sharing our inner, most vulnerable thoughts and the idea of one to one counselling can be a bit daunting. So what's the answer...let's create that mask!

Let's show everyone around us that we are ok, we are still solid and dependable, we are still strong, we are MEN and we can handle this...**so we create a mask that hides what we truly are thinking and feeling.**

But straight away somethings not quite right, the mask doesn't quite fit, it kind of looks right, certainly its convincing enough to others, but it feels off to you, its uncomfortable to wear, it's quite heavy and gets exhausting as the day wears on and

# TRY taking YOUR mask OFF!



slowly, each day, it gets a little harder to wear. But it works right? You're still functioning at work, your family are ok, and you're keeping on top of things just about. The only issue is that feeling inside, that more and more you need the mask to get through the day, but equally, wearing the mask is completely exhausting.

It's a problem isn't it? And us men love solving problems! Ok so here's the answer and it's actually really simple, but then, you already know the answer if you truly think about it. Just take the mask off!

**'Ha' I hear you say, 'it's easy for you to say Paul'!**

Well I get that, but just read back over this article and you'll realise that's exactly what I just did for you all in this piece, I took my mask off so you can see how I feel underneath.

I've had to do this a few times now and I completely understand that it's hard the first time as you will be worried how others are going to react but think about your support network, a Partner, Son/Daughter, Parents, Best friend. Who is the one person you can trust? Who you can go to without judgement? Who are the people you want to be truly authentic with?

Try taking your mask off in front of them first and letting them know how you are feeling and if you don't feel there's anyone close to you that you feel comfortable taking your mask off for, then please contact us at the Recovery College.

**We are ready for you to take that mask off with us, we'll listen and offer support for the next step of your journey to recovery, we know how it feels...you've got this!**

# ARTWORK

by Student, Louise

Harmony Dancing within the Mind



Positive  
Mund

You can always find a way to start again  
Know you are courageous and strong  
Think good things and thoughts.

NEVER  
GIVE UP

SELF  
LOVE

Believe in you  
Have hope





# I CAN QUIT!

by "Call me Dave"

When I decided to come to grips with depression, I knew it would be helpful if I understood what triggers my 'episodes'. I hoped that, by being aware, I might learn how to avoid them.

I used to smoke and, like most people who have ever done so, I had trouble quitting, despite the harm it was doing to my lungs.

Fate led me to the Allen Carr "QUIT-SMOKING-OR-GET-YOUR-MONEY-BACK" franchise and it worked! I began the one-day session, with a large group of strangers, as a smoker and afterwards I was a non-smoker.

I paid close attention to what I was told that day (I really did want to quit) and noticed that certain words and phrases were repeated often.

This suggested an intent to subliminally 'nudge' our brains into recognising the signals that spark the craving for a cigarette...

... and reject them!

What a good idea.

**So I wondered: "What if I could do the same thing with depression?"**

**What if I can figure out how to talk myself out of being depressed?**

**Can I 'quit' depression?"**

I pictured myself standing at the beginning of a long winding road, about to set off for a brand-new destination on an unknown path without a map.

I thought about what I was going to need to get me to my destination. The questions I asked myself were:

- **What 'triggers' the mood shifts (good or bad)?**
- **How do I react when I am 'triggered'?**
- **What will I do when I meet an obstacle?**
- **How do I check my progress?**



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The most sensible thing I could think of was to begin a mood diary. My first entry, early one morning, before I had even seen anybody else, said:

**“Not sure how I am going to spend the day. Mood is a bit low.”**

It had the desired effect and I instinctively knew I was doing the right thing.

The simple act of writing it down triggered a bizarre feeling of accomplishment and made me say to myself,

**“Yes, you can do something about this.”**

I set an alarm on my phone, to repeat every hour daily. When it goes off, I ask myself how I am feeling? and if the answer is anything other than “meh, I’m fine,” I write it in the diary.

Before that first day, the low mood would have persisted and got worse because I would have given in to it.

I am going to be able to quit!

