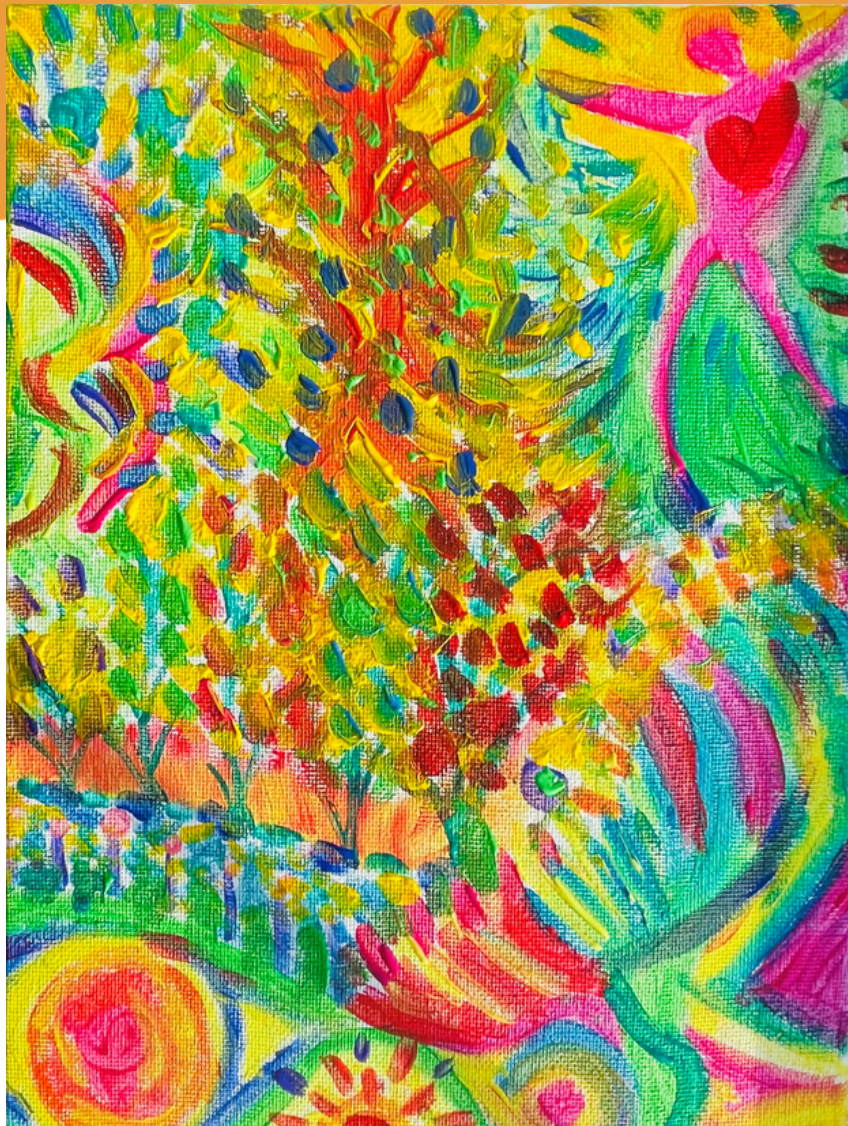


Thurrock Recovery College

STUDENT NEWSLETTER



Artwork by Louise, RC Student

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

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

Be your own sunshine



By Sara
RC Student

Being your own sunshine is a gentle act of recovery. Through painting, stargazer lilies bloom beneath your brush, reminding you that healing grows slowly but surely. Each stroke becomes a small light you create yourself – a quiet way to feel hope again.

Finding your own sunshine



As we get to enjoy the summer sunshine, it's not only literal sunshine that we find around us. It can be in the small moments, the people in our lives and maybe even within us. **"When you can't find the sunshine, be the sunshine"** and we can be sunshine for other people too, just by being ourselves and giving positive energy back into the world.

Life isn't always easy but "keep your face to the sun and you will never see the shadows". There will always be harder times, but it's finding what keeps us going in those times. I consider myself lucky that I have friends who feel like human sunshine; they brighten the world with their kindness and care and in times that I don't feel any sunshine within me, they remind me of it. We all have our own magic and finding that can brighten the harder times.

