

# 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](http://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](mailto:debbie@trustlinks.org) or phone 07593 448731.

**PLEASE NOTE REACH WILL NOT BE RUNNING ANY COURSES OR GROUPS WEEK COMMENCING 30<sup>th</sup> DECEMBER, WE WILL RESUME OUR USUAL SERVICES WEEK COMMENCING 6<sup>th</sup> JANUARY. DUE TO STAFF TRAINING THERE WILL BE NO GROUPS HELD ON WEDNESDAY 12<sup>th</sup> FEBRUARY**

**www.Trustlinks.org Registered Charity No. 109232**

## 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
Wednesday 8 <sup>th</sup> January	10am – 12pm	Canvey	Week 1 - What is Mental Health? What is Recovery?
Friday 10 <sup>th</sup> January	10am – 12pm	Rayleigh	Week 2 - Understanding Anxiety, low mood and depression
Tuesday 18 <sup>th</sup> February	10am – 12pm	Rochford	Week 3 - The Fight/flight/freeze/fawn responses – Brain and Body Connection
			Week 4 - Neuroscience and the Nervous System
			Week 5 - Going forward with new awareness and an introduction to Module two – 'Managing'

### Module two – Managing (5 weeks)

Date	Time	Location	Overview
Thursday 9 <sup>th</sup> January	Eve 7pm – 8pm	Online	Week 1 - Anxiety Management Tools & Techniques
Thursday 9 <sup>th</sup> January	1.30pm – 3.30pm	Westcliff	Week 2 - Introduction to Self-Compassion and Journaling
Friday 10 <sup>th</sup> January	10am – 12pm	Shoebury	Week 3 - Healthy Sleep Habits
Wednesday 19 <sup>th</sup> February	10am – 12pm	Canvey	Week 4 - Introduction to Mindfulness
Friday 21 <sup>st</sup> February	10am – 12pm	Rayleigh	Week 5 - Grounding techniques and introduction to Module three - 'Maintenance'

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## Module three – Maintenance (5 weeks)

Date	Time	Location	Overview
Thursday 20 <sup>th</sup> February	7pm – 8pm	Online	Week 1 - Routine, Physical Wellbeing, Food and Mental Health
Thursday 20 <sup>th</sup> February	1.30pm – 3.30pm	Westcliff	Week 2 - Boundaries and Healthy Relationships
Friday 21 <sup>st</sup> February	10am – 12pm	Shoebury	Week 3 - Recognising Strengths and Achievements and Protective Factors
			Week 4 - Resilience and Self Compassion
			Week 5 - Moving Forward – Your Next Steps and What's in the Community

## REACH Co-production meetings

Date	Time	Location	Overview
Saturday 25 <sup>th</sup> January	1.00 – 3.00pm	Rochford	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.  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!
Saturday 22 <sup>nd</sup> February	1:00 – 3:00pm	Rochford	
Saturday 29 <sup>th</sup> March	1:00 – 3:00pm	Rochford	

## Courses

### Cooking with Confidence – 6 weeks

Date	Time	Location	Overview
Tuesday 7 <sup>th</sup> January	10am - 12pm	Rochford	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.

### Financial Wellbeing Course (EnableEast) – 1 or 2 sessions

Date	Time	Location	Overview
Tuesday 7 <sup>th</sup> January	10.00am – 2.00pm	Thundersley	<p>On this course we will cover budgeting tools, how to look after your wellbeing and ways to help you gain a positive relationship with money.</p> <p>There will also be the opportunity for each participant to have a 1:1 session with the trainer to get personalised support. Every participant will receive a £10 Aldi voucher and a certificate when they have completed the course and a one to one follow-up a week after.</p> <p><b>This course is provided by EnableEast.</b></p> <p><b>Please note that EnableEast will require you to complete a pre-course questionnaire.</b></p>
Monday 10 <sup>th</sup> February & Thursday 13 <sup>th</sup> February	2.00pm – 4:00pm	Westcliff	
Friday 14 <sup>th</sup> February	10.00am – 2:00pm	Shoebury	

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## Gentle Yoga – 6 weeks

Date	Time	Location	Overview
Friday 17 <sup>th</sup> January	12:30pm – 1:30pm	Rochford	This group is Peer facilitated by a qualified Yoga practitioner who's also a Trust Links Peer Volunteer. Join us for 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.

## Individual Sessions & Workshops

### Anger Management Workshop

Date	Time	Location	Overview
Saturday 8 <sup>th</sup> February	1.00pm – 3.00pm	Westcliff	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
Monday 13 <sup>th</sup> January	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.

### Confidence & Self Esteem Workshop

Date	Time	Location	Overview
Saturday 11 <sup>th</sup> January	1.00pm – 3.00pm	Westcliff	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.

