

REACH Recovery College Timetable

This is the current offer for REACH members who have had an Initial Assessment.

Referring

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

If you wish to repeat a group, priority will be given to those students who haven't already attended before. For the REACH Recovery Programme a minimum six-month period applies before requesting to repeat a module.

Please be aware that all start dates are subject to change. Groups will not run with less than 4 members registered. We will aim to provide a week's notice for any occasions where a start date is delayed.

Please let us know if you are running late for a session. If you are more than 30 minutes late you will not be able to join the session

Contact details: Email: Debbie – debbie@trustlinks.org or phone 07593 448731.

PLEASE NOTE REACH WILL NOT BE RUNNING ANY COURSES OR GROUPS WEEK COMMENCING 30th SEPTEMBER, WE WILL RESUME OUR USUAL SERVICES WEEK COMMENCING 7th OCTOBER.

THERE WILL BE NO GROUPS OR SESSIONS RUNNING ON 25th, 26th DECEMBER DUE TO THE BANK HOLIDAYS

www.Trustlinks.org Registered Charity No. 109232

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NEW: REACH Recovery Program

The new Recovery Program contains three modules: Understanding, Managing, and Maintenance. Each module consists of 5 weekly sessions, carefully developed to build upon each other and support you at every stage of your recovery journey.

Members are not required to complete all three modules consecutively and can choose to engage with each module as they feel ready, with a six-month period between repeats to encourage new learning and experiences.

Module one – Understanding (5 weeks)

Date	Time	Location	Overview
Thursday 21 st November	1.30pm – 3.30pm	Westcliff	<ul style="list-style-type: none"> • What is Mental Health? What is Recovery? • Understanding Anxiety, low mood and depression • The Fight/flight/freeze/fawn responses – Brain and Body Connection • Neuroscience and the Nervous System • Going forward with new awareness and an introduction to Module two – 'Managing'
Friday - date tbc	10am – 12pm	Rayleigh	
Tuesday - date tbc	1.00pm – 3.00pm	Thundersley	
Thursday 21 st November	Eve 7pm – 8pm	Online	
Friday 22 nd November	10am – 12pm	Shoebury	
Wednesday – date tbc	10am – 12pm	Canvey	

Module two – Managing (5 weeks)

Date	Time	Location	Overview
Monday 7 th October	10am – 12pm	Rochford	<ul style="list-style-type: none"> • Anxiety Management Tools & Techniques • Introduction to Self-Compassion and Journalling • Healthy Sleep Habits • Introduction to Mindfulness • Grounding techniques and introduction to Module three - 'Maintenance'

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Module three – Maintenance (5 weeks)

Date	Time	Location	Overview
Tuesday 8 th October	1pm – 3pm	Thundersley	<ul style="list-style-type: none"> • Routine, Physical Wellbeing, Food and Mental Health • Boundaries and Healthy Relationships • Recognising Strengths and Achievements and Protective Factors • Resilience and Self Compassion • Moving Forward – Your Next Steps and What's in the Community
Thursday 10 th October	7pm – 8pm	Online	
Friday 11 th October	10am – 12pm	Shoebury	
Monday 18 th November	10am – 12pm	Rochford	

REACH Co-production meetings

Date	Time	Location	Overview
Saturday 26 th October	1.00 – 3.00pm	Rochford	<p>Join our REACH Co-Production meetings: Get up to date with what's on at REACH & Trust Links Mental Health Charity. Our monthly co-production meetings are designed to offer you a space where you can bring your ideas and feedback forward.</p> <p>We use this space to consult you on our services, receive your feedback and ensure that we are offering our members a service that is truly influenced by you. Join us if you are keen to get involved in what we do!</p>
Saturday 30 th November	1:00 – 3:00pm	Rochford	
Saturday 21 st December	1:00 – 3:00pm	Rochford	

Courses

Confidence Building using Drama Techniques – 6 weeks

Date	Time	Location	Overview
Monday 7 th October	1.00pm – 3.00pm	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.

Cooking with Confidence – 6 weeks

Date	Time	Location	Overview
Tuesday 12 th November	10am - 12pm	Thundersley	This Peer Led course is aimed at boosting your cookery confidence. Every week you will learn a new recipe using easily available, budget-friendly ingredients. The collective learning environment allows members to share tips and learn from each other.

