

REACH Recovery College Timetable

This is the current offer for enrolled students who have had an Initial Assessment.

We will continue with online courses and groups for those who need them. The online offer will be done via the **Zoom Meeting App**, if you haven't already used it you can download it on - <https://zoom.us/>

Once you have confirmed you want to join a course, you will be sent the Login details. We can provide additional help with this, if needed.

Enrolling

If you haven't enrolled yet, please visit: www.trustlinks.org/reach-recovery-college and enrol online or call us using the information below.

Contact details:

Email: Debbie – debbie@trustlinks.org or phone 01702 908204/07593 448731.

PLEASE NOTE REACH WILL NOT BE RUNNING ANY COURSES OR GROUPS WEEK COMMENCING 3rd APRIL 2023 (WITH THE EXCEPTION OF 'INDI ROCK' STARTING ON 4th APRIL). WE WILL RESUME OUR USUAL SERVICES WEEK COMMENCING 11TH APRIL 2023.

Whilst we make every effort to run the timetable as published, please be aware that the timetable is subject to change. REACH timetable V17

www.Trustlinks.org Registered Charity No. 1092324

Courses and Workshops

Anger Management Workshop

Thursday 29 th June	Eve 7pm – 8pm	Online	Learn about the stress response in our bodies and anxious thoughts in our minds, and how they can affect our quality of life. We also explore some practical techniques and different thinking strategies to help you cope.
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Understanding Anxiety – 3 weeks

Thursday 13 th April	Eve 7pm – 8pm	Online	Learn about the stress response in our bodies and anxious thoughts in our minds, and how they can affect our quality of life. We also explore some practical techniques and different thinking strategies to help you cope.
Thursday 20 th April	1.30pm – 3.30pm	Westcliff	
Tuesday 30 th May	Eve 7pm – 8pm	Online	
Wednesday 31 st May	1.00pm – 3.00pm	Canvey	

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Anxiety Tools & Techniques Workshop			
Date	Time	Location	Overview
Thursday 13 th April	1.30pm – 3.30pm	Westcliff	Looking at the different tools & techniques we can use to help with managing anxiety. How anxiety presents and simple tools to manage it.
Thursday 4 th May	Eve 7pm - 8pm	Online	
Wednesday 24 th May	1.00pm – 3.00pm	Canvey	
Tuesday 20 th June	Eve 7pm – 8pm	Online	
Confidence Building – 4 weeks			
Friday 14 th April	1.00pm –3.00pm	Shoebury	Learn about the factors that can affect self-confidence and practical ideas to make a positive difference, including how to set achievable goals, recognising and dealing with unhelpful thoughts and behaviors, and self-compassion.
Thursday 11 th May	Eve 7pm - 8pm	Online	
Confidence & Self Esteem Workshop			
Saturday 15 th April	10am – 12pm	Shoebury	What is the difference between Self Confidence & Self Esteem, what factors have impact them, and what can we do to start working on improving both? This session can be attended as a taster for the 4-week Confidence Building course or to refresh knowledge.
Friday 5 th May	10am – 12pm	Rayleigh	
Saturday 24 th June	10am – 12pm	Rochford	
Saturday 1 st July	10am – 12pm	Thundersley	

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Dealing With Panic Attacks Workshop

Thursday 11 th May	1.30pm – 3.30pm	Westcliff	Covering: Why do people have panic attacks, The panic cycle, triggers, thoughts, and feelings, exercises to help during an attack, long term strategies to help prevent attacks.
Friday 12 th May	10am – 12pm	Rayleigh	
Saturday 27 th May	10am – 12pm	Rochford	
Saturday 3 rd June	10am – 12pm	Thundersley	

“Down to Earth” Therapeutic Gardening - 12 weeks

Wednesday 12 th April	1pm – 3:30pm	Westcliff	Learn practical gardening skills, meet new people and experience how gardening can enhance your wellbeing.
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Drama Course – 12 weeks

Date	Time	Location	Overview
Monday 17 th April	1pm – 3pm	Rochford	Learn skills and techniques to help: <ul style="list-style-type: none"> • build confidence; • manage stress and anxiety at home and work via breathing techniques; • vocal and physical exercises; • development of teamworking/social skills; • creative writing/ poetry/monologues.

