

Thurrock Recovery College STUDENT NEWSLETTER



RC Mindful Walk

In this Month's Issue:

- Yoga taster sessions
- Articles from our Students & RC Lead
- Community updates

By **Patrizia Pessenda**
RC Lead



In a world that often feels fast, demanding, and uncertain; kindness and love can seem like small things. Yet at the **Recovery College**, we know they are powerful forces – quietly shaping our wellbeing, our confidence, and our ability to recover and grow.

Kindness DOESN'T have to be extraordinary

- **It can be a gentle check-in**
- **A listening ear**
- **A smile in the corridor**
- **Or the courage to be kind to ourselves on a difficult day**

These moments may look simple, but they create safety, connection, and hope—essential foundations for recovery. When we feel seen and valued, learning becomes easier and change feels more possible.

Love, in a recovery context, is not about perfection or fixing one another. It is about compassion, respect, and believing in people's strengths—even when they are hard to see. Love shows up when we accept ourselves as we are, when we forgive setbacks, and when we remember that recovery is not a straight line.

At the Recovery College, kindness and love are woven into everything we do: peer support, shared learning, and the understanding that everyone brings valuable lived experience.

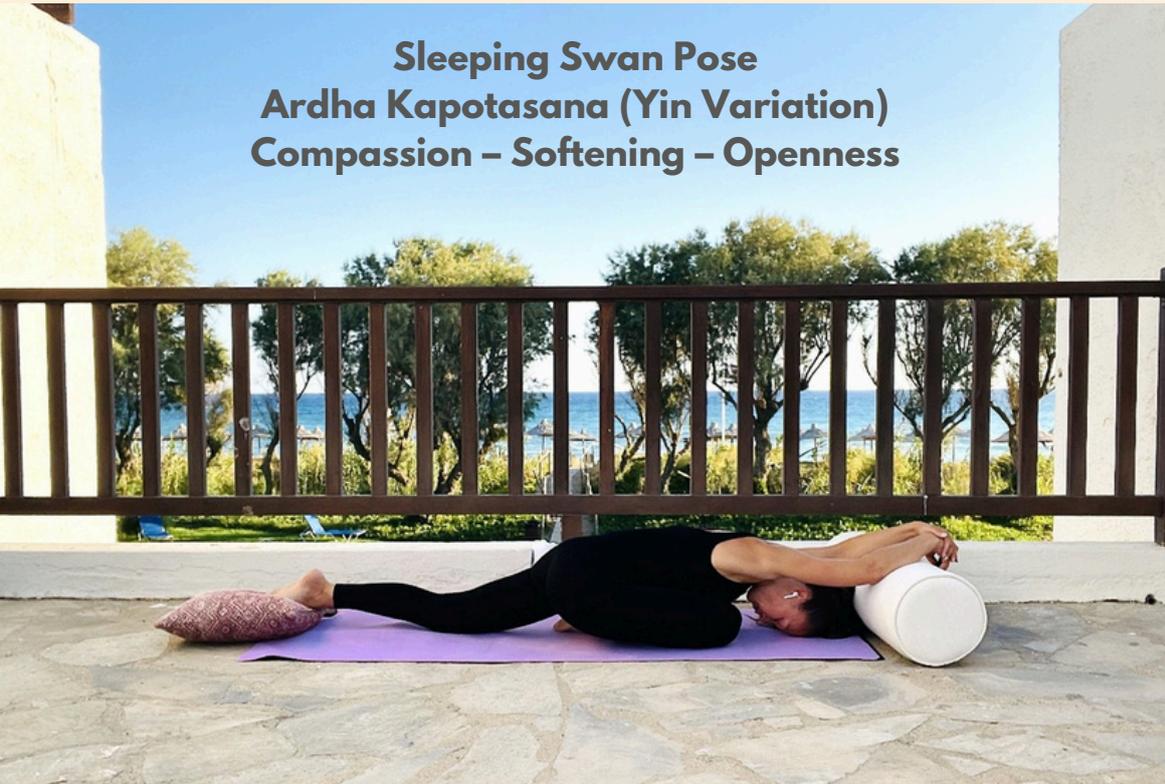
Each act of kindness—given or received—helps build a community where people feel they belong.

