

Thurrock Recovery College STUDENT NEWSLETTER



Balancing at Sunrise

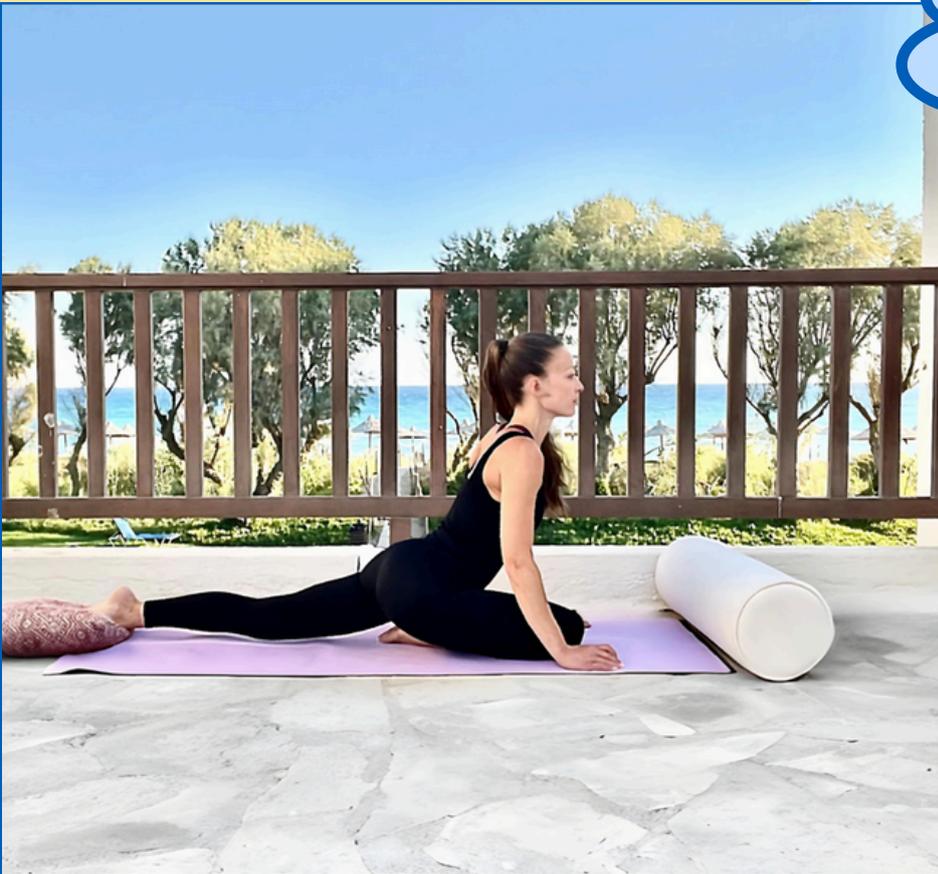
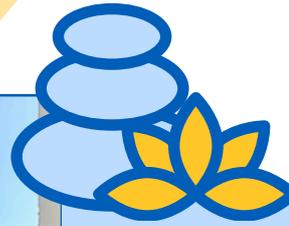
By Louise, a student at Inclusion Thurrock Recovery College

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- Artwork from Louise
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- Article from our Wellbeing Practitioner
- Community Updates

Pose Of The Month

Half Pigeon (Ardha Kapotasana)



About Half Pigeon Pose

Half Pigeon Pose gets its name from the resemblance of the chest's upward lift to a pigeon puffing its chest.

This gentle yet profound posture encourages balance, flexibility, and emotional release while opening the hips and heart.

By Diana
Yoga Tutor

Benefits

- **Stretch and Strengthen:** Opens the hips, hamstrings, and lower back while stretching the chest, shoulders, and spine. Strengthens hip flexors and core muscles.
- **Flexibility and Alignment:** Improves spinal mobility and hip flexibility, promoting better posture and range of motion.
- **Breathe Better:** Opens the chest and diaphragm, enhancing respiratory function and calming the nervous system.
- **Emotional Release:** Releases tension stored in the hips, promoting emotional balance and activating the Root and Heart Chakras.
- **Therapeutic Effects:** Relieves lower back pain, sciatica, and stress-related tension while stimulating digestion and circulation.

it's
TIME
- TO -
Relax

Continued on next page...

