

Thurrock Recovery College

STUDENT NEWSLETTER



Artwork by Louise, RC Student

In This Month's 'Be Your Own Rainbow' Issue:

- Articles from our Students & RC staff
- Yoga Pose Exercises
- Community updates

Be Your Own Rainbow

Rainbows are often seen as symbols of hope, beauty, and positivity. Yet a rainbow cannot exist through sunshine alone. It needs rain, clouds, light, and contrast working together at the same time. Without the storm, there is no rainbow. In many ways, human emotions work the same way.

People are often taught to divide emotions into “good” and “bad.” Happiness, confidence, and calm are welcomed, while sadness, anger, fear, or anxiety are treated as problems to hide or overcome. But emotions are not moral qualities. They are simply different forms of human experience. Like changing weather, each one has a purpose and contributes something valuable to our emotional wellbeing.

Joy can bring connection and energy. Sadness can deepen empathy and reflection. Anger may reveal injustice or unmet needs. Fear can protect us from danger. Even grief reflects the depth of our love. None of these feelings define us on their own, but together they create the full spectrum of who we are.

To “be your own rainbow” is not about forcing positivity or pretending difficult emotions do not exist. It is about learning to accept the changing emotional weather within ourselves. Mental health is not the absence of struggle; it is the ability to experience a range of feelings without believing that any one of them makes us broken.

This idea connects powerfully with the rainbow’s role in the LGBTQ+ pride movement. Since the creation of the Pride flag by Gilbert Baker in 1978, the rainbow has represented diversity, authenticity, and the beauty of difference. Each colour exists alongside the others, creating something stronger and more meaningful together than alone.

The same can be said of our emotional lives. Human beings are not meant to exist in one permanent emotional state. We are complex, evolving, and sometimes contradictory. Our vulnerability, resilience, fear, hope, and joy all coexist within us.

To be your own rainbow is to stop fighting every storm inside yourself. It means recognising that difficult emotions do not erase your worth. Like the weather that creates a rainbow, every part of your emotional experience contributes to the person you are becoming.

Yoga Pose of the Month

*Half Splits 'Ardha Hanumanasana'
Space, Patience, and Gentle Expansion*

By Diane
Yoga Teacher



Y
OGA

Reflection – Kindness & Love

As June invites us into longer, warmer days, Half Splits encourages a softer, more mindful expansion within the body. This pose is not about forcing flexibility, but about creating space with patience, awareness, and breath. It gently stretches the hamstrings while lengthening the spine, offering a beautiful balance between effort and ease.

Ardha Hanumanasana allows us to slow down and listen. In a season that can feel full and outwardly active, this posture reminds us to honour our own pace. It supports mobility through the hips and legs, while encouraging a calm, focused mind. With regular practice, it can improve.

*“In the gentle unfolding
of Half Splits, we learn
that true growth comes
not from force, but from
patience and presence.”*



How To Practice The Pose

1

Begin in a low lunge position, with your right foot forward and left knee on the mat

2

Gently shift your hips back, straightening the front leg while flexing the foot

3

Keep a soft bend in the knee if needed and ensure the hips stay aligned

4

Place your hands on the floor, blocks, or your front leg for support

5

Lengthen through the spine as you inhale, and gently fold forward on the exhale

6

Stay for 5–8 breaths, allowing the body to soften into the stretch

7

Slowly return to low lunge and repeat on the other side

Contraindications

Avoid if you have hamstring injuries. Keep a micro-bend in the front knee and avoid overstretching. Support yourself with blocks if needed.

Symbolism

Half Splits represents patience, trust, and the journey towards growth. It reminds us that progress unfolds gradually, with consistency and care.



My Rainbow Tree

Painting my rainbow tree has been a powerful part of supporting my mental health.

The colours lift my mood, and the act of creating helps me relax and express myself.

It reminds me that creativity is a safe space where I can explore my feelings and find inspiration.

Every time I look at the tree, i feel encouraged to keep growing and taking care of myself.