**Real change, enduring change, happens one step at a time....**

Ruth Bader Ginsburg

## HOURLY MOOD DIARY

### HOW AM I FEELING?

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Notes:



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Hi from Marvel and Duncan, we hope you are all well (enough) and ready for some marvellous thoughts!

**Do you go out some days and have a sense this Life is just all too much?**

My superhero and I will talk in our own way; it makes sense to us! Marvel has a way of letting me know he wants to talk/get my attention: he nudges & licks my leg repeatedly. My normal response is "what's up little man?" I'm needed. It is indeed a wonderful experience to be needed.

For some of us who do not have a superhero to share life with, loneliness of mind is crushing. I have witnessed two men who were important to me, take their own lives. Each had become isolated, retreated into an internal world of self – loathing and fear. Each of these men, in my view, were compassionate and caring people; yet "Life" just became too much to bear. A tragedy. The people who loved them were left with a whirlwind of feelings, overbearing sadness and guilt; wondering why they failed to help each of them.

Marvel creates a wonderful connection for me; he gently takes part in my life. He is a "little man"; and displays male behaviour and does become defensive, protective, loud, determined and loving. However, the overall observation I

have of Marvel is that he shares his life.; his male Ego appears not to exclude others.



The two men I have talked of, arrived at a point where their only support was their own sense of self; which simply was not strong enough.

**To reach outside of your own life and to ask for help; to get attention from another person; demonstrates our humanity and creates hope for you, and those whom you love. Hope is a wonderful feeling my friend. The male Ego does not embrace fear well.**

I know when I am not OK; I feel invincible. I can only see my view of the world and can't cope with having fearful feelings.

Life events, stress, and expectations put pressure on us all and create a fear which we either deal with or ignore at our peril. To actually share our lives (as Marvel does) by being more open, talking, taking the risk to put aside our Ego's and fears, is a risk worth taking in my view.

To reach outside of your own life and to ask for help; to get attention from another person; demonstrates our humanity and creates hope for you, and those whom you love. Hope is a wonderful feeling my friend.

# STAFF SPOTLIGHT



**Hi All,**

I wanted to introduce myself to you as a new Health Trainer here at Inclusion Recovery College. My name is Chris, and I am an Occupational Therapist by training, having qualified in January this year after finishing my degree apprenticeship, and after a brief detour through Community Stroke Services, I'm glad to be back in the world of Mental Health.

Following experiences of friends and family I started working as a Therapy Assistant in a community mental health team in South-East Essex for almost five years where I was lucky to meet and learn from countless great colleagues and members of the public. I also had lots of opportunities to deliver and take part in some really interesting group and individual programmes, so am looking forward to using my experience in this new setting.

Outside of the college, I would say that my main interest is cooking, although that would be a bit of a lie – the truth is that I mainly love eating, but had to learn to cook because it would be too expensive to eat out all the time! I love to watch films when I get time, and if you get me talking about Star Wars or Lord of the Rings then you might have to stop me before you get bored! Having also recently moved home I've been spending a lot of time trying to get the hang of doing a bit of DIY – and making a bit of a mess in the process!

You'll probably see me popping up in groups or individual sessions, so please do come and say hi – I'm looking forward to meeting you all and seeing what we can achieve together!

All the best,  
**Chris**

# RSD EXPLAINED

## R.S.D. (Rejection Sensitive Dysphoria)

By Imwechete

When I found out I had ADHD I knew little about the condition. I thought it was something that categorised children who are 'naughty' or disruptive but did not give it any more thought until I realised I was in that category myself.

I paid closer attention to my behaviour and my thought processes and something I discovered very quickly was that I also had something called rejection sensitive dysphoria (RSD), which is a condition that afflicts many people with ADHD.

People with ADHD tend to put a negative spin on most things in their life but this is magnified by RSD because it interferes with the ability to regulate emotional responses to feelings of failure and rejection.

