



Introductions

Delivered in partnership by



MSE Recovery College Contract Award

In **November 2024**, the **Mid and South Essex (MSE) Integrated Care Board** awarded the **MSE Recovery College contract** to **MPFT/Inclusion**, delivered in partnership with **Provide** and **Trust Links**.

Structured Collaboration

Structured dialogue began between the three organisations to explore how we could collaboratively deliver Recovery College (RC) educational courses across our existing areas, while also incorporating the newly allocated areas of Basildon and Brentwood into our delivery model.

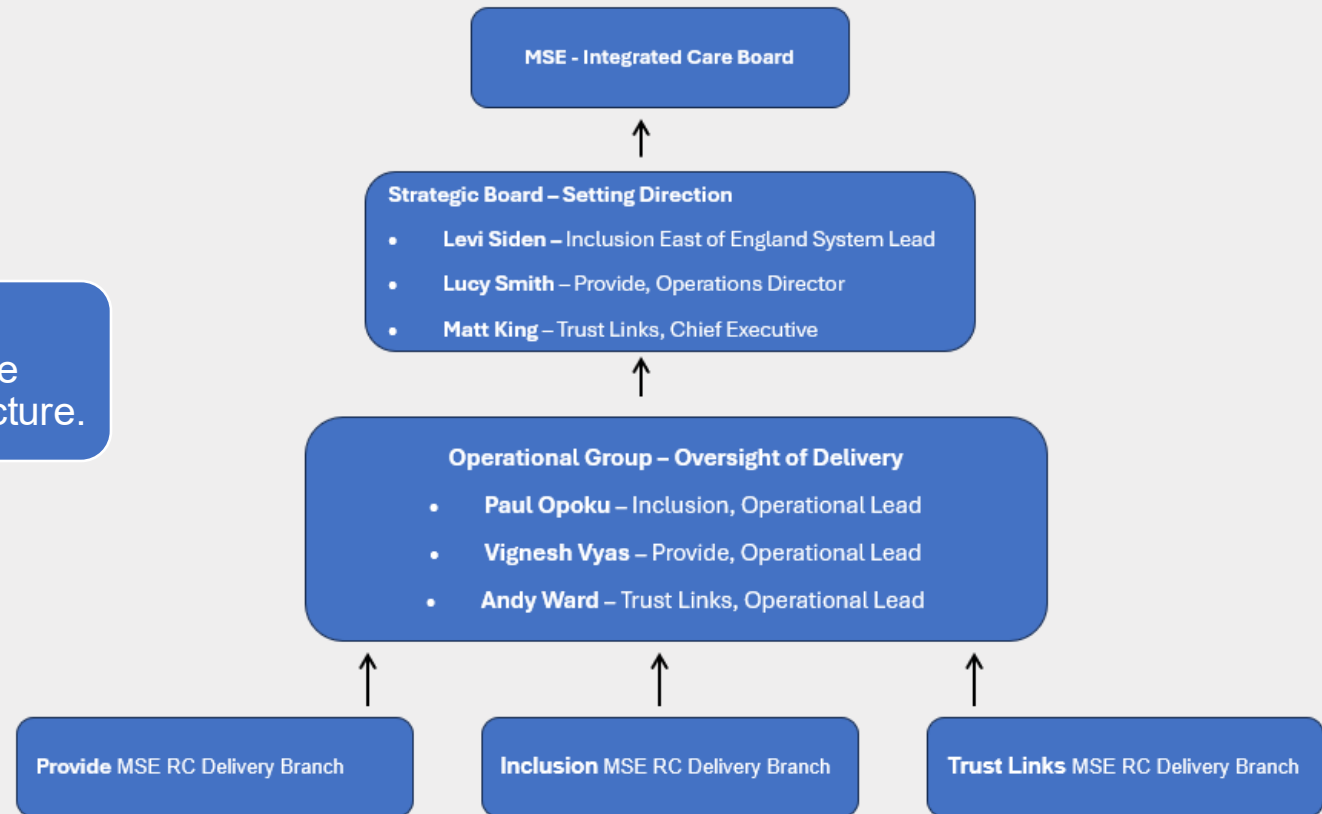
Through collaborative discussions, it was agreed that the most effective approach would be to:

- Maintain three individual organisations delivering Recovery College provision, rebranded under a single MSE Recovery College Partnership identity.
- Remove geographical delivery boundaries to improve access to Recovery College educational courses for the population across the Mid and South Essex (MSE) area.
- Establish a shared partnership model to support coordinated delivery and a consistent student experience.

