

Thurrock Recovery College

January – March Timetable 2024



Email: ThurrockRCollege@mpft.nhs.uk

Phone: 01375 898680



Alternatively, scan the QR Code to register your interest.

Thurrock Recovery College Timetable: **January 2024**





















Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
8	9	10 Introduction to Anxiety (Online) 11–1 pm 	11 My Rested Self: Sleep (Online) 6-8 pm 	12 Understanding Anxiety Grays 10–12 pm 
15 Student co- production Newsletter Aveley 	16 Guided Visualisation for Relaxation (online) 11-12pm 	17 Understanding Anxiety (Online) 11–1 pm 	18 My Rested Self: Sleep (Online) 6-8 pm 	19 Understanding Anxiety Grays 10–12 pm 
22 Student co- production Newsletter Aveley 	23 Exploring Loss Moving Forward (online) 10-12:30 pm 	24 Thriving with Neurodiversity (online) 11–2:30 pm 	25 My Rested Self: Sleep (Online) 6-8 pm 	26 Understanding Anxiety Grays 10–12 pm 
29 Student co- production Newsletter Aveley 	30 Exploring Loss Moving Forward (online) 10-12:30 pm 	31 Mindful Walk Chafford Hundred 12 –1:30pm 	1	2

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February 2024


Monday	Tuesday	Wednesday	Thursday	Friday
29	30	31	1 5 Ways to Wellbeing South Ockendon 11-1 pm 	2 Communicating with Confidence Grays 1-3 pm 
5	6 Guided Visualisation for Relaxation (online) 11-12 pm 	7 Understanding Depression Grays 12-2 pm 	8 5 Ways to Wellbeing South Ockendon 11-1 pm 	9 Communicating with Confidence Grays 1-3 pm 
12 My Rested Self: Relaxation (Online) 10-12 pm 	13 Food and Mood Grays 10-12 pm 	14 Understanding Depression Grays 12-2 pm 	15 5 Ways to Wellbeing South Ockendon 11-1 pm 	16 Communicating with Confidence Grays 1-3 pm 
19 My Rested Self: Relaxation (Online) 10-12 pm 	20 Food and Mood Grays 10-12 pm 	21 Understanding Depression Grays 12-2 pm 	22 5 Ways to Wellbeing South Ockendon 11-1 pm 	23 Communicating with Confidence Grays 1-3 pm 
26 My Rested Self: Relaxation (Online) 10-12 pm 	27 Food and Mood Grays 10-12 pm 	28 Mindful Walk Grays Park 2-3:30 pm 	29 5 Ways to Wellbeing South Ockendon 11-1 pm 	1

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March 2024

Monday	Tuesday	Wednesday	Thursday	Friday
26	27	28	29	1
<p style="text-align: right;">4</p> <p>Understanding Anxiety Grays 10-12 pm</p> 	<p style="text-align: right;">5</p> <p>Progressing with visualisation (online) 11-12:30 pm</p> 	<p style="text-align: right;">6</p> <p>Money Matters Aveley 12-2 pm</p> 	<p style="text-align: right;">7</p> <p>5 Ways to Wellbeing South Ockendon 11-1 pm</p> 	<p style="text-align: right;">8</p> <p>Identity and Personality (online) 11-12:30 pm</p> 
<p>Student co-production Newsletter: Aveley</p> 		<p>Communication Skills (Online) 2-4 pm</p> 		
<p style="text-align: right;">11</p> <p>Understanding Anxiety Grays 10-12 pm</p> 	<p style="text-align: right;">12</p> <p>Relaxation Workshop Grays 2-4 pm</p> 	<p style="text-align: right;">13</p> <p>Money Matters Aveley 12-2 pm</p> 	<p style="text-align: right;">14</p> <p>5 Ways to Wellbeing South Ockendon 11-1 pm</p> 	<p style="text-align: right;">15</p> <p>Identity and Personality (online) 10-12:30 pm</p> 
<p>Student co-production Newsletter: Aveley</p> 		<p>Communication Skills (Online) 2-4 pm</p> 		
<p style="text-align: right;">18</p> <p>Understanding Anxiety Grays 10-12pm</p> 	<p style="text-align: right;">19</p>	<p style="text-align: right;">20</p> <p>Thriving with Neurodiversity (online) 12-3:30 pm</p> 	<p style="text-align: right;">21</p>	<p style="text-align: right;">22</p> <p>Visualisation for Relaxation (Online) 1:30–2:30 pm</p> 
<p style="text-align: right;">25</p> <p>Easter Week</p>	<p style="text-align: right;">26</p> <p>Easter Week</p>	<p style="text-align: right;">27</p> <p>Mindful Walk Coalhouse Fort: 11-12:30 pm</p> 	<p style="text-align: right;">28</p> <p>Easter Week</p>	<p style="text-align: right;">29</p> <p>Good Friday</p>

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