



MSE Recovery College Partnership Timetable

July-August 2026

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



Scan the QR code for more information

 MSE Recovery College
 @MSERecoveryCollege
 midessexrecoverycollege.co.uk

July 2026

Monday	Tuesday	Wednesday	Thursday		Friday
20	21	22 Summer Mindfulness Practice 5:30pm-6:30pm Online 	23 Summer Visualisation Workshop 11am-12pm Online 	24 Recovery Café 10:30am-1:30pm Grays 	
27 Visualisation for Love, Kindness & Compassion 11am-12pm Online 	28	29	30 Mindful Walk Chafford Hundred The Gorge 10am-12pm 	30 Summer Mindfulness Practice 4pm- 5pm Online 	31 Recovery Café 10:30am-1:30pm Grays Park 

August 2026

Monday	Tuesday	Wednesday	Thursday	Friday
3 Mindful Walk Rainham Marshes 10am-12pm 	4 Summer Visualisation Workshop 5:30pm-6:30pm Online 	5	6 Summer Mindfulness Practice 11am-12pm Online 	7 Recovery Café 10:30am-1:30pm Grays 
10 Summer Visualisation Workshop 11am-12pm Online 	11	12 Mindful Walk Chafford Hundred The Gorge 10am-12pm 	13 Visualisation for Love, Kindness & Compassion 11am-12pm Online 	14 Recovery Café 10:30am 1:30pm Grays 
17	18 Mindful Walk Tilbury Coal House Fort 10:30am-12:30pm 	19 Summer Mindfulness Practice 11am-12pm Online 	20 Summer Visualisation Workshop 4pm-5pm Online 	21 Recovery Café 10:30am-1:30pm Grays 
24 Summer Visualisation Workshop 11am-12pm Online 	25	26 Summer Mindfulness Practice 10am-11am Online 	27 Mindful Walk Chafford Hundred The Gorge 10am-12pm 	28 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:

 **ThurrockRCollege@mpft.nhs.uk**

 **01375 809708**