

# Thurrock Recovery College

April to July 2025



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## Contact us

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[recoverycollege.inclusionthurrock.org](https://recoverycollege.inclusionthurrock.org)



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# April 2025

Monday	Tuesday		Wednesday	Thursday		Friday		
	<b>1</b> Open Day 1:30 - 4:30pm Thurrock Health Centre, 1 <sup>st</sup> floor Inclusion 	<b>1</b> Mindful Walk 10-11:30am Purfleet 	<b>2</b> Yoga for Everyone 10-12pm Aveley 	<b>3</b> Relaxation workshop 12-2pm Grays 	<b>4</b> Progressing with Visualisation (online)  1:30 - 3pm	<b>4</b> Recovery Café 10:30-1:30pm Grays Park Café 		
<b>7</b> (Easter Holiday)	<b>8</b> (Easter Holiday)		<b>9</b> (Easter Holiday)	<b>10</b> (Easter Holiday)		<b>11</b> Recovery Café 10:30-1:30pm Grays Park Café 		
<b>14</b> (Easter Holiday)	<b>15</b> (Easter Holiday)		<b>16</b> (Easter Holiday)		<b>17</b> (Easter Holiday)		<b>18</b> Good Friday	
<b>21</b> Easter Bank holiday	<b>22</b> Creating Mindfulness 10am-12pm Grays 	<b>22</b> Visualisation for Relaxation: Loving, Kindness & Compassion (online) 2-3pm 	<b>23</b> Yoga for Everyone 10-12pm Aveley 	<b>23</b> Food and Mood Aveley 1-3pm 	<b>24</b> Mindful Walk Grays 10-11:30am 	<b>24</b> My Rested Self: Relaxation 11-1pm Tilbury 	<b>25</b> Ways to Wellbeing: Connect 10-12pm Grays 	<b>25</b> Recovery Café 10:30-1:30pm Grays Park Café 
<b>28</b> Newsletter co-production 10-11 am Chafford Hundred 	<b>29</b> Creating Mindfulness 10-12pm Grays 		<b>30</b> Yoga for Everyone 10-12pm Aveley 	<b>30</b> Food and Mood Aveley 1-3pm 	<b>1</b> Visualisation for Relaxation (online) 3-4pm 	<b>1</b> My Rested Self: Relaxation 11-1pm Tilbury 	<b>2</b> Ways to Wellbeing: Give 10-12pm Grays 	<b>2</b> Recovery Café 10:30-1:30pm Grays Park Café 

# May 2025

Monday		Tuesday		Wednesday		Thursday		Friday	
						1 Visualisation for Relaxation (online) 3-4pm 	1 My Rested Self: Relaxation 11-1pm Tilbury 	2 Ways to Wellbeing: Give 10-12pm Grays 	2 Recovery Café 10:30-1:30pm Grays Park Café 
5 May Bank Holiday		6 Creating Mindfulness 10-12pm Grays 	6 My Rested Self: Sleep 11-1pm Grays 	7 Yoga for Everyone Aveley 10-12pm 	7 Food and Mood Aveley 1-3pm 	8 Understanding Anxiety 10-12pm Grays 	8 My Rested Self: Relaxation 11-1pm Tilbury 	9 Ways to Wellbeing: Take Notice 10-12pm Grays 	9 Recovery Café 10:30-1:30pm Grays Park Café 
12 Newsletter co-production 10-11am Chafford Hundred 	12 Hope and Wellbeing 12-2pm Grays 	13 Creating Mindfulness 10-12pm Grays 	13 My Rested Self: Sleep 11-1pm Grays 	14 Yoga for Everyone 10-12pm Aveley 	14 Mindfulness practice (online) 2-3pm 	15 Understanding Anxiety 10-12pm Grays 	15 Introduction to Anxiety (online) 2-4pm 	16 Ways to Wellbeing: Learn 10-12pm Grays 	16 Recovery Café 10:30-1:30pm Grays Park Café 
19 Visualisation for Relaxation: Loving, Kindness & Compassion (online) 10-11am 	19 Hope and Wellbeing 12-2pm Grays 	20 My Rested Self: Sleep 11-1pm Grays 	21 Yoga for Everyone 10-12pm Aveley 	21 Mindfulness practice (online) 3-4pm 	22 Understanding Anxiety 10-12pm Grays 	22 Introduction to Anxiety (online) 2-4pm 	23 Ways to Wellbeing: Be active 10-12pm Grays 	23 Recovery Café 10:30-1:30pm Grays Park Café 	
26 (Half Term)		27 (Half Term)		28 (Half Term)		29 (Half Term)		30 (Half Term)	

