



# MSE Recovery College Partnership Timetable

## April - July 2026

Recovery-focused education and training, **together.**



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 MSE Recovery College  
 @MSERecoveryCol  
 [midessexrecoverycollege.co.uk](https://midessexrecoverycollege.co.uk)

# Course Information

We offer courses in 2, 3, 4, or 6 sessions, so you can choose what works best for you. Each course length is shown in a different colour on the timetable, making it quick and easy to see how long each one runs.

- **Understanding Depression** – 3 sessions
- **Food and Mood** – 3 sessions
- **Yoga for Everyone** – 6 sessions
- **My Rested Self Relaxation** – 3 sessions
- **Explore, imagine, Be** – 2 sessions
- **Hope and Wellbeing** – 2 sessions
- **Anxiety and Me** – 3 sessions
- **Ways to Wellbeing** – 2 sessions
- **Intro to Navigating Emotions** – 2 sessions
- **Exploring Loss Moving Forward** – 2 sessions
- **My Rested Self Seep** – 3 sessions
- **Practical Mindfulness** – 6 sessions
- **Communicating with Confidence** – 4 sessions
- **Understanding Anxiety** – 3 sessions
- **Identity and Personality** – 2 sessions

**Visualisation, Mindfulness Practice and Mindful Walks** are one-session courses. You are welcome to book these as often as you wish, *subject to availability*.

# April 2026

Monday		Tuesday		Wednesday		Thursday		Friday		
<b>30<sup>th</sup> March – 3<sup>rd</sup> April</b> Half Term Week 1						<b>2</b> Recovery Café 10:30am-1:30pm Brentwood 		<b>3</b> Good Friday		
<b>6<sup>th</sup> April – 10<sup>th</sup> April</b> Half Term Week 2						<b>9</b> Recovery Café 10:30am-1:30pm Brentwood 		<b>10</b> Recovery Café 10:30am-1:30pm Grays 		
<b>13</b> Understanding Depression 11am-1pm Grays 	<b>13</b> Newsletter Meeting 10am-11am Chafford Hundred 	<b>14</b> Food and Mood 11am-1pm Corringham 		<b>15</b> Yoga for Everyone 10am-12pm Aveley 	<b>15</b> My Rested Self Relaxation 11am-1pm Grays 	<b>16</b> Visualisation for Relaxation: The Garden 5:30pm-6:30pm Online 		<b>16</b> Recovery Café 10:30am-1:30pm Brentwood 	<b>17</b> Explore, imagine, Be 11am-1pm South Ockendon 	<b>17</b> Recovery Café 10:30am-1:30pm Grays 
<b>20</b> Understanding Depression 11am-1pm Grays 	<b>20</b> Hope and Wellbeing 12pm-2:30pm Grays 	<b>21</b> Food and Mood 11am-1pm Corringham 	<b>21</b> Mindful Walk 1pm-2:30pm Chafford Hundred 	<b>22</b> Yoga for Everyone 10am-12pm Aveley 	<b>22</b> My Rested Self Relaxation 11am-1pm Grays 	<b>23</b> Visualisation for Love, Kindness & Compassion 12pm-1:30pm Online 		<b>23</b> Recovery Café 10:30am-1:30pm Brentwood 	<b>24</b> Explore, imagine, Be 11am-1pm South Ockendon 	<b>24</b> Recovery Café 10:30am-1:30pm Grays 
<b>27</b> Understanding Depression 11am-1pm Grays 	<b>27</b> Hope & Wellbeing 12pm-2:30pm Grays 	<b>28</b> Food and Mood 11am-1pm Corringham 	<b>28</b> Mindfulness Practice 5:30pm-6:30pm Online 	<b>29</b> Yoga for Everyone 10am-12pm Aveley 	<b>29</b> My Rested Self Relaxation 11am-1pm Grays 	<b>30</b> Progressing with Visualisation: The Ocean 1pm-2:30pm Online 		<b>30</b> Recovery Café 10:30am-1:30pm Brentwood 	<b>1 May</b> Recovery Café 10:30am-1:30pm Grays 	

