

Thurrock Recovery College

January – March Timetable 2025



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Contact us

01375 809 708

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 10-12 pm Grays 	13 My Rested Self: Sleep Corringham 2-4 pm 	14 Visualisation for Relaxation - Loving, Kindness and Compassion (online) 10-11am 	14 Thriving with Neurodiversity (online) 1- 4:30 pm 	15 Mindful Walk 2-3:30 pm Grays 	16 Visualisation for Relaxation (online) 6-7 pm 	16 Relaxation workshop 11-1pm Grays 	17 5 Ways of wellbeing Connect 12-2pm South Ockendon 	17 NEW Recovery Café 10:30-1:30pm Grays Park Cafe
20 Newsletter Co-production 10-11 am Chafford Hundred 	20 Yoga for Everyone 10-12 pm Grays 	20 My Rested Self: Sleep Corringham 2-4pm 	21 Individual learning plans		22 Progressing with Visualisation (online) 2-3:30pm 	23 Understanding Anxiety (online) 9:30 -11:30am 	23 Understanding Depression 12-2pm Grays 	24 5 Ways of wellbeing Take Notice 12-2pm South Ockendon 	24 NEW Recovery Café 10:30-1:30pm Grays Park Cafe
27 Newsletter co-production 10-11 am Chafford Hundred 	27 Yoga for Everyone 10-12 pm Grays 	27 My Rested Self: Sleep Corringham 2-4pm 	28 Individual learning plans		29 Mindful Walk 2-3:30pm Rainham Marshes 	30 Understanding Anxiety (online) 9:30 -11:30am 	30 Understanding Depression 12-2pm Grays 	31 5 Ways of wellbeing Give 12-2pm South Ockendon 	31 NEW Recovery Café 10:30-1:30pm Grays Park Cafe

February 2025

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

March 2025

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