

Thurrock Recovery College STUDENT NEWSLETTER



See & Feel Your Strengths

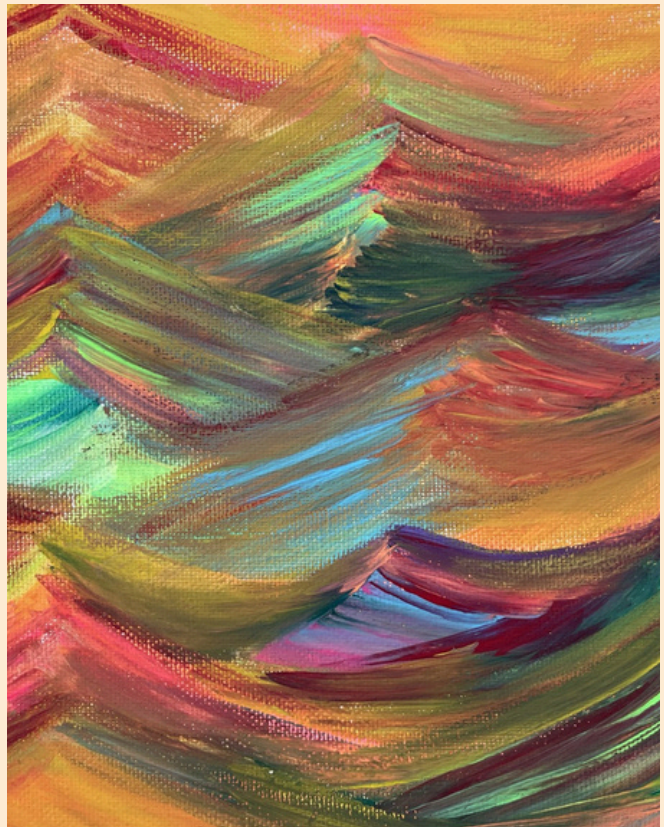
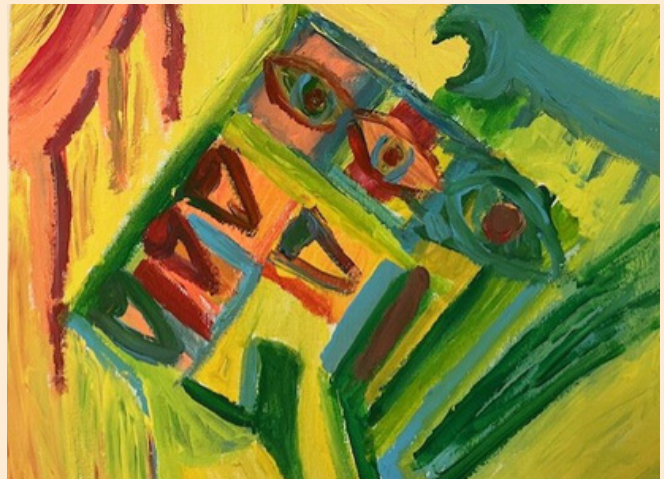
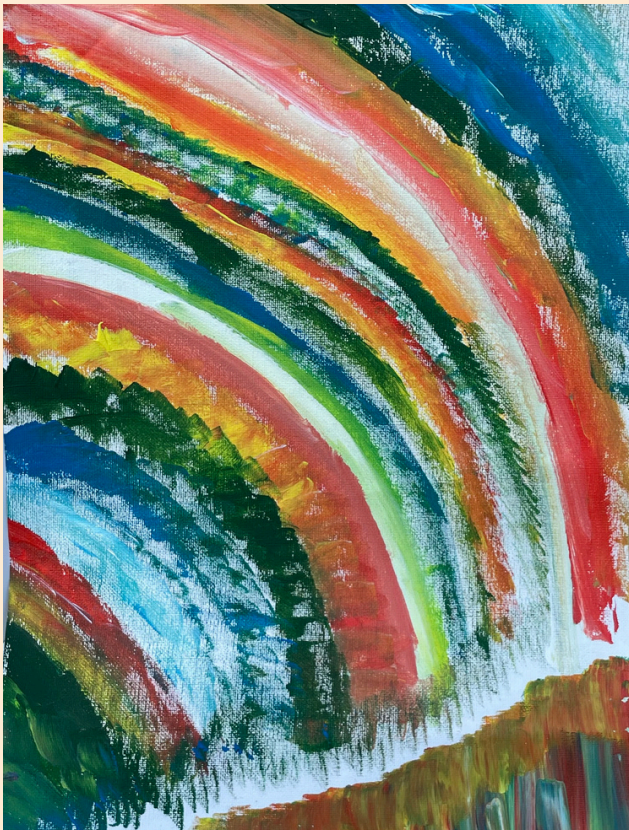
By Louise, Student at Inclusion Thurrock Recovery College

IN THIS ISSUE:

- Yoga Pose of the month
- Articles from our Peer Workers
- Staff Spotlight
- Community Updates
- Student artwork

Artwork

By Louise, Student



The Lake District

...through my eyes

By Katie Ireland
Peer Learning
Support Worker



Dear Readers,

I have mentioned a few times in these newsletters about my love for photography as a hobby. I love looking back on photos and remembering special memory's, remembering how I felt during that photo being taken. I don't like just holding onto memories in my heart or soul as your memories can slightly change as you get older, and I want to look back and remember them moments exactly as they were.