How To Practice

Half Pigeon Pose



“
“Let your heart take flight with
the grace and freedom of a
pigeon in the sky.”
”

- 1** Start in Tabletop: Knees hip-width apart, palms grounded, chest broad, and core engaged.
- 2** Transition into the Pose: On an xhale, bring your left knee forward, placing it behind your left wrist, and extend your right leg straight back.
- 3** Align Your Hips: Keep hips square, avoid rolling onto one side. Your left foot can stay near your right hip or move toward the mat's right edge for a deeper stretch.
- 4** Lift and Open: Sit upright, pressing palms or fingertips into the mat. Open your chest, lift your spine, and maintain a slight backbend.
- 5** Breathe Deeply: Hold the pose for 5–8 breaths, focusing on relaxing the hips and stretching the chest.
- 6** Release Gently: Tuck your back toes, lift your hips, and return to Tabletop. Repeat on the other side.

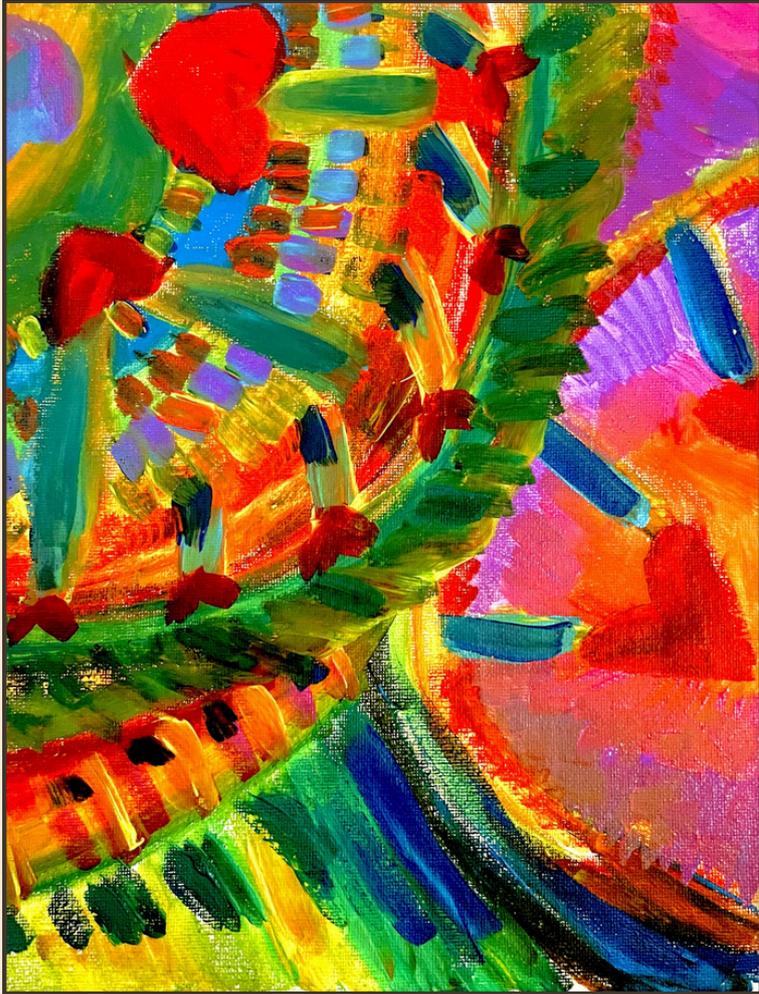
Contraindications

- Avoid this pose if you have severe knee or hip injuries in the last 6–9 months.
- Use props for support if needed to protect your joints or adjust alignment.

Invitation to Practice

Half Pigeon Pose is more than a physical stretch—it's an invitation to let go of what no longer serves you. Open your heart, free your hips, and find your balance as you move gracefully toward a state of calm and renewal.

"Fly free and rise above with Half Pigeon Pose."