The Structured dialogue resulted in the establishment of the New MSE Recovery College Partnership.

Partnership Launch – April 2025

On 1st April 2025, the MSE Recovery College Partnership implementation began, alongside the establishment of its governance and assurance structure.



Contract Requirements (ICB MSE Recovery College Contract)

The new contract specification set several key requirements for the partnership. Two core priorities include:

1. Improving Access

Ensure equitable access to Recovery College services across the MSE area and create a consistent student experience, regardless of which Recovery College is accessed.

2. Strengthening Outcome Reporting

Introduce standardised outcome measurement for all students accessing Recovery College services, including reporting to NHS England through the **Mental Health Services Data Set (MHSDS)**.

How the Partnership Will Deliver These Objectives

The partnership has developed a **single operational delivery model**, including:

- One student journey, providing access to courses from all three organisations
- One referral process and form
- Term-time structure aligned to an academic year and educational format
- One shared CRM system with three organisational branches
- Integrated staff training and joint staff events
- Single **ImROC membership** across the partnership
- Quality assurance through Operational and Strategic Boards
- Consistent delivery methodology across all areas
- Service user co-production, with locality feedback informing partnership governance
- Aligned course content across all colleges
- A single MSE prospectus, staff handbook, and student handbook to support consistency
- A shared Occupational Therapist (OT) model

Measuring Impact

Outcome measures have been integrated into **one Individual Learning Plan (ILP)** to ensure consistent reporting and evaluation.

These include:

- **Goals-Based Outcomes (GBO)**
Measures progress towards individual recovery goals.
- **Recovering Quality of Life (ReQoL)**
Captures personal recovery experiences and overall wellbeing.
- **Work and Social Adjustment Scale (WSAS)**
Assesses functional outcomes across work, social, and home life.
- **Mental Health Services Data Set (MHSDS)**
Reporting requirements submitted to **NHS England**.

MSE Recovery College Partnership Progress to Date

Initiative	Status
One MSE RC referral process and form	Complete – will be integrated into CRM system
One Individual Learning Plan (ILP)	Complete – will be integrated into CRM system
Term-time structure aligned to academic year and educational format	Complete
Integrated staff training and joint staff events	Phase 1 staff events complete ; Phase 2 staff training begins September 2026
Quality assurance through Operational and Strategic Boards	Complete – running well
Aligned course content across all colleges	Complete
Single MSE prospectus, staff handbook, and student handbook	In progress – due completion 1 April 2026
Shared MSE RC Occupational Therapist (OT) model	Complete – co-produced with MSE RC and EPUT
In-person delivery of courses in newly allocated areas (Basildon and Brentwood)	Complete – Delivery began in January 2026

confidence

KEVIN

Why Recovery Colleges Matter

Recovery Colleges strengthen mental health support by focusing on **prevention, empowerment and community connection**.

They help people to:

Understand and manage their mental health

Build confidence and practical coping skills

Connect with peers and supportive communities

Reduce isolation and strengthen resilience

Supporting people **earlier and locally** helps prevent escalation into crisis and reduces reliance on more intensive services.

Co-Production At The Centre

Recovery Colleges only work when they are built **with people, not for people.**

Our partnership places **co-production at the centre** of everything we do.

Students shaping courses

Lived experience informing delivery

Staff and peers working together

Services evolving through feedback

Innovation comes from **listening to lived experience**

Partnership Approach

Three organisations

One shared ambition

Inclusion

Provide

Trust Links

Working together to deliver a **stronger, more connected Recovery College** for Mid & South Essex.

Shared values

Shared learning

Shared commitment to recovery

Leadership That Makes Partnership Possible

Partnership works best when it is **supported from the top**.