# May 2026

Monday		Tuesday		Wednesday		Thursday		Friday	
<b>4</b> Bank Holiday		<b>5</b> Anxiety and Me 10am-11am Online		<b>6</b> Yoga for Everyone 10am-12pm Aveley	<b>6</b> Visualisation for Relaxation- Floating on a Cloud 12pm-1pm Online	<b>7</b> Ways to Wellbeing 11am-1pm South Ockendon	<b>7</b> Recovery Café 10:30am-1:30pm Brentwood	<b>8</b> Intro to Navigating Emotions 10am-12pm Grays	<b>8</b> Recovery Café 10:30am-1:30pm Grays
<b>11</b> Exploring Loss Moving Forward 11am-1pm Grays	<b>11</b> Newsletter Meeting 10am-11am Chafford Hundred	<b>12</b> Progressing with Visualisation: Letting Go 5:30pm-6:30pm Online	<b>12</b> Anxiety and Me 10am-11pm Online	<b>13</b> Yoga for Everyone 10am-12pm Aveley		<b>14</b> Ways to Wellbeing 11am-1pm South Ockendon	<b>14</b> Recovery Café 10:30am-1:30pm Brentwood	<b>15</b> Intro to Navigating Emotions 10am-12pm Grays	<b>15</b> Recovery Café 10:30am-1:30pm Grays
<b>18</b> Exploring Loss Moving Forward 11am-1pm Grays		<b>19</b> Visualisation for Love, Kindness & Compassion 2pm-3pm Online	<b>19</b> Anxiety and Me 10am-11am Online	<b>20</b> Yoga for Everyone 10am-12pm Aveley	<b>20</b> Mindfulness Practice 5:30pm-6:30pm Online	<b>21</b> Mindful Walk 1pm-2:30pm Grays Beach	<b>21</b> Recovery Café 10:30am-1:30pm Brentwood	<b>22</b> Recovery Café 10:30am-1:30pm Grays	
<b>25<sup>th</sup> May – 29<sup>th</sup> May</b> Half term						<b>28</b> Recovery Café 10:30am-1:30pm Brentwood		<b>29</b> Recovery Café 10:30am-1:30pm Grays	

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

# June 2026

Monday		Tuesday		Wednesday		Thursday		Friday							
<b>1</b> My Rested Self Seep 11am-1pm South Ockendon 		<b>2</b> Practical Mindfulness 11am-1pm Grays 		<b>3</b> Yoga for Everyone 10am-12pm Aveley 		<b>3</b> Mindful Walk 1pm-2:30pm Grays Beach 		<b>4</b> Mindfulness Practice 5:30pm-6:30pm Online 		<b>4</b> Recovery Café 10:30am-1:30pm Brentwood 		<b>5</b> Communicating with Confidence 10am-12pm Grays 		<b>5</b> Recovery Café 10:30am-1:30pm Grays 	
<b>8</b> My Rested Self Seep 11am-1pm South Ockendon 	<b>8</b> Newsletter Meeting 10am-11pm Chafford Hundred 	<b>9</b> Practical Mindfulness 11am-1pm Grays 	<b>9</b> Understanding Anxiety 10am-12:30pm Corringham 	<b>10</b> Yoga for Everyone 10am-12pm Aveley 	<b>10</b> Visualisation for Relaxation: The Garden 10am-11am Online 	<b>11</b> Mindfulness Practice 10am-11am Online 	<b>11</b> Recovery Café 10:30am-1:30pm Brentwood 	<b>12</b> Communicating with Confidence 10am-12pm Grays 	<b>12</b> Recovery Café 10:30am-1:30pm Grays 						
<b>15</b> My Rested Self Seep 11am-1pm South Ockendon 		<b>16</b> Practical Mindfulness 11am-1pm Grays 	<b>16</b> Understanding Anxiety 10am-12:30pm Corringham 	<b>17</b> Yoga for Everyone 10am-12pm Aveley 	<b>17</b> Visualisation for Love, Kindness & Compassion 11am-12pm Online 	<b>18</b> Hope and Wellbeing 12pm-2:30pm Grays 	<b>18</b> Recovery Café 10:30am-1:30pm Brentwood 	<b>19</b> Communicating with Confidence 10am-12pm Grays 	<b>19</b> Recovery Café 10:30am-1:30pm Grays 						
<b>22</b> Mindful Walk 12pm-1:30pm Rainham Marshes 		<b>23</b> Practical Mindfulness 11am-1pm Grays 	<b>23</b> Understanding Anxiety 10am-12:30pm Corringham 	<b>24</b> Yoga for Everyone 10am-12pm Aveley 	<b>24</b> Progressing with Visualisation: The Ocean 5:30pm-6:30pm Online 	<b>25</b> Hope and Wellbeing 12pm-2:30pm Grays 	<b>25</b> Recovery Café 10:30am-1:30pm Brentwood 	<b>26</b> Communicating with Confidence 10am-12pm Grays 	<b>26</b> Recovery Café 10:30am-1:30pm Grays 						
<b>29</b> Understanding Depression 11am-1pm South Ockendon 		<b>30</b> Practical Mindfulness 11am-1pm Grays 													

