

Thurrock Recovery College STUDENT NEWSLETTER



Mindful Moments In Nature

By Louise, Recovery College Student

In this month's issue:

- Yoga taster sessions
- Articles from our Health Trainers
- Poems
- Community updates

Mindfulness in Bloom:

My Summer Practices of Mindfulness Outdoors

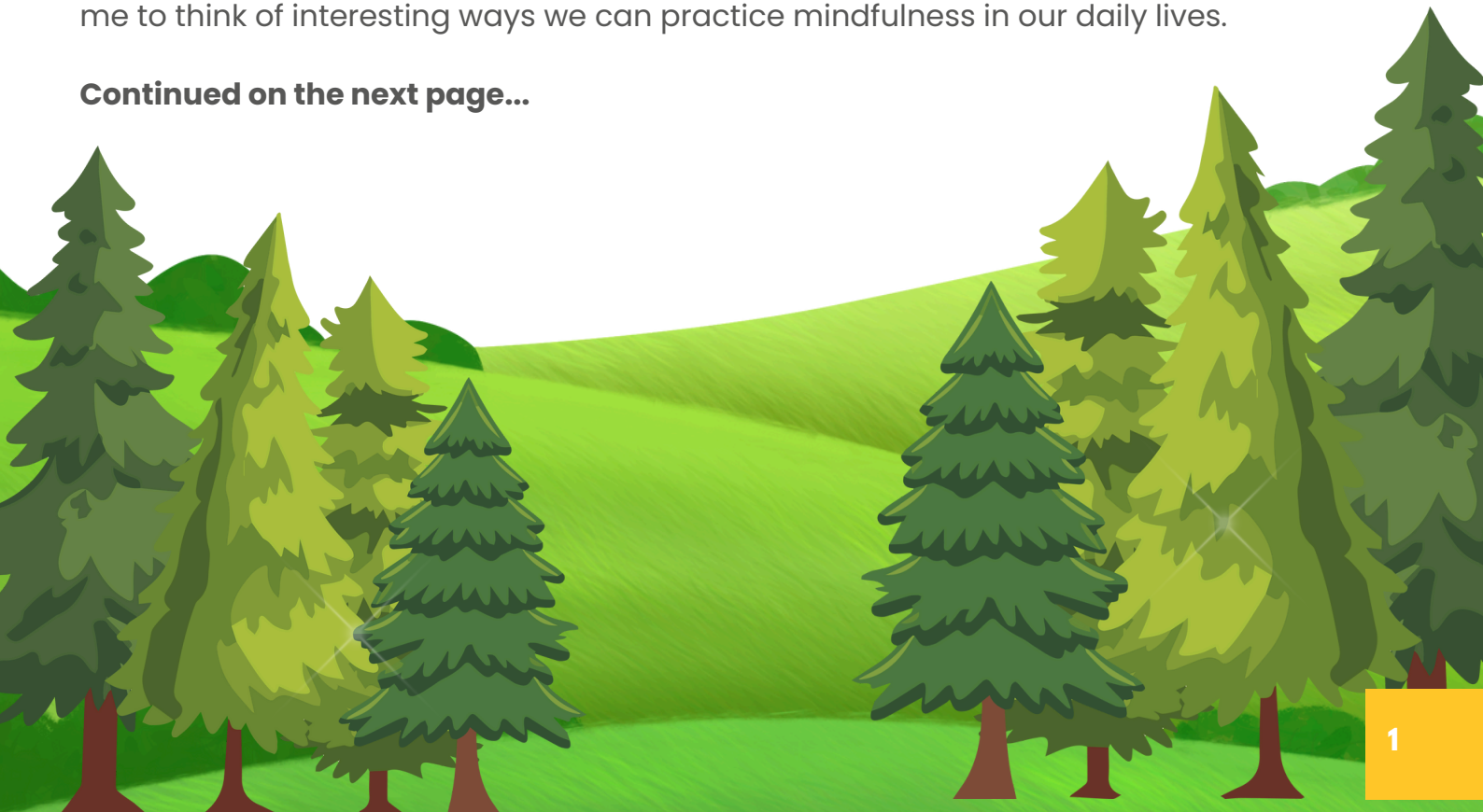
Being outside in nature has offered solace and connection when I've really needed it. I'm sure it comes as no surprise that being outdoors is an occupation that I'm passionate about, as I've mentioned this a few times in our Recovery College newsletters. Like most people, I sometimes struggle to take my mind off the common daily stressors of life, but being outdoors allows me to remain in the present, rather than being distracted by my wandering thoughts.