Hadleigh Park Cycling – 6 weeks

Date	Time	Location	Overview
Wednesday 9 th October	1.00pm – 3.00pm	Chapel Lane, Hadleigh, SS7 2PP	Our sessions will be tailored to the participants and are open to all levels of cycling ability. We can guide people with very little cycling experience as well as teaching to ride the trail at Hadleigh Park. Above all else, we want people to enjoy their cycling and to be safe and confident. Please note bikes and helmets will be provided.

Physical Activity Group – 6 weeks

Date	Time	Location	Overview
Monday 7 th October	1.00pm – 3.00pm	Rochford	A fun session of sports-based activity. Join us if you're looking to stay active throughout the year, we can help! All abilities welcome.

Pottery course - 6 weeks (provided by SACC)

Tuesday 5 th November	10am – 12pm	Rochford	This 6-week pottery course provided by Southend Adult Community College will introduce you to working with nature inspired forms. You will create small hand-built items from Terracotta clay that can then be decorated with some colour and your own designs.
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Yoga 4 Health – 10 weeks (provided by Yoga 4 All)

Date	Time	Location	Overview
Thursday 26 th September	1:00 – 2:30pm (please note the Art Therapy sessions will finish at 3pm)	Rochford	<p>The Yoga4health programme is a 10 week evidence based course that teaches self care techniques. The course covers yoga breathing, gentle yoga poses, relaxation and mindfulness. No yoga experience is required. The poses can be practice on a mat or in a chair. This upcoming course also includes 3 x group Art Therapy sessions which will be held on 3rd October, 31 October and 21 November. Please note the Art therapy sessions will 3pm finish at 3pm.</p> <p>A referral form will need to be completed to register & book a place. These can be found on the website at the bottom of the page https://www.yoga4all.co/yogaonprescription We can support you completing the form if needed.</p>

Gentle Yoga – 5 weeks

Date	Time	Location	Overview
Monday 18 th November	1:00 – 2:00pm	Rochford	<p>This group is Peer facilitated by a qualified Yoga practitioner who's also a Trust Links Peer Volunteer. Join us for a a gentle chair based yoga class, including breathwork and meditation. The chair is used to sit on for your practice and/or used as a support, if comfortable standing. A gentle practice to ground yourself and restore your body and mind.</p>

Individual Sessions & Workshops

Anger Management Workshop

Date	Time	Location	Overview
Saturday 26 th October	1.00pm – 3.00pm	Rochford	Learn about the anger response in our bodies and angry thoughts in our minds, and how they can affect our quality of life. We also look at some practical techniques and different thinking strategies to help you cope.

Aromatherapy Candle Making Workshop

Date	Time	Location	Overview
Tuesday 22 nd October	10:00 – 12:00	Rochford	Learn how to make your own candles using essential oils and soy. You will get to take your tailor-made candle home with you to enjoy.

Healthy Sleep Habits Workshop

Date	Time	Location	Overview
Saturday 30 th November	1.00pm – 3.00pm	Westcliff	We explore seven 'Sleep Hygiene' tips to provide ideas for changes that can be made to promote better sleep.

Introduction to Mindfulness Workshop			
Date	Time	Location	Overview
Saturday 14 th December	1.00pm – 3.00pm	Thundersley	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.
Labyrinth Workshop			
Date	Time	Location	Overview
Saturday 9 th November	1.00pm – 3.00pm	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!
Resilience Workshop			
Date	Time	Location	Overview
Saturday 12 th October	1.00m – 3.00pm	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.

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Tech Support Drop-in's – Support with computers, tablets, phones

Date	Time	Location	Overview
Tuesdays: 8 th October to 5 th November	1.00pm – 3.00pm	Rochford	Peer led by Darren, these sessions offer a free drop in for Technology and IT support for members. Darren can help with: <ul style="list-style-type: none"> • Support with your computer, tablet or phone. • Creating email accounts and sending/receiving emails. • Navigating the internet, Microsoft or filling in a form online
Tuesdays: 12 th November to 17 th December	1:00pm – 3:00pm	Thundersley	

Current Groups

(PLEASE NOTE, THERE WILL BE NO GROUPS HELD ON WED 25th and THURS 26th DECEMBER DUE TO THE BANK HOLIDAYS)

Arts and Crafts Group (6 weekly rotation)

Date	Time	Location	Overview
10 th October – 14 th November 21 st November – 19 th December (please note there will be no group on 26 th December due to bank holiday)	1.00pm – 3.00pm 1.00pm – 3.00pm	Rochford Rochford	Join us at Rochford and take part in a variety of creative arts & crafts activities. This group is peer facilitated and you can expect a supportive environment where people's voices come together and creative juices overflow.