As we move forward together, let's remember that kindness and love are not extras. They are skills we can practise, choices we can make, and gifts we can offer—starting with ourselves.

Yoga Pose of the Month

By Diane
Yoga Teacher

Sleeping Swan Pose
Ardha Kapotasana (Yin Variation)
Compassion – Softening – Openness



Reflection – Kindness & Love

February encourages us to soften the heart and invite compassion into our relationships—especially the one we hold with ourselves. Sleeping Swan offers emotional release through deep hip opening, helping us dissolve tension where stress and past emotions often sit. As we melt into the posture, we practise tenderness, patience, and love in action.

“

“Where there is love, there is no judgement.” – The Dalai Lama

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YOGA

YOGA

How To Practice The Pose

1

Begin in tabletop position

2

Slide one knee forwards behind the wrist, extending the opposite leg back

3

Square the hips gently toward the floor

4

Slide one knee forwards behind the wrist, extending the opposite leg back

5

Slide one knee forwards behind the wrist, extending the opposite leg back

6

Hold for 2- 5 seconds on each side

Contraindications

- Knee or hip discomfort (support with blocks or cushions)
- Lower back tension (sit against a wall for support)

Symbolism

Anjali Mudra symbolises unity, honour, and respect—an offering of peace both inward and outward.

Sukhasana represents ease and simplicity, reminding us to approach communication with softness and intention.



Kindness and Love

In a world where the word "Love" seems hard for me to bare
Maybe because growing up I never felt like it was there
It's better for me to aspire to be kind
Kind to others, to myself and kind to my mind

I admit the latter is the hardest thing to do
So the best way to move forward is to be kind to all of you
A simple gesture, check in or hug to show I care
For some this may mean nothing but for others it's so rare

So I ask myself, why not me?
I'm the hardest on myself, my own worst enemy
Pushing people away, in protection mode constantly
Whilst hoping to be seen and heard, can someone set me free?

So I liken the two, kindness and love
Qualities I know I have and should take advantage of
We should love ourselves as we love others
Even if we don't feel it from parents, sisters, brothers

Even in the hardest times when you're emotionally or physically injured
Be your own cheerleader, head up and focus forward
Remember, in a world where you can be anything be kind!
A place that kindness and love exist, a world that you designed

By Hannah
RC Student



The theme of kindness and love will mean something different to everyone but for me, showing kindness is a type of love and I believe the world could use more kindness.

It allows you to be more present. When we do an act of kindness, it also makes us feel good. It costs nothing, and is something everyone should strive to do. We don't give out to get back, but the universe does reward your kindness.

I have been told I am too kind, too empathetic but for me, I think it's one of my better qualities. My friend told me the same, but not everyone deserves access to that part of me. Kindness and love are beautiful qualities to have within us and put into the world, but as an empathetic person, I do tend to feel things very deeply and we sometimes forget we are not all the same. Although it is good to be giving and kind, I know for myself, I need to remember my limits. We simply cannot give what we haven't got, however much we want to.

I am very lucky that all my friends are kind, not only to me, but to the world. Some people show love but life is too short to not tell people you love them. Yes, you can see it through actions and small check ins like 'have you eaten today?'. Words of reassurance and affirmation are lovely, and seeing what you mean to someone equally so. The kindness and love I have been shown the last couple of months proves that, not everyone will understand us and that's okay, the ones who matter will.

I love my own company, so if I'm choosing to spend time with you, I must love your energy. For me with my mental health, I am aware of my anxieties and the way I will overthink, but I saw something that resonated with me; if we tell someone we love them, believe how much that took for them, because they have overthought every reason not to. There is so much in life we can't change, but for me it's not letting the world or other people change who I am. Or if it is going to change me, let it only be for the better.

Sometimes against all odds, against all logic, we still hope. Nothing lasts forever, so continue to show kindness and love and everything you are working for, will find you. You can't miss anything that is meant for you.