There's growing evidence that shows being outdoors helps lift mood and could help reduce stress, anxiety, and irritability. It suggests that the beauty and serenity of nature can also have a positive impact on mood by evoking feelings of awe, gratitude, and connection. The sounds, sights and scents of the natural world can help calm the mind and body, helping to lower cortisol levels (the stress hormone) and promote relaxation.

I like to combine being out in nature with mindfulness, which essentially is focusing one's awareness on the present moment. By practicing mindfulness in this environment, I've developed a deeper appreciation for the present moment and the world around me. This heightened awareness helps me to feel a sense of interconnectedness and perspective, allowing myself to approach challenges with greater clarity and resilience.

I have found that this has promoted a stronger mind-body connection and offered me perspective, particularly during challenging times. With mindfulness, there are many different options to explore and see what works for you. At the Recovery College, we've delivered a new course, Practical Mindfulness, which has really allowed me to think of interesting ways we can practice mindfulness in our daily lives.

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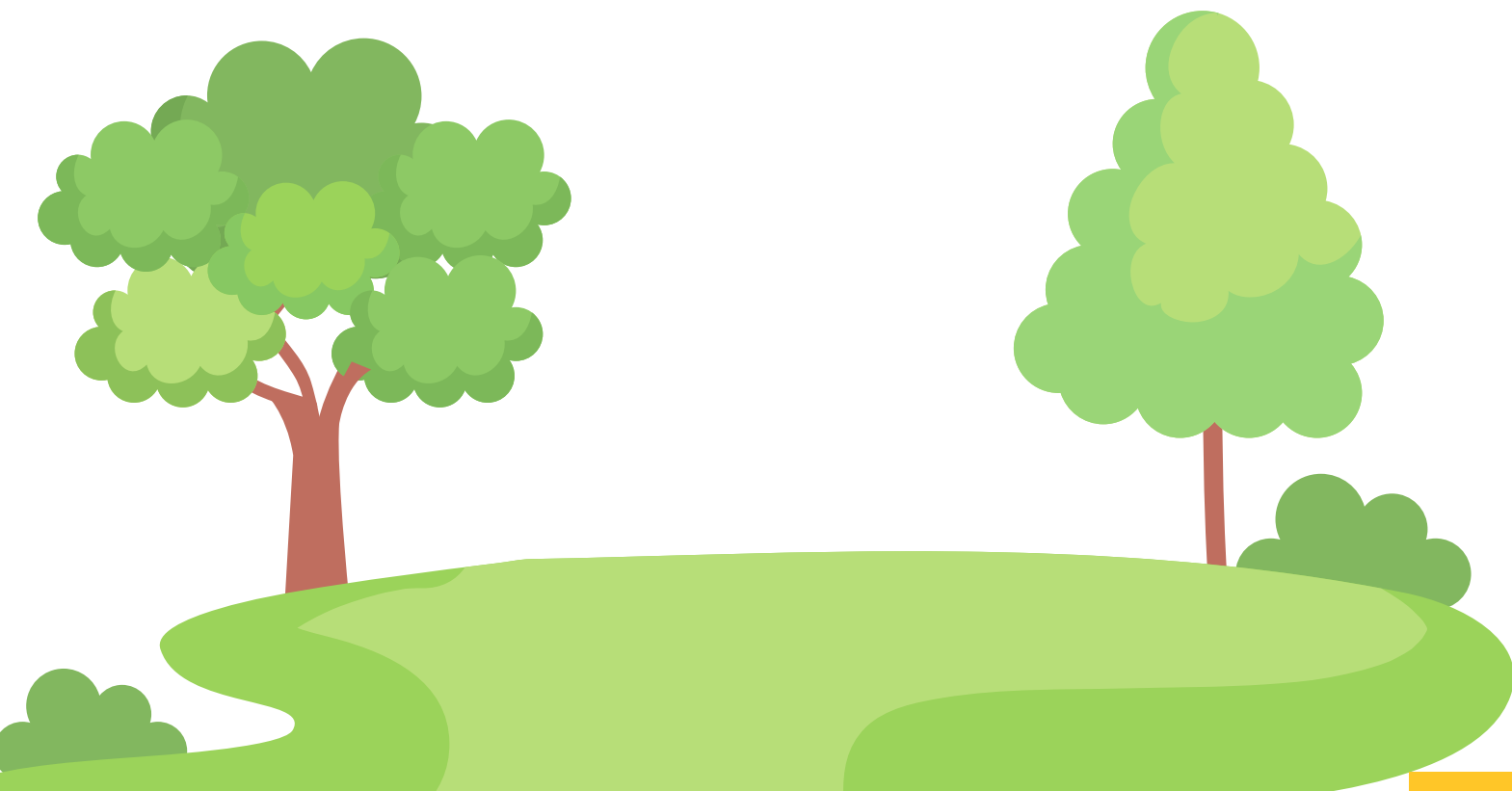
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A beginner option for outdoor mindfulness could be simply sitting outside and taking notice. Take a few minutes to settle in an outdoor space with seating, and tune into your surroundings. It can help to avoid being distracted by your phone or headphones as you tune into your senses. What sounds do you hear? Perhaps birds chirping, the wind and the trees. What do you see? Any flowers or animals? Then tune into the other senses, touch, taste, feel... Trying to notice these things without any judgment. Simply observe these things for what they are.

