



A **safe space** for people to learn new skills, expand on existing ones, and attend **FREE COURSES** developed to support **mental health recovery**...

Mid Essex Recovery College



**Spring Timetable
April to July 2024**

Welcome to the Recovery College

I am thrilled to unveil the inaugural edition of the Mid Essex Recovery College Prospectus, marking a significant milestone in our journey towards empowerment, resilience, and growth.

At the Mid Essex Recovery College, we believe in the power of education as a catalyst for personal transformation. Our aim is to provide a nurturing environment where individuals can explore their strengths, learn valuable skills, and embark on a journey of self-discovery.

Within these pages, you will find courses which aims to cultivate resilience, foster hope, and support to build a brighter future. From mindfulness meditation to therapeutic filmmaking, managing anxiety to goal setting and life skills workshops, our curriculum is tailored to meet the unique needs and interests of our community members.

As we embark on this exciting chapter together, I would like to extend heartfelt gratitude to everyone who have contributed to the creation of the Mid Essex Recovery College. Your dedication, passion, and commitment has inspired us every day, and I am honoured to be part of this collaborative journey.

Truly looking forward to the collaborative journey ahead with our students, volunteers, and communities, as we engage in mutual learning and co-create the evolution of the Recovery College.

Vignesh Vyas
Operational Lead

I feel privileged to have worked to support the launch of the Mid-Essex Recovery College. It has been particularly inspiring being part of an environment that truly values the experiences of mental health service users and 'gives voice' to stories of overcoming mental health challenge. I look at the world differently since my involvement with the Recovery College and am grateful for that.

The professional use of (how we may define as) lived / living mental health experience is something that is a fundamental part of how recovery colleges operate. We are fortunate to have a growing team of passionate and 'forward thinking' trainers, which includes a variety of peer job roles. Our aim is for staff to work within a model that provides opportunities for all trainers to utilise their experiences of mental health in course development and provides potential career pathways for those interested in peer work.

Beyond this, we are committed to continue working towards incorporating lived experience into our co-production process at all levels of service delivery.

Matt Cubitt
Recovery College Peer Support Lead

About the College

The Mid Essex Recovery College delivers **free** workshops and courses developed to **support Mental Health recovery**. It provides a safe space for people to learn new skills, expand on existing ones.

The following pages have information about the courses/workshops that we deliver, how to enrol and book courses.

Who is the College for?

Anyone who lives, works, studies in the Mid Essex area who have experienced or are experiencing mental health challenges themselves, who are supporting another person with their mental health challenges or who want to learn more about the topics covered.

What are the courses about?

Courses cover a range of areas that may support mental health recovery; including tools and strategies to gain a deeper understanding of yourself and your experiences, education about mental health and helpful tips on practical life skills.

Where do the courses take place?

Courses are delivered in a variety of community venues throughout the Mid Essex area as well as online via Microsoft Teams

Who are the courses delivered by?

All our courses are designed and delivered by people who have lived experience of mental health challenges, and professional experience of working within mental health services.

Co-production

This method of developing and delivering courses is called **co-production**. This is an equal relationship between people who use services and people responsible for services.

How to book workshops/courses

See the information in the next **section** on how to register with the College and book courses.



How to enrol

New to Recovery College?

All students must be enrolled with the Recovery College before booking onto courses.

To enrol either follow the links below or email the Recovery College for a registration form.



[Recovery College registration form](#)

Once we have processed your registration form we will send you confirmation of your registration and your course bookings

Already registered with the College?

Contact us to book the courses/workshops that you would like to attend

Email - provide.midessexrc@nhs.net

Phone - 0300 303 9954 or 07751 571431



Bookings will be confirmed via email upon booking and details will be confirmed the week before the course is due to run.

Virtual courses are delivered via Microsoft Teams and the link will be sent the day before the course is due to run. If you require any assistance with accessing Teams please let us know.

Individual Learning Plan (ILP)

The Mid Essex Recovery College offers all of its Students the opportunity to create an Individual Learning Plan (ILP) that aims to enhance and support each student's recovery and well-being during their time with the College

What is an Individual Learning Plan?

An Individual Learning Plan helps a student to identify their specific learning goals for the term and reflect on their progress. Goals can include ambitions that a student has for their personal learning and recovery journey. The Individual Learning Plan (ILP) does not have to be detailed. It provides an opportunity to discuss learning needs, decide which courses to enrol on and the kind of support that could be offered by our tutors.

