

# Thurrock Recovery College STUDENT NEWSLETTER



By Louise, a student at Inclusion Thurrock Recovery College

## In this issue...

- Articles from the Peer Support Team
- Staff spotlight
- Yoga Pose of the month
- Articles from our students
- Community Updates



**Katie Ireland**  
Peer Learning  
Support Worker

## Dear Readers,

January is the start of a new year, which can be terrifying because the older I get, the quicker the days, months & years fly by which reminds me of the things I didn't accomplish that I had set out to achieve, the year before.

January is particularly challenging because the festivities are over, the magic seems to have disappeared and all your left with is a empty bank account and exhausted from being so busy over the festive period.

I do enjoy that feeling of a 'fresh start' though, I no longer set myself new year's resolutions because I know I never stick to them but what I do instead is I write down my goals from the previous year and continue to thrive towards them. When we create new goals we tend to forget about old ones and so therefore hardly succeed in achieving the goals we have.

Sometimes we can we caught up on what we didn't achieve but forget to appreciate the hardship and work we have put in over the year and how if you could see yourself a year from now, you wouldn't believe the transformation.

Be kind to yourself, be proud, continue being the best version of yourself.

From Katie Ireland RC  
Peer Learning Support Worker.

“

**Acceptance is key to achieving goals, life happens and things get in the way of your goals, so be kind to yourself if you haven't met '2024's' goals, its okay, just bring them into the new year and that way they don't get forgotten.**

”



# A New Year & A New Home



It is now **2025**! Did you or me ever think we might live in such a futuristic number?

Certainly for me as a young boy all New Years felt at best, different; until 1961 when my world was turned upside down as my father announced we were all moving to Cyprus from Devon. I was stunned, excited, surprised, bit frightened and overwhelmed if the truth be known.

It was the 1st January 1961 and I was moving from a village called Newton Ferrers to Cyprus. We had 2 days to get ready (!) and my father said we will travel to RAF Brize Norton, and then by military air transport to Nicosia (the capital) then by bus to Limassol in Cyprus. We were a military family. My father was a specialist in Air & Sea rescue.

At first I protested. What about my school, my friends, all my things, my birthday party (I was to be 11 in three weeks)!? What about our dog "Ricki"? (was told he couldn't come with us, but it's ok my grandmother would care for him!). Also where the hell is Cyprus!

## **New beginnings sometimes are difficult to accept.**

Yet, no matter who we are, what our circumstances might be; new beginnings will occur in our lives; irrespective of how old or how prepared we are. Sometimes these changes are small, other times as for me in 1961 they can be enormous.

I still clearly recall waking up in the Metropole Hotel, Limassol to different languages being spoken, cars, motorbikes; different smells from a market and the awareness it was warm (actually 21 degrees, having left England in freezing snow!). It was a bit confusing.

## **New beginnings sometimes are exciting.**

This new beginning turned into one of the happiest, enjoyable, and life changing experiences of my life.

This January I am 74. The move to Cyprus was 64 years ago, yet it feels like only yesterday. Living in Cyprus only lasted 18 months; but enjoying the sea, meeting new people and loving Greek music and dance was to stay with me. I still swim, enjoy the sea and meeting new people. However the most significant legacy is Music. I now regularly sing and cannot be without music in my life.

So my friends, are you ready for what 2025 will bring to your doorstep?

I wish you all a happy life changing year ahead.

