

01/07/2021 - 30/09/2021

HANDSWORTH TIMETABLE

Mental Health and Wellbeing Hub



Handsworth Hub

9 Park Avenue, B18 5ND 0121 262 3540



IN PERSON	Day	Time	Contact
<i>Peer led Men's Group</i>	<i>Monday</i>	<i>11:30 - 1</i>	<i>Eamon 07734 959 862</i>
<i>Gardening Group</i>	<i>Monday</i>	<i>2 - 4</i>	<i>Eamon 07734 959 862</i>
<i>IT support (book a 1:1 slot)</i>	<i>Monday</i>	<i>1 - 3</i>	<i>Eamon 07734 959 862</i>
<i>Self esteem and Confidence</i> <i>27th July - 31st Aug</i>	<i>Tuesday</i>	<i>11 - 1</i>	<i>Elena</i> <i>07592 371708</i>
<i>Sewing and Knitting</i>	<i>Tuesday</i>	<i>1:30 - 3</i>	<i>Elena 07592 371708</i>
<i>Exercise Class</i> <i>(from 7th July onwards)</i>	<i>Wednesday</i> <i>(6 week cycle)</i>	<i>10-11:30</i>	<i>Amross</i> <i>07734959920</i>
<i>Music</i>	<i>Wednesday</i>	<i>1:30 - 3</i>	<i>Liz 07990077687</i>
<i>Arts and Crafts</i>	<i>Thursday</i>	<i>1:30 - 3</i>	<i>Adila 07715 960 910</i>
<i>Relaxation Class</i>	<i>Thursday</i>	<i>2 - 3</i>	<i>Pam 07734 959866</i>
<i>Walking Group @</i> <i>Handsworth Park</i>	<i>Friday</i>	<i>12 - 1:30</i>	<i>Liz</i> <i>07990077687</i>
<i>Movie Club</i>	<i>Friday</i>	<i>2 - 3:30</i>	<i>Adila 07715 960 910</i>

Sessions are limited to 4 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.