UPCOMING COURSES

February 2026

Monday	Tuesday	Wednesday	Thursday	Friday			
2 Exploring Loss Moving Forward Grays 12pm-2pm 	3 Understanding Depression (online) 10am-12pm 	3 Food and Mood South Ockendon 11-1pm 	4 Yoga for Everyone 10am-12pm Aveley 	5 Recovery Café Brentwood Theatre 10:30am-1:30pm 	6 Recovery Café Wave Café, Grays 10:30am-1:30pm 	6 Communicating with Confidence Grays 11am-1pm 	
9 Exploring Loss Moving Forward Grays 12pm-2pm 	10 Understanding Depression (online) 10am-12pm 	11 Yoga for Everyone Aveley 10am-12pm 	11 Mindful Walk Purfleet 1pm-2:30pm 	12 Practical Mindfulness Grays 11am-1pm 	12 Recovery Café Brentwood Theatre 10:30am-1:30pm 	13 Recovery Café Wave Café, Grays 10:30am-1:30pm 	
16 Newsletter group Chafford Hundred 10am-11am 	17 Understanding Depression (online) 10am-12pm 	18 Half term		19 Half term		20 Recovery Café Wave Café, Grays 10:30am-1:30pm 	
23 Hope & Wellbeing Corringham 11am-1pm 	24 Mindfulness Practice (online) 11am-12pm 	24 My Rested Self Sleep (online) 5:30pm-7:30pm 	25 Yoga for Everyone 10am-12pm Aveley 	25 Visualisation for Relaxation (online) 2pm-3pm 	26 Practical Mindfulness Grays 11am-1pm 	26 Recovery Café Brentwood Theatre 10:30am-1:30pm 	27 Recovery Café Wave Café, Grays 10:30am-1:30pm 





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

The Recovery Café

Weekly 3 hour sessions

The Recovery Café is a safe and social 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.

Course information:

The Recovery Café is a welcoming and informal space to:

- 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

Reasons to join:

- To feel less isolated and more supported
- To enjoy a sense of belonging within a non-judgemental community
- Opportunity to register with Recovery College & book onto courses to support your wellbeing



Contact us:

 01375 898 680

 ThurrockRCollege@mpft.nhs.uk

 recoverycollege.inclusionthurrock.org

Meeting: Waves Coffee Shop

Date: Every Friday

Times: 10:30am-1:30pm

There is no need to book to attend the Recovery Cafe. Please note this is available to attend during term time only.

Inclusion Thurrock is provided by ^{NHS}inclusion - a specialist service of Midlands Partnership University NHS Foundation Trust (MPFT), working with Thurrock and Brentwood Mind and Essex Partnership University NHS Trust.

Free mental health, wellbeing and employment support for people in Thurrock.

Inclusion Thurrock offer a wide range of services including:

- Inclusion Thurrock Talking Therapies
- Recovery College
- Inclusion Thurrock Psychological Therapy Service
- Thurrock IPS Employment Service
- Early intervention in Psychosis (EiP)*
- At Risk Mental State (ARMS)*

**This is ran in partnership with EPUT*



We offer **free** mental health support to those who are looking to access talking therapies, employment support or simply a safe space to learn more on how to live a happier, healthier life.

To find out more:

 01375 898 680

 inclusionthurrock@mpft.nhs.uk

 inclusionthurrock.org

Scan the QR code to visit our website and find out more!



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

Colour & Connect

A safe space to colour, chat, and
take a break from it all.

No art skills needed—just come
as you are!

Every Wednesday

12:30pm - 2:30pm



www.thurrockandbrentwoodmind.org.uk

 **mind** Thurrock and Brentwood

Registered Charity No: 1106451

www.thurrockandbrentwoodmind.org.uk

Connected Minds



EVERY FRIDAY

10:30am - 12:30pm

Come and join us in a warm and
welcoming space where we chat, play
games, do colouring and uplift
each other!

Call 01375 391411 for more information

 **mind** Thurrock and Brentwood

Registered Charity No: 1106452



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

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