**By Duncan**

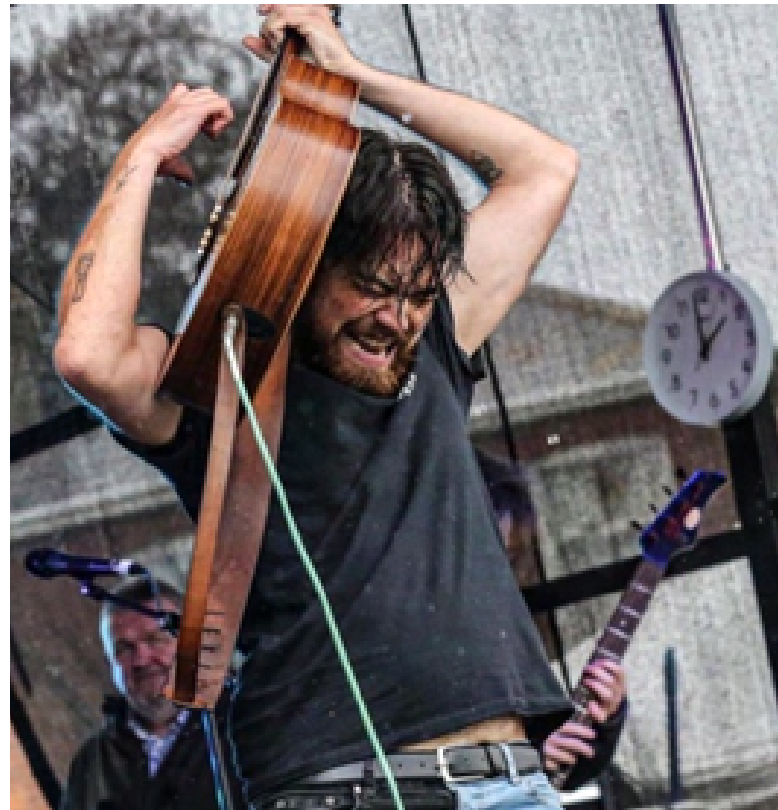
# Hello Everyone!

I'm Fraser Morgan! I'm a folk-punk singer-songwriter from Colchester in Essex who's recently played their 1055th gig. Performing live is my most favourite thing to do in the whole world. Not only does it give me the chance to travel the UK seeing loads of cool places whilst I stay in my campervan, my most favourite thing about it is I get to meet and connect with thousands of people.

A lot of my songs are about my mental health and the things I have, and even still do, struggle with. As well as going to therapy for over 7 years now, writing my thoughts and feelings down has been incredibly cathartic and healing for me. A few examples of things I cover in my songs are anxiety, imposter syndrome, panic attacks, making mistakes, loneliness and depression.

With a rocky childhood and a busy musical life, new beginnings is something I've had frequent encounters with. Starting fresh or something new can be really overwhelming. I get it. I'm the worst for it. Blank pages are a lot for me; overwhelmed by choice as I over-analyse all the things that could go wrong. But there was something I noticed I kept over-looking; all the things that could go right. I realised all the time I'd spent on worrying and freaking out about the most catastrophic (and unrealistic) things, I'd been robbing myself of so much happiness. There are so many things I wish I'd done sooner instead of worrying about the outcome.

I now see a blank page as an exciting opportunity. There are no right or wrong choices, there's simply just choices.



If I could pass on one thing, it would be to stop overestimating the threat and underestimating your ability to cope. Yes, some things haven't gone the way I'd anticipated, and that's okay, that's life my friend. Look how many times things haven't gone to plan in your life, and look at you now, you survived each one. You made it out alive.

I guess what I'm trying to say is try not to get in your own way and try not to do what I did and rob yourself of potential happiness. You deserve to be happy. You're awesome. Point your eyes forward over 2025's horizon, for the sun is only just rising my friend. Now go get your butterfly net out and running shoes on, it's time to go catch the opportunities that life's about to throw our way.

**Love ya,  
 Fraser x**

# Why The Need?

Rejection Sensitive Dysphoria (RSD) is not in the UK list of diagnoses but that does not mean it is non-existent.

People with RSD tend to have heightened sensitivity to social cues and a strong desire for acceptance and validation.

RSD is commonly associated with ADHD and anxiety, but it can also occur in people without ADHD and the suspicion is that it happens because of differences in brain structure. Those differences mean your brain cannot regulate rejection-related emotions and behaviours, which makes them much more intense.

RSD is when you experience an intense level of emotional pain when thinking there has been a rejection. It triggers a sequence of thoughts in the individual that start predictable reactions:

- Instantly feeling dejected, worthless, and defeated after small social blunders.
- Obsessing over neutral comments or facial expressions for signs of rejection.
- Uncontrollable emotional meltdowns over minor interpersonal incidents.
- Ruminating for days over perceived slights or criticism.
- Intense internal dialogue supporting the obsession that neutral comments or facial expressions are signs of rejection.