We are fortunate to have strong leadership across all three organisations:

Levi Sindon – Inclusion

Lucy Smith – Provide

Matt King – Trust Links

Their shared vision has enabled this partnership to move from **conversation to collaboration**.

Partnerships With Communities

Our work only succeeds when it connects to the wider community.

That means working alongside:

Community groups

Local organisations

Voluntary sector partners

Peer networks

Together we help people build **social capital, confidence and opportunity.**

Looking Forward To The Future

This partnership represents more than a contract.

It represents a **shared commitment to learning, innovation and continuous improvement.**

By working together we can:

Strengthen recovery-focused support

Reach more communities

Continue learning from the people we support

And most importantly...

Create opportunities for recovery across Mid & South Essex.

Thank You



Thank you to:

- Our students and peer community
- Our staff and tutors
- Our partners and commissioners

We look forward to building the **future of Recovery College together.**

Delivered in partnership by

Provide
community

NHS
inclusion

TrustLinks
Growing Communities • Transforming Lives

Introducing the Healthy Mind Service

Community Connectors



Local Minds working in partnership

Hubs



What is the Healthy Mind Service?

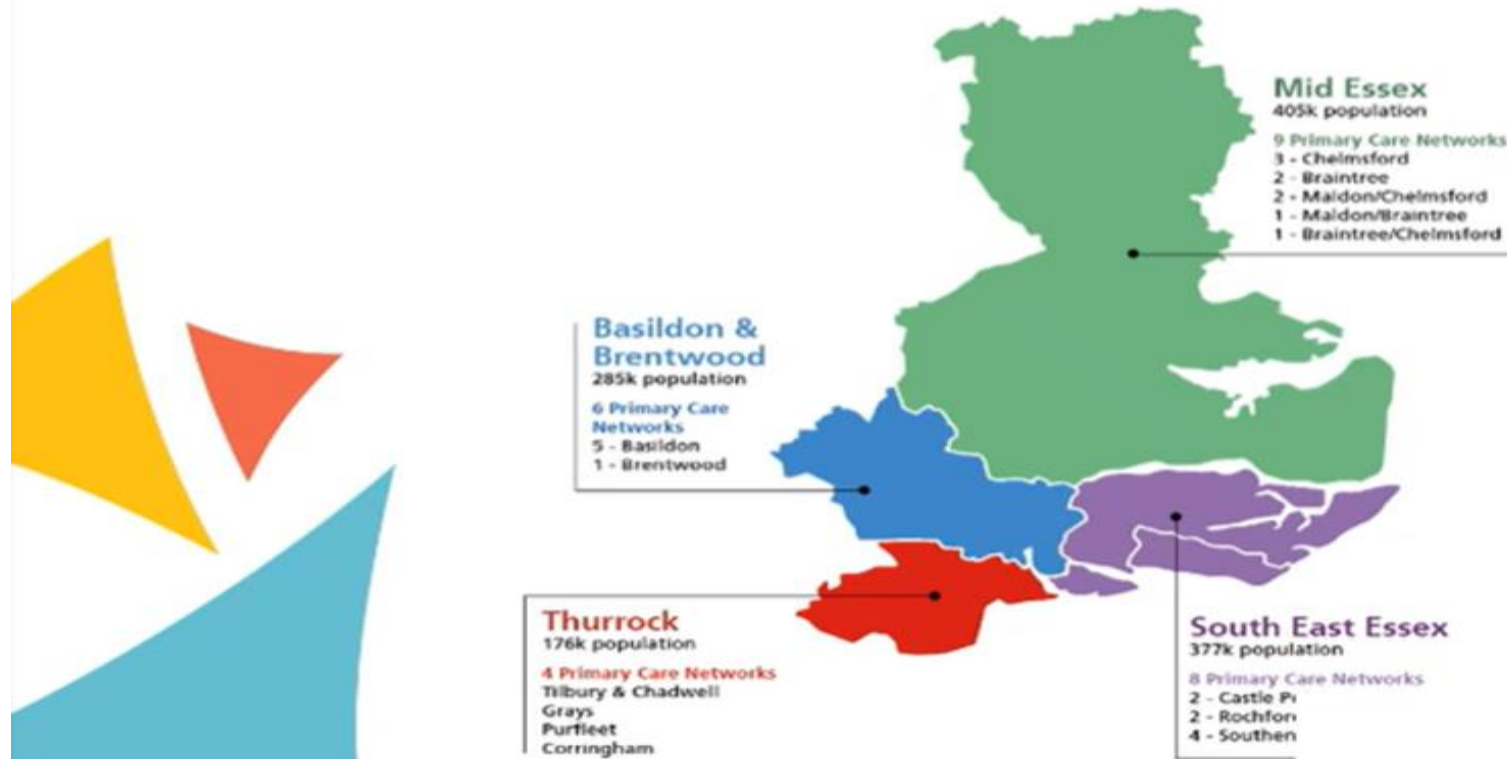
- Short-term, practical and social support for adults
 - Addresses non-medical factors such as housing, finances, employment and social isolation
 - Supports self-management
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Who We Support