# July 2026

Monday		Tuesday		Wednesday		Thursday		Friday	
				<b>1</b> Yoga for Everyone 10am-12pm Aveley 	<b>1</b> My Rested Self Sleep 5:30pm-7:30pm Online 	<b>2</b> Mindful Walk 11am-12:30pm Chafford Hundred 	<b>2</b> Recovery Café 10:30am-1:30pm Brentwood 	<b>3</b> Identity and Personality 11am-1pm Corringham 	<b>3</b> Recovery Café 10:30am-1:30pm Grays 
<b>6</b> Understanding Depression 11am-1pm South Ockendon 	<b>7</b> Practical Mindfulness 11am-1pm Grays 	<b>7</b> Visualisation for Relaxation 6pm-7pm Online 	<b>8</b> Yoga for Everyone 10am-12pm Aveley 	<b>8</b> My Rested Self Sleep 5:30pm-7:30pm Online 	<b>9</b> Ways to Wellbeing 1pm-3pm Grays 	<b>9</b> Recovery Café 10:30am-1:30pm Brentwood 	<b>10</b> Identity and Personality 11am-1pm Corringham 	<b>10</b> Recovery Café 10:30am-1:30pm Grays 	
<b>13</b> Understanding Depression 11am-1pm South Ockendon 	<b>13</b> Newsletter Meeting 10am-11am Chafford Hundred 	<b>14</b> Mindfulness Practice 11am-12pm Online 	<b>14</b> Progressing with Visualisation: Letting Go 5:30pm-6:30pm Online 	<b>15</b> Mindful Walk Rainham Marshes 1pm-2:30pm 	<b>15</b> My Rested Self Sleep 5:30pm-7:30pm Online 	<b>16</b> Ways to Wellbeing 1pm-3pm Grays 	<b>16</b> Recovery Café 10:30am-1:30pm Brentwood 	<b>17</b> Recovery Café 10:30am-1:30pm Grays 	
<b>20<sup>th</sup> July – 24<sup>th</sup> July</b> Summer Holiday Week 1						<b>23</b> Recovery Café 10:30am-1:30pm Brentwood 	<b>24</b> Recovery Café 10:30am-1:30pm Grays 		
<b>27<sup>th</sup> July – 31<sup>st</sup> July</b> Summer Holiday Week 2						<b>30</b> Recovery Café 10:30am-1:30pm Brentwood 	<b>31</b> Recovery Café 10:30am-1:30pm Grays 		

# Terms and Conditions

- 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.
- 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 20 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.

If you are interested in enrolling onto our courses, get in touch via the contact methods below.

## Contact Us:

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