Time for Self-Care

"You have a choice of what you see
When the time is right
Make a CHOICE
YOU hold the power
Make a decision

Take a leap of faith
Never too late
can ALWAYS change your mind
Make that choice
To just CHOOSE
The View
The Perspective
The Direction
Your CHOICE"



Step Back to See

"Stairway Of Views
Be more compassionate to self,
Less, Or more like a critic..
Less, Or more assessing..
Use mind to have an option
With less emotion about a problem
By thinking someone else is involved,
in the situation instead of you
A problem can be solved.
It can be helpful,
to step back."

Looking Forward

By Mandy Barber, Wellbeing Practitioner



March may be a good time of year to start thinking about looking forward. With this in mind, I have decided to do some planning myself.

I've had an idea for a novel in my head for around 15 years. I even started writing it and managed a couple of chapters.

However, time, work and life got in the way and it has spent many years on the back burner. I know it needs a lot of time, thought and effort to develop the story and characters.

It seems to be an insurmountable task and I haven't moved forward with it until now.

I've decided that even if it isn't good enough for me to publish, I'll try and write the novel anyway to satisfy myself and inspire my creativity. I'm hoping it will flow.

With that said I've limited time due to commitments, thus I need to be **SMART** (excuse the pun), about achieving this task.

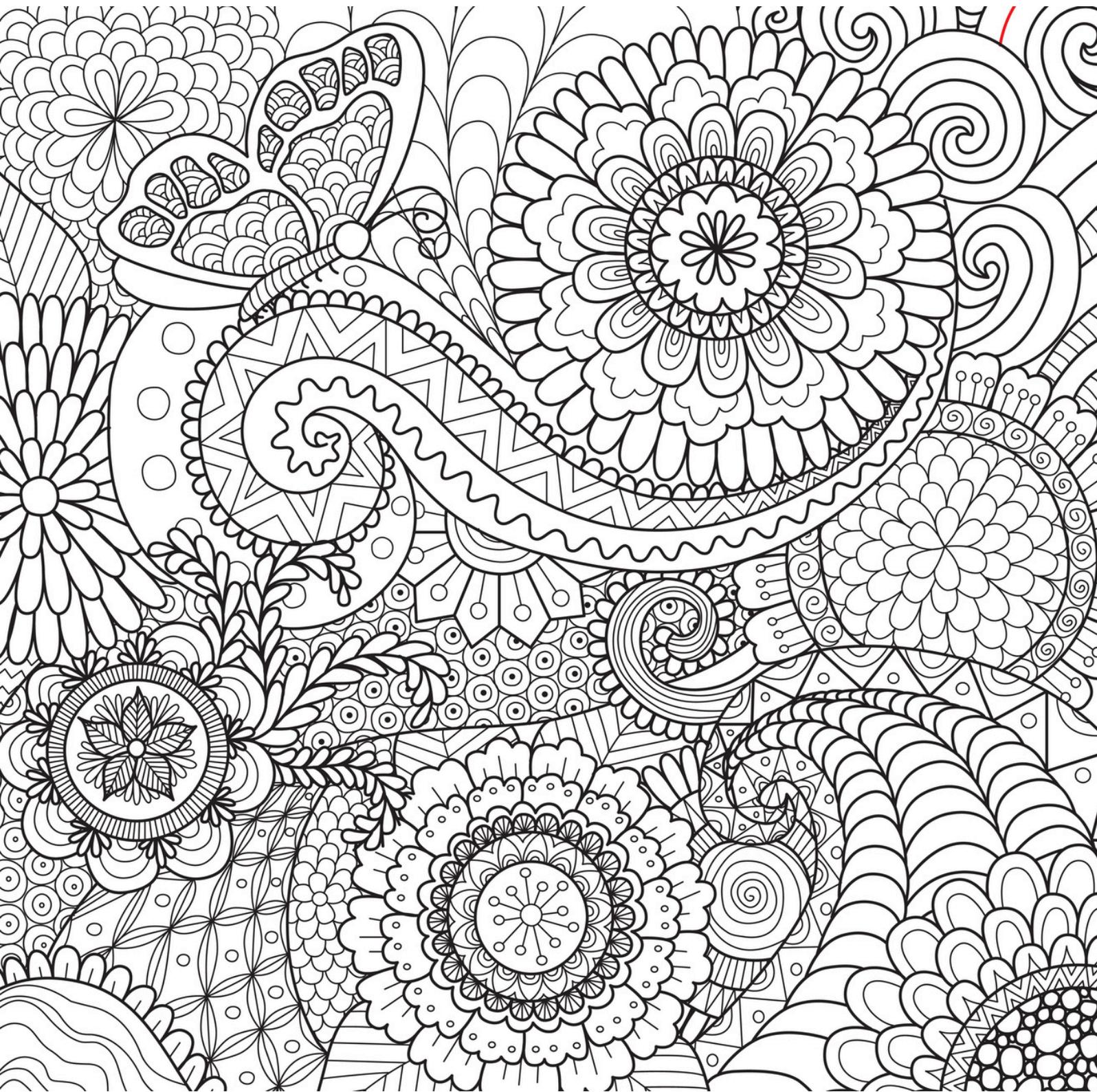
I've decided to break this down into smaller and more achievable goals. I'm going to make a plan and try to stick to it. I will be more inclined to do this if I'm reporting back on my progress. Each month I will bring you a short update on how I am progressing.

