



Mental Health &  
Wellbeing Hubs

# The Mental Health & Wellbeing Hubs

## Erdington Hub Timetable: Oct - Dec 2024

Beechcroft Hub, 501 Slade Road, Erdington, Birmingham, B23 7JG

	Session	Frequency	Type	Time	Contact
Monday	Welcome Morning	Weekly		10:00 - 11:00	Shaz
	Women's Drop-in	Weekly		10:00 - 14:00	Sandra
	Like-Minded Discussion Group	Weekly		12:00 - 13:30	Chris
	Managing My Autism	Call for dates		14:30 - 16:30	Chris & Naddy

	Session	Frequency	Type	Time	Contact
Tuesday	Self Esteem & Confidence	Call for dates		10:30 - 12:30	Sandra
	Walk & Talk	Weekly		11:00 - 13:00	Shaz
	Knitting & Crochet Drop-in	Weekly		13:30 - 16:00	Naz
	Social Drop-in	Weekly		16:30 - 19:00	Naddy
	REP Theatre Workshops	Weekly		17:30 - 19:00	Shaz

	Session	Frequency	Type	Time	Contact
Wednesday	Benefits advice	Alternate weeks		10:00 - 13:00	Shaz
	Cranstoun housing support	Monthly from 30/10		10:00 - 13:00	Shaz
	Social Drop-in & Chess Club	Weekly		13:00 - 16:00	Philippa
	IPS Employment Support	Alternate weeks		13:00 - 16:00	Shaz

	Session	Frequency	Type	Time	Contact
Thursday	Creative Space	Weekly		10:30 - 12:30	Lynne & Philippa
	Hearing Voices Support Group	Monthly		10:30 - 12:30	Lynne
	Drama	Weekly		13:00 - 14:30	Naz
	LGBTQIA+ Coffee & Chat	Weekly		14:30 - 16:30	Naddy & Elly

	Session	Frequency	Type	Time	Contact
Friday	Music Drop-in	Weekly		10:30 - 12:00	Paul
	Gardening	Weekly		11:00 - 13:00	Elly
	Mental Health Workshops	Call for dates		13:00 - 15:00	Naddy

	Session	Frequency	Type	Time	Contact
Saturday	Social drop-in 12/10, 26/10, 09/11, 23/11, 07/12, 21/12	Alternate weekends		11:00 - 14:00	Shaz

	Session	Frequency	Type	Time	Contact
Sunday	Social drop-in 06/10, 20/10, 03/11, 17/11, 01/12, 15/12, 29/12	Alternate weekends		11:00 - 14:00	Shaz



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Weekly Community Based Sessions:

Oct - Dec 2024

Day	Session	Type	Time	Contact	Venue
Monday	Allotments		13:00 - 15:00	Naz	Court Lane Allotments, Jarvis Road, Birmingham, B23 5RP
Wednesday	Men's Group		10:30 - 14:00	Chris	Highcroft Community Centre, 485 Slade Road, B23 7JH
Friday	Walk & Talk		10:30 - 13:00	Sandra	Sutton Park, Visitor Centre, B74 2YT
	Friendship Club		11:30 - 15:30	Chris	Sutton Coldfield Methodist Church, 16 South Parade, Sutton, B72 1QY

## Session Types:



Social Groups



Life Skills



Mental Health & Self Care



Physical Health



Creative Opportunities



Admin & Service Involvement

Contact	Number	
Philippa	07734 959 957	<p>Drop-in sessions are open to anyone registered with the Mental Health &amp; Wellbeing Hubs (no booking required)</p> <p>For all other sessions, get in touch with the Contact listed for the session.</p>
Naddy	07734 959 878	
Naz	07734 959 926	
Sandra	07734 959 940	
Lynne	07734 959 980	
Paul	07734 959 923	
Chris	07734 962 125	
Elly	07715 960 933	

Get in Touch!

## Find out more

Scan the QR Code to head to our website where you can make a referral, view other hubs timetables and get in touch.



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

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

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