



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
	Knit and Natter		3:00 - 4:00	Service User Led	Drop-In
Tuesday	Session	Type	Time	Facilitator	Format
	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
Wednesday	Session	Type	Time	Facilitator	Format
	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
Thursday	Session	Type	Time	Facilitator	Format
	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
Friday	Session	Type	Time	Facilitator	Format
	Wellness Workshops		11:00 - 12:00	Emily & Shannon	Drop-In
	5 Ways to Wellbeing		2:00 - 3:00	Shannon	Drop-In Starting 2nd August
Saturday	Session	Type	Time	Facilitator	Format
	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		Workshop TBC	Shannon & Emily
02 August 2024		New Starts	Marion
09 August 2024		Discover Your Hub	Shannon & Emily
16 August 2024		Cuppa Squad	Michael
23 August 2024		Service User Open Morning	Shannon & Emily
30 August 2024		Self-Harm Reduction	Shannon
06 September 2024		Cranstoun	Sabrina
13 September 2024		CloudsEnd CIC Hoarding Project	Heather
20 September 2024		Service User Open Morning	Shannon & Emily
27 September 2024		ECO Brum Energy Advice	Jason
04 October 2024		Workshop TBC	Shannon & Emily

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

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