

Thurrock Recovery College STUDENT NEWSLETTER



Artwork by Louise
RC Student

In this month's issue:

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

Gratitude in Nature: What My Dog Keeps Teaching Me

By Patrizia Pessenda
RC Lead



Some of the best life lessons arrive when we're not looking for them. Mine often show up during something as simple as walking my dog Jazz. While I'm busy thinking about my to-do list, she steps outside like it's the greatest adventure of her life. Every scent, every leaf, every passing pigeon is fascinating. Watching Jazz reminds me that gratitude lives in the small, ordinary moments we usually rush past.

Nature has this gentle way of pulling us back to the present. On our walks, I've started paying attention to the tiny details I'd normally overlook—the soft squelch of mud after rain, the quiet flap of a bird's wings, the feeling of my dog leaning happily into the lead. These little things seem insignificant, but when you pause to notice them, they create a sense of calm and appreciation that stays with you long after the walk is over.

To help make the most of these moments, here's a simple grounding exercise you can try next time you're out:

The 5-4-3-2-1 Gratitude Walk

- **5 things you can see** – colours, movement, shapes in nature
- **4 things you can feel** – the ground beneath your feet, the dog's lead, your breath
- **3 things you can hear** – birdsong, wind in trees, your dog sniffing enthusiastically
- **2 things you can smell** – fresh air, damp earth, flowers or trees
- **1 thing you can taste** – even just the freshness of the outdoors

This mindful practice helps bring the world into focus, one sense at a time. And the more we notice, the more we realise how much there is to be grateful for. Sometimes all it takes is a dog walk to remind us that nature is full of tiny gifts waiting to be seen.

Yoga Pose of the Month

Anjali Mudra in Sukhasana
Connection – Clarity – Presence

By Diane
Yoga Teacher



Reflection – Gratitude in Nature

March invites awakening—buds forming, daylight stretching, energy rising. Standing tall in Tree Pose, we embody gratitude for the natural world and our place within it. Like a tree rooted into the earth, we remember that even in moments of sway or uncertainty, growth remains possible through presence, patience, and appreciation for what supports us.

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“
“Adopt the pace of nature:
her secret is patience.”
– Ralph Waldo Emerson
”



How To Practice The Pose

1 Stand tall with feet grounded

2 Shift weight onto one foot

3 Place the opposite foot on the calf or inner thigh (avoid the knee)

4 Bring palms to the heart or extend arms by your side or overhead

5 Lengthen the spine and focus on one steady point

6 Breathe calmly and switch sides

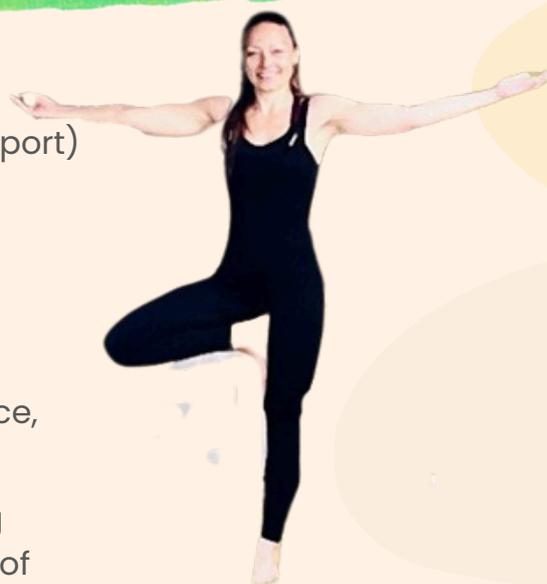
Contraindications

- Balance challenges (use a wall for support)
- Recent ankle or knee injury
- Dizziness or vertigo

Symbolism

Tree Pose symbolises grounding, resilience, and rooted gratitude.

It evokes connection to nature—standing strong while embracing the gentle sway of life, just as trees dance with the wind.



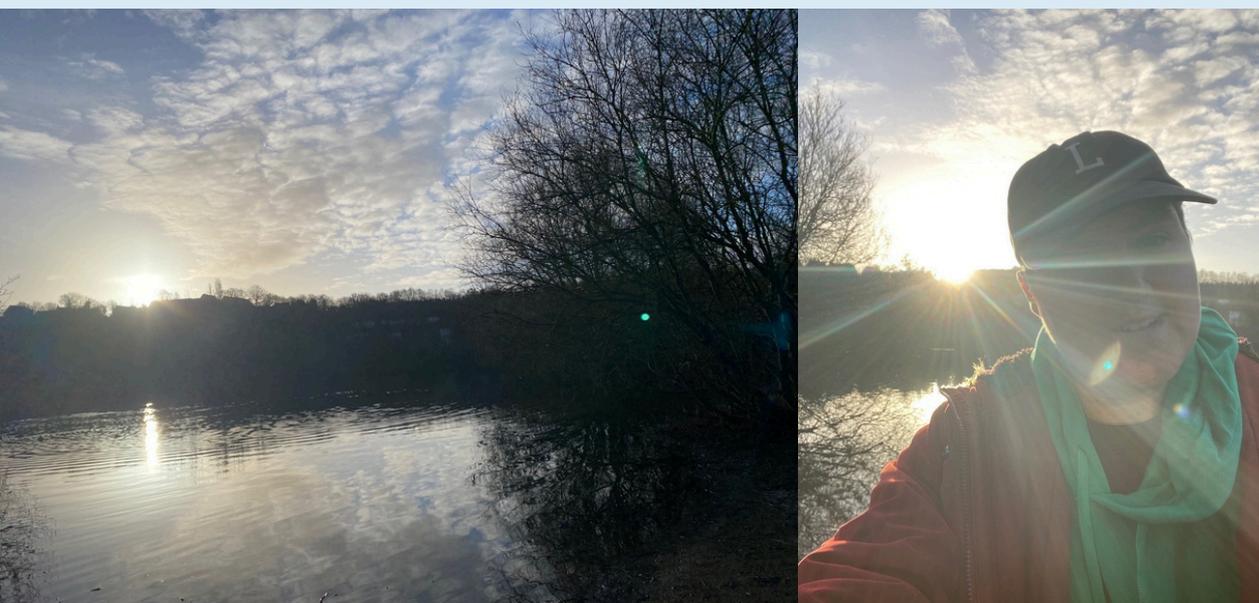
**Together we stand, together we grow,
We found our path, where light always shines”**
Together We Stand – Corbi Stone.

