



Mental Health &  
Wellbeing Hubs

# The Mental Health & Wellbeing Hubs

## Handsworth Hub Timetable: July - Sept 2024

9 Park Avenue, Hockley, Birmingham, B18 5ND

	Session	Type	Time	Contact
Monday	Men's Group		11:30 - 13:00	Esther
	Wellbeing & Social drop-in		13:30 - 15:30	Nerina



	Session	Type	Time	Contact
Tuesday	Autism & mental health		10:30 - 12:30	Amina
	Wellbeing workshop		12:00 - 14:00	Kiran
	Sewing & knitting		13:30 - 15:00	Nerina
	Wellbeing & Social drop-in		16:00 - 19:00	Any Staff

	Session	Type	Time	Contact
Wednesday	Walking group		10:30 - 12:30	Michelle/Esther
	Social anxiety - online group		11:00 - 12:00	Amina
	Music group		13:30 - 15:00	Esther

	Session	Type	Time	Contact
Thursday	Women's group		11:00 - 13:00	Nerina
	Introduction to Recovery		12:00 - 13:30	Esther
	Chair Yoga / Meditation		12:00 - 13:00	Kiran / Michelle
	Art group		13:30 - 15:00	Amina

	Session	Type	Time	Contact
Friday	Stress anxiety workshop		10:30 - 12:00	Kiran
	Cuppa squad: 1st Friday of the month		11:00 - 12:00	Kiran
	Relaxation group		12:00 - 13:00	Angela
	Peer-led games group drop-in		13:00 - 15:00	Any Staff

	Session	Type	Time	Contact
Saturday	Social drop-in		10:00 - 14:00	Any Staff

Day	Session	Type	Time	Facilitator	Venue
Monday	Social drop-in		10:00 - 13:00	David & Amina	Cambridge road Methodist Church, Kings Heath. B13 9UE
Wednesday	Social drop-in		10:00 - 12:00	David & Kiran	Woman's enterprise 249 Ladypool road, Sparkbrook B12 8LF

### Session Types:



Social Groups



Life Skills



Mental Health & Self Care



Physical Health



Creative Opportunities



Admin & Service Involvement

	Facilitator	Number	
<b>Get in Touch!</b>	Esther	07715 960 910	Drop-in sessions are open to anyone registered with the Mental Health & Wellbeing Hubs.  For all other sessions please contact the facilitator
	Nerina	07990 077 653	
	Amina	07990 077 610	
	Kiran	07801 130 697	
	Michelle	07715 960 926	
	Angela	07586 694 471	
	David	07734 959 889	

## How to access

Scan the QR Code to check your eligibility and complete an online referral form or speak to the team



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

Check out our website to find out more!