ILP Meeting

An ILP Meeting will take place between you and a trained ILP expert at the Recovery College before you begin your course/s.

This is an informal meeting where we can get to know you and let you know more about the College and identify any support that we can offer you whilst you are attending the College.

Meetings can be either online or face-to-face and will discuss your additional learning support needs and set realistic and achievable learning goals and objectives.







ILP review







The ILP will be regularly reviewed by students and college staff to recognise progress, update goals and objectives and review any support needs.



Course Overviews

The following section gives an overview of the workshops/courses and the dates that they are running. To find the venue for each date please refer to the [calendar](#) pages.

<p>For dates see page at end of timetable</p>	<p>Wellbeing Walks</p> <p>Join us on a wellbeing walk within the beautiful Mid Essex countryside and parks. Walking in nature can improve mental health and general wellbeing and help to support mental health recovery. Walks are graded from 1-5 based on their difficulty, with 1 being the easiest and 5 being the most challenging.</p>	
<p>4 April - Braintree 9 April - Online 18 April - Halstead</p>	<p>Self Care for Carers</p> <p>A workshop for anyone that is in a caring role and who would like to learn tools and strategies to support themselves in their own wellbeing. It will explore different ways for managing your own self-care whilst caring for others and explore how this can improve your physical and mental wellbeing. The workshop will support students to identify what self-care means to them, explore what the barriers are practising self-care and find solutions. To understand the importance of looking after ourselves and what the impact can be if we neglect to do this and to share current self-care practices and explore new activities that can promote positive wellbeing.</p>	
<p>10 April 8 May 5 June 16 July</p> <p>All delivered via Microsoft Teams</p>	<p>Self care tools for Anxiety and Stress</p> <p>An interactive group session allowing attendees to learn several self-care tools (from the Managing Health Programme) that can help with 'day to day' feelings of anxiety and stress. You will have the opportunity to participate in breathing techniques and activities that support mindfulness.</p>	
<p>19 April - Chelmsford 16 May - Maldon</p>	<p>Loss and Bereavement</p> <p>This three session course will explore bereavement as a process, the impact it has on our lives, relationships and well-being. The course will look at how bereavement affects the brain and aim to deepen our understanding of it. Students will explore ways of living with bereavement in an integrated, authentic way which is unique to each individual experiencing it.</p>	
<p>23 April - Gosfield 21 May - Burnham on Crouch 25 June - Braintree</p>	<p>Finding and Retaining Employment</p> <p>This workshop is aimed at those people looking to find work and those currently employed who have or have had mental ill health. The workshop is co designed and presented by an Employment Specialist and a Peer Support Worker with lived experience and is designed to empower people to find employment, how to sustain that employment and what support is available to help them.</p>	
<p>24 April - Braintree 12 June - Chelmsford</p>	<p>Living Well with Anxiety</p> <p>This two session workshop will help students to develop an understanding of what anxiety is and how it effects our physical & emotional wellbeing. Helping students to understand that anxiety is a part of our normal experience, and it will introduce them to strategies and techniques to build skills to live a more meaningful life.</p>	

