October 2026 / Edition 27

NHS inclusion – Recovery College –

Thurrock Recovery College
STUDENT NEWSLETTER



Artwork by Louise
RC Student

In This Month's 'Shedding Leaves, Letting Go' Issue:

- Yoga taster sessions
- Article from our RC staff
- Community updates

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.

Shedding Leaves, Letting Go

By Eloise
RC Health Trainer

What do we mean by shedding leaves and letting go?

This can refer to letting go of habits that do not align with where you want to be in life. It can refer to picking up new routines that will help you meet your goals. It also means embracing change, shedding leaves and letting go is a process that takes time, rather than a quick fix.



Part of shedding your leaves is allowing your energy to be renewed. When we let go of things that do not serve us, we can feel lighter, more peaceful, refreshed and revitalised, as we prepare to grow our new, healthier leaves.

During the transition process of shedding and growing our leaves, it can be helpful to reflect on our goals, hopes and aspirations, as we think about what steps we need to take to help our new leaves grow.

Who am I?

Hello everyone! I'm Eloise, also known as Ellie for short. I'm a Health Trainer at the Recovery College and I help run some of the college courses.

What is my background?

I'm a newly qualified occupational therapist. I've previously worked in hospitals in inpatient and outpatient physical health settings. This involved rehabilitation, making adaptations to people's routines and environment, and providing education to enable people to engage in daily activities that are important and meaningful to them.



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What inspired me to work for the Recovery College?

I really enjoyed the educational aspect and working with others to establish and maintain healthy routines. I also liked hearing others share their tips and tricks of how to manage certain situations within group discussions. This inspired me to work in an educational setting like the Recovery College.

What can I bring to the Recovery College?

I hope to bring my creativity, previous experience, and enthusiasm for making positive changes through education to my new role and to the courses.



What gives me joy?

I enjoy playing table tennis and badminton. I find these good for my physical health and is also a great way to socialise with others. I also have more unique hobbies like fossil hunting. For me, finding fossils is like finding a pot of gold at the end of a rainbow – I get a strong sense of achievement and excitement!

What quote do I find inspirational?

"I am not afraid of storms, for I am learning how to sail my ship." by Louisa May Alcott, Little Women.

"You don't have to see the whole staircase, just take the 1st step" -Martin Luther King Jr.

Shedding Leaves: The Strength in Letting Go



By Patrizia Pessenda
RC Lead

As autumn arrives, the trees quietly begin to shed their leaves. What can look like loss is actually a natural process of preparation, growth, and renewal. There is something we can learn from this.

Many of us hold onto things that no longer serve us. This might be old habits, self-doubt, difficult memories, unhealthy relationships, or expectations we place on ourselves. Letting go is not always easy. Sometimes we carry these things because they feel familiar, even when they weigh us down.

Through lived experience, many people in recovery describe moments when they realised they could not move forward while holding on to the past. I believe that letting go doesn't mean that " I have to cope alone", but it opens the door to support, connection, and new opportunities

Like trees, we do not lose our value when we let go. In fact, making space can allow new strengths, relationships, and possibilities to grow. Letting go does not mean forgetting or pretending things never happened. It means accepting what is, learning from it, and choosing where to place our energy now.

This autumn, take a moment to reflect:

- What am I holding onto that no longer helps me?
- What would I like to make space for in my life?
- What small step could I take towards letting go?

As the leaves fall, perhaps we can remind ourselves that change is part of growth, and that every ending can also be the beginning of something new.

"Sometimes the bravest thing we can do is gently loosen our grip on what no longer serves us."

Recovery College Joins Thurrock Big Lunches

Throughout July and August, the Recovery College was delighted to attend a number of Big Lunch events across Thurrock. These community gatherings provided a wonderful opportunity to connect with local residents, promote wellbeing, and share information about the Recovery College courses and the support we offer.

The events were filled with a warm and welcoming atmosphere, bringing together people of all ages to enjoy food, conversation, activities, and community spirit. The Recovery College team had the opportunity to meet many local people, answer questions about our courses, and talk about how learning can support wellbeing, recovery, and personal growth.

Attending the Big Lunches also allowed us to strengthen links with community groups, organisations, and partners who share our commitment to improving health and wellbeing across Thurrock. We enjoyed meeting new faces, reconnecting with familiar ones, and hearing about the experiences, strengths, and aspirations of local residents.

The Big Lunch events reminded us of the importance of community connection and belonging. They showcased how simple acts of coming together can help reduce isolation, build relationships, and create opportunities for people to support one another.



Mandy & Paul at the Big Lunches, Blackshots, Grays



A particular highlight was seeing people engage in conversations about wellbeing in a relaxed and informal setting. Many visitors were interested to learn that Recovery College courses are open to everyone and focus on building knowledge, confidence, skills, and hope. Building knowledge, confidence, skills, and hope.

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We would like to thank everyone who stopped by to speak with us and the organisers who worked so hard to make the events such a success. We look forward to continuing our involvement in community activities and welcoming new learners to the Recovery College in the future.

Yoga Pose of the Month

Peaceful Warrior (Viparita Virabhadrasana) – Heart-Opening Strength and Graceful Surrender



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Yoga By Diane

Peaceful Warrior embodies the union of strength and serenity, courage and calm. This heart-opening backbend allows the chest to expand while the legs remain grounded, encouraging resilience, poise, and a sense of inner peace even amid challenge. Practiced mindfully, it fosters balance between effort and ease, making it a perfect posture for the reflective and transformative energy of October.

