



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

Recovery College Timetable

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 three 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 an individual module or course are missed, you will be unable to continue, and we'll ask you to re-book at a later date. This is because regular attendance helps ensure you gain the full benefit from the learning programme.



recoverycollege@trustlinks.org



01702 213134

Please note we will not be running any courses or workshops weeks commencing **26th October, 21st December and 28th December** due to the school holidays. We will also not be running any courses or workshops on **14th October** due to staff training.

www.trustlinks.org | Registered Charity No. 109232

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
Thursday 24 th September	1:30pm – 3:30pm	Westcliff	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.
Thursday 24 th September	1pm – 3pm	Basildon Town	
Monday 2 nd November	7pm – 8pm	Online	
Monday 16 th November	1:30pm – 3:30pm	Canvey	
Friday 20 th November	10am – 12pm	Rayleigh	

Module 2 – Managing (5 weeks)

Date	Time	Location	Overview
Tuesday 1 st September	10am – 12pm	Thundersley	Module content includes: • Anxiety management tools & techniques • Introduction to self-compassion and journalling • Healthy sleep habits • Introduction to mindfulness • Practical grounding techniques
Monday 7 th September	1pm – 3pm	Rochford	
Thursday 5 th November	1:30pm – 3:30pm	Westcliff	
Thursday 5 th November	1pm – 3pm	Basildon Town	

Recovery Programme (continued)

Module 3 – Maintenance (5 weeks)

Date	Time	Location	Overview
Wednesday 2 nd September	10am – 12pm	Shoebury	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
Monday 7 th September	7pm – 8pm	Online	
Monday 2 nd November	1pm – 3pm	Rochford	
Tuesday 3 rd November	10am – 12pm	Thundersley	

Co-production Meetings

Date	Time	Location	Overview
17 th September	2pm – 4pm	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!
15 th October	2pm – 4pm	Rochford	
19 th November	2pm – 4pm	Online	
17 th December	2pm – 4pm	Rochford	

Courses

Arts and Crafts for Wellbeing (5 weeks)

Date	Time	Location	Overview
Friday 11 th September	10am – 12pm	Rayleigh	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.
Tuesday 3 rd November	10am – 12pm	Rochford	

Cooking with Confidence (5 weeks)

Date	Time	Location	Overview
Tuesday 22 nd September	1pm – 3pm	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
Monday 7 th September	1:30pm – 3:30pm	Canvey	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!
Wednesday 18 th November	10am – 12pm	Shoebury	

Individual Sessions & Workshops

Anxiety Tools & Techniques Workshop

Date	Time	Location	Overview
Thursday 3 rd September	1pm – 3pm	Basildon Town	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.
Tuesday 15 th September	10am – 12pm	Rochford	
Monday 2 nd November	1:30pm – 3:30pm	Canvey	
Monday 7 th December	7pm – 8pm	Online	
Thursday 17 th December	1:30pm – 3:30pm	Westcliff	

Anger Management Workshop

Date	Time	Location	Overview
Tuesday 1 st September	10am – 12pm	Rochford	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.
Tuesday 6 th October	10am – 12pm	Thundersley	
Monday 12 th October	7pm – 8pm	Online	
Friday 6 th November	10am – 12pm	Rayleigh	

Individual Sessions & Workshops (continued)

Confidence & Self-Esteem Workshop

Date	Time	Location	Overview
Friday 4 th September	10am – 12pm	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?
Thursday 10 th September	1pm – 3pm	Basildon Town	
Monday 12 th October	1pm – 3pm	Rochford	
Wednesday 4 th November	10am – 12pm	Shoebury	
Monday 14 th December	7pm – 8pm	Online	

Coping with Christmas Workshop

Date	Time	Location	Overview
Tuesday 8 th December	10am – 12pm	Rochford	This workshop is designed to help manage emotional, social and practical challenges that might arise during the busy festive season. Come and learn tips and techniques to explore common Christmas-related challenges and learn healthy coping strategies to take care of yourself.
Thursday 10 th December	1pm – 3pm	Basildon Town	

Dealing With Panic Attacks Workshop

Date	Time	Location	Overview
Tuesday 8 th September	10am – 12pm	Rochford	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.
Thursday 17 th September	1pm – 3pm	Basildon Town	
Friday 13 th November	10am – 12pm	Rayleigh	
Tuesday 15 th December	10am – 12pm	Thundersley	

Individual Sessions & Workshops (continued)

Healthy Sleep Habits Workshop

Date	Time	Location	Overview
Monday 12 th October	1:30pm – 3:30pm	Canvey	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.
Monday 19 th October	7pm – 8pm	Online	
Wednesday 11 th November	10am – 12pm	Shoebury	
Tuesday 8 th December	10am – 12pm	Thundersley	
Thursday 10 th December	1:30pm – 3:30pm	Westcliff	

Introduction to Mindfulness Workshop

Date	Time	Location	Overview
Thursday 3 rd September	1:30pm – 3:30pm	Westcliff	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.
Tuesday 13 th October	10am – 12pm	Thundersley	
Friday 23 rd October	10am – 12pm	Rayleigh	
Monday 9 th November	1:30pm – 3:30pm	Canvey	
Monday 7 th December	1pm – 3pm	Rochford	

Individual Sessions & Workshops (continued)

Labyrinth Workshop

Date	Time	Location	Overview
Wednesday 7 th October	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 10 th September	1:30pm – 3:30pm	Westcliff	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.
Friday 16 th October	10am – 12pm	Rayleigh	
Tuesday 20 th October	10am – 12pm	Thundersley	
Thursday 17 th December	1pm – 3pm	Basildon Town	

Resilience Workshop

Date	Time	Location	Overview
Thursday 17 th September	1:30pm – 3:30pm	Westcliff	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.
Monday 19 th October	1:30pm – 3:30pm	Canvey	
Wednesday 21 st October	10am – 12pm	Shoebury	
Tuesday 15 th December	10am – 12pm	Rochford	

Individual Sessions & Workshops (continued)

Sensory Workshop

Date	Time	Location	Overview
Monday 19 th October	1pm – 3pm	Rochford	A practical and interactive workshop exploring how sensory experiences affect wellbeing, emotions, and daily life. You'll have the opportunity to discover your unique sensory profile, try a range of sensory tools and resources, and learn strategies that may help with relaxation, focus, emotional regulation, and self-care.
Monday 14 th December	1pm – 3pm	Rochford	

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