For those with a creative flair, I'd suggest nature journaling as a good introduction. Bring a notebook and pen with you on your nature walk. Record your thoughts, feelings, and observations about the natural world around you, mindfully observing and reflecting on these in your journal. It's amazing how present this can make me feel and how it's helped me to take notice of nature's beauty that otherwise, I would often miss.

As with all mindfulness practices, it helps to start small and gradually build on your practice over time. The beauty of practicing this in the great outdoors is that nature always offers something different to take notice of. As I bring awareness, presence and focus to these moments outside, I feel gratitude and can see that nature truly is a present.

**By Daniel Featherstone,
Health Trainer**



Yoga Taster Sessions

Big Lunches



You can find me, Diana, at several events throughout this summer! Our sessions will run from 1pm for half an hour. Look forward to seeing you there!
By Diana, Yoga Tutor.

Date	Location
Wednesday 6 th August	Tilbury
Thursday 7 th August	Chadwell St Mary
Wednesday 13 th August	Purfleet-On-Thames
Monday 18 th August	Blackshots

For more information, see upcoming events page

How to be...

By Iris Dearne

“

*"Anfangen ist leicht,
Beharren eine Kunst"*

*"Starting is easy,
persistence is an art"*

”

1

Adversity is a teacher on how to achieve personal growth, whether you choose to or not.

2

We all are good enough, it's only our human existence which leads us to doubt it.

3

Enjoy the simple things in life by connecting with the moment.

4

Practice self-compassion by engaging in self-chatter with kind words.

5

Think about what you can learn from a recent problem.

Increasing your own contentment

- Become more self-aware by engaging in activities you like
- Avoid setting high expectations
- Accept yourself how you are

Wisdom comes through many trials and tribulations, but together we are stronger side by side to help each other along our journeys.

Yoga Pose of the Month

Tree Pose (Vrikshasana)

August invites us to stay grounded as life begins to shift. **Tree Pose** reminds us that even when the world sways around us, we can stay rooted in ourselves. Whether you're navigating change, seeking balance, or just needing a moment of calm – this pose offers space to reconnect.



What Is Tree Pose (Vrikshasana)?