<p>24 April - Chelmsford</p>	<p>New Beginnings</p> <p>Delivered over 3 sessions this course aims to assist those who are experiencing or have experienced immigration. We will look at some of the emotional difficulties that you might feel, being far away from your country of birth and upbringing. If you are an asylum seeker, refugee, a recent or long-term immigrant, this course is designed to provide tools for living in a positive, hopeful way</p>	
<p>25 April - Braintree 27 June - Chelmsford</p>	<p>Therapeutic Photography</p> <p>Delivered over two session this course offers a unique blend of photography and connecting with nature, designed to support individuals in their recovery journey. Participants will learn the therapeutic benefits of photography. This will be demonstrated through practical photography exercises, group discussions, and creating a safe space to create and share works.</p>	
<p>3 May - Chelmsford 3 May - pm - online 8 May - 6:30pm - online</p>	<p>Finding your voice as a Carer</p> <p>For anyone in a caring role who would like to develop their confidence and gain assertiveness skills to support them in everyday situations. Students will explore their own levels of confidence and assertiveness, how they can include assertive behaviours in their everyday life and develop tools and strategies to support their confidence. They will discuss the benefits of using assertive behaviour particularly when communicating with professionals involved in their caring roles.</p>	
<p>8 May - Online 11 July - Online</p>	<p>Understanding Domestic Abuse and its Complexity (session 1)</p> <p>This session looks at the broad spectrum that the term 'domestic abuse' encompasses as well as the different ways in which it impacts on an individual. The aim is to build an understanding of matters such as psychological abuse, coercive controlling behaviour, economic abuse, physical violence, stalking and harassment.</p>	
<p>15 May - Online 18 July - Online</p> <p>**It is advisable to attend the session Understanding Domestic Abuse and its complexity before this workshop.**</p>	<p>Understanding Domestic Abuse - The Ripple Effect of Domestic Abuse (session 2)</p> <p>This session looks on the impact that domestic abuse may have in two specific areas, the impact on children living in a home where abuse is occurring as well as on other family members and the impact on a victim/survivor to be independent and maintain employment because of the abuse.</p> <p>Please be aware that the two Domestic Abuse workshops contain detailed descriptions of domestic abuse told through the stories of people with lived experience.</p>	
<p>13 May - South Woodham Ferrers 24 June - Burnham on Crouch</p>	<p>Anger Management</p> <p>This course looks at what anger is, and overview of anger management problems. The course provides practical strategies and tools for individuals looking to manage and understand anger in a healthy and constructive way. Through a series of interactive sessions, participants will learn anger management techniques, communication skills, and coping mechanisms. Topics covered include identifying triggers, assertive communication, relaxation techniques, and conflict resolution.</p>	

<p>16 May - online</p>	<p>Five Ways to Wellbeing This session will allow students to identify the five ways to wellbeing and explore and identify small steps they can put in place to improve their wellbeing. Students will be able to take away tips and strategies for motivation and goal planning.</p>	
<p>21 May - Halstead</p>	<p>Therapeutic Filmmaking We aim to break the myth that filmmaking is expensive! Instead, we would like to explore and demonstrate how filmmaking can be 'therapeutic'. In this four day course, you will learn how to create short films using your own equipment (be it mobile phone/camera) and use free editing tools to edit your film. There will also be opportunity to collaborate with other students to co-produce a film. A fun course exploring both the theory and practical side of making a film.</p>	
<p>24 May - online 27 June - online</p>	<p>Dismantling Stigma Students attending this course will explore 'Stigma' in detail - understand it's meaning and its effect. The course will aim to raise awareness, promote compassion and the use of recovery-oriented language.</p>	
<p>4 June - Chelmsford</p>	<p>Train the Trainer This is a four day course delivered over four weeks that aims to equip students with the skills and knowledge needed to deliver training in a Recovery College setting. This is not an accredited course, however will provide a foundation for anyone who may be interested in contributing to Mid-Essex Recovery College delivery.</p>	
<p>6 June - Silver End 4 July - Online</p>	<p>Stepping Stones to Wellbeing A two-session workshop supporting students to explore the nature of change & providing opportunities to create effective change to their wellbeing. The course will support students to create small changes in their everyday lives, that will gradually empower them to manage their wellbeing. In an informal & supportive group setting, students can identify habits that work well versus those that do not. Learners will also explore opportunities to make personal goals & build on their wellbeing.</p>	
<p>9 July - online</p>	<p>Introduction to Therapeutic Film-making and Photography Providing an overview of the principles and techniques for utilising filmmaking and photography as a therapeutic tool. The session is designed to provide students with an understanding of using these art forms and their applications in promoting mental health and wellbeing.</p>	

To book on a course please:
 Email: provide.midsexrc@nhs.net
 Call: 0300 303 9954 or 07751 571431



Monday	Tuesday	Wednesday	Thursday	Friday
1 April	2 April	3 April	4 April	5 April
Bank Holiday			<p>Self Care for Carers 1:30pm - 3:30pm Braintree Livewell Hub, Manor Street, Braintree CM7 3HP</p> <p>Mindful Afternoons 3:00 - 4:00pm Chelmsford Athletic Centre, Salerno Way, Chelmsford CM1 2EH</p>	
8 April	9 April	10 April	11 April	12 April
	<p>Self Care for Carers 6:30pm - 8:30pm Microsoft Teams</p>	<p>Self Care Tools for Anxiety and Stress 12:30 - 1:45pm Microsoft Teams</p>		
15 April	16 April	17 April	18 April	19 April
<p>Wellbeing Walk (Grade 1 walk) 10:00 - 11:00am Maldon Promenade Park, Maldon CM9 5JQ</p>			<p>Self Care for Carers 10:00 - 12:00pm Queen's Hall, Chipping Hill, Halstead CO9 2BY</p> <p>Mindful Afternoons 3:00 - 4:00pm Chelmsford Athletic Centre, Salerno Way, Chelmsford CM1 2EH</p>	<p>Bereavement and Loss 3:30 - 5:30pm Kestral House, Hedgerows Business Park, Colchester Rd, Springfield, Chelmsford CM2 5PF</p>

