



Mental Health &  
Wellbeing Hubs

# The Mental Health & Wellbeing Hubs

## Northfield Timetable: 15th July - 6th October

888 – 890 Bristol Road South, Northfield, Birmingham B31 2NS

	Session	Type	Time	Facilitator	Format
Monday	Women's Wellbeing Group		1:00 - 2:00	Emily	Drop-In
	Managing Anxiety		2:00 - 3:00	Aamina	Online (Ask for Zoom link)
	Knit and Natter		3:00 - 4:00	Service User Led	Drop-In
	Session	Type	Time	Facilitator	Format
Tuesday	Mindful Walking		11:00 - 12:00	Henry	Drop-In
	Coping with Loss & Change		1:00 - 2:00	Megan	Sign-up: 4 weeks
	Conversations & Connections: Friendship Group		3:30 - 4:30	John & Adrian	Drop-In
	Session	Type	Time	Facilitator	Format
Wednesday	Managing My Mental Health: 12 Week Accredited Course		11:00 - 12:30	Emily	Sign-up: 12 Weeks
	Creative Crafting		1:00 - 2:30	Ian	Sign-up: 4 weeks
	Managing Anxiety		3:00 - 4:00	Adrian	Drop-In
	Session	Type	Time	Facilitator	Format
Thursday	Men's Support Group		11:00 - 12:00	Adrian & John	Drop-In
	Managing Anger & Difficult Emotions		1:00 - 2:00	Henry	Sign-up: 6 weeks
	Session	Type	Time	Facilitator	Format
Friday	Wellness Workshops		11:00 - 12:00	Emily & Shannon	Drop-In
	5 Ways to Wellbeing		2:00 - 3:00	Shannon	Drop-In Starting 2nd August
	Session	Type	Time	Facilitator	Format
Saturday	Craft & Chat		11:00 - 12:00	Service User Led	Drop-In



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Wellness Workshops: July - October 2024

Fridays 11:00-12:00

Date	Type	Theme	Facilitator
19 July 2024		Trident Reach	Chantelle
26 July 2024		TBC	
02 August 2024		New Starts	Marion
09 August 2024		Discover Your Hub	Shannon & Emily
16 August 2024		Cuppa Squad	Michael
23 August 2024		TBC	
30 August 2024		TBC	
06 September 2024		Cranstoun	Sabrina
13 September 2024		Self-Harm Reduction	Shannon
20 September 2024		Service User Open Morning	Shannon & Emily
27 September 2024		TBC	
04 October 2024		TBC	
11 October 2024		TBC	

## Online Sessions via Zoom

Online Sessions	Type	Time/Day	Facilitator	Session Type
Managing Anxiety		Wednesdays 3:30 - 4:30	Aamina	Online (Ask for Zoom link)
5 Ways to Wellbeing		Fridays 3:00 - 4:00	Laila	Online (Ask for Zoom link)

### Session Types:



Social Groups



Life Skills



Mental Health & Self Care



Physical Health



Creative Opportunities



Admin & Service Involvement

## Find out more

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!

[www.birminghammentalhealth.org.uk](http://www.birminghammentalhealth.org.uk)

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