



Mental Health &  
Wellbeing Hubs

# Northfield Hub

Hub Session Timetable

Northfield Hub 888 - 890 Bristol Road South Northfield Birmingham B31 2NS

12<sup>th</sup> July 2021 – 3<sup>rd</sup> October 2021

	Name	Key	Time	Facilitator	Session Type
Monday	Coffee and Chat - Social Group		11.00am – 12.00pm 12.30am – 1.30pm	John	<b>Face-to-face</b> Sign up - weekly
	Musical Minds		2:00pm – 3:30pm	Anthony	<b>Face-to-face</b> Sign up – 4 weeks
Tuesday	Gardening		11:00am – 12:30pm	Amy	<b>Face-to-Face</b> Weekly sign up for a place
	Body Jam in the Park		1:00pm – 2:30pm	Megan	<b>Face-to-Face</b> Weekly sign up for a place, meet at the Hub
	Creativity for Wellbeing		2:00pm – 3:30pm	Gagan	<b>Face-to-face</b> Sign up – 6 weeks
Wednesday	Understanding my relationships		10:00am – 11:00am	Judith	<b>Face-to-face</b> Sign up – 6 weeks
	Reading for Wellbeing		12:00pm – 1.00pm	Magda	<b>Face-to-Face</b> Weekly sign up for a place
	BCAT Creative Change		1:30pm – 2:30pm	Simone	<b>Face-to-face</b> Sign up – 6 weeks
	Walking Group		2:00pm – 3:30pm	Magda	<b>Face-to-Face</b> Weekly sign up for a place
Thursday	Managing Eating Disorders		11:00am – 12:00pm	Emma & Jessica	<b>Face-to-face</b> Sign up – 3 weeks Starting 29 <sup>th</sup> July
	Coping With Depression and Low Mood		2:00pm – 3:00pm	Jessica	<b>Face-to-face</b> Sign up – 6 weeks
	Film Appreciation		4:00pm – 5.00pm	Eden & Gagan	<b>Face-to-Face</b> Weekly sign up for a place
	Wellbeing Support Evening Social		6:15pm – 7:45pm	Jessica & Gagan	<b>Face-to-Face</b> Weekly sign up for a place
	Guitar Group		6:00pm – 7:00pm	Maurice & John	<b>Face-to-face</b> Sign up – 3 weeks
Friday	Positive Affirmation Station		10:00am – 11:00am	Gagan	<b>Face-to-face</b> Sign up – 3 weeks
	Motivation and Self-Care		1:30pm – 2:30pm	Magda	<b>Face-to-face</b> Sign up – 6 weeks
	Coffee and Chat		3:00pm – 4:00pm	Amina	<b>Face-to-Face</b> Weekly sign up for a place

## Course Categories:



If you would like to take part in any of these sessions, please call 0121 476 4349 for more details. Details on how to access the group will be given when you call the Hub. Due to limited spaces, please do not attend the Hub unless you have received a call to confirm your place.

### Further information about the Groups:

**Coffee & Chat**- A relaxed informal group for you to meet likeminded people.

**Musical Minds** - A co-produced space to listen and talk everything music.

**Gardening Group**- Help us turn our small garden into a space to relax, grow vegetables and get some exercise at the same time!

**Body Jam in the Park**- Meeting at the Hub, for a low intensity exercise class in the local park.

**Creativity for Wellbeing** – Explore your crafty side, each week a different piece of artwork is created.

**Understanding my Relationships** – looking at our relationships with different people, and how we deal with those relationships in everyday life.

**Reading for Wellbeing** - a group where you can come and relax with your own book. Discussions at the end of the group are more than