

Futures in Mind Social Inclusion Groups

Our service is designed for people from across Essex who are looking for support with recovery from substance and alcohol addiction and / or mental ill health issues. We support you on your journey of recovery by providing a range of inclusive meeting groups in safe, organised places where you can find new friends, meet with mentors, learn skills and simply be yourself. Groups are listed by TOWN and TYPE:

Welcome cafés (some with arts & crafts), or online groups
 Outdoors, such as gardening, conservation groups
 Sports, fitness and walking groups
 Dedicated arts, crafts, music and reading groups

PLEASE REMEMBER THAT YOU MUST BE REFERRED OR SELF-REFER TO THE SERVICE BEFORE YOU CAN JOIN A GROUP FOR THE FIRST TIME. USE THE SELF-REFERRAL FORM ON OUR WEBSITE OR CALL 01376 316126



LOCATION	GROUP	PLACE	DAY	TIME
BASILDON	Basildon Welcome Space	St Martins Church hall.	Tuesday	10-12pm
BRAINTREE	Braintree Welcome café	First Stop, 29 Bocking End, Braintree CM7 9AE	Tuesday	2pm to 4pm
BRENTWOOD	Brentwood Welcome Space	The Brentwood Baptist Church.	Wednesday	10–12pm
BRIGHTLINGSEA	Brightlingsea Welcome café	The Community Centre, Lower Park Road, Brightlingsea, CO7 0LG	Thursday	10am – 11.30am
CHELMFORD	Chelmsford Walking Group	Central Park (by the Café) Chelmsford.	Every Monday from 23rd Jan	Meet at 11am
CHELMSFORD	Chelmsford Allotment Group	Melbourne Allotments	Tuesday	10am to 1pm
CHELMSFORD	Chelmsford Welcome café	Quaker Meeting House, Chelmsford CM1 2AQ	Wednesday	1pm to 3pm
COLCHESTER	Colchester Boxing and Fitness	Cowdray Avenue, Colchester CO1 1YH	Wednesday	2pm-3pm
COLCHESTER	Colchester Badminton	Cowdray Avenue, Colchester CO1 1YH	Monday	12:30pm-1:30pm
COLCHESTER	Colchester Allotment Group	The allotment is located behind the Leisure Centre, off Cowdray Avenue.	Monday and Wednesday	11am-2pm
COLCHESTER	Beth Chatto Gardens	Meeting in Beth Chatto car park	Fortnightly on a Thursday	10.30pm – 2pm
COLCHESTER	Colchester Welcome café (plus Arts & Crafts)	Quaker Meeting House, 6 Church Street CO1 1NF Colchester	Thursday	1pm - 3pm
DUNMOW	Dunmow Welcome Space	The Maltings, Dunmow Mill Lane, Dunmow CM6 1BG	Wednesday	9.30am-12pm
HARLOW	Harlow Art Group	Mind Wellbeing Centre, Bush Fair, CM18 6NZ	Tuesday	1pm-4pm
HARLOW	Peer Reading Group	Mind Wellbeing Centre, Bush Fair, CM18 6NZ	Tuesday	09.30am-11.30pm
HARLOW	Harlow Badminton	Harlow Leisure Zone, Second Avenue, Harlow, CM20 3DT	Thursday	9.30am-11.30pm
HARLOW	Walking Group	Memorial Gardens, Harlow Town Park, School Lane, CM20 2QD	Tuesday	12pm - 2pm
HARLOW	Harlow Allotment Group	Stile Croft Allotments	Thursday	1pm to 3.30pm
HARLOW	Harlow Community Garden	Behind Fold Croft CM20 1SB	Monday	9.30am-12.30pm
HARLOW	Harlow Welcome Space	Mind Wellbeing Centre, Bush Fair, CM18 6NZ	Wednesday	1pm -3pm
HARWICH	Harwich Welcome café arts and crafts within the café.	The Esplanade hall (the lounge wellbeing hub), Harwich	Wednesday	1-2pm

LANGDON HILLS	Essex Wildlife Trust Conservation Project	Langdon Hills Nature Reserve	Tuesday and Friday's	10am-2.30pm
LEA VALLEY	Walking Group	Lea Valley Country Park, Waltham Abbey.	Friday	10am - 12pm
LOUGHTON	Loughton Welcome Space	Loughton Methodist Church	Tuesday	10am-12pm
MALDON	Maldon Craft Group	West Maldon Community Centre, Sunbury Way, Maldon CM9 6YH	Thursday (Last of each month)	10am to 12pm
MANNINGTREE	Manningtree Welcome café	Foundry Court Community Centre, Colchester Road, Manningtree CO11 1ES	Tuesday	10am – 11am
ONLINE	Online Virtual Group	Online with Teams link (coordinator will send link)	Every Thursday	3-4pm
RAYLEIGH	Rayleigh Chat & Stroll	King Georges playing field, Rayleigh	1st Friday of every month	10am-1am
ROCHFORD	Rochford Welcome Space	St Marks Hall	Thursday	10-12pm
SAFFRON WALDEN	Saffron Walden Welcome Café		Thursday	10am -12pm
WITHAM	Witham Welcome café	Witham Library, 18 Newland Street, Witham, CM8 2AQ	3rd Thursday of the month	10am to 11am