> *"With each lift of Peaceful Warrior, discover the quiet strength within and let your heart open with grace."*

Yin Yoga Element

In a Yin context, Peaceful Warrior can be approached as a supported, mindful backbend that encourages awareness of the spine, shoulders, and chest. Holding the pose allows subtle engagement of the legs and core, stimulating prana (life force energy) flow throughout the body, promoting emotional release, and fostering inner calm. The posture creates space for the heart, lungs, and chest to open fully, balancing energy and breath.

Upcoming Courses

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October 2026

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Practical Mindfulness 10am-12pm Grays **1** My Rested Self Sleep 1pm-3pm Grays	**2** Recovery Café 10:30am-1:30pm Grays
5 Understanding Depression 1pm-3pm Grays	**6** Hope and Wellbeing 10am-12pm Grays **6** Food and Mood 1pm-3pm South Ockendon	**7** Recovery Café 10am-12pm Brentwood **7** Yoga for Everyone 10am-12pm Aveley **7** Visualisation for Love, Kindness & Compassion 5:30-6:30pm Online	**8** Practical Mindfulness 10am-12pm Grays **8** Mindful Walk Chafford Hundred 2pm-3.30pm	**9** Recovery Café 10:30am-1:30pm Grays
12 Understanding Depression 1pm-3 pm Grays **12** Newsletter Meeting 10am-11am Chafford Hundred	**13** Hope and Wellbeing 10am-12pm Grays **13** Food and Mood 1pm-3pm South Ockendon	**14** Recovery Café 10am-12pm Brentwood **14** Yoga for Everyone 10am-12pm Aveley **14** Visualisation for Relaxation- Floating on a Cloud 2pm-3pm Online	**15** Practical Mindfulness 10am-12pm Grays	**16** Recovery Café 10:30am-1:30pm Grays **16** Identity and Personality 1pm-3pm Grays
19 Understanding Depression 1pm-3pm Grays **19** Progressing with Visualisation: Letting Go 6pm-7pm Online	**20** Cut Down to Quit Smoking 1pm-3:30pm Grays **20** Anxiety and Me 5:30pm-6:30pm Online	**21** Recovery Café 10am-12pm Brentwood	**22** Practical Mindfulness 10am-12pm Grays **22** Mindful Walk Rainham Marshes 11am-12:30pm	**23** Recovery Café 10:30am-1:30pm Grays **23** Identity and Personality 1pm-3pm Grays

26th – 30th October Half Term



The Recovery Café

Weekly 3 hour sessions

NHS inclusion – Recovery College –

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
South Essex College, High Street, Grays RM17 6TF

Date: Every Friday from 01/10/2026

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.

Mid and South Essex
Recovery College
Partnership

Register today!

Cut down to quit smoking

This course explores alternatives to tobacco as an aid for positive mental health. It supports students to explore their relationship with smoking, understand the benefits of becoming smoke-free and develop practical strategies for managing cravings and preventing relapse. Through shared learning and self-reflection, students will build confidence, identify personal goals, and create a personalised plan to support positive change and recovery.

Location: Grays

Date: Every Tuesday starting 20th October - 17th November

Times: 1pm-3:30pm

Existing students can email MSE.Recoverycollege@mpft.nhs.uk or phone 01375 809708 to book a place!

Enrol with us:

MSE.Recoverycollege@mpft.nhs.uk

MSE Recovery College

@mserecoverycollege

www.mserecoverycollege.co.uk

Scan the QR code for more information

Delivered in partnership by: NHS inclusion, Provide community, TrustLinks, thurrock.gov.uk

Eco Friendly Workshops

LOWER THAMES CROSSING THURROCK COMMUNITY PROJECT



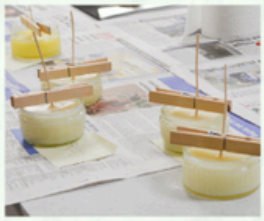


Free of charge monthly activities running from September 2026 to August 2027
(additional dates coming soon
look out for leaflets and posters locally)

Saturday
26 SEPT 2026

CANDLE MAKING

Learn how to make chemical free candles scented with pure essential oils.



Saturday
31 OCT 2026

SOURDOUGH

How to make the perfect homemade sourdough loaf from scratch.



Saturday
28 NOV 2026

CHRISTMAS CHUTNEY

Making a jar of festive chutney with homegrown and store cupboard ingredients.



Saturday
05 DEC 2026

CHRISTMAS WREATHS

Make a wonderful, long lasting wreath using all natural foraged materials.



All workshops 11am-1pm
Flowers Community Hall
Lime Close
South Ockenden
RM15 6NW

FREE

Book Here

or register at https://bit.ly/4r6RY9D

TrustLinks

Essex Community Foundation

national highways

Lower Thames Crossing

ecodays@trustlinks.org

www.trustlinks.org • Charity No. 1092324

07809 331153

Thurrock & Brentwood Mind

Peer Project

Delivering vital mental health support to the residents of Thurrock & Brentwood

Peer Mentoring & Befriending

1-1 sessions with a 'lived experience' volunteer to support you as you work towards an agreed goal





Peer Support Groups

Safe and social support groups where you can connect with new people and build relationships

Volunteer With Us

Become a part of the Peer Project and support these initiatives with your skills and experience



01375 391411 **peers@tbmind.org.uk**

mind Thurrock and Brentwood

Support us

Help us to help others by donating to our JustGiving page.



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

NHS inclusion - Thurrock -

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!

Inclusion Thurrock is provided by NHS inclusion working with Thurrock and Brentwood Mind and Essex Partnership University NHS Trust

Inclusion is part of Midlands Partnership University NHS Foundation Trust. Find out more at **www.inclusion.org**

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

@ThurrckRCollege

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