Rejection is always unpleasant, but people with RSD experience overwhelming levels of emotional pain. It often leads to long-term mental health conditions such as trust issues, fear of failure, lack of self-confidence and depression, and it is always triggered by the imagined or real loss of approval, love, or respect.

It is easy for them to feel self-conscious or even embarrassed, have low self-esteem and have trouble believing in themselves, which causes them to have difficulty holding their emotions in check when they believe they have been rejected.

People with ADHD do not have mood disorders in the normal diagnostic sense of the word but have an over-sensitivity to their intense emotions, meaning they will experience higher 'highs' and lower 'lows'.

## SYMPTOMS OF R.S.D. INCLUDE:

- **Low self-esteem**
- **Feelings of self-consciousness or embarrassment**
- **Difficulty managing relationships**
- **Suddenly becoming quiet, moody, or showing signs of depression**
- **Sudden outbursts of negative emotion**
- **Difficulty controlling reactions**

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People with RSD feel more sensitive to criticism, teasing or rejection because they have an internal belief that they are failing, or that they are incapable, or they have already failed.

This emotional over-sensitivity, coupled with RSD makes a person with ADHD more inclined to be 'people-pleasers' or cause them to withdraw altogether.

The inherent negative bias of ADHD coupled with RSD creates an environment of potential depression and isolation. It is a vicious cycle, which I can personally attest to because RSD causes me to constantly compare myself to everybody, which provides me with evidence to sustain my RSD and increase depression.

Some of the conscious and unconscious thoughts that constantly occupy my mind are:

- **"I am toxic."**
- **"People don't like me."**
- **"I am a failure, and I can't do anything about it."**
- **"I will be alone forever."**

And any form of rejection is a confirmation of those thoughts.

RSD is the core part of my ADHD. I am tired of losing friends, falling out with colleagues, or of being judged by them due to my emotional over-sensitivity and emotional outbursts, which make me toxic. It is why I choose loneliness and push away people who are getting 'too close'.

# KINDNESS BINGO

You can cut the individual boxes out below and pop them in an envelope, then every morning pull one piece out and try and follow the instructions.

Held open an elevator door	Gave money to a person in need	Stayed in my pajamas all day to read or watch my favorite movies	Kept a gratitude journal	Used reusable water bottles
Put stray grocery carts where they belong	Invited someone who was eating alone to join me	Sent flowers to someone who needed cheering up	Treated myself to a massage	Put a surprise note in my child's or partner's lunch
Surprised a friend with a note of appreciation	Cleaned up a hiking trail	<b>FREE SPACE</b>	Did someone else's chores	Gave a lottery ticket to a stranger
Cleaned up a mess that wasn't mine	Shopped locally instead of at a big box store	Wrote a positive note to myself for inspiration	Bought a meal for someone that did not have their wallet	Took myself on a date
Offered a tissue to a person that needed it	Shoveled snow from my neighbor's driveway	Cooked a meal for someone just returning from the hospital	Wrote a thank you note for the mail delivery person	Paid a toll for the car behind me

**RANDOM ACTS OF KINDNESS**  
FOUNDATION

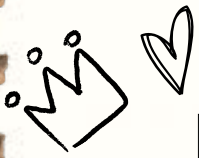
[www.randomactsofkindness.org](http://www.randomactsofkindness.org)



CARD 5







# FEEDBACK



**We would love to hear from you!**

## Courses

Did you take one of our courses this last month?

What was your biggest takeaway from it?

## Artwork

Please send in your artwork that you have been working on recently...it will be lovely to share your achievements in next months' issue.

**"I must say that I found last months Newsletter particularly interesting and very colourful too – quite enjoyed reading it"**

**Barbara**

How are we doing?  
What else would you like to see in the Newsletter each month?



## Share

**Please get in touch and share your thoughts, struggles, and wins with us.**

# UPCOMING COURSES

## **Food and Mood**

**Tuesday 4, 11 & 18 of November, 12pm- 2pm, Grays**

Are we really what we eat? Is there a relationship between what we eat and our mental well-being? Which foods can boost our mood and physical well-being, and which foods may have a more negative impact?

