Mid and South Essex
Recovery College
Partnership

MSE Recovery College Partnership Timetable

April - July 2026

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

Scan the QR code for more information

MSE Recovery College
@MSERecoveryCol
midessexrecoverycollege.co.uk

Mid and South Essex Recovery College is provided by Inclusion, part of Midlands Partnership University NHS Foundation Trust (MPFT), in partnership with Provide Community and Trust Links.

NHS inclusion
Provide community
TrustLinks

Recovery College Timetable

Mid and South Essex Recovery College Partnership

This is the current offer for students who have completed an Individual Learning Plan

Enrolment

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 course or workshop, priority will be given to those students who haven't attended before and a minimum 6-month gap period applies.
- Please note you can only repeat a course or workshop once.
- We recommend that students sign up to a maximum of two courses/workshops at any one time.
- Please be aware that all start dates are subject to change and groups will not run with less than 4 students 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 two sessions of a course are missed, you won't be able to join partway through. Instead, we'll ask you to re-enrol on your preferred course at a later date.

recoverycollege@trustlinks.org

01702 213134

Please note we will not be running any courses weeks commencing **6th, 30th April, and 25th May** due to the school holidays. We will also not be running any courses on **4th May and 31st August** due to bank holidays and **13th May and 30th June** due to staff training.

Mid and South Essex Recovery College Partnership

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 1 – Understanding (5 weeks)

Date	Time	Location	Overview
Monday 13th April Wednesday 15th April Monday 1st June** Tuesday 9th June	Eve 7pm – 8pm 10am – 12pm 1:00pm – 3.00pm 10am – 12pm	Online Shoebury Rochford Thundersley	Module content includes: What is Recovery? Understanding Anxiety, low mood and depression The Fight/flight/freeze/fawn responses Neuroscience and the Nervous System Moving forward with new awareness. ****No session on 29th June**

Module 2 – Managing (5 weeks)

Date	Time	Location	Overview
Monday 13th April Thursday 16th April Wednesday 3rd June Monday 15th June	1.30pm – 3.30pm 1.30pm – 3.30pm 10am – 12pm Eve 7pm – 8pm	Canvey Westcliff Shoebury Online	Module content includes: Anxiety Management Tools & Techniques Introduction to Self-Compassion and Journalling Healthy Sleep Habits Introduction to Mindfulness Practical Grounding techniques

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

Delivered in partnership by: NHS inclusion, Provide community, TrustLinks

Mid and South Essex Recovery College Partnership

Recovery Programme (continued)

Module 3 – Maintenance (5 weeks)

Date	Time	Location	Overview
Tuesday 14th April Friday 17th April Monday 1st June Thursday 4th June	10am – 12pm 10am – 12pm 1.30pm – 3.30pm 1.30pm – 3.30pm	Rochford Rayleigh Canvey Westcliff	Module content includes: Routine, Physical Wellbeing, Food and Mental Health Boundaries and Healthy Relationships Recognising Strengths, Achievements and Protective Factors Resilience and Self Compassion Moving Forward – Your Next Steps and What's in the Community

Co-production Meetings

Date	Time	Location	Overview
Thursday 16th April Thursday 21st May Thursday 18th June Thursday 16th July	2.00 – 4.00pm 2:00 – 4:00pm 2:00 – 4:00pm 2:00 – 4:00pm	Rochford Online Rochford 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 students a service that is truly influenced by you. Join us if you are keen to get involved in what we do!

Mid and South Essex Recovery College Partnership

Courses

Arts and Crafts for Wellbeing (5 weeks)

Date	Time	Location	Overview
Monday 13th April Thursday 18th June	1.00pm – 3.00pm 1.00pm – 3.00pm	Rochford Basildon, Unity Centre	Join us and take part in a variety of creative arts and 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 21st April Tuesday 9th June	10am – 12pm 10am – 12pm	Thundersley 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.

Drawing for Mindfulness (5 weeks)

Date	Time	Location	Overview
Friday 5th June	10am – 12pm	Rayleigh	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!

Individual Sessions & Workshops

Anxiety Tools & Techniques Workshop

Date	Time	Location	Overview
Thursday 16th April Monday 8th June Monday 6th July Thursday 16th July	1.00pm – 3.00pm Eve 7pm – 8pm 1.30pm – 3.30pm 1.30pm – 3.30pm	Vange Online Canvey Westcliff	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 overwhelming. It can begin to interfere with many aspects of our life, from confidence, to seeing people, going out and engaging in everyday activities. This workshop introduces students to a variety of techniques and different approaches to build skills & strategies for anxiety management.

Anger Management Workshop

Date	Time	Location	Overview
Tuesday 2nd June Thursday 11th June	10am – 12pm 1.00pm – 3.00pm	Rochford Basildon, Unity Centre	Learn about the anger response in our bodies and angry thoughts in our minds, and how they can affect our quality of life. We also look at some practical techniques and different thinking strategies to help you cope.

Individual Sessions & Workshops (continued)

Confidence & Self-Esteem Workshop

Date	Time	Location	Overview
Thursday 23rd April Thursday 21st May Monday 1st June Friday 10th July	1.00pm – 3.00pm 1.30pm – 3.30pm Eve 7pm – 8pm 10am – 12pm	Vange Westcliff Online Rayleigh	Covering: What is the difference between self-confidence and self-esteem, what factors have impact on them, and what can we do to start working on improving both?

Dealing With Panic Attacks Workshop

Date	Time	Location	Overview
Thursday 30th April Friday 22nd May Thursday 9th July	1.00pm – 3.00pm 10am – 12pm 1.30pm – 3.30pm	Vange Rayleigh Westcliff	Covering: Why people have panic attacks, the panic cycle, triggers, thoughts, and feelings, exercises to help during an attack and long-term strategies to help prevent attacks.

Individual Sessions & Workshops (continued)

Healthy Sleep Habits Workshop

Date	Time	Location	Overview
Thursday 7th May Tuesday 19th May Wednesday 8th July	1.00pm – 3.00pm 10am – 12pm 10am – 12pm	Vange Rochford Shoebury	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. 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.

Introduction to Mindfulness Workshop

Date	Time	Location	Overview
Tuesday 14th April Thursday 21st May Monday 13th July	10am – 12pm 1.00pm – 3.00pm 1.30pm – 3.30pm	Thundersley Vange Canvey	Are you curious about "mindfulness"? Mindfulness-based training is an ancient approach, now recognised scientifically for promoting wellbeing. 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. This workshop aims to introduce mindfulness for everyday living.

Individual Sessions & Workshops (continued)

Labyrinth Workshop

Date	Time	Location	Overview
Wednesday 15th July	10am – 12pm	Shoebury	Discover the ancient path of the labyrinth for stress relief and self-reflection, learn a little about the history of the labyrinth and how they are used across the world, and then experience walking the mindful path for yourself!

Positive Thinking Workshop

Date	Time	Location	Overview
Thursday 14th May Tuesday 2nd June Monday 13th July	1.00pm – 3.00pm 10am – 12pm 1.00pm – 3.00pm	Vange Thundersley Rochford	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.

Resilience Workshop

Date	Time	Location	Overview
Thursday 4th June Friday 17th July	1.00pm – 3.00pm 10am – 12pm	Basildon, Unity Centre Rayleigh	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.

Mid and South Essex Recovery College Partnership

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 Us:

recoverycollege@trustlinks.org

01702 213134