



Mental Health &
Wellbeing Hubs

The Mental Health & Wellbeing Hubs

Erdington Hub Timetable: July-Sept 2024

Beechcroft Hub, 501 Slade Road, Erdington, Birmingham, B23 7JG

	Session	Type	Time	Contact
Monday	Welcome Morning		10:00 - 11:00	Shaz
	Women's Drop-in		10:00 - 14:00	Sandra
	Like-Minded Discussion Group*		12:00 - 14:00	Shaz
	Gardening Group		11:00 - 13:00	Shaz
	Managing My Autism~		2:45 - 4:45	Paul

	Session	Type	Time	Contact
Tuesday	Self Esteem & Confidence~		10:30 - 12:30	Sandra
	Walk & Talk		11:00 - 13:00	Naz
	Knitting & Crochet		13:30 - 16:00	Naddy
	Social Drop-in & Relaxation		16:30 - 19:00	Naddy

	Session	Type	Time	Contact
Wednesday	Benefits Advice*~		10:00 - 13:00	Shaz
	Managing My Mental Health~		10:00 - 12:00	Nas
	Social Drop-in & Chess Club		13:00 - 16:00	Sandra
	IPS Employment Support*		13:00 - 16:00	Shaz

	Session	Type	Time	Contact
Thursday	Creative Space		10:30 - 12:30	Lynne
	Hearing Voices Support Group^		10:30 - 12:30	Lynne
	Drama		13:00 - 14:30	Naz
	LGBTQIA+ Coffee & Chat		15:00 - 16:30	Naddy

	Session	Type	Time	Contact
Friday	Music Drop-in		10:30 - 12:00	Paul
	Mental Health Workshops~		13:00 - 15:00	Naddy

	Session	Type	Time	Contact
Saturday	Social drop-in* July: 6th & 20th. August: 3rd, 17th & 31st. September: 14th & 28th		11:00 - 2:00	Shaz

	Session	Type	Time	Contact
Sunday	Social drop-in* July: 14th & 28th. August: 11th & 25th. September: 8th & 22nd		11:00 - 2:00	Shaz

*Fortnightly session

^ Last week of each month

~Call for dates



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Community Based Sessions: July-Sept 2024

Day	Session	Type	Time	Contact	Venue
Monday	Allotments		13:00 - 15:00	Naz	Court Lane Allotments, Jarvis Road, Birmingham, B23 5RP
Wednesday	Men's Group		10:30 - 14:00	Naz	Highcroft Community Centre, 485 Slade Road, B23 7JH
Friday	Walk & Talk		10:30 - 13:00	Sandra	Sutton Park, Visitor Centre, B74 2YT
	Friendship Club		11:30 - 15:30	Shaz	Sutton Coldfield Methodist Church, 16 South Parade, Sutton, B72 1QY

Session Types:



Social Groups



Life Skills



Mental Health & Self Care



Physical Health



Creative Opportunities



Admin & Service Involvement

Contact	Number	
Shaz	07554 444 150	Drop-in sessions are open to anyone registered with the Mental Health & Wellbeing Hubs (no booking required)
Naddy	07734 959 878	
Naz	07734 959 926	
Sandra	07734 959 940	
Lynne	07734 959 980	
Paul	07734 959 923	
		For all other sessions, get in touch with the Contact listed for the session.

Get in Touch!

Find out more

Scan the QR Code to head to our website where you can make a referral, view other hubs timetables and get in touch.



Once you've completed your referral, you can access all of our hubs. Contact your Recovery Navigator for more information.

www.birminghammentalhealth.org.uk

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