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Monday	Tuesday	Wednesday	Thursday	Friday
22 April	23 April	24 April	25 April	26 April
<p>Wellbeing Walk (Grade 4 walk) 10:30 - 12:00pm Heybridge Basin Maldon</p>	<p>Finding and Retaining Employment 10:00 - 12:30pm Maurice Rowson Hall, Church Rd, Gosfield, Halstead CO9 1UB</p>	<p>Wellbeing Walk (Grade 2 walk) 10:15 - 11:15am Chelmer Valley, Chelmsford</p> <p>Living Well with Anxiety (session 1) 1:00 - 3:00pm Braintree Livewell Hub, Manor Street, Braintree CM7 3HP</p> <p>New Beginnings (session 1) 1:00 - 2:30pm Chapter House, Cathedral Walk, Chelmsford CM1 1NX</p>	<p>Therapeutic Photography (session 1) 9:30 - 12:00 Braintree Livewell Hub, Manor Street, Braintree CM7 3HP</p> <p>Mindful Afternoons 3:00 - 4:00pm Chelmsford Athletic Centre, Salerno Way, Chelmsford CM1 2EH</p>	<p>Therapeutic Photography (session 2) 9:30 - 12:00 Braintree Livewell Hub, Manor Street, Braintree CM7 3HP</p> <p>Bereavement and Loss 3:30 - 5:30pm Kestral House, Hedgerows Business Park, Colchester Rd, Springfield, Chelmsford CM2 5PF</p>
29 April	30 April	1 May	2 May	3 May
		<p>Living Well with Anxiety (session 2) 1:00 - 3:00pm Braintree Livewell Hub, Manor Street, Braintree CM7 3HP</p> <p>New Beginnings (session 2) 1:00 - 2:30pm Chapter House, Cathedral Walk, Chelmsford CM1 1NX</p>	<p>Mindful Afternoons 3:00 - 4:00pm Chelmsford Athletic Centre, Salerno Way, Chelmsford CM1 2EH</p>	<p>Finding your voice for Carers 10:00 - 11:30am Microsoft Teams</p> <p>Finding your voice for Carers 1:30pm - 3:30pm Chelmsford CVS Burgess Well House Coval Lane Chelmsford CM1 1FW</p> <p>Bereavement and Loss 3:30 - 5:30pm Kestral House, Hedgerows Business Park, Colchester Rd, Springfield, Chelmsford CM2 5PF</p>

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6 May	7 May	8 May	9 May	10 May
Bank Holiday		<p>Understanding Domestic Abuse and it's Impact (session 1) 10:00 - 12:00 Microsoft Teams</p> <p>Self Care Tools for Anxiety and Stress 12:30 - 1:45pm Microsoft Teams</p> <p>New Beginnings (session 3) 1:00 - 2:30pm Chapter House, Cathedral Walk, Chelmsford CM1 1NX</p> <p>Finding your voice for Carers 6:30 - 8:30pm Microsoft Teams</p>	<p>Mindful Afternoons 3:00 - 4:00pm Chelmsford Athletic Centre, Salerno Way, Chelmsford CM1 2EH</p>	
13 May	14 May	15 May	16 May	17 May
<p>Wellbeing Walk (Grade 1 walk) 10:30 - 12:00pm Central Park Chelmsford</p> <p>Anger Management 10:00 - 12:00 Town Hall, South Woodham Ferrers</p>		<p>Wellbeing Walk (Grade 3 walk) 10:30 - 12:00pm Central Park Chelmsford</p> <p>Understanding Domestic Abuse (session 2) - The Ripple Effect 10:00 - 12:00 Microsoft Teams</p>	<p>Bereavement and Loss 10:00 - 12:00am Maldon Venue to be confirmed</p> <p>Mindful Afternoons 3:00 - 4:00pm Chelmsford Athletic Centre, Salerno Way, Chelmsford CM1 2EH</p> <p>Five Ways to Wellbeing 12:30 - 1:30pm Microsoft Teams</p>	