Tree Pose is a standing balance posture that strengthens the legs, improves focus, and opens the heart. It's a beautiful symbol of growth, grace, and inner stillness—even when things around us feel unsteady.

Beginner Tips

- Start with toe touching the floor for balance support.
- Practice barefoot on a firm surface.
- Embrace the wobbles—it's all part of the journey!

Yoga
By Diane

“

*“I am rooted. I am growing.
I am balanced in all I do.”*

”

How To Practice It

1. Start standing tall in Mountain Pose (Tadasana), feet grounded
2. Shift your weight into your right foot
3. Bring the sole of your left foot to your ankle, calf, or inner thigh (avoid the knee)
4. Hands can stay at the heart (Anjali Mudra) or reach up like branches
5. Find a soft gaze (drishti) on a still point in front of you
6. Breathe deeply and hold for 5–10 breaths
7. Switch sides and notice any differences



Tip: Visualise your standing leg as a strong trunk and your arms as growing branches.

“

"Like a tree, you must find your roots before you can truly grow"

”

Contradindications

- Avoid if you have severe balance issues or recent hip/ knee injuries.
- Keep a chair or wall nearby for support if needed.
- Modify if you experience dizziness or inner ear conditions.

This August, may you lean into the changes with grace, stay grounded in your truth, and remember: **even a tree sways—and still it stands.**

We're All Ignorant Until We Aren't

We're all ignorant until we aren't,
and there's no shame in that — just truth.
Ignorance isn't failure or fault.
It's the no-man's land before proof.

It's a quiet room before the music,
a page unopened in a book,
a locked door with an unturned key,
the truth inviting, if we look.

We stroll through life in certainty,
sure of what we understand.
But how much truth do we bypass,
with folded arms and idle hands?

How many comforts pass us by,
built by hands we never knew?
How many voices lost their weight
because we only thought we knew?

Each lesson came with consequence;
some light, and some severe —
But every bruise and quiet truth
made obscurity turn clear.

The ignorance fell in silent flakes,
like ashes do upon the floor.
And with each flake that left my mind,
the world grew clearer than before.

And now I speak not as the wise,
nor as someone who has "won,"
but as a soul who once was blind
and knows the sight's begun.

For ignorance does not depart,
It only lingers at the rim —
It waits for silence, waits for pride,
then quickly pulls us back within.

So I'll keep walking, asking, learning,
each mistake, a brand-new start —
Because we're ignorant of most things,
but that changes when we aren't.

By Dave
Recovery College Volunteer

POEMS

Nature Is Inspiring

Nature Soothes

Nature's mood can be comforting,
reassuring
Whether we are needing soothing
or need strength
It can be wonderful and great.

Radiance

Nature's brilliance has an
influence on our balance
Its radiance shines upon us
Connecting us to its magnificence.

Spirit

Feeling nature's spirit
We can take it as our friend
To be there when needed
A time we need for
silence or sound
there to help us
feel more connection around.

Inspire

The Skies above
Stars or clouds around
Moon or sun in the sky
Meaningful mystery found
Planets spinning far beyond
The universe inspires
Lights up bright
Shining stars awake
Sparkling stars reinspire.

By Louise
Recovery College Student

Another Step Forward...

Please don't feed me with your words of comfort.
When everything around me constantly feels hurt,
sometimes a hug is all I need.
It reaches in and heals the scars for me.

There's nothing worse than being alone,
with your thoughts and pain where nowhere feels like home.
No one understands, so I isolate.
Protecting myself from anyone else's hate.

I try to open up and say how I feel,
but by saying those words it feels all too real.
I have a gremlin on my shoulder, he won't go away.
Confirming others words, he beats me down every day.

Are you annoyed hearing about it again, and again?
Me too! Then they replied, "just get over it then!"
Till it happens to you, you won't know what's on my mind.
Be thankful for that and please just be kind.

Another step forward, another day done.
I'm working on myself, I will no longer run.
Surrounded by my friends, they remind me who I am.
It's hard work, it will be tough, but at least I have a plan.