I recently went to the Lake District for the first time, and I wasn't disappointed, the views were beautiful, and I was filled with a real sense of peace (which is rare for me). I'm someone that is always on the go, even when there is no gas left in the tank, so this trip gave me just what I needed!

When first arriving there, to get to my hotel, I was in the middle of nowhere and greeted by a lot of sheep (which made me and partner chuckle). For the next three days it became part of my daily routine to watch the sun rising, drinking my cup of coffee and talk to the sheep (I know how it sounds, but really you should try it!).

I completed my first ever hike and I've got to be honest, I think it may be my last hike! When you're



on the ground, looking up at these hills, you think to yourself 'That doesn't look too bad'. Well a hike that was meant to be 45 minutes, ended up taking me 2 and half hours! This was mostly due to me not realising that I just so happen to have a slight fear of heights. When this is accompanied with steepness, I stopped multiple times, hydrated myself and persevered even though I was literally terrified and my legs felt like jelly!! I also saw sheep that high up and thought 'If they can do this every day, then I can do this today!'



The picture of me in the water was the result of getting to the destination of the hike which was a natural infinity pool. I felt it took me longer than it perhaps should have, I was and still am so proud of myself and I was pleased I didn't give up because I got some amazing photos & it felt like a real accomplishment.



This getaway was so beneficial for my mental health because I got out every single day, was surrounded by animals, got to take some amazing photos, visited some beautiful places and ate amazing food. I think no matter whether you're going abroad or just going down the road from your house, it can be so beneficial just to get away from everyday tasks and commitments. We are all allowed a break at times and to not feel guilty for this. If we aim to give our best to others, we need these breaks to rejuvenate ourselves & give ourselves time to fill our own cup.



Staff Spotlight



My Name is Kelvin

I work as a Wellbeing Practitioner at the Recovery College helping to run the courses there.

I've called London home for over 40 years, though you're just as likely to find me riding my motorbike as you are facilitating a course at The Recovery College! It is lucky that my commute on public transport from North West London where I live, is a relaxing (but long) journey where I can read on my way to & from work.

After three decades working in addiction rehabs & day services, helping people stay on track and master the art of living well—I shifted gears to bring that knowledge to a wider audience. Now, as a tutor at the Recovery College of 5 years standing, I can continue to support others from a much wider background in understanding and managing mental health and wellbeing.

I am passionate about helping others make positive changes in their lives & the Recovery College is the perfect place for me to do that.

When I'm not working, I'm into astronomy, sci-fi, cooking, cinema, gardening, guitar (still learning), and anything with two wheels and an engine.

Haiku Poems

Dedicated to mental illness and the daily struggles

The Final Bullet

The trigger pulls out
A wound deep enough to cut
Silenced by bullet .

Soldiers Through The Storm

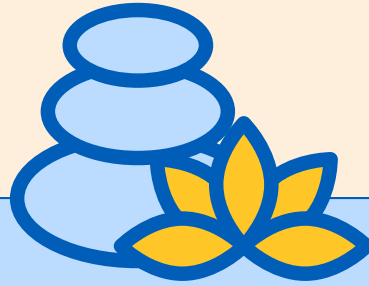
Petals falling down
On the day when soldiers
Marched through the storm.

By Leanne, Student at Inclusion Thurrock Recovery College

POSE OF THE MONTH

Goddess Pose Utkata Konasana

This June, connect with Goddess Pose (Utkata Konasana)—a posture of strength, stability, and divine energy. Just as summer fuels growth, this pose ignites inner power, emotional balance, and fierce grace



By Diana
Yoga Tutor



About Goddess Pose

A powerful hip opener, Goddess Pose helps practitioners stand tall, expand their space, and embody fierce feminine energy.

Rooted in stability and breath awareness, this beginner-friendly pose builds leg strength, deepens flexibility, and enhances focus.

Benefits

- **Strength & Stability:** Tones legs, glutes, pelvic floor, and core, strengthening the knees, ankles, and hip joints.
- **Flexibility & Mobility:** Encourages deep hip opening, expanding the groins, thighs, and lower back.
- **Breath & Energy Flow:** The cactus arms variation opens the chest, improving breath capacity and circulation.
- **Posture & Alignment:** Strengthens the spine and shoulders, counteracting the effects of prolonged sitting.
- **Stress Release & Emotional Balance:** Activates the Muladhara (Root) and Swadhisthana (Sacral) Chakras, grounding energy and releasing emotional tension.