Sometimes it's easy to get caught up in the rush of life and forget what's around us. Taking time to be present and appreciate what we have, doesn't just go for human connection but connection with our environment. Sometimes Winter can seem like a time with little light but there is also something beautiful about winter sunshine. I went for my first real walk of the new year, and it gave me time to reflect on what I am grateful for in nature, not only now, but all year round.

“Whoever is bringing out the best in you, stay connected to them” and I have friends who I say are human sunshine and they bring out the best in me. But now I'm looking to be my own sunshine too. I am so grateful for what I find when I'm in nature and it isn't only opening your eyes to the beauty of the world, but what it evokes. “The sun doesn't apologise for shining and neither should you” and the sun does find a way through and so can we. Whatever the source of your light is, that's what can guide you when you need it.

What I enjoy about writing is expression but it's a way to connect and that's how I feel when in nature. I find it is one of the places I feel safest and most at home. It is calming for your nervous system to be somewhere that you feel comfortable. When I look at how life has changed for me, it reminds me it is okay to stay true to your roots but also branch out and grow. “You cannot measure your journey by someone else's map” and growth and healing are not linear and when I've searched for answers in challenging times, I've found connecting with nature helps me reconnect with myself.

Sometimes a walk means taking a new path or choosing a direction and that really is a metaphor for life. That's what I am most grateful for through nature, being able to continue choosing. My final thought is “I will lead with softness, but I am rooted in strength” because we can be kind and still be strong and I hope that nature allows others to find their strength too.



By Lauren
RC Student



Artwork by Louise
RC Student

UPCOMING COURSES

March 2026

	Tuesday		Wednesday	Thursday		Friday
2 Hope & Wellbeing Corringham 11am-1pm 	3 Mindful Walk Chafford Hundred 12pm-1:30pm 	3 My Rested Self Sleep (online) 5:30pm-7:30pm 	4 Yoga for Everyone 10am-12pm Aveley 	5 5 Ways to Wellbeing 11am-1pm Grays 	5 Recovery Café Brentwood Theatre 10:30am-1:30pm 	6 Recovery Café Wave Café, Grays 10:30am-1:30pm 
9 Anxiety and Me (online) 11am-1pm 	10 My Rested Self: Relaxation 11am-13:30pm South Ockendon 	10 My Rested Self Sleep (online) 5:30pm-7:30pm 	11 Yoga for Everyone 10am-12pm Aveley 	11 Visualisation for Relaxation (online) 1pm-2pm 	12 5 Ways to Wellbeing 11am-1pm Grays 	13 Recovery Café Wave Café, Grays 10:30am-1:30pm 
16 Anxiety and Me (online) 11am-1pm 	16 Newsletter group Chafford Hundred 10am-11am 	17 My Rested Self: Relaxation 11am-13:30pm South Ockendon 	18 Yoga for Everyone 10am-12pm Aveley 	18 Visualisation for Love, Kindness & Compassion (online) 1pm-2pm 	19 Intro to Navigating emotions Grays 12pm-2pm 	20 Recovery Café Wave Café, Grays 10:30am-1:30pm 
23 Anxiety and Me (online) 11am-1pm 	24 My Rested Self: Relaxation 11am-13:30pm South Ockendon 	25 Yoga for Everyone 10pm-12pm Aveley 	25 Progressing with visualisation (online) 1pm-2:30pm 	26 Intro to Navigating emotions Grays 12pm-2pm 	26 Recovery Café Brentwood Theatre 10:30am-1:30pm 	27 Recovery Café Wave Café, Grays 10:30am-1:30pm 
30 Half Term	31 Half term					



mind Thurrock and Brentwood | Peer Support Services

Monday	Tuesday	Wednesday	Thursday	Friday
10am-12pm Stepping Stones Gardening Group Bridge Road	10am-12pm Stepping Stones Gardening Group Bridge Road	10:30am-11:30am @Mind Bridge Road	11am-12:30pm Arts & Crafts Brentwood	10:30am-12:30pm Connected Minds Bridge Road
11am-12:30pm Tea & Talk Brentwood	11am-12:30pm Adult Colouring Brentwood	12:30pm-2:30pm Colour & Connect Bridge Road		11am-12:30pm *Last Friday of each month* Games Brentwood
10:30am-12:30pm Creative Calm Bridge Road		1pm-2pm Nature in Mind Bridge Road		
1pm-3pm Companionship Group Bridge Road <i>Paid service</i>				
	'Brentwood' Brentwood Hub 2 The Keys Eagle Way Great Warley CM13 3BP		'Bridge Road' 152 Bridge Road Grays RM17 6DB	

**1 in 4 of us will experience mental health issue in our lifetime.
 If you are struggling with your mental health, you are not alone.**



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

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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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