

MSE Recovery College Partnership Timetable

September-December 2026

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



Scan the QR code for more information

 MSE Recovery College
 @MSERecoveryCollege
 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.

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

September 2026

Monday		Tuesday		Wednesday		Thursday	Friday
		1		2		3	4 Recovery Café 10:30am-1:30pm Grays 
7 Newsletter Meeting 10am-11am Chafford Hundred 		8 Understanding Anxiety 10am-12:30pm Grays 		9 Yoga for Everyone  10am-12pm Aveley	9 Mindful Walk Chafford Hundred 11.30am-1pm 	10 Visualisation for Relaxation 5:30pm-6:30pm Online	11 Recovery Café 10:30am-1:30pm Grays 
14 Exploring Loss Moving Forward 1pm-3:30pm Grays 	14 Mindfulness Practice 3:30pm-4:30pm Online 	15 Understanding Anxiety 10am-12:30pm Grays 		16 Yoga for Everyone 10am-12pm Aveley 	16 Progressing with Visualisation: Letting Go 2.00-3.00pm Online 	17 My Rested Self Sleep 1pm-3pm Grays 	18 Recovery Café 10:30am-1:30pm Grays 
21 Exploring Loss Moving Forward 1pm-3:30pm Grays 	21 Progressing with Visualisation: The Ocean 10am-11am Online 	22 Understanding Anxiety 10am-12:30pm Grays 		23 Recovery Café 10am-12pm Brentwood 		24 My Rested Self Sleep 1pm-3pm Grays 	25 Recovery Café 10:30am-1:30pm Grays 
				23 Yoga for Everyone 10am-12pm Aveley 			
28 Mindful Walk Rainham Marshes 12pm-1:30pm 		29 Hope and Wellbeing 10am-12pm Grays 	29 Food and Mood 1-3pm South Ockendon 	30 Recovery Café 10am-12pm Brentwood 			
				30 Yoga for Everyone 10am-12pm Aveley 			

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

October 2026

Monday		Tuesday		Wednesday		Thursday		Friday			
						1 Practical Mindfulness 10am-12pm Grays 		1 My Rested Self Sleep 1pm-3pm Grays 		2 Recovery Café 10:30am-1:30pm Grays 	
5 Understanding Depression 1pm-3pm Grays 		6 Hope and Wellbeing 10am-12pm Grays 	6 Food and Mood 1pm-3pm South Ockendon 	7 Recovery Café 10am-12pm Brentwood 		8 Practical Mindfulness 10am-12pm Grays 	8 Mindful Walk Chafford Hundred 2pm-3.30pm 	9 Recovery Café 10:30am-1:30pm Grays 			
				7 Yoga for Everyone 10am-12pm Aveley 	7 Visualisation for Love, Kindness & Compassion 5:30-6:30pm Online 						
12 Understanding Depression 1pm-3 pm Grays 	12 Newsletter Meeting 10am-11am Chafford Hundred 	13 Hope and Wellbeing 10am-12pm Grays 	13 Food and Mood 1pm-3pm South Ockendon 	14 Recovery Café 10am-12pm Brentwood 		15 Practical Mindfulness 10am-12pm Grays 		16 Recovery Café 10:30am-1:30pm Grays 	16 Identity and Personality 1pm-3pm Grays 		
				14 Yoga for Everyone 10am-12pm Aveley 	14 Visualisation for Relaxation- Floating on a Cloud 2pm-3pm Online 						
19 Understanding Depression 1pm-3pm Grays 	19 Progressing with Visualisation: Letting Go 6pm-7pm Online 	20 Cut Down to Quit Smoking 1pm-3:30pm Grays 	20 Anxiety and Me 5:30pm-6:30pm Online 	21 Recovery Café 10am-12pm Brentwood 		22 Practical Mindfulness 10am-12pm Grays 		23 Recovery Café 10:30am-1:30pm Grays 	23 Identity and Personality 1pm-3pm Grays 		
26 th – 30 th October Half Term											