- Building a defensive 'wall'.
- Pre-emptively pushing people away, quitting jobs, or sabotaging relationships to avoid future rejection.

If you are in a relationship with somebody who has RSD, you are likely to notice the following traits and behaviours:

- It is easy for them to feel embarrassed or self-conscious.
- They show signs of low self-esteem and have trouble believing in themselves.
- They have trouble containing emotions when they feel rejected. This is often noticeable in children and teenagers with this condition. Some may react with sudden shows of anger or rage, while others may burst into tears.
- Instead of losing control of their emotions, outwardly some people with RSD may turn their feelings inward. This can look like a step towards the onset of severe depression and sometimes it is mistaken for the type of sudden emotional shifts that can happen with bipolar disorder or borderline personality disorder.

Continued next page...



“

**“... ADHD specialist Dr. William Dodson reports that over 30 percent of adolescents and adults with ADHD view their difficulty regulating emotions to be the most impairing aspect of their diagnosis...” (13 March 2023, by Julia Fagan)**

”

- They are often 'people-pleasers' and become intensely focused on avoiding the disapproval of others.
- They may avoid starting projects, tasks, or goals where there is a chance of failure.
- They compensate for their fear of failure or rejection by going all-out or striving for perfectionism. However, the downside of this is that they often experience intense anxiety and may not easily make self-care or downtime a priority.

Research on ADHD mostly overlooked RSD because it is not a consistent symptom. It was difficult to study and was also under-reported, so it is no surprise that people commonly go through life not realising they have it.

The intense feelings of rejection, shame, and devastation from RSD can be tragically overwhelming and debilitating for daily life, work, and relationships, yet people who suffer from it tend to hide their emotional reactions to rejection out of embarrassment or shame (who would ever voluntarily admit to being 'needy', even to oneself?).



- It is important that individuals with it (or in a relationship with somebody who has it) learn what rejection sensitivity means, how it manifests in daily life, and how to cope with it in healthy ways:
- Admit to yourself that you have it. You are not alone, it happens to a lot of people, and you have nothing to be ashamed of.
- Learn everything you can about the condition
- Practice patience and understanding in your relationship (this includes being patient with and understanding of yourself).
- Recognise the RSD symptoms (that may fluctuate) and that living with it is challenging.
- Implement coping mechanisms.
- Openly communicate with your partner or a close friend. (If you are alone, it is useful to write your thoughts in a diary or journal).

# Talking... Beating the winter blues

## January

can be a tough month for many. It's a long month and the festivities that give lots of us something to look forward to in the winter months are over, leaving many with a financial hangover. Over-indulging with food and drink can leave us feeling sluggish, and even people like myself who like the colder weather can find the dark days starting to get tiresome.

We used to call it the "winter blues", more recently we have become more aware of how the shorter days can impact our wellbeing, calling it "Seasonal Affective Disorder" (SAD). Whatever name we give it, lots of us can struggle in those early months of the year before spring has sprung – but the good news is that understanding this can help us to prepare, and give us some ideas to make these cold days more bearable.

## Circadian Rhythms...

It sounds like common sense to point out that humans are what we call "diurnal" – meaning that we are generally most active during the daytime hours, unlike our nocturnal friends such as bats and foxes – but this pattern, called a circadian rhythm is a primitive instinct, coded into us on a genetic level. What this means is that when our rhythm is thrown out of sync, it can have a real impact on how we function.

The circadian rhythm is influenced by Melatonin, the hormone which is responsible for making us feel sleepy. When we are exposed to sunlight, our body begins to break this hormone down – which is why we tend to feel more awake in the day and get tired as the night draws in. Of course, during the winter months there are fewer hours of sunlight and so we can end up with too much Melatonin in the system.