Healthy Sleep Habits Workshop

Saturday 22 nd April	10am – 12pm	Westcliff	We explore seven ‘Sleep Hygiene’ tips to provide ideas for changes that can be made to promote better sleep.
Saturday 29 th April	10am – 12pm	Rochford	
Friday 23 rd June	1.30pm – 3.30pm	Thundersley	

‘Indi Rock’ – 6 weeks

Tuesday 4 th April – 9 th May.	1.30pm – 2.30pm	1 st Floor, The Victoria Centre, Southend, SS2 5SP	Learn climbing skills, build your confidence and improve your physical health with this six-week climbing course with Indi Rock.
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Introduction to Mindfulness Workshop

Saturday 20 th May	10am – 12pm	Westcliff	Mindfulness is about being present, in the moment, noticing your experience of the now. In this workshop we look at how we can use Mindfulness in our daily lives.
Saturday 10 th June	10am - 12pm	Shoebury	
Tuesday 27 th June	Eve 7pm – 8pm	Online	
Wednesday 28 th June	1pm – 3pm	Canvey	

Labyrinth Workshop			
Saturday 13 th May	10am - 12pm	Shoebury	Discover the ancient path of the labyrinth for stress relief and self-reflection, learn a little about the history of the labyrinth and how they are used across the world and then experience walking the mindful path for yourself!
Friday 30 th June	1pm - 3pm	Shoebury	
Managing Low Mood – 6 weeks			
Wednesday 12 th April	1pm – 3pm	Canvey	A six week course including: What is the difference between Depression and Low Mood, and what are our protective factors? How food, physical activity & sleep can affect mood. Becoming aware of our thinking patterns. Core beliefs and Self compassion.
Thursday 18 th April	Eve 7pm - 8pm	Online	
Friday 26 th May	10am – 12pm	Rayleigh	
Mindfulness Course - 4 weeks			
Friday 26 th May	1.30pm – 3.30pm	Thundersley	Over the next 4 weeks, we shall be exploring what Mindfulness is and how Mindfulness Meditation can improve our mental and physical health by incorporating the practice of Meditation into our daily lives.

Money Matters – 3 weeks			
Tuesday 23 rd May	10am - 12pm	Rochford	<p>The aim of this course is to feel more in control of your money, reducing stress & anxiety. There are 3 sessions:</p> <ol style="list-style-type: none"> 1. Income maximisation 2. Debt management 3. Budgeting
My Wellbeing Journal – 4 weeks			
Friday 12 th May	1pm – 3pm	Shoebury	<p>Journaling is an important tool in your recovery, it allows you to track your mood and stress triggers. In the course we explore different approaches to journaling that helps you to find something that fits you.</p>
Positive Communication & Assertiveness - 3 weeks			
Friday 14 th April	10am – 12pm	Rayleigh	<p>A course focusing on understanding our different communication styles and how we can more effectively communicate with others and behave more assertively.</p>
Thursday 8 th June	Eve 7pm - 8pm	Online	
Friday 9 th June	1pm - 3pm	Shoebury	

Positive Thinking Workshop

Tuesday 11 th April	Eve 7pm - 8pm	Online	How can we start thinking more positively? We look at how to recognise our achievements, skills and strengths as well as how to re-evaluate more negative thoughts.
Friday 19 th May	10am – 12pm	Rayleigh	
Saturday 17 th June	10am – 12pm	Westcliff	
Friday 30 th June	1.30pm – 3.30pm	Thundersley	

Process of Change – 5 weeks

Friday 21 st April	1.30pm – 3.30pm	Thundersley	A course exploring change and how it can affect us as individuals. We discuss the ‘Stages of Change’ model and how to approach making positive changes in our lives and what to do when we have setbacks.
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Resilience Workshop

Friday 14 th April	1.30pm – 3.30pm	Thundersley	What is resilience and how can you build your resilience muscle? Learn about the 4 S’s of resilience and how having a new perspective can be helpful as well as build healthy coping mechanisms and routines.
Saturday 6 th May	10am – 12pm	Thundersley	
Wednesday 21 st June	1pm – 3pm	Canvey	
Thursday 29 th June	1.30pm – 3.30pm	Westcliff	

Ongoing Groups

(PLEASE NOTE, DUE TO BANK HOLIDAYS, THERE WILL BE NO GROUPS HELD ON FRIDAY 7th APRIL, MONDAY 10th APRIL, MONDAY 1st MAY, MONDAY 8th MAY and MONDAY 29th MAY)

Daily Mindfulness Online

Date	Time	Location	Overview
Monday to Friday Ongoing	9:30am - 10am	Online	A daily morning mindfulness guided meditation practice for 15 minutes on zoom. Awareness of ourselves and the world around us can improve our mental wellbeing.

