

01/07/2021 - 31/09/2021

BEECHCROFT TIMETABLE

Mental Health & Wellbeing Hub



Beechcroft Recovery Hub
501 Slade Road 0121 237 3761



IN PERSON

	Day	Time	Contact
6/10 Community Centre Drop-in (Women Only)	Mondays 2 Sessions	10-12pm 12:30-2:30pm	Sandra 07734 959940
Allotment Group	Mondays	1-3pm	Davina 07592 040343
Knitting & Crochet	Tuesdays	2-4pm	Harnam 07734 959935
Walk & Chat Group (Tuesdays) @Brookvale Park	Tuesdays 2 Sessions	10:30-12:30pm 1pm - 3pm	Shazeana 07734 959921
Mind Men's Club	Wednesdays	12-3pm	Davina 07592 040343
Art & Craft Group	Thursdays	11-1pm	Lynne 07734 959980
Peer Lead Relaxation	Thursdays	1-2pm	Kiran 07801 130697
Nature Walk	Thursdays	2-3:30pm	Lynne 07734 959980
Women's Group	Fridays	11-1	Lynne 07734 959980
Friendship Club Drop-In (Limited Space, Please Call)	Fridays	12-4pm	Kiran 07801 130697
Gardening Group	Fridays	1-3pm	Davina 07592 040343
Walk & Chat Group (Fridays) @Sutton Park	Fridays 2 Sessions	10:30-12:30pm 1pm - 3pm	Sandra 07734 959940

Sessions are 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.

