










Mental Health &  
Wellbeing Hubs

# The Mental Health & Wellbeing Hubs

## South Solihull Timetable: 15th July-6th October

Shirley Methodist Church, 257 Stratford Road, Solihull, B90 3AL

	Session	Type	Dates	Time	Facilitator
<b>Tuesday</b>	Cuppa, Craft & Catch Up		Every Tuesday <b>starting 23rd July</b>	11:00 - 12:00	Zehtoon
	Improving Confidence & Self-Esteem		4-week course <b>starting 17th July</b>	1:00 - 2:00	Zehtoon
<b>Wednesday</b>	Building Self-Compassion		4-week course <b>Starting 14th August</b>	1:00 - 2:00	Zehtoon
	Service User Forum Have your say in shaping & improving the service!		<b>Wednesday 11th September</b>	1:00 - 2:30	Kiona
	Creating your Self-Compassion Toolbox		<b>18th &amp; 25th September</b>	1:00 - 2:00	Zehtoon
	Wellbeing Social		<b>2nd October</b>	1:00 - 2:00	Zehtoon
	Managing Anxiety <b>(online sessions)</b>		<b>Starting 17th July</b>	3:30 - 4:30	Aamina (Ask staff for Zoom link)
	5 Ways to Wellbeing <b>(online sessions)</b>		<b>Starting 19th July</b>	3:00 - 4:00	Laila (Ask staff for Zoom link)



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### Where to find us!



**Shirley Methodist Church,  
257 Stratford Road,  
Solihull, B90 3AL**

### Get in touch!

Reception  
0121 389 0213

Kiona  
07970016521  
kiona.witherington@creativesupport.org.uk

Zehtoon  
07815653459  
zehtoon.choudhry@creativesupport.org.uk

### 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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