November 2026

Monday		Tuesday		Wednesday		Thursday		Friday
2 Communicating with Confidence 11am-1pm Grays 		3 Cut Down to Quit Smoking 1pm-3:30pm Grays	3 Anxiety and Me 5:30pm-6:30pm Online 	4 Recovery Café 10am-12pm Brentwood 		5 Practical Mindfulness 10am-12pm Grays 		6 Recovery Café 10:30am-1:30pm Grays 
9 Communicating with Confidence 11am-1pm Grays 		10 Cut Down to Quit Smoking 1pm-3:30pm Grays 	10 Anxiety and Me 5:30pm-6:30pm Online 	11 Recovery Café 10am-12pm Brentwood 		12 Practical Mindfulness 10am-12pm Grays 	12 Visualisation for Love, Kindness & Compassion 2pm-3:30pm Online 	13 Recovery Café 10:30am-1:30pm Grays 
			11 Yoga for Everyone 10am-12pm Aveley 	11 Mindfulness Practice 5:30pm-6:30pm Online 				
16 Newsletter Meeting 10am-11am Chafford Hundred 	16 Communicating with Confidence 11am-1pm Grays 	17 Cut Down to Quit Smoking 1pm-3:30pm Grays 	17 Anxiety and Me 5:30pm-6:30pm Online 	18 Recovery Café 10am-12pm Brentwood 		19 Ways to Wellbeing 1pm-3pm Grays 		20 Recovery Café 10:30am-1:30pm Grays 
			18 Yoga for Everyone 10am-12pm Aveley 	18 Visualisation for Relaxation 5:30pm-6:30pm Online 				
23 Communicating with Confidence 11am-1pm Grays 		24 Mindful Walk Chafford Hundred 12pm-1:30pm 	24 Progressing with Visualisation: The Ocean 5:30pm-6:30pm Online 	25 Recovery Café 10am-12pm Brentwood	25 Yoga for Everyone 10am-12pm Aveley 	26 Ways to Wellbeing 1pm-3pm Grays 		27 Recovery Café 10:30am-1:30pm Grays 
30 Understanding Anxiety 1pm-3:30pm Grays 	30 Progressing with Visualisation: Letting Go 5:30pm-6:30pm Online 							

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December 2026

Monday		Tuesday		Wednesday		Thursday		Friday
		1 Understanding Depression 10am-12pm Corringham 	1 Explore, Imagine, Be 1pm-3pm Grays 	2 Recovery Café 10am-12pm Brentwood 		3 My Rested Self Relaxation 11am-1pm Grays 		4 Recovery Café 10:30am-1:30pm Grays 
			2 Yoga for Everyone 10am-12pm Aveley 	2 Food and Mood 5:30pm-7:30pm Online 				
7 Understanding Anxiety 1pm-3:30pm Grays 	7 Exploring Loss Moving Forward 10am-12:30pm Grays 	8 Understanding Depression 10am-12pm Corringham 	8 Explore, Imagine, Be 1pm-3pm Grays 	9 Recovery Café 10am-12pm Brentwood 		10 My Rested Self Relaxation 11am-1pm Grays 	10 Visualisation for Relaxation- Floating on a Cloud 5:30pm-6:30pm Online 	11 Recovery Café 10:30am-1:30pm Grays 
			9 Yoga for Everyone 10am-12pm Aveley 	9 Food and Mood 5:30pm-7:30pm Online 				
14 Newsletter Meeting 10am-11am Chafford Hundred 		15 Understanding Depression 10am-12pm Corringham 	15 Mindfulness Practice 10am-11am Online 	16 Recovery Café 10am-12pm Brentwood 	16 Food and Mood 5:30pm-7:30pm Online 	17 My Rested Self Relaxation 11am-1pm Grays 	17 Mindful Walk Chafford Hundred 11am-12:30pm 	18 Christmas Recovery Café 10:30am-1:30pm Grays 
14 Understanding Anxiety 1pm-3:30pm Grays 	14 Exploring Loss Moving Forward 10am-12:30pm Grays 							

21st – 31st December – Christmas Break

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**