



Mental Health &
Wellbeing Hubs

The Mental Health & Wellbeing Hubs

South Solihull Timetable: 14th Oct- 22nd Dec

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

	Session	Type	Dates	Time	Facilitator
Monday	Improve Your Confidence & Self-Esteem (ONLINE)		Weekly (Ask staff for Zoom link)	3:30-4:30	Sally
	Session	Type	Dates	Time	Facilitator
Tuesday	Cuppa, Craft & Catch Up		Every Tuesday starting 15th October	11:00 - 12:00	Helima
	Session	Type	Dates	Time	Facilitator
Wednesday	Coping with Low Mood & Depression		4-week course starting 16th October	1:00 - 2:00	Helima
	Service User Forum Have your say in shaping & improving the service!		Wednesday 13th November	1:00 - 2:00	Kiona
	Diabetes Awareness with Cuppa Squad		Wednesday 20th November	1:00 - 2:30	Alison
	Motivation & Self-Care		4-week course starting 27th November	1:00 - 2:00	Helima



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

Where to find us!



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

Get in touch!

Reception
0121 389 0213

Helima
07815653459
helima.waqar@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

Registered Charity No. 1003906 Company Limited by Guarantee No. 02024372