

The Mental Health & Wellbeing Hubs

Northfield Timetable: 15th July - 6th October

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

	Session	Туре	Time	Facilitator	Format	
day	Women's Wellbeing Group		1:00 - 2:00	Emily	Drop-In	
Monday	Knit and Natter	•	3:00 - 4:00	Service User Led	Drop-In	
	Session	Туре	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	
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	
:	Session	Туре	Time	Facilitator	Format	
Thursday	Men's Support Group		11:00 - 12:00	Adrian & John	Drop-In	
Thur	Managing Anger & Difficult Emotions		1:00 - 2:00	Henry	Sign-up: 6 weeks	
Friday	Session	Туре	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	Туре	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	Туре	Theme	Facilitator
19 July 2024	(A)	Trident Reach	Chantelle
26 July 2024		Workshop TBC	Shannon & Emily
02 August 2024	(<u>§</u>)	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	Туре	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)

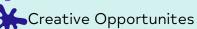
Session Types:



Social Groups

Physical Health







Mental Health & Self Care



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