

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	DAY	TIME
BASILDON	Basildon Welcome Space	Tuesday	10-12pm
BRAINTREE	Braintree Welcome café	Tuesday	2pm to 4pm
BRENTWOOD	Brentwood Welcome Space	Wednesday (fortnightly)	10–12pm
BRIGHTLINGSEA	Brightlingsea Welcome café	Thursday	10am – 11.30am
CHELMSFORD	Chelmsford Walking Group	Every Monday	Meet at 11am
CHELMSFORD	Chelmsford Allotment Group	Tuesday	10am to 1pm
CHELMSFORD	Chelmsford Welcome café	Wednesday	1pm to 3pm
CHELMSFORD	Chelmsford BoxFit	Thursday	1:30pm to 3pm
COLCHESTER	Colchester Boxing and Fitness	Wednesday	2pm-3pm
COLCHESTER	Colchester Allotment Group	Monday and Wednesday	11am-2pm
COLCHESTER	Beth Chatto Gardens	Fortnightly on a Thursday	10.30pm – 2pm
COLCHESTER	Colchester Welcome café (plus Arts & Crafts)	Thursday	1pm - 3pm
DUNMOW	Dunmow Welcome Space	Wednesday	10am-12pm
HARLOW	Harlow Art Group	Tuesday	1pm-4pm
HARLOW	Peer Reading Group	Tuesday	09.30am-11.30pm
HARLOW	Harlow Badminton	Thursday	9.30am-11.30pm
HARLOW	Walking Group	Tuesday	12pm - 2pm
HARLOW	Harlow Allotment Group	Thursday	1pm to 3.30pm
HARLOW	Harlow Welcome Space	Wednesday	1pm -3pm
HARWICH	Harwich Welcome Café with Arts & Crafts	Wednesday	1-2pm
LANGDON HILLS	Essex Wildlife Trust Conservation Project	Friday	10am-2.30pm
WALTHAM ABBEY (LEA VALLEY)	Walking Group	Friday	10am - 11.30am
LOUGHTON	Loughton Welcome Space	Tuesday	10am-12pm
MALDON	Maldon Craft Group	Thursday (Last of each month)	10am to 12pm
MANNINGTREE	Manningtree Welcome Café	Tuesday	10am – 11am

PITSEA	Pitsea Box Fit	Wednesday	10:30am-12pm
RAYLEIGH	Rayleigh Chat & Stroll	1st Friday of every month	10am-11am
ROCHFORD	Rochford Welcome Space (with Arts & Crafts)	Thursday	10-12pm
WICKFORD	Wickford Chat & Stroll	3rd Friday of the month	10am to 11am
WITHAM	Witham Welcome café	3rd Thursday of the month	10am to 11am
ONLINE	Online Virtual Group	Every Thursday	3-4pm