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Monday	Tuesday	Wednesday	Thursday	Friday
20 May	21 May	22 May	23 May	24 May
<p>Wellbeing Walk 10:30 - 12:00pm Braintree Location to be confirmed</p>	<p>Therapeutic Filmmaking (Session 1) 10:00 - 4:00pm Empire Theatre, 57 Butler Rd, Halstead CO9 1LL</p> <p>Finding and Retaining Employment 10:00 - 12:30 Burnham on Crouch Village Hall, Arcadia Road Burnham On Crouch CM0 8EF</p>	<p>Wellbeing Walk 10:30 - 12:00pm Braintree Location to be confirmed</p> <p>Therapeutic Filmmaking (Session 2) 10:00 - 4:00pm Empire Theatre, 57 Butler Rd, Halstead CO9 1LL</p>	<p>Bereavement and Loss 10:00 - 12:00am Maldon Venue to be confirmed</p> <p>Therapeutic Filmmaking (Session 3) 10:00 - 4:00pm Empire Theatre, 57 Butler Rd, Halstead CO9 1LL</p> <p>Mindful Afternoons 3:00 - 4:00pm Chelmsford Athletic Centre, Salerno Way, Chelmsford CM1 2EH</p>	<p>Therapeutic Filmmaking (Session 4) 10:00 - 4:00pm Empire Theatre, 57 Butler Rd, Halstead CO9 1LL</p> <p>Dismantling Stigma 12:30 - 2:30pm Microsoft Teams</p>
27 May	28 May	29 May	30 May	31 May
Bank Holiday			<p>Bereavement and Loss 10:00 - 12:00am Maldon Venue to be confirmed</p> <p>Mindful Afternoons 3:00 - 4:00pm Chelmsford Athletic Centre, Salerno Way, Chelmsford CM1 2EH</p>	
3 June	4 June	5 June	6 June	7 June
	<p>Train the Trainer (session 1) 10:00 - 4:00pm Chelmsford CVS, Burgess Well House, Coval Lane, Chelmsford CM1 1FW</p>	<p>Self Care Tools for Anxiety and Stress 12:30 - 1:45pm Microsoft Teams</p>	<p>Stepping Stones to Wellbeing (session 1) 10:00 - 12:30pm Silver End Village Hall, Broadway, Silver End CM7 3RQ</p> <p>Mindful Afternoons 3:00 - 4:00pm Chelmsford Athletic Centre, Salerno Way, Chelmsford CM1 2EH</p>	

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10 June	11 June	12 June	13 June	14 June
	<p>Train the Trainer (session 2) 10:00 - 4:00pm Chelmsford CVS, Burgess Well House, Coval Lane, Chelmsford CM1 1FW</p>	<p>Living Well with Anxiety (session 1) 1:00 - 3:00pm Chelmsford</p>	<p>Stepping Stones to Wellbeing (session 2) 10:00 - 12:30pm Silver End Village Hall, Broadway, Silver End CM7 ???</p> <p>Mindful Afternoons 3:00 - 4:00pm Chelmsford Athletic Centre, Salerno Way, Chelmsford CM1 2EH</p>	
17 June	18 June	19 June	20 June	21 June
	<p>Train the Trainer (session 2) 10:00 - 4:00pm Chelmsford CVS, Burgess Well House, Coval Lane, Chelmsford CM1 1FW</p>	<p>Living Well with Anxiety (session 2) 1:00 - 3:00pm Chelmsford</p>	<p>Mindful Afternoons 3:00 - 4:00pm Chelmsford Athletic Centre, Salerno Way, Chelmsford CM1 2EH</p>	
24 June	25 June	26 June	27 June	28 June
<p>Anger Management 1:00 - 3:00pm Burnham on Crouch Village Hall, Arcadia Road Burnham On Crouch CM0 8EF</p>	<p>Train the Trainer (session 4) 10:00 - 4:00pm Chelmsford CVS, Burgess Well House, Coval Lane, Chelmsford CM1 1FW</p> <p>Finding and Retaining Employment 10:00 - 12:30pm Braintree Livewell Hub, Manor Street, Braintree CM7 3HP</p>		<p>Therapeutic Photography (session 1) 9:30 - 12:00 Chelmsford CVS, Burgess Well House, Coval Lane, Chelmsford CM1 1FW</p> <p>Dismantling Stigma 12:30 - 2:30pm Microsoft Teams</p> <p>Mindful Afternoons 3:00 - 4:00pm Chelmsford Athletic Centre, Salerno Way, Chelmsford CM1 2EH</p>	<p>Therapeutic Photography (session 2) 9:30 - 12:00 Chelmsford CVS, Burgess Well House, Coval Lane, Chelmsford CM1 1FW</p>