The aim of this course is to increase our awareness of how our diet affects our energy levels, mood and daily lives. We will look at tools and tips which may help us live healthier lives and achieve more from each day.



## **Relaxation Workshop**

**Tuesday 5th November, 10am-12pm, Grays**

This in person workshop explores our relationship with relaxation. What is relaxation? How can we bring simple little moments of pause into our daily lives?

We will explore why we need to relax and the benefits to body and mind when we do. The course will be interspersed with the opportunity to try various techniques for relaxation. We recommend to also attend the online workshops Guided Visualisation for Relaxation and Progressing with Visualisation.



**NEW**

## **Getting that Job (only open to IPS clients)**

**Monday 4, 11, 18 and 25 of November, 9am-11am, Grays**

This introductory course is to inspire hope and offer practical skills to support you to gain paid work. Over four weeks it covers moving into work with confidence, effective job search, winning with CVs and application forms and how to shine at interviews.

It also includes specific support around pros and cons and methods of disclosure and coping strategies for managing mental health issues when applying for a job.



# UPCOMING COURSES

## Ways to Wellbeing: Connect

**Thursday 7th November, 10am–12pm, Grays**

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.

Students will have the opportunity to reflect on ways in which they have been connecting in specific situations and also highlight different ways in which they can connect with others. The session will also provide ways of improving well-being through making connections with others.



## Ways to Wellbeing: Learn

**Thursday 14th November, 10am–12pm, Grays**

As part of the 5 ways to wellbeing, aims to define the term 'Learning', discuss the benefits of learning and some of the current barriers.

Students will have the opportunity to reflect on ways in which they have been learning in specific circumstances, explore different ways in which they can learn and identify ways of improving their wellbeing by learning.



## Ways to Wellbeing: Give

**Thursday 21st November, 10am–12pm, Grays**

Research suggests that acts of giving and kindness can help improve your mental wellbeing. It could be small acts of kindness towards other people, or larger ones like volunteering in your local community.

We are looking at the benefits and identify things that you can try out by yourself. This 1 session course explores and gives opportunity to reflect on your life priorities. You can develop a new direction and set possible new ways of how you want to plan actions which are easily achievable.



## Ways to Wellbeing: Take Notice

**Thursday 28th November, 10am–12pm, Grays**

As part of the 5 ways to well-being, aims to define the term 'Notice', discuss the benefits of taking notice.

Student will have the opportunity to reflect on ways in which they have been taking notice in specific circumstances, explore other different ways in which they can take notice and identify ways of improving their well-being.



# UPCOMING COURSES

## **Exploring Loss, Moving Forward (online)** **Wednesday 6 & 13 of November, 1.30 – 4pm**

We've all experienced different types of loss such as grief, estrangement, employment, financial or personal loss. Loss is unique and affects people in so many different ways.

This course will look at what generates the sense of loss, different experiences and self-care.



## **Mindful Walk** **Friday 8 of November, 12 – 1.30pm, Purfleet** **Friday 22 of November, 12 – 1.30pm, Chafford Hundred**

Walking has so many benefits. It can improve our mood, reduce stressful feelings, benefit our physical health and help us become more aware of our surroundings.

Join us for an outdoor walk in nature, where we will undertake a gentle pace along a designated route.



## **Introduction to Navigations Emotions** **Tuesday 12 & 19 of November, 10 – 12.30pm, Grays**

This course aims to provide evidence-based strategies and a supportive environment for personal growth. As part of the Recovery College, the course emphasises a co-produced approach, valuing the expertise and lived experiences of all students. By participating in the course, individuals can develop valuable skills to navigate their emotions more effectively, cultivate emotional well-being, and take an active role in their own recovery journey.

The course aims to provide individuals with an introduction to the necessary skills and knowledge to effectively manage and navigate their emotions. Through goal setting and activities students will gain more tools to navigate challenging emotional experiences, understand the role and significance of emotions in daily life and overall well-being.