My first task is to develop a plan by setting aside Wednesday evening this week when I know I am free. In the plan I will set small, bitesize goals that are manageable and will not put any pressure on me or cause me any stress to complete.

These need to be **SMART** goals (Specific, Measurable, Attainable, Relevant & Timely).

I now have a plan and look forward to my final destination. I'll keep you posted.

Colour Me



Designed by Freepik

Upcoming Courses

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	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	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	Recovery Café 10:30-1:30pm Grays



BEING NEURODIVERGENT: OWN IT, THRIVE & SUCCEED!

Neurodiversity is a strength - let's celebrate it!

6 week course starting:
Wednesday 12th March 2025
1pm until 3pm at
Tilbury Library and
Community Hub

This course is for neurodivergent adults and those who support them, offering practical strategies to embrace differences, build confidence, and create success in work, relationships, and daily life.

What You'll Gain:

-  **A Strengths-Based Approach** – See neurodivergence as an advantage, not a limitation.
-  **Thriving at Work & Beyond** – Create environments where neurodivergent minds excel.
-  **Stronger Relationships** – Communicate with confidence & build meaningful connections.
-  **Self-Care & Burnout Prevention** – Learn strategies that truly support well-being.
-  **A Personalised Thriving Plan** – Walk away with real steps for long-term success.

Who is this for?

-  **Neurodivergent adults** (ADHD, Autism, Dyslexia & more).
-  **Employers, educators & allies** who want to foster neurodivergent-friendly spaces.
-  **Friends, family & partners** looking to better understand and support neurodivergence.
-  **Anyone ready to celebrate differences, not “fix” them!**

The world needs different thinkers -
let's unlock that potential!

SIGN UP NOW!

Call: 01375 372476

Visit: www.tacc.ac.uk

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



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

Thurrock Cares Roadshows

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



Corringham Library
Wednesday 5 February
10am to 1pm

thurrock.gov.uk/thurrockcares




thurrock.gov.uk

Squad assemble! MISSION: COMMUNITY SCARF

LET'S GET KNITTING!

We are inviting the community to come together and help us knit a Community Scarf. All welcome, at any skill level.

Double Knit, 6mm needles, 30 stitches, 6" wide
Any pattern/colour and any length welcome.

Feel free to add your favourite community groups or organisation into your design to shine a light on the wonderful services in Grays and Thurrock. But don't be nervous, the scarf doesn't have to be perfect!

DEADLINE: Friday 7th February
Drop-off your knitted contribution to Arts Outburst on the 2nd floor of the Thameside Complex, Orsett Road, Grays by the 7th Feb 2025.

GRAND REVEAL

The Community Scarf will be unveiled at **Troupe Presents** on Feb 21st, our Creative Development Programme's very own cabaret evening showcasing participants AND our handmade symbol of care, community & collaboration!

Find out more at www.artsoutburst.co.uk

CONTACT
Emma at Arts Outburst
01375 386247 | emma@artsoutburst.co.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

Everybody 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
to read more!



Contact Us!

Email: Thurrockcollege@mpft.nhs.uk

Call: 01375 809 708

X @ThurrckRCollege

f Inclusion Thurrock Recovery College