By Hannah,
Recovery College Student



UPCOMING COURSES

September 2025

Monday		Tuesday	Wednesday		Thursday		Friday
					Open Day 10am-2pm Thurrock Health Centre, 1 st floor Inclusion		Recovery Café 10:30am-1:30pm Grays Park Café
Visualisation for Relaxation (online) 10-11am		My Rested Self Sleep (online) 6-8pm	Understanding Anxiety Grays 11am-2pm	Yoga for Everyone Aveley 10am-12pm	Mindful Walk 2-3:30pm Grays Beach	Practical Mindfulness Grays 10am-12pm	Recovery Café 10:30am-1:30pm Grays Park Café
Newsletter Group 10-11am Chafford Hundred	Visualisation for Loving, Kindness and Compassion (online) 1-2:30pm	My Rested Self Sleep (online) 6-8pm	Understanding Anxiety Grays 11am-2pm	Yoga for Everyone Aveley 10am-12pm	5 Ways to Wellbeing 1-3pm South Ockendon	Practical Mindfulness Grays 10am-12pm	Identity and Personality (online) 2-4pm
Progressing with Visualisation (online) 3-4:30 pm		My Rested Self Sleep (online) 6-8pm	Understanding Anxiety Grays 11am-2pm	Yoga for Everyone Aveley 10am-12pm	5 Ways to Wellbeing 1-3pm South Ockendon	Practical Mindfulness Grays 10am-12pm	Identity and Personality (online) 2-4pm
Mindful Walk The Gorge Chafford Hundred 12-1:30pm			Mindfulness Practice (online) 10-11am				



THE COMMUNITY BIG LUNCH

& FREE Summer Events for the whole family!

12pm - 4pm

MON 28 Jul	South Ockendon Dilkes Park, Fairham Ave, South Ockendon, RM15 5NN	THUR 31 Jul	East Tilbury Gobions Park, Princess Margaret Rd, East Tilbury, RM18 8TN
WED 6 Aug	Tilbury (Picnic in the Park) The Anchor Fields, Tilbury, RM18 8EY	THUR 7 Aug	Chadwell St Mary Pyramid Resource Centre, Heath Rd, Grays, RM16 3AP
WED 13 Aug	Purfleet-on-Thames On the Green (by the Beacon), Centurion Way, Purfleet-On- Thames, RM19 1QA	MON 18 Aug	Blackshots (Grays) Impulse Leisure, King George's Field, Blackshots Lane, RM16 2LP
FRI 22 Aug	Aveley Recreational Ground, High St, Aveley, RM15 4BX	THUR 28 Aug	Corringham Corringham Town Park, Springhouse Rd, Corringham, SS17 7LF

Grab a picnic and come along for a family fun afternoon!
Packed with creative activities, live entertainment, sports and more!
Scan the QR code for more information about what to expect!



Did you know...

Regular movement boosts your mood, lowers the risk of chronic diseases and increases your energy – making it an essential part of your routine for overall wellbeing!



Where to find local activities



Free & Low Cost Activity Booklet

Scan the QR code to check out low cost activities in Thurrock to get active – everything is under £5 a session or completely FREE!



Find Your Active Thurrock Facebook Group

Scan the QR code to follow us on Facebook and keep up to date with local activities, seasonal events, special offers and many more ways for you to get active in your community!

How to share your activities



Do you offer a physical activity in Thurrock? Then get in touch!

We will promote your activities for free!
Together, let's help Thurrock to be more active!



Contact: Melissa.Huggins@thurrockcvs.org

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

Week 3: Master effective job search strategies
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

Inspiring futures through
lifelong learning


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



At Grays Library every Tuesday
To attend please call 01375 391411
and ask for peer support

 **mind** Thurrock and Brentwood
www.thurrockandbrentwoodmind.org.uk
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

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Notice Board

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



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

At the Recovery Café, 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.

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.

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
Registered Charity No: 1106452

 **Thurrock and Brentwood**



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

X @ThurrckRCollege

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