

# Recovery College Timetable

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

## Referring

If you haven't referred yet, please visit: [Referrals - Trust Links](#) and refer to the Recovery College online or call us using the information below.

- **If you wish to repeat a group or course, priority will be given to those members who haven't attended before and a minimum 6-week gap period applies.**
- **For the Recovery Programme, a minimum six-month period applies before requesting to repeat a module.**
- **We recommend that members sign up to a maximum of two courses/groups.**
- **Please be aware that all start dates are subject to change and 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 be mindful that the site may not be open to the public until 10 minutes before the session is due to start.**
- **Please let us know if you are running late for a session. If you are more than 15 minutes late you may not be able to join the session.**
- **If you miss the first two sessions of a course or group, you won't be able to join partway through. Instead, we'll ask you to re-enrol on your preferred course or group at a later date.**

**Contact details:** Email: Debbie – [debbie@trustlinks.org](mailto:debbie@trustlinks.org) or phone 07593 448731.

**PLEASE NOTE WE WILL NOT BE RUNNING ANY COURSES OR GROUPS ON 1<sup>st</sup> & 2<sup>nd</sup> JANUARY, WEEK COMMENCING 16<sup>th</sup> FEBRUARY AND WEEK COMMENCING 30<sup>th</sup> MARCH DUE TO THE SCHOOL HOLIDAYS (WITH THE EXCEPTION OF THE 17/25 YOGA & MENTAL WELLBEING COURSE). WE WILL ALSO NOT BE RUNNING ANY GROUPS OR COURSES ON 27<sup>th</sup> JANUARY AND 4<sup>th</sup> FEBRUARY DUE TO STAFF TRAINING.**

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

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# Recovery Programme

The Recovery Programme 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
Tuesday 6 <sup>th</sup> January *	10am – 12pm	Rochford	Week 1 - What is Mental Health? What is Recovery?
Monday 12 <sup>th</sup> January	Eve 7pm – 8pm	Online	Week 2 - Understanding Anxiety, low mood and depression
Friday 16 <sup>th</sup> January	10am – 12pm	Rayleigh	Week 3 - The Fight/flight/freeze/fawn responses – Brain and Body Connection
Monday 23 <sup>rd</sup> February	1.30pm – 3.30pm	Canvey	Week 4 - Neuroscience and the Nervous System
Thursday 26 <sup>th</sup> February	1.30pm – 3.30pm	Westcliff	Week 5 - Going forward with new awareness and an introduction to Module two – 'Managing'
Thursday 26 <sup>th</sup> February	1.00pm – 3.00pm	Vange	
<b>*no session on 27<sup>th</sup> January</b>			

## Module two – Managing (5 weeks)

Date	Time	Location	Overview
Tuesday 6 <sup>th</sup> January *	10am – 12pm	Thundersley	Week 1 - Anxiety Management Tools & Techniques
Monday 23 <sup>rd</sup> February	Eve 7pm – 8pm	Online	Week 2 - Introduction to Self-Compassion and Journalling
Tuesday 24 <sup>th</sup> February	10am – 12pm	Rochford	Week 3 - Healthy Sleep Habits
Friday 27 <sup>th</sup> February	10am – 12pm	Rayleigh	Week 4 - Introduction to Mindfulness
			Week 5 - Grounding techniques and introduction to Module three - 'Maintenance'
<b>*no session on 27<sup>th</sup> January</b>			

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## Module three – Maintenance (5 weeks)

Date	Time	Location	Overview
Wednesday 7 <sup>th</sup> January *	10am – 12pm	Shoebury	Week 1 - Routine, Physical Wellbeing, Food and Mental Health Week 2 - Boundaries and Healthy Relationships 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  <b>*no session on 4<sup>th</sup> February</b>
Thursday 8 <sup>th</sup> January	1.30pm – 3.30pm	Westcliff	
Tuesday 24 <sup>th</sup> February	10am – 12pm	Thundersley	

## Co-production meetings

Date	Time	Location	Overview
Friday 16 <sup>th</sup> January	2.00 – 4.00pm	Online	Join our Co-Production meetings: Get up to date with what's on at the Recovery College & 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!
Friday 20 <sup>th</sup> February	2:00 – 4:00pm	Rochford	
Friday 20 <sup>th</sup> March	2:00 – 4:00pm	Online	

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Courses			
Arts and Crafts for Wellbeing - 5 weeks			
Date	Time	Location	Overview
Wednesday 25 <sup>th</sup> February	10am – 12pm	Shoebury	Join us and take part in a variety of creative arts & crafts activities. You can expect a supportive environment where people's voices come together and creative juices overflow.
Cooking with Confidence – 5 weeks			
Date	Time	Location	Overview
Tuesday 6 <sup>th</sup> January *	1.00pm – 3.00pm	Rochford	This 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.  <b>*no session on 27<sup>th</sup> January</b>

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## Drawing for Mindfulness – 5 weeks

Date	Time	Location	Overview
Tuesday 24 <sup>th</sup> February	1.00pm – 3.00pm	Rochford	This peer developed course will offer you an opportunity to learn Zentangle inspired Art in a calming and relaxing environment. No prior knowledge of drawing or Zentangle is required. All materials are provided and all abilities are welcome!