Sarah Lowe

Taking pride in being your true self

By Lauren
RC Student

As we celebrate Pride month, it feels like a fitting time to look at being your own rainbow. Rainbows are a result of both rain and sunshine and is a beautiful metaphor for needing both elements to create something beautiful. To see a rainbow you need to look up and in those harder moments it reminds us to keep looking up.

“The way I see it, if you want the rainbow you got to put up with the rain” Dolly Parton. Sometimes that rain is also what we need. It can be seen as a way to wash away what’s needed and remind us that there is beauty not only in the rainbow, but also the rain.

“Rainbows remind us that even after the darkest clouds and fiercest winds there is still beauty” Katrina Mayer. For me this fits my process of coming out, facing the struggles of finding who you are and the confusion that can bring. But looking back on it now, there was beauty even in those moments. How lucky we are to be able to discover new things about ourselves at whatever stage of life we are in. It is never too late to find yourself and I’m so proud of stepping into the happiest and truest version of myself.

“When it rains, look for rainbows. When it’s dark look for stars” and so much of everything around us is based on how we perceive it. No matter how dark things seem, there is always light to be found, and sometimes that light is within ourselves.

Sometimes being our completely true, unfiltered selves feels scary, but so is not being true to yourself.

When I think about my sexuality, it’s only one part of who I am, and the only choice I made, was to be myself. And for me that’s what taking pride in being yourself means to me, choosing myself. The universal symbol of a rainbow isn’t only associated with Pride, but it allowed me time to reflect on my journey and to quote Jessie J, “sexuality shouldn’t define you. It should be a part of who you are”. Taking pride in who you are is a journey of self discovery that extends well beyond sexuality or Pride month.

“When you become the image of your own imagination, it’s the most powerful thing you could ever do” Ru Paul and wherever you are on your path of finding your true self, I hope you find your own rainbow along the way.

UPCOMING COURSES

June 2026

Monday		Tuesday		Wednesday		Thursday		Friday	
1 My Rested Self Seep 11am-1pm South Ockendon 		2 Practical Mindfulness 11am-1pm Grays 		3 Yoga for Everyone 10am-12pm Aveley 		4 Mindfulness Practice 5:30pm-6:30pm Online 		5 Communicating with Confidence 10am-12pm Grays 	
8 My Rested Self Seep 11am-1pm South Ockendon 		8 Newsletter Meeting 10am-11pm Chafford Hundred 	9 Practical Mindfulness 11am-1pm Grays 	9 Understanding Anxiety 10am-12:30pm Corringham 	10 Yoga for Everyone 10am-12pm Aveley 	10 Visualisation for Relaxation: The Garden 10am-11am Online 	11 Mindfulness Practice 10am-11am Online 	11 Recovery Café 10:30am-1:30pm Brentwood 	12 Communicating with Confidence 10am-12pm Grays 
15 My Rested Self Seep 11am-1pm South Ockendon 		16 Practical Mindfulness 11am-1pm Grays 	16 Understanding Anxiety 10am-12:30pm Corringham 	17 Yoga for Everyone 10am-12pm Aveley 	17 Visualisation for Love, Kindness & Compassion 11am-12pm Online 	18 Hope and Wellbeing 12pm-2:30pm Grays 	18 Recovery Café 10:30am-1:30pm Brentwood 	19 Communicating with Confidence 10am-12pm Grays 	19 Recovery Café 10:30am-1:30pm Grays 
22 Mindful Walk 12pm-1:30pm Rainham Marshes 		23 Practical Mindfulness 11am-1pm Grays 	23 Understanding Anxiety 10am-12:30pm Corringham 	24 Yoga for Everyone 10am-12pm Aveley 	24 Progressing with Visualisation: The Ocean 5:30pm-6:30pm Online 	25 Hope and Wellbeing 12pm-2:30pm Grays 	25 Recovery Café 10:30am-1:30pm Brentwood 	26 Communicating with Confidence 10am-12pm Grays 	26 Recovery Café 10:30am-1:30pm Grays 
29 Understanding Depression 11am-1pm South Ockendon 		30 Practical Mindfulness 11am-1pm Grays 							