<b>Dealing With Panic Attacks Workshop</b>			
<b>Date</b>	<b>Time</b>	<b>Location</b>	<b>Overview</b>
Saturday 15 <sup>th</sup> March	1.00pm – 3.00pm	Thundersley	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.
<b>Introduction to Mindfulness Workshop</b>			
<b>Date</b>	<b>Time</b>	<b>Location</b>	<b>Overview</b>
Saturday 25 <sup>th</sup> January	1.00pm – 3.00pm	Rochford	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.
<b>Labyrinth Workshop</b>			
<b>Date</b>	<b>Time</b>	<b>Location</b>	<b>Overview</b>
Saturday 1 <sup>st</sup> March	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!
Saturday 29 <sup>th</sup> March	1.00pm – 3.00pm	Rochford	

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## Love Dotting Mandala Workshop (provided by Love Dotting)

Date	Time	Location	Overview
Monday 17 <sup>th</sup> February	12.00pm – 3.00pm	Rochford	A 3-hour workshop that teaches you to create your own Mandala masterpiece in a group teaching environment. In this workshop, you will learn painting techniques; what paints to use and will create artwork on a stone. You get to create something aesthetically pleasing whilst immersing yourself in the therapeutic effects of dot painting.

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

Date	Time	Location	Overview
Tuesday 7 <sup>th</sup> January to Tuesday 11 <sup>th</sup> February	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"> <li>• Support with your computer, tablet or phone.</li> <li>• Creating email accounts and sending/receiving emails.</li> <li>• Navigating the internet, Microsoft or filling in a form online</li> </ul>



## Current Groups

### Arts and Crafts Group (6 weeks)

Date	Time	Location	Overview
Tuesday 14 <sup>th</sup> January – 18 <sup>th</sup> February	1.30pm – 3.30pm	Thundersley	Join us at Rochford & Thundersley 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.
Thursday 20 <sup>th</sup> February – 27 <sup>th</sup> March	1.00pm – 3.00pm	Rochford	

### Men's Wellbeing and Social group (6 weeks)

Date	Time	Location	Overview
Wednesday 19 <sup>th</sup> February – 26 <sup>th</sup> March	1.00pm – 3.00pm	Rochford	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
<p><b>Monday, Wednesday and Friday</b></p> <p>Ongoing</p> <p><i>Please note there will not be a session on 12<sup>th</sup> February due to staff training.</i></p>	9:30am – 10.00am	<b>Online</b>	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
<p><b>Mondays</b></p> <p>Ongoing</p>	1.00pm - 2:00pm	<b>Online</b>	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.

<b>Singing &amp; Music Group</b>			
<b>Date</b>	<b>Time</b>	<b>Location</b>	<b>Overview</b>
<b>Wednesdays - Ongoing</b>  <b><i>Please note there will not be a group on 12<sup>th</sup> February due to staff training.</i></b>	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><b>Mondays – Ongoing</b></p> <p>Dog walking dates:</p> <ul style="list-style-type: none"> <li>• 27<sup>th</sup> January</li> <li>• 24<sup>th</sup> February</li> <li>• 24<sup>th</sup> March</li> </ul>	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><b>Please note that all attendees are responsible for the conduct of their dog at all times, and to follow group rules.</b></p>

## Women's Wellbeing and Social group (6 weeks)

Date	Time	Location	Overview
Tuesday 7 <sup>th</sup> January – 11 <sup>th</sup> February	1.00pm – 3.00pm	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>
Monday 17 <sup>th</sup> February – 24 <sup>th</sup> March	1.30pm - 3.30pm	Westcliff	

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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
<b>Wednesdays – Ongoing</b> <i>Please note there will not be a group on 12<sup>th</sup> February due to staff training.</i>	1.00pm – 3.00pm	Canvey

### Rochford ‘Get Together’ Group

Date	Time	Location
<b>Saturdays – 25/01, 29/03</b>	10am – 12pm	Rochford

### Shoebury ‘Get Together’ Group

Date	Time	Location
<b>Fridays – Ongoing</b>	1pm – 3pm	Shoebury
<b>Saturdays – 01/03</b>	10am – 12pm	

<b>Thundersley 'Get Together' Group</b>		
<b>Date</b>	<b>Time</b>	<b>Location</b>
<b>Saturdays – 15/03</b>	10am – 12pm	Thundersley
<b>Westcliff 'Get Together' Group</b>		
<b>Date</b>	<b>Time</b>	<b>Location</b>
<b>Saturdays – 11/01, 08/02</b>	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](mailto:debbie@trustlinks.org) or call Debbie on 07593448731.