

Have you or someone you support been discharged from NELFT Mental Health services?  
Or are you receiving treatment for your mental health from your GP?  
Would you still like some support with your recovery?  
**Come and join the Havering Recovery Community!**

The community aims to offer:

- Peer support
- Advice from staff and voluntary groups
- Fun events

The recovery community currently holds drop-in sessions.

When: The second Friday of every month  
2pm – 4pm

Where: The Billet Building – Studio 1, Fairkytes Arts Centre,  
51 Billet Lane, Hornchurch, RM11 1AX

We look forward to welcoming you into the recovery community.

For more information email: [haveringrecoverycommunity@nelft.nhs.uk](mailto:haveringrecoverycommunity@nelft.nhs.uk)