## Seated Yoga – 4 weeks

Date	Time	Location	Overview
Wednesday 7 <sup>th</sup> January	10am – 12pm	Canvey	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.  This course is funded by Active Essex's 'Find Your Active fund'.

## Yoga & Mental Wellbeing course for 17-25 year olds – 10 weeks

Date	Time	Location	Overview
Thursday 8 <sup>th</sup> January	6.00pm – 8.00pm	Thundersley	This 10 week course for 17-25 year olds is funded via Active Essex Foundation's Transition Age project.  Each session includes yoga practice and group activities for managing mental wellbeing, e.g. creative activities, cooking, journalling and more.
Monday 23 <sup>rd</sup> February	6.00pm – 8.00pm	Rochford	

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## Individual Sessions & Workshops

### Anxiety Tools & Techniques Workshop

Date	Time	Location	Overview
Monday 12 <sup>th</sup> January	10am – 12pm	Basildon Town, Unity Centre	<p>We all experience anxiety at times - that 'butterflies in your stomach' feeling when you worry about sitting exams, going for an interview or seeing the dentist. It is a natural feeling and can be useful, as it can help us perform better or warn us when we need to act if in danger. However, anxiety can be persistent, excessive or over-whelming. It can begin to interfere with many aspects of our life – from confidence, to seeing people, going out and engaging in everyday activities.</p> <p>This workshop introduces students to a variety of techniques and different approaches to build skills &amp; strategies for anxiety management.</p>

### Confidence & Self Esteem Workshop

Date	Time	Location	Overview
Monday 5 <sup>th</sup> January	Eve 7pm – 8pm	Online	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?
Monday 9 <sup>th</sup> February	10am – 12pm	Basildon Town, Unity Centre	

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## Dealing With Panic Attacks Workshop

Date	Time	Location	Overview
Monday 2 <sup>nd</sup> February	10am – 12pm	Basildon Town, Unity Centre	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.

## Healthy Sleep Habits Workshop

Date	Time	Location	Overview
Friday 9 <sup>th</sup> January	10am – 12pm	Rayleigh	<p>Are you struggling with your sleep? Do you want to improve the quality of your sleep? We all need to sleep and there are biological reasons for it. This course explores the relationship with sleep and mental health challenges, providing a better understanding of our sleep habits/routines.</p> <p>In this workshop we consider what happens physically and emotionally when we do not get good quality sleep, and we provide ideas for changes that can be made to promote better sleep.</p>

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## Introduction to Mindfulness Workshop

Date	Time	Location	Overview
Monday 19 <sup>th</sup> January	10am – 12pm	Basildon Town, Unity Centre	<p>Are you curious about “Mindfulness”? Mindfulness based training is an ancient approach, now recognised scientifically for promoting wellbeing.</p> <p>Mindfulness is about being present, in the moment, noticing your experience of the now. With mindfulness practices, we learn to recognise and acknowledge what is going on in the mind and body moment by moment, increasing self awareness of thoughts, emotions and sensations that arise.</p> <p>This workshop aims to introduce Mindfulness for everyday living.</p>

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## Morning Mindfulness Online

Date	Time	Location	Overview
<b>Monday and Friday</b> Ongoing until 27 <sup>th</sup> March 2026	9:30am – 10.00am	<b>Online</b>	A morning mindfulness guided meditation practice for 15 minutes. Awareness of ourselves and the world around us can improve our mental wellbeing.

## Positive Thinking Workshop

Date	Time	Location	Overview
Monday 5 <sup>th</sup> January	10am – 12pm	Basildon Town, Unity Centre	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.
Thursday 12 <sup>th</sup> February	1.30pm – 3.30pm	Westcliff	

## Resilience Workshop

Date	Time	Location	Overview
Monday 26 <sup>th</sup> January	10am – 12pm	Basildon Town, Unity Centre	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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## **Location addresses**

**Trust Links Vange** - Vange Hill Drive, Basildon, SS16 4DA (Behind Vange Hill Community Centre)

**Basildon Town Centre – Unity Centre, Unit 48, Eastgate Centre, Basildon, SS14 1AE**

**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 Gunny, West Crescent, Canvey Island, SS8 9HU

**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.

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