Thurrock Hub



152 Bridge Road, RM17 6DB

ThurrockResidents Only

Monday	Tuesday	Wednesday	Thursday	Friday
10am-12pm Stepping Stones Gardening Group Open to referrals	10am-12pm Stepping Stones Gardening Group Open to referrals	10:30am-11:30am @Mind Online Group Open to referrals		10:30am-12:30pm Connected Minds WAITING LIST ONLY
10:30am-12:30pm Creative Calm Open to referrals		12:30pm-2:30pm Colour & Connect WAITING LIST ONLY		1pm-3pm Crafty Crochet Open to referrals
1pm-3pm Companionship Group (Paid service) Open to referrals		1pm-2pm Nature in Mind Walking Group Open to referrals		WAITING LIST ONLY

Thurrock Hub



Groups in the pipeline...

ThurrockResidents Only

Register your interest:

Coffee and Chat

A relaxed space to meet and chat with others.

18-25 Kind in Mind Neurodiversity Group (Online)

A gentle and sensitive space for neurodivergent individuals to meet like-minded people and connect over Zoom.

peers@tbmind.org.uk
01375 391411

Brentwood Hub

BrentwoodResidents Only

Monday	Tuesday	Wednesday	Thursday	Friday
11am-12:30pm	11am-12:30pm	10:30am-11:30am	11:30am-1pm	11am-12:30pm
Tea & Talk	Adult Colouring	@Mind Online Group	Arts & Crafts	<u>*Last Friday of each month*</u> Games Club
WAITING LIST ONLY	WAITING LIST ONLY	Open to referrals	Open to referrals	Open to referrals

Brentwood Hub

BrentwoodResidents Only

Register your interest:

Mindful Meanders

A walking group based in the local Brentwood area.

peers@tbmind.org.uk

01375 391411

THE HEALTHY MIND HUB

**Boost your wellbeing. Build connections.
Discover what helps you thrive.**

Healthy Mind Hub offers free, friendly, community-based wellbeing workshops for adults across Mid and South Essex. Join a welcoming space to meet others, try meaningful activities, and explore what supports your mental health.*

Over six weeks, you'll enjoy sessions inspired by the Five Ways to Wellbeing including creative activities, gentle movement, learning something new, and taking notice of what matters to you.

The Healthy Mind Hub is best suited for people who:

- **Are adults 18+ living in Mid and South Essex**
- **Feel generally stable**
- **Are ready and able to take part in in-person or online group sessions**
- **Want to build confidence, learn coping skills, and connect with others**

It may not be the right service for you at this time if you:

- **Are in crisis or need urgent support**
- **Require 1:1 or intensive mental health care**
- **Feel unable to participate safely in a group setting**

* this is not a clinical, therapeutic, or crisis service

**[www.trustlinks.org/projects/
healthy-mind-hub/](https://www.trustlinks.org/projects/healthy-mind-hub/)**

or scan the QR code to learn more and get involved.
or email healthymind@trustlinks.org

SCAN ME



TAKE A SMALL STEP TOWARD A HEALTHIER MIND - WE'RE HERE TO WALK ALONGSIDE YOU.



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

3 hour weekly sessions

Recovery Café

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:

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

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

Meeting: Grays Park (RM17 6RB) *

Date: Every Friday from 08/05/26

Times: 10:30am-1:30pm

* Please note, in the event it rains, Recovery Cafe will be held at Wave Cafe (South Essex College High Street, Grays RM17 6TF)



Contact Us

✉ MSE.Recoverycollege@mpft.nhs.uk

f [MSE Recovery College](#)

o [@mserecoverycollege](#)

globe www.mserecoverycollege.co.uk



Scan the QR code for more information

Positive Well-Being Day

at Grays Town Park

Friday, 3rd July 2026 • 1 pm - 4 pm



- Stalls • Community Information • Performances
- Music • Workshops • Entertainment

Hosted by **OLDER PEOPLE COMMUNITY MENTAL HEALTH TEAM**

ENTRY IS FREE • EVERYONE IS WELCOME!

Venue: Grays Park, Grays RM17 6QZ

In support of:



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!





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

f Inclusion Thurrock Recovery College