Men's Wellbeing and Social group (6 weekly rotation)

Date	Time	Location	Overview
Wednesday 9 th October – 13 th November Wednesday 20 th November – 18 th November (please note there will be no group on 25 th December due to bank holiday)	1.00pm – 3.00pm 1.00pm – 3.00pm	Rochford/ Outside venues	Join us at Trust links Rochford as well as various local venues for activities focused on men's wellbeing. We offer friendly peer support, providing a fun and collective experience to all.

Morning Mindfulness Online

Date	Time	Location	Overview
Monday, Wednesday and Friday Ongoing	9:30am – 10.00am	Online	A 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

Date	Time	Location	Overview
Mondays Ongoing	1.00pm - 2:00pm	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.

Singing & Music Group			
Date	Time	Location	Overview
Ongoing	10am – 12pm	Rochford	<p>Join us for a peer led fun music-based group. All abilities welcome. The group runs for 2 hours with a 10-minute break at 11am.</p> <p>In the first half choose from a selection of songs for a group singalong with volunteer musician Ian accompanying on the keyboard. We have a selection of musical instruments available and encourage members to try these out.</p> <p>Following the break we have a group karaoke session. Members all have an opportunity to pick their favourite songs for the group to sing.</p>

Westcliff walking group (including monthly Dog Walking)

Date	Time	Location	Overview
<p>Mondays – Ongoing</p> <p>Dog walking dates:</p> <ul style="list-style-type: none"> • 28th October • 25th November • 16th December 	10am – 12pm	Westcliff	<p>Join us for a Peer Supported walk every Monday at Priory Park. This group is led by volunteers, peers, and Trust Links members. We meet at 10:00am at Trust Links Westcliff and start the walk from there. Enjoy a walk in nature with a kind and supportive bunch!</p> <p>This group will also include a monthly dog walking group, which allows both our members and their dogs to socialise, make friends, and enjoy a walk in nature with some canine company. Members without a dog are welcome to join the group for a walk.</p> <p>Please note that all attendees are responsible for the conduct of their dog at all times, and to follow group rules.</p>

Women’s Wellbeing and Social group (6 weekly rotation)

Date	Time	Location	Overview
<p>Tuesday 8th October – 12th November</p> <p>19th November – 17th December</p>	<p>1.00pm – 3.00pm</p> <p>1.00pm - 3.00pm</p>	Rochford/ Outside venues	<p>Join us at Trust links Rochford as well as various local venues for activities focused on women’s wellbeing. Participate in learning new skills and engaging discussions. We offer friendly peer support, sharing knowledge and experiences in an environment of empathy and respect.</p>

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‘Get Together’ Groups - Come along to get together and try something different like cooking, walking, playing games, quizzes or other activities.

Canvey ‘Get Together’ Group

Date	Time	Location
Wednesdays – Ongoing	1.00pm – 3.00pm	Canvey

Rochford ‘Get Together’ Group

Date	Time	Location
Saturdays – 26/10	10am – 12pm	Rochford

Shoebury ‘Get Together’ Group

Date	Time	Location
Fridays – Ongoing	1pm – 3pm	Shoebury
Saturdays – 09/11	10am – 12pm	

Thundersley 'Get Together' Group		
Date	Time	Location
Saturdays – 12/10, 14/12	10am – 12pm	Thundersley
Westcliff 'Get Together' Group		
Date	Time	Location
Saturdays – 30/11	10am – 12pm	Westcliff

Location addresses

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

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

Trust Links Thundersley - Off Kiln Rd, Benfleet, SS7 1TF, behind the Council Offices & Runnymede Hall, next to the White House

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

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.