- Adults with low to moderate mental health needs or social challenges
 - Seeking support with wellbeing, social connection, or practical issues
 - With emerging or non-clinical mental health needs
 - Known to secondary care who are stable and living well
 - Living within the Mid and South Essex boundary
 - Registered with a GP in Mid and South Essex
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Three Key Geographies Covered

- South East Essex covering Southend, Castle Point & Rochford, Rayleigh
- South West Essex covering Thurrock, Basildon, Brentwood and Wickford
- Mid Essex covering Maldon, Chelmsford and Braintree



 **Mind**
Thurrock
and Brentwood
Community Connectors


Growing Communities • Transforming Lives

Hubs

What the Service is Not

- Crisis support
 - Long term intensive intervention
 - Suitable for people with severe cognitive impairment, active substance use, or violent behaviour
 - A listening ear service for people awaiting Talking Therapies
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Support Pathways

- One-to-One Support: Community Connectors (Mind in Essex) help people access services like housing, benefits and leisure/social activities. Referral by health professionals only.
- Group Support: Trust Links offer group support and signposting. Self-referrals are welcome.



Community Connectors' What We Offer

- Initial Conversation
- Tailored Plan
- Ongoing Support
- Flexible Engagement





Healthy Mind Hub

Supporting wellbeing across Mid & South Essex

Delivered by **Trust Links** in partnership with **Thurrock & Brentwood Mind**



Purpose

Reducing isolation

Building connection

Increase social capital

Strengthening
communities



How Will We Do This

Our aim is to help people through the Five Ways to Wellbeing:

- **Connect:**
- **Be Active**
- **Keep Learning**
- **Take Notice**
- **Give**



How Support Will be Delivered

Staff-led sessions

Opportunities to meet staff, try new activities and feel comfortable in group settings.

Peer-led sessions

Sessions delivered by people with lived experience of mental health.

Volunteer & partner-led sessions

Community organisations delivering activities rooted in local communities.



The Power Of Community

Across Mid & South Essex we are developing **around 30 local hub locations.**

People want to access support **where they live**, not travel across the county.

Our goal is to connect people with **sustainable community groups** that continue long after our support ends.

Wellbeing doesn't only come from services — it grows from **community connection.**



Active Signposting

The Healthy Mind Hub is not just a Meaningful activity or signposting service.

Instead we focus on **active connection**:

- Introducing people directly to community groups
- Delivering sessions within partner spaces
- Supporting first visits and introductions
- Helping people build confidence to continue attending

This helps people move from **support** → **community participation**



Working in Partnership

The Healthy Mind Hub is delivered in partnership with

Thurrock & Brentwood Mind.

What might once have been seen as organisations competing for funding has instead become a strong collaboration built on:

Shared values

Shared vision

Shared commitment to community wellbeing

Partnership has allowed us to **expand reach and strengthen support** across Essex.



Looking Ahead

As the service grows we will continue to:

- Develop more local hubs
- Build stronger community partnerships
- Expand peer and volunteer involvement
- Strengthen wellbeing support across Mid & South Essex

Our ambition is simple:

**to help people reconnect with their communities
and build sustainable wellbeing**