This might leave you feeling drained a lot of the time, sleeping more than usual, or being less motivated to participate in your usual activities. Fortunately, there are things you can do to take the edge off of the winter blues. Here are three tips to try:



## Start as You Mean to Go On...

I'm not really the sort to make new years resolutions, but I think that starting one more journey around the sun can act as a nice punctuation point, and many people do see it as an opportunity to make a positive change or two in their life. Whether you've set yourself a goal for the new year or not, you might find that paying attention to the subtle ways that the environment can affect your mood can help you to tap into the energy you use to reach your goals – whether that's starting something new or maintaining the level you're currently at. If we can forgive January for its cold weather and dark days, there is a lot of beauty to be found in the winter months – frosty leaves, crunchy puddles and seeing your breath in the air – don't let yourself miss out!

All the best, Chris

## Get Some Light

Exposure to light (particularly blue light) triggers the breakdown of Melatonin, which is also why too much screen-time in the evening can disrupt our sleep pattern. Making sure you take in some proper light during the day can reduce some of the depression-like symptoms that we can experience in the winter. Some people invest in a light box, but these can be expensive and the jury is out regarding how useful they are. Try to let as much natural light into your home as you can by opening the curtains, spend some time outdoors in the garden or the park, or spend some time people-watching out of the window.

## Keep Active

Getting regular exercise is widely accepted to have a positive impact on wellbeing and can be a preventative measure for mild to moderate depression. If, like me, you struggle to get started, the good news is that you don't have to go overboard. Whilst it might be great to get out for a run, cycle or to the gym, simply getting into the habit of going for a walk after lunch can make a big difference. A quick walk around the block can get the heart rate up, get you out in the sunlight, and burn off some energy to help get to sleep later on.

## Stay Connected

The winter blues can leave us isolated and disconnected from our usual roles and routines, feeding the vicious cycle of depression. Try to plan ahead and book in activities such as going out for a coffee with a friend, taking a trip to a wildlife reserve to connect with nature or attending a wellbeing group. Connect with yourself by keeping a journal, putting together a self-soothe box or practicing mindfulness. And remember you can always reach out for support if you need to, using Samaritans, Shout text support, or 111 in a crisis.

# Artwork

By Louise, Student

Hands of Hope



**Have hope**  
**Know there is people that believe in you.**





# STAFF SPOTLIGHT



Dear Readers,

In line with what you are going to come across a brief disclaimer as I am going to mention something which can evoke emotive feelings in paragraph 4. Feel free to skip that section, but I wanted to be as authentic as possible by bringing my whole self to this space.

I have been holding back as usually I don't really enjoy being in the spotlight to be honest and for that reason been finding a lot of excuses to put my introduction off.

My role as Recovery College Lead comprises actually of two parts around quality improvement within the college and on the other hand sharing my own lived experience (LXP) of mental distress when possible which I have been doing more so for the past 3.5 years.

Before that I have only drawn on LXP as a queer person or as living with someone who experienced suicidal thoughts. I am in a Civil Partnership with my same sex

wife (marriage was not available in 2006) and have been in this bi-racial relationship for 23 years with many ups and downs.

My wife was actually the reason for my immigration to the UK as I grew up in Germany with mixed heritage or cultural influences as I had a Greek dad.

At times I can come across very serious, sentimental and melancholic even though at heart I try to preserve 'My Inner Child' through openness, playfulness and really being silly when joking about with my nearest and dearest. That's why I am sharing the picture of myself on this swing in Portugal. I can be mischievous as life is too short and a bit of laughter brightens my mood.

I love to travel and taste new foods & drinks to gain better understandings of culture, gain more awareness of different countries history and listen to others about their adventures going through life.

Continued next page...

You can also find me in leisure centre saunas, steam rooms and Jacuzzis as heat feels really good to me. Must be my Greek genes and the many visits to see my extended family there when young.

The sound of water has been a theme throughout my life making me feel relaxed, by listening, seeing or being in it (when warm) are really reenergising as I feel so more free when jumping with waves in an ocean or just gently moving in it as I would not consider myself a great swimmer.

You know the people appearing like 'swan necks' during trying to perform breast strokes. But I brushed up on my technique by taking swimming lessons as an adult and know now how to actually do it with breathing out whilst my head is under water and in when above.

We have a little miniature aquarium cube with only 5 fish in it and plants: 3 guppies, 2 cory catfish and some little snails.

One of my passions is listening to House music as I was a frequent visitor of clubs in Hamburg in my early adulthood and having danced to the groove of Chicago, Acid and Deep Vocal genres.

