



**Mental Health &
Wellbeing Hubs**

Erdington Hub

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

1st April - 2nd July 2021

The Birmingham Mental Health & Wellbeing Hubs service, is delivered city wide across four locations in Erdington, Yardley, Handsworth and Northfield.

There are no restrictions and you can access the timetable for one or all of the Hubs!

The service offers structured courses and activities to support mental, physical and emotional wellbeing, available to adults aged 18+ accessing secondary mental health support.

You can access our online sessions via Zoom or Skype
You will receive a link inviting you to your sessions.



Welcome to the Spring/Summer edition of our Erdington Hub Timetable.

We have added some additional outdoor activities to this timetable — why not check out our three Walk and Chat groups or our Allotment Group on a Monday.

Our in person sessions remain limited to a small number of people per group, so please book onto the sessions in advance by calling the Lead Facilitator or hub number. This is to stay in-line with covid-19 building risk assessments and keep everyone safe.

If our online sessions interest you, then you will need a modern Computer, Smartphone or Tablet.

Please call the Lead Facilitator to book your online place. We are happy to offer support to get you up and running if required.

Not already registered?

To register for the Birmingham Mental Health and Wellbeing Hub service, please visit <https://www.birminghammentalhealth.org.uk/> to complete our online referral form.



Mental Health & Self Care



Meaningful Activities



Employment & Training



Life Skills



Physical Health



Social Groups

**creative
SUPPORT**

**mind
Birmingham**



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Day	Course Name	Course Type Key	Time	Facilitator	Session Type
Monday	Yoga @ Sutton Church		11:30— 1pm	Kiran 07801 130 697	In Person
	Allotment Group		1pm—4pm	Davina 07792 040 343	In Person
	Managing Stress & Wellbeing		10am—12 noon	David 07734 959 999	On Zoom
Tuesday	Understanding Your Recovery		11am—12:30 pm	Lynne 07734 959 980	On Zoom
	Walk & Chat Brooke Vale Park		11:30 & 12:45 (Two sessions)	Eve 07908 729 830	In Person
	Managing Anxiety & Depression		12noon—2pm	Paul 07734 959 923	On Zoom
	Knitting & Crochet		2pm—4pm	Harnam 07734 959 935	In Person
Wednesday	Men's Group		1pm—3pm	David 07734 959 999	In person (from May)
	Creative Art & Craft		2pm—3pm	Lynne 07734 959 980	On Zoom
	Five Ways to Wellbeing (Starting 28th April)		10am - 11:30am	Harnam 07734 959 935	On Zoom
Thursday	Peer Lead Relaxation		1pm—2pm	Eve 0708 729 830	In Person
	Walk & Chat		2pm—3:15	Lynne 07734 959 980	In Person
	Self Esteem & Confidence		11am - 1pm	Kiran 07801 130 697	On Zoom
Friday	Women's Group		11am—1pm	Lynne 07734 959 980	On Zoom
	Friendship Club Drop In (Limited space, please call)		12—4pm	Kiran 07801 130 697	In Person
	Walk and Chat		2pm—3:30pm	Sandra 07734 959 940	In Person
Saturday & Sunday	Wellbeing Social Drops Ins		11am—1pm	Davina 07792 040 343	On Zoom