

Thurrock Recovery College

January – March Timetable 2025



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Contact us

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recoverycollege.inclusionthurrock.org


























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January 2025

Monday			Tuesday		Wednesday	Thursday		Friday	
13 Newsletter co-production 10-11 am Chafford Hundred 	13 Yoga for Everyone 10am-12 pm Grays 	13 My Rested Self: Sleep Corringham 2-4 pm 	14 Visualisation for Relaxation - Loving, Kindness and Compassion (online) 10-11 am 	14 Thriving with Neurodiversity: An Introduction (online) 1-4:30 pm 	15 Mindful Walk 2-3:30 pm Grays 	16 Visualisation for Relaxation (online) 6-7 pm 	16 Relaxation 11 am-1 pm Grays 	17 Ways to Wellbeing: Connect 12-2 pm South Ockendon 	17 NEW Recovery Café 10:30 am-1:30 pm Grays Park Café
20 Newsletter co-production 10-11 am 	20 Yoga for Everyone 10 am-12 pm Grays 	20 My Rested Self: Sleep Corringham 2-4 pm 	21 Individual Learning Plan reviews		22 Progressing with Visualisation: "The Ocean" (online) 2-3:30 pm 	23 NEW Understanding Anxiety (online) 9:30 -11:30 am 	23 Understanding Depression 12-2 pm Grays 	24 Ways to Wellbeing: Take Notice 12-2 pm South Ockendon 	24 Recovery Café 10:30 am-1:30 pm Grays Park Café
27 Newsletter co-production 10-11 am Chafford Hundred 	27 Yoga for Everyone 10 am-12 pm Grays 	27 My Rested Self: Sleep Corringham 2-4 pm 	28 Individual Learning Plan reviews		29 Mindful Walk 2-3:30 pm Purfleet 	30 NEW Understanding Anxiety (online) 9:30 -11:30 am 	30 Understanding Depression 12-2 pm Grays 	31 Ways to Wellbeing: Give 12-2 pm South Ockendon 	31 Recovery Café 10:30 am-1:30 pm Grays Park Café

February 2025

Monday		Tuesday		Wednesday	Thursday		Friday	
3 Newsletter co- production 10-11 am Chafford Hundred 	3 Yoga for Everyone 10 am-12 pm Grays 	4 Your Picture of Wellbeing 10:30 am- 1:30 pm Grays 	4 NEW Hope and Wellbeing (online) 2-4 pm 	5 Visualisation for Relaxation (online) 2-3 pm 	6 NEW Understanding Anxiety (online)  9:30 -11:30 am	6 Understanding Depression 12-2 pm Grays 	7 Ways to Wellbeing: Learn 12-2 pm South Ockendon 	7 Recovery Café 10:30 am- 1:30 pm Grays Park Café
10 Newsletter co- production 10-11 am Chafford Hundred 	10 Yoga for Everyone 10 am-12 pm Grays 	11 Your Picture of Wellbeing 10:30 am- 1:30 pm Grays 	11 NEW Hope and Wellbeing (online) 2-4 pm 	12 Mindful Walk 2-3:30 pm Grays 	13 NEW Explore, Imagine, Be (online) 9 am- 1 pm	13 Mindfulness Practice 1-2 pm Grays 	14 Ways to Wellbeing: Be Active 12-2 pm South Ockendon 	14 Recovery Café 10:30 am- 1:30 pm Grays Park Café
17 Newsletter co- production 10-11 am 	17 Yoga for Everyone 10am-12 pm Grays 	18 Your Picture of Wellbeing 10:30 am-1:30 pm Grays 	19 Individual Learning Plan reviews		20 Individual Learning Plan reviews		21 Recovery Café 10:30 am-1:30 pm Grays Park Café	
24 Newsletter co-production 10-11 am Chafford Hundred 	25 Your Picture of Wellbeing 10:30 am- 1:30 pm Grays 	25 My Rested Self: Sleep (Online) 6-8 pm 	26 Yoga for Everyone 10 am-12 pm Aveley 	26 Ways to Wellbeing: Connect 1-3 pm Grays 	27 Mindful Walk 11 am-12:30 pm Chafford Hundred 	27 *NEW* Hope and Wellbeing (online) 1-5 pm 	25 Visualisation for Relaxation (online) 10-11 am 	25 Recovery Café 10:30 am- 1:30 pm Grays Park Café

March 2025

Monday		Tuesday		Wednesday		Thursday		Friday	
3 Newsletter co-production 10-11 am Chafford Hundred	3 Communicating with Confidence 12-2 pm Grays	4 Money Matters 10 am-12 pm Grays	4 My Rested Self: Sleep (Online) 6-8 pm	5 Yoga for Everyone 10 am-12 pm Aveley	5 Ways to Wellbeing: Take Notice 1-3 pm South Ockendon	6 Creating Mindfulness 10 am-12pm South Ockendon	6 Anxiety and Me (online) 1-2 pm	7 Mindfulness Practice 2-3 pm Grays	7 Recovery Café 10:30 am-1:30 pm Grays Park
10 Newsletter co-production 10-11 am Chafford Hundred	10 Communicating with Confidence 12-2 pm Grays	11 Money Matters 10 am-12 pm Grays	11 My Rested Self: Sleep (Online) 6-8 pm	12 Yoga for Everyone 10 am-12 pm Aveley	12 Ways to Wellbeing: Give 1-3 pm South Ockendon	13 Creating Mindfulness 10 am-12pm South Ockendon	13 Anxiety and Me (online) 1-2 pm	14 Food and Mood 11 am-1 pm Grays	14 Recovery Café 10:30 am-1:30 pm Grays Park
17 Newsletter co-production 10-11 am Chafford Hundred	17 Communicating with Confidence 12-2pm Grays	18 Intro to Identity and Personality (online) 11 am-1 pm Grays	18 Mindful Walk 2-3:30 pm Grays	19 Yoga for Everyone 10 am-12 pm Aveley	19 Ways to Wellbeing: Learn 1-3 pm South Ockendon	20 Creating Mindfulness 10 am-12pm South Ockendon	20 Anxiety and Me (online) 1-2pm	21 Food and Mood 11 am-1 pm Grays	21 Recovery Café 10:30 am-1:30 pm Grays Park
24 Newsletter co-production 10-11am Chafford Hundred	24 Communicating with Confidence 12-2 pm Grays	25 Intro to Identity and Personality (online) 11 am-1 pm Grays	25 Visualisation for Relaxation (online) 3-4 pm	26 Yoga for Everyone 10 am-12 pm Aveley	26 Ways to Wellbeing: Be Active 1-3 pm South Ockendon	27 Creating Mindfulness 10 am-12pm South Ockendon	27 Mindfulness Practice 11-12 pm Grays	28 Food and Mood 11 am-1 pm Grays	28 Recovery Café 10:30 am-1:30 pm Grays Park