The idea of finding sunshine makes me reflect on mindset and "part of being optimistic is keeping one's head pointed towards the sun, one's feet keep moving forward" – Nelson Mandela.

Sometimes it's easy to let the world dim our sunshine but it's always there, we just have to remember it.

It has taken me a long time to find what I bring to the world, but we are all unique and we all bring something to the world, whether we realise it or not. Sometimes we have to "rise above the storm and you will find the sunshine". Everything does feel brighter when the sun is shining but it's finding that within ourselves for the days we don't have actual sunshine around us.

I would like to include a song that I find gives me hope and reminds us we all have our own sunshine;

**"I got a pocket, got a pocketful of sunshine
I got a love and I know that it's all mine,
Do what you want, but you're never gonna break me
Sticks and stones are never gonna shake me"** – Pocketful of Sunshine by Natasha Bedingfield.

I hope you find you can be your own sunshine, it is already within you, you just have to let it in! This song reminds me that "the sun is on my side, it takes me for a ride, I smile up to the sky. I know I'll be alright" and you will be alright too, just keep looking up and you'll find your sunshine.

By Lauren
RC Student

Meet the Team



By Matt
RC Peer Trainer

Hello everyone, my name is Matt and I have recently started working as a Peer Trainer at the Recovery College helping to run some of the various courses they offer.

Before joining the Recovery College, I've worked in various helping roles from doing community outreach and community connector work to working with people suffering from gambling addiction, via both support and training. It was during this time that I discovered I have a real passion for delivering training.

Why did I get into helping roles?

This comes from having my own lived experience in various areas, during my early teens and throughout most of my adult life I suffered with my own gambling addiction, during those years I also suffered from depression, anxiety, poor mental health, poor relationship with food and a lack of connection with others.

"I've now been in recovery 8 years from my gambling addiction during my time in recovery I've learned so many different tools and techniques that have improved not only my own life but also others around me. It's because of the help and support I've received along the way that drives me forward to pay that back in helping and support others improve their health and wellbeing.

In my spare time I enjoy spending time with my family and friends, I have a keen interest in most sports, and my favourite hobby is fishing, I find fishing for me is the best way to relax and connect with nature which improves my well-being. I look forward to meeting you during courses both online and in-person.



UPCOMING COURSES

July 2026

Monday		Tuesday		Wednesday		Thursday	Friday	
				1 Yoga for Everyone 10am-12pm Aveley 	1 My Rested Self Sleep 5:30pm-7:30pm Online 	2 Mindful Walk 11am-12:30pm Chafford Hundred 	3 Recovery Café 10:30am-1:30pm Grays 	
6 Understanding Depression 11am-1pm South Ockendon 		7 Practical Mindfulness 11am-1pm Grays 	7 Visualisation for Relaxation 6pm-7pm Online 	8 Yoga for Everyone 10am-12pm Aveley 	8 My Rested Self Sleep 5:30pm-7:30pm Online 	9 5 Ways to Wellbeing 1pm-3pm Grays 	10 Identity and Personality 11am-1pm Corringham 	10 Recovery Café 10:30am-1:30pm Grays 
13 Understanding Depression 11am-1pm South Ockendon 	13 Newsletter Meeting 10am-11am Chafford Hundred 	14 Mindfulness Practice 11am-12pm Online 	14 Progressing with Visualisation: Letting Go 5:30pm-6:30pm Online 	15 Mindful Walk Rainham Marshes 1pm-2:30pm 	15 My Rested Self Sleep 5:30pm-7:30pm Online 	16 5 Ways to Wellbeing 1pm-3pm Grays 	17 Identity and Personality 11am-1pm Corringham 	17 Recovery Café 10:30am-1:30pm Grays 
20 th July – 24 th July Summer Holiday Week 1							24 Recovery Café 10:30am-1:30pm Grays 	
27 th July – 31 st July Summer Holiday Week 2							31 Recovery Café 10:30am-1:30pm 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

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