

The Mental Health & Wellbeing Hubs

Handsworth Hub Timetable: Jan - March 2025

9 Park Avenue, Hockley, Birmingham, B18 5ND

lellbe				
	Session	Туре	Time	Contact
Monday	Men's Group	9	11:30 - 13:00	Patrick
	Wellbeing & Social drop-in	•	13:30 - 15:30	Angela / Alex
Tuesday	Session	Туре	Time	Contact
	Autism & mental health		10:30 - 12:30	Amina
	Wellbeing workshop		12:00 - 14:00	Kiran
Tue	Sewing & knitting	*	13:30 - 15:00	Nerina
	Wellbeing & Social drop-in	•	16:00 - 19:00	Any Staff
>	Session	Туре	Time	Contact
Wednesday	Coffee & Chat	9	10.30 - 12.00	Bhvana
edn	Social anxiety - online group		11:00 - 12:00	Amina
>	Music group	*	13:30 - 15:00	Nerina
	Session	Туре	Time	Contact
	Session Women's group	Туре	Time 11:00 - 13:00	Contact Nerina
sday				
Thursday	Women's group	•	11:00 - 13:00	Nerina
Thursday	Women's group Peer led Movie Group	*	11:00 - 13:00 11:00 - 13:00	Nerina Alex/ Mubasher
Thursday	Women's group Peer led Movie Group Art group	*	11:00 - 13:00 11:00 - 13:00 13:30 - 15:00	Nerina Alex/ Mubasher Amina
Thursday	Women's group Peer led Movie Group Art group Women's Swim Club (Monthly)	* *	11:00 - 13:00 11:00 - 13:00 13:30 - 15:00 11:00 - 13:00	Nerina Alex/ Mubasher Amina Nerina
	Women's group Peer led Movie Group Art group Women's Swim Club (Monthly) Session	* Type	11:00 - 13:00 11:00 - 13:00 13:30 - 15:00 11:00 - 13:00	Nerina Alex/ Mubasher Amina Nerina Contact
Friday Thursday	Women's group Peer led Movie Group Art group Women's Swim Club (Monthly) Session Stress anxiety workshop Cuppa squad:	* * Type	11:00 - 13:00 11:00 - 13:00 13:30 - 15:00 11:00 - 13:00 Time 11:00- 12:30	Nerina Alex/ Mubasher Amina Nerina Contact Kiran
	Women's group Peer led Movie Group Art group Women's Swim Club (Monthly) Session Stress anxiety workshop Cuppa squad: Last Friday of the month	Type	11:00 - 13:00 11:00 - 13:00 13:30 - 15:00 11:00 - 13:00 Time 11:00 - 12:30 11:00 - 12:00	Nerina Alex/ Mubasher Amina Nerina Contact Kiran Kiran
	Women's group Peer led Movie Group Art group Women's Swim Club (Monthly) Session Stress anxiety workshop Cuppa squad: Last Friday of the month Relaxation group	Type ©	11:00 - 13:00 11:00 - 13:00 13:30 - 15:00 11:00 - 13:00 Time 11:00 - 12:30 11:00 - 12:00 12:00 - 13:00	Nerina Alex/ Mubasher Amina Nerina Contact Kiran Kiran Angela







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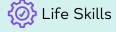
Community Based Sessions: Jan-March 2025

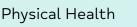
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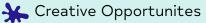
Day	Session	Туре	Time	Facilitator	Venue
Monday	Social drop-in	•	10:00 - 13:00	Bhavna & Amina	Cambridge road Methodist Church, Kings Heath. B13 9UE
Wednesday	Social drop-in	•	10:00 - 12:00	Patrick & Kiran	Woman's enterprise 249 Ladypool road, Sparkbrook B12 8LF

Session Types:











Mental Health & Self Care



Admin & Service Involvement

	Facilitator	Number				
Touch!	Aleksandra	07715 960 910				
	Nerina	07990 077 653	Drop-in session are open to anyone registered with the Mental Health &			
	Amina	07990 077 610				
	Kiran 07801 130 697		Wellbeing Hubs.			
<u></u>	Michelle	07715 960 926				
t	Angela	07586 694 471	For all other session please contact the facilitator			
Get	Patrick	TBC				
	Bhavna	TBC				

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.

Check out our website to find out more!

www.birminghammentalhealth.org.uk