These melodies keep me going. The rhythm makes all my own struggles, singing the lyrics, swerving from side to side faint into the background and remember that I can have fun even just by myself.



## Make a 'Mind-Map' & create a new perspective

Everybody gets into a low mood sometimes, but most people can "talk themselves" out of it.

My low moods appear suddenly and without warning and when they come, I want to hide myself away from the world.

I think it is to avoid the well-intended advice 'normal' people tend to dispense, believing they are being helpful; thinking they are being original.

I cannot count how many times people have showed their concern by recommending that I think positive thoughts, or do something to take my mind off it, like go for a walk.

"Stop moping", they'll say, or "look at all the things you have to be grateful for", which is never helpful, even though that is the intention. It's obvious to them that if I did all those things to 'snap out of it', like they do, I would be happier.

But there is a vast difference between saying it and doing it!

They say it with the expectation that I should be able to change my thought.

It processes around as easily as flicking a light switch, which is ridiculous. However, I

am sensible enough to know they are right, that I do need to train my brain to try and process things differently and thereby carry out my goal of seeing life from a new perspective.

I have already taken the first step, which was to make up my mind to get the depression under control and, beyond that, I produced a plan that I have managed to stick to so far.

At this moment in time, I am pleased with my overall progress, which began with me setting some realistic milestones, so I can easily measure and assess my progress.

In doing so I have found areas that need some work, and I have my sights set on at least one future aim, but I have also come to the realisation that the healing process is entirely up to me by simple virtue of the fact that I choose it to be so.

I do not know if I will ever be able to find a cure for this thing I have, but I am certain I can bring it to heel and that will be a big win for me.

I am beginning the year with my end goal in sight and the steps mapped out to get there.

That is already a substantial change from the beginning of last year!

**Continued next page...**



## 5 Top Tips to achieve your New Years Resolutions!

January is always considered the month of new beginnings, fresh starts, and an opportunity to throw out the old and welcome in the new. It's a brilliant concept, New Year, new you!

**So let's look at how you can give yourself the best chance to achieve those New Year's Resolutions.**

First, let's think about what sort of goals you want to set. New Years Resolutions are broadly broken down into two types 'Avoidance Goals' – this tends to be quitting things, Chocolate, Smoking, Alcohol or Screen time are some of the most common things people set out to avoid as part of their New Years Resolutions. The other types are 'Approach Goals' – These goals involve adopting a new habit, going for a walk each day, swimming, practicing a new skill or hobby.

### **Tip 1 – Set a resolution that involves doing something new, positive and that you will enjoy.**

A recent study showed that on average, people setting New Years Resolutions were about 25% more likely to achieve their Approach Goals than Avoidance Goals. It makes sense, you are far more likely to start and continue doing something you want to do than give up something that you might not be ready to give up. So make your New Years Resolution something positive that you want to start rather than something to quit to give yourself a better chance of success.

### **Tip 2 – Choose the one or two things that will make the most positive difference to your life in the fastest time & focus on these.**

Over 67% of people setting their resolutions chose 3 or more goals to achieve. Around 90% of these failed to keep one or more of their resolutions. This makes choosing too many one of the most common reasons people struggle to stick to their planned goals. Instead, choose the one or two goals, which you can see making an immediate positive difference to your life and go for these. If you can, also set a deadline to force you into action and avoid procrastination.

Continued next page...

By Paul



### Tip 3 – Don't be too hard on yourself

Ok so you're all set, you're going to do something new, that you enjoy and you're looking forward to January to get started...and then of course, real life gets in the way. Suddenly you're too busy one day, or you're not in the mood, or you feel a bit achy. Accept that this is a new positive change in your life, but understand that you need to make time for it and its time you won't always have, instead of feeling like you might have failed or you're letting yourself down, accept that its ok, you can skip a day, or a week, but resolve with yourself to remember why you set the goal in the first place, why it's important to you and go again next time. Each time you overcome your own barrier you will gain confidence and belief in your ability to make your New Year's Resolution a lasting change.