REACH Out Monday - Online Drawing group

Mondays Ongoing	1pm - 2:30pm	Online	Online drawing group every Monday in a friendly environment. No artistic skills required as we have tutorials we use on YouTube which will take you through step by step. You will be amazed by the results and surprised by what you can achieve.
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Monday Yoga and Wellbeing

Mondays Ongoing	10.30am - 12.30pm	Rochford	Restorative yoga, qigong and meditation to focus on gentle relaxation and self-care. Two hours of tranquility to help calm your mind.
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Music Group			
Wednesdays Ongoing PLEASE NOTE THERE WILL BE NO GROUP ON 19th APRIL	10am – 12pm	Rochford	Take part in this collaborative music group and please feel free to bring along your musical instruments.
Thursdays Arts and Crafts Group			
Thursdays Ongoing PLEASE NOTE THERE WILL BE NO GROUP ON 18th MAY	1pm - 3pm	Rochford	Take part in a variety of creative arts & crafts activities within a supportive environment.
Friday Cookery			
Fridays Ongoing	10am – 12pm	Rochford	The cookery sessions cover the basic cooking skills, how to follow a simple recipe and how to be creative in use of ingredients in fun way. If you wish you can join in the lunch afterwards.
Rochford Walking Group			
Fridays Ongoing	2pm – 3pm	Rochford	Take part in peer led walks exploring the Rochford area.

Men's Wellbeing and Social group

Wednesdays – Ongoing PLEASE NOTE THERE WILL BE NO GROUP ON 19th APRIL	1pm - 3pm	Rochford/ Outside venues	We run a timetable of weekly activities alternating between Trust Links Rochford and outside venues in the local area.
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Women's Wellbeing and Social group

Tuesdays – Ongoing	1pm - 3pm	Rochford/ Outside venues	We run a timetable of weekly activities focusing on women's wellbeing. The group will be alternating between Trust Links Rochford and outside venues in the local area.
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'Get Together' Groups - Come along to get together and try something different like cooking, playing games or maybe a quiz.

Online 'Get Together' Group

Date	Time	Location	Overview
Tuesdays – Ongoing	1pm – 2.30pm	Online	

Canvey 'Get Together' Group

Wednesdays – Ongoing PLEASE NOTE THERE WILL BE NO GROUP ON 19th APRIL	10am – 12pm	Canvey	
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Rochford 'Get Together' Group			
Saturdays - 29/04, 27/05, 24/06	1pm - 3pm	Rochford	
Thundersley 'Get Together' Group			
Saturdays – 06/05, 03/06, 01/07	1pm - 3pm	Thundersley	
Shoebury 'Get Together' Group			
Fridays - Ongoing	10am – 12pm	Shoebury	
Saturdays - 15/04, 13/05, 10/06	1pm - 3pm		
Westcliff 'Get Together' Group			
Mondays - Ongoing	10am – 12pm	Westcliff	Walking in Priory Park. This group will be attended by a Therapy Dog each week (Mondays only).
Saturdays - 22/04, 20/05, 17/06	1pm - 3pm		Get Together Group at Trust Links Westcliff.

Location addresses

Trust Links Westcliff - 47 Fairfax Drive, Cnr Prittlewell Chase, SS0 9AG

Trust Links Rochford – Trust Links House, College Gardens, Rochford, SS4 1YL

Trust Links Shoebury - Elm Rd, Shoeburyness, SS3 9RZ

Trust Links Thundersley - Runnymede Chase, Benfleet, SS7 1TF, Off Kiln Rd, behind the Council Offices and The White House

Canvey - The Wintergardens Baptist Church, Hilton Gardens, Canvey Island, SS8 9QA

Rayleigh - The Parish Centre, Holy Trinity Church, Rectory Garth, Rayleigh, SS6 8BB

Contact details: Email: debbie@trustlinks.org or call Debbie on 07593448731.