# UPCOMING COURSES

**NEW**

## **Visualisation for Relaxation: Loving, Kindness & Compassion** **Wednesday 20 November, 12 – 1pm (online)**

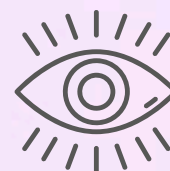
Are you needing a little time to relax? Sit back, turn your camera off and join us for a guided visualisation. . This is a one hour online, experiential workshop which includes 1 shorter 5 minute Visualisation in which we lead you in an exercises of imaging someone who has got your best interest at heart.



We are also going to look into what self-compassion/worth creates being kind to yourself and how that reduces stress.

## **Progressing with Visualisation** **Tuesday 25 of November, 10 – 11.30am (online)**

This is a one & a half hour single, workshop & is available to students who have previously completed the Visualisation for Relaxation, Mindfulness Walk or Creating Mindfulness courses. This progression includes a longer guided visualisation in which students build upon the relaxing outdoor space previously designed, as well as experiencing further mindful relaxation techniques.



## **Thriving with Neurodiversity: An Intro** **Tuesday 26 of November, 10am – 1.30pm (online)**

Are you interested in dyslexia, ADHD or Autism? Do you identify as Neurodivergent, or support someone who does?

Would you like to explore a strengths-based understanding of neuro-diversity, or connect with other members of the neuro-divergent community?

This single-session online course, serves as an introduction to the topic and will include two break times. A key aim of the course will be to recognise and celebrate our innate capabilities and potential strengths. We will also discuss awareness of our individual challenges and the strategies that support us, encouraging acceptance through valuing our unique qualities and individual selves. Students will have the opportunity to attend follow-on courses, which further explore ADHD, dyslexia and Autism, when available.





**SEATED EXERCISE CLASS**

**START FITNESS TRAINING BENIFITS**

- ✓ GET STRONGER
- ✓ INCREASE MOBILITY
- ✓ INCREASE FLEXABILITY
- ✓ BETTER POSTURE
- ✓ CIRCULATION
- ✓ IMPROVE MENTAL HEALTH
- ✓ IMPROVE CARDIOVASCULAR HEALTH

£4.00 Per Session

GRANSJEAN HALL  
LONG LANE  
GRAYS  
RM16 2PJ

THURSDAYS  
1.00 TO 2.00 PM

SUTIBLE FOR ALL LEVELS

For people that have a health condition or injury, fitness is for everyone.

Chair exercises are an alternative way to get physically fit and strengthen certain areas of the body. They are most beneficial for individuals with mobility problems.

FOR FURTHER INFORMATION CONTACT MARK ADAMS  
MBI: 07711 817253 Email: markads01@icloud.com



**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







## DISTRACTIONS

Due to popular demand our 6 weeks course Yoga for Everyone will start again on 13th of November at Aveley, from 10-12 pm.

## **YOU SAID, WE DID...**

You enjoyed our Yoga for Everyone course so much and wanted to see more of it. This meant that we are running an additional course during this months in line with what helps to improve your mental wellbeing best.

## NEWSLETTER FEEDBACK

-  **Food and Mood Course:**  
I enjoyed to get the information about the different foods effects on health and gave me ideas how to improve with balanced diet my mental health too. I really enjoyed the interactive activities and the overall teaching layout of the course. Thank you.
-  **5 Ways to Wellbeing:**  
Tutors were great, really informative and conversations flowed, opening up for different views and thoughts. I noticed that in fact I was more mindful than I realised, but also that there are ways I can be easily mindful simply by taking notice of those things around me that help me to be mindful
-  **Exploring Loss Moving Forward**  
Very well presented & explained in a way that I understood. I enjoyed getting to know other people's opinions on grief.
-  **Yoga for Everyone**  
This course is so good physically and mentally. I have met some great people. Everyone was so lovely and it was so nice to be somewhere where people understood my anxiety and didn't judge me for it. Diana, Patrizia and Sian were amazing and very welcoming, working very hard to put everyone at ease.

## 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  
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