### Tip 4 – Give your resolution time to become a habit

Research has proven that it takes 66 days for a repeated routine to become a habit. It's a theory I certainly subscribe to and I've always tried to adopt this mind set whenever I'm trying to make a positive change in my life. In the early stages it will require more effort, you are building a new routine into your daily/weekly life. But as each week progresses and the longer you maintain the routine, the more it will feel like a natural part of your day and eventually you'll start to miss it on the days where you're unable to commit because of life taking over.

### Tip 5 – If all else fails, pick a new resolution.

Finally, and this is my favourite tip of all because it's like the trump card if you feel like you are finding it hard to achieve your goals, just pick a new one! Don't give up and wait for next January 1st to have another go, choose something new to have a go at. This way it doesn't matter what month it is, you can start with a brand new resolution which you will hopefully have more success with.

No matter what you choose, enjoy it and remember you are making a positive change for yourself. The more you are able to maintain that positive change, the more your personal wellbeing will improve and you never know, you may even discover a hidden talent!!

**Good Luck and please share your New Year Resolution success stories with us here at the College.**



# 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.
























Offered a tissue to a person that needed it	Stayed in my pajamas all day and watched a movie	Helped someone	Said 'thank you' to someone	Wrote a happy note to myself
Invited someone who was eating alone to join me	Made someone laugh	Make an uplifting playlist for a friend	Made a new friend	Did my chores without being asked
Cleaned up a mess that wasn't mine	Left a positive note in a random library book for someone to find	FILL IN YOUR OWN ACT OF KINDNESS!	Returned a shopping cart	Let someone go in front of me in line
Got at least 30 minutes of exercise today	Held open a door	Gave a friend or family member a hug	Asked someone about their day	Invited another student to play
Left a positive note on a random locker	Wrote a thank you note for the mail delivery person	Gave someone a compliment	Read to someone	Used a reusable water bottle

**RANDOM ACTS OF KINDNESS**  
FOUNDATION



# UPCOMING COURSES

## 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



**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](mailto:livedexperience@tbmind.org.uk)



**healthwatch**  
Thurrock

## Join the Healthwatch Thurrock Advisory Group



Healthwatch Thurrock seeks to recruit volunteers to its Advisory Group, to support the Healthwatch team best deliver their services to people in Thurrock.

The Advisory Group is formed of people from a range of backgrounds, with relevant skills and experience.

We are looking for individuals with specific knowledge around the topics below to join our diverse Advisory Group:

- ✓ Long term conditions
- ✓ Mental Health
- ✓ Drugs & alcohol
- ✓ Learning disabilities
- ✓ Children/Young people
- ✓ LGBTQIA+

Please get in touch to tell us why you'd be perfect for the role

Call: 01375 389883  
Email: [admin@healthwatchthurrock.org](mailto:admin@healthwatchthurrock.org)

## Thurrock Cares Roadshows

Find out what support is available to help you with the rising cost of living



Tilbury Library and Hub  
Friday 24 January  
10am to 1pm

[thurrock.gov.uk/thurrockcares](http://thurrock.gov.uk/thurrockcares)




Stronger Together Thurrock

Thurrock CVS

[thurrock.gov.uk](http://thurrock.gov.uk)

## Recovery Cafe - Fridays 10:30-1:30 at the Grays Park Cafe

We are pleased to announce that from January we will be offering a new service - **The Recovery Cafe** at the Grays Park Cafe

The Recovery Café is a safe, inclusive and welcoming space where existing and new students can meet to talk about mental health related topics and find out more about Recovery College and other Inclusion services.

At the Recovery Cafe people can:

- connect with peers and share experiences
- participate in wellbeing talks
- explore recovery-focused courses and activities
- meet others who understand the challenges of mental health recovery
- register with Recovery College and book courses to support your wellbeing

Every body is welcome, especially if you experience feelings of isolation.

There is no need to book, just come in



## 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](http://www.recoverycollege.inclusionthurrock.org)**  
to read more!



### Contact Us!

**Email:** [Thurrockcollege@mpft.nhs.uk](mailto:Thurrockcollege@mpft.nhs.uk)

**Call:** 01375 809 708

**X** @ThurrckRCollege

**f** Inclusion Thurrock Recovery College