# June 2025

Monday		Tuesday		Wednesday		Thursday		Friday	
<b>2</b> Newsletter co-production 10-11am Chafford Hundred 	<b>2</b> Understanding Depression 2-4pm Tilbury 	<b>3</b> NEW Intro to Navigating Emotions (online) 10-12:30pm 	<b>3</b> Exploring Loss & Moving Forward (online) 2-4:30pm 	<b>4</b> Yoga for Everyone 10-12pm Aveley 	<b>4</b> Visualisation for Relaxation (online) 1-2pm 	<b>5</b> Ways to Wellbeing: Connect 10-12pm South Ockendon 	<b>5</b> Open Day 1:30 -4:30pm Thurrock Health Centre, 1 <sup>st</sup> floor Inclusion 	<b>6</b> Mindful Walk Purfleet 11-12:30pm 	<b>6</b> Recovery Café 10:30-1:30pm Grays Park Café 
<b>9</b> My Rested Self: Sleep (online) 5-7pm 	<b>9</b> Understanding Depression 2-4pm Tilbury 	<b>10</b> NEW Intro to Navigating Emotions (online)  10-12:30pm	<b>10</b> Exploring Loss & Moving Forward (online) 	<b>11</b> Yoga for Everyone 10-12pm Aveley 	<b>11</b> NEW Practical Mindfulness 1-3pm Grays 	<b>12</b> Ways to Wellbeing: Take Notice 10-12pm South Ockendon 	<b>12</b> Communicating with Confidence 1-3pm South Ockendon 	<b>13</b> Anxiety & Me (online) 11-12pm 	<b>13</b> Recovery Café 10:30-1:30pm Grays Park Café 
<b>16</b> My Rested Self: Sleep (online) 5-7pm 	<b>16</b> Understanding Depression 2-4pm Tilbury 	<b>17</b> NEW Positive Psychology: Happiness (online)  10-12pm	<b>17</b> Mindful Walk Chafford Hundred 10-11:30am 	<b>18</b> Yoga for Everyone 10-12pm Aveley 	<b>18</b> NEW Practical Mindfulness 1-3pm Grays 	<b>19</b> Ways to Wellbeing: Give 10-12pm South Ockendon 	<b>19</b> Communicating with Confidence 1-3pm South Ockendon 	<b>20</b> Anxiety & Me (online) 11-12pm 	<b>20</b> Recovery Café 10:30-1:30pm Grays Park Café 
<b>23</b> My Rested Self: Sleep (online) 5-7pm 	<b>24</b> NEW Positive Psychology: Happiness (online)  10-12pm	<b>24</b> Understanding Anxiety 6-8pm Grays 	<b>25</b> Yoga for Everyone 10-12pm Aveley 	<b>25</b> NEW Practical Mindfulness 1-3pm Grays 	<b>26</b> Ways to Wellbeing: Learn 10-12pm South Ockendon 	<b>26</b> Communicating with Confidence 1-3pm South Ockendon 	<b>27</b> Anxiety & Me (online) 11-12pm 	<b>27</b> Recovery Café 10:30-1:30pm Grays Park Café 	
<b>30</b> Open Day - Inclusion Thurrock Health Centre (1:30 -4:30pm) 									

# July 2025

Monday	Tuesday		Wednesday		Thursday		Friday	
<b>30</b> Open Day 1:30 - 4:30pm Inclusion Thurrock Health Centre 1 <sup>st</sup> floor 	<b>1</b> Food and Mood 10am-12pm Grays 	<b>1</b> Understanding Anxiety 6-8pm Grays 	<b>2</b> Yoga for Everyone 10-12pm Aveley 	<b>2</b> <b>NEW</b> Practical Mindfulness 1-3pm Grays 	<b>3</b> Ways to Wellbeing: Be Active 10-12pm South  Ockendon	<b>3</b> Communicating with Confidence 1-3pm South  Ockendon	<b>4</b> Identity and Personality (online) 11am -1pm 	<b>4</b> Recovery Café 10:30am-1:30pm Grays Park Café 
<b>7</b> Newsletter co-production 10-11 am Chafford Hundred 	<b>8</b> Food and Mood 10am-12pm Grays 	<b>8</b> Understanding Anxiety 6-8pm Grays 	<b>9</b> <b>NEW</b> Practical Mindfulness 1-3pm Grays 		<b>10</b> Exploring Loss & Moving Forward 1-4pm Grays 		<b>11</b> Identity and Personality (online) 11am -1pm 	<b>11</b> Recovery Café 10:30am-1:30pm Grays Park Café 
<b>14</b> Understanding Depression (online) 10am -1pm 	<b>15</b> Food and Mood 10am-12pm Grays 	<b>15</b> Visualisation for Relaxation (online) 10-11am 	<b>16</b> <b>NEW</b> Practical Mindfulness 1-3pm Grays 		<b>17</b> Exploring Loss & Moving Forward 1- 4pm Grays 		<b>18</b> Mindful Walk Chafford Hundred 12-1:30pm 	<b>18</b> Recovery Café 10:30am-1:30pm Grays Park Café 
<b>21</b> Understanding Depression (online) 10am -1pm 	<b>22</b> Hope and Wellbeing 10am-2pm Grays 	<b>22</b> Progressing with Visualisation: The ocean (online)  10-11:30am	<b>23</b> (Summer Holiday)		<b>24</b> (Summer Holiday)		<b>25</b> (Summer Holiday)	