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Monday	Tuesday	Wednesday	Thursday	Friday
1 July	2 July	3 July	4 July	5 July
	<p>Therapeutic Film-making (session 1) 10:00 - 4:00pm Maldon</p>	<p>Therapeutic Film-making (session 1) 10:00 - 4:00pm Maldon</p> <p>Living Well with Anxiety (session 1) 1:00 - 3:00pm Maldon</p>	<p>Therapeutic Film-making (session 1) 10:00 - 4:00pm Maldon</p> <p>Stepping Stones to Wellbeing (Session 1) 10:00 - 12:30pm Microsoft Teams</p> <p>Mindful Afternoons 3:00 - 4:00pm Chelmsford Athletic Centre, Salerno Way, Chelmsford CM1 2EH</p>	<p>Therapeutic Film-making (session 1) 10:00 - 4:00pm Maldon</p>
8 July	9 July	10 July	11 July	12 July
	<p>Introduction to Therapeutic Film-making 1:00 - 2:30pm Microsoft Teams</p>	<p>Living Well with Anxiety (session 2) 1:00 - 3:00pm Maldon</p>	<p>Stepping Stones to Wellbeing (Session 2) 10:00 - 12:30pm Microsoft Teams</p> <p>Understanding Domestic Abuse and its Impact (session 1) 10:00 - 12:00 Microsoft Teams</p> <p>Mindful Afternoons 3:00 - 4:00pm Chelmsford Athletic Centre, Salerno Way, Chelmsford CM1 2EH</p>	<p>Anger Management 10:00 - 12:00 Halstead</p>
15 July	16 July	17 July	18 July	19 July
	<p>Self Care Tools for Anxiety and Stress 12:30 - 1:45pm Microsoft Teams</p>		<p>Understanding Domestic Abuse (session 2) - The Ripple Effect 10:00 - 12:00 Microsoft Teams</p> <p>Mindful Afternoons 3:00 - 4:00pm Chelmsford Athletic Centre, Salerno Way, Chelmsford CM1 2EH</p>	

Partnership Working



Essex
Wellbeing Service



Essex
IPS Employment Service



With you in
mind



DOMESTIC ABUSE TRAINING & CONSULTANCY



The College delivers courses
in partnership with
colleagues from these
organisations

If you would like to explore
co-producing a course with
us, please contact us.

Our goal is to cover all areas of Mid-Essex, delivering high-quality educational experiences to diverse communities. If you'd like to see more courses in your area or have suggestions for potential venues – where we can deliver, we invite you to get in touch with us.

Together, let's make learning accessible and impactful for everyone

provide.midessexrc@nhs.net

Mindful afternoons



We hold regular mindfulness sessions alongside **'With You in Mind'** at the

Chelmsford Sport and Athletics Centre,
Salerno Way,
Chelmsford CM1 2EH

Studies show that mindfulness can help people to feel more connected to themselves, to nature and to other people and can also reduce stress levels, anxiety and depression in many cases.

These weekly sessions explore and discuss a variety of mindful practices and their impact on mental health and well-being



To book a place please
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Call: 0300 303 9954 or 07751 571431

Wellbeing Walks



Come and join college staff exploring the beautiful Essex countryside in our regular wellbeing walks. Walks are graded from 1-5 based on their difficulty, with 1 being the easiest and 5 being the most challenging.

Walking in nature can improve mental health and general wellbeing and help support mental health recovery.

This terms walks are being held at;

15 April - Maldon Promenade Park, Maldon (Grade 1 walk)

22 April - Heybridge Basin (Grade 4 walk)

24 April - Chelmer Valley, Chelmsford (Grade 2 walk)

13 May - Central Park, Chelmsford (Grade 1 walk)

15 May - Central Park, Chelmsford (Grade 3 walk)

20 May - Braintree - location to be confirmed

22 May - Braintree - location to be confirmed

To book a place please contact us
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