Continued on next page...

HOW TO PRACTICE

Goddess Pose



“

“Step into your power, embrace your space, and rise with unwavering strength.”

”

- 1** Find Your Foundation: Stand in Tadasana (Mountain Pose), then step the feet wide, about 3–3.5 feet apart.
- 2** Turn the Toes & Sink Deep: Angle the toes outward and bend the knees, ensuring they align over the ankles.
- 3** Engage & Expand: Keep the spine tall, tailbone tucked, and chest lifted.
- 4** Activate the Arms: Raise the arms into cactus shape, elbows bent at 90 degrees, palms facing forward.
- 5** Breathe & Hold: Stay for six deep breaths, feeling strength and expansion with every inhale.
- 6** Release & Reset: Exhale, straighten the legs, and return to Tadasana.

Contraindications





























- Avoid if recovering from hip, knee, or ankle injuries.
- Modify or use a wall for support if managing blood pressure fluctuations.

Goddess Pose is a reminder to take up space with confidence. This month, let the pose ground you in resilience, empower your movements, and spark an inner fire that radiates beyond the mat.

"Stand strong, breathe deep, and embrace your fierce grace." 🔥

UPCOMING COURSES

JUNE 2025

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



Life Beyond Limits

Do you have a long term or chronic
health condition?

Join our peer support group to
connect with others in the same boat



Starting in February at Grays
Library every Tuesday
To attend please call 01375 391411
and ask for peer support

www.thurrockandbrentwoodmind.org.uk
 **Thurrock and Brentwood**
Registered Charity No: 1106452



01375 659 172
carers@tbmind.org.uk

Charity



QUIZ NIGHT

North Stifford Cricket Club
Friday 13th June, 7pm-10pm
Tickets £5 per peson, Teams of 5



Scan the QR
code to book



Raffle
Bar available

Get That Job!

Get That Job is a 3-week program designed to equip you with the essential employability skills needed to land your ideal job. Whether you're just starting your career or looking for a fresh start, this course covers key topics such as CV writing, interview techniques, and job search strategies.

Week 1: CV Writing

Week 2: Job Searching

Master effective job search strategies

Week 3: Interview Skills & Preparation

Boost your confidence and ace your next interview with expert tips and mock interviews.

You don't have to commit to all 3 sessions—feel free to attend the ones that work best for you!



Enrol Now!

www.tacc.ac.uk

01375 372476

Nature in mind

Do you enjoy being out in nature?

Join us on a peer support
nature walk

Every Wednesday at 1pm - 2pm

We alternate our meetings between
Rainham Marshes one week and Davy
Down the following week

TO ATTEND PLEASE CALL 01375 391411 AND
ASK FOR PEER SUPPORT



www.thurrockandbrentwoodmind.org.uk

 **Thurrock and Brentwood**

Registered Charity No: 1106452

Confidence Collective

Do you struggle with confidence,
self esteem and/or body image?

Come and be a part of our peer
support group based in Grays



TO ATTEND CALL 01375 391411 AND
ASK FOR PEER SUPPORT

 **mind** Thurrock and Brentwood

www.thurrockandbrentwoodmind.org.uk

Registered Charity No: 1106452

Carers Week

9th-15th June 2025



Carers Week Activities

Drawing Skills
Cake Decorating
Picnic in the Park
Bingo & Brunch



Young Adult Carers Bowling
Pamper Day
Karaoke & Cake
Quiz Night

How to Book

To find out more or to book a place
please call us on **01375 659172** or
email **carers@tbmind.org.uk**

You're invited to the Recovery College Open Day!

Come along to our Recovery College Open Day, a chance to explore our **free** courses, meet the team, connect with others and discover how to support your wellbeing and mental health recovery through education & community in a friendly, relaxed space.

What to expect:

The day will be hosted by Inclusion Thurrock Recovery College in collaboration with Thurrock & Brentwood Mind Mental Health Lived Experience Panel and Thurrock Coalition: The Wellbeing Involvement Network (WIN), a supportive group based in Thurrock for individuals who are currently using or have previously used mental health services.



Join us!

5th June 2025 @ 1:30pm-4:30pm

Thurrock Health Centre, 55-57
High Street, RM17 6NB

 01375 898 680

 ThurrockRCollege@mpft.nhs.uk

Recovery Cafe **Fridays 10:30–1:30 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.



Meet & Greet With Members of our Team

If you are interested in registering with us or have chat we will be there.

You can also fill in our online registration form and a member of our team will be in touch.

The venues for the courses are around Thurrock in different areas.



SCAN ME

Scan the QR code below or visit
www.recoverycollege.inclusionthurrock.org
to read more!



Contact Us!

Email: Thurrockrcollege@mpft.nhs.uk

Call: 01375 809 708



@ThurrckRCollege



Inclusion Thurrock Recovery College