



MSE Recovery College Partnership Timetable

June - July 2026

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



Scan the QR code for more information

 MSE Recovery College
 @MSERecoveryCol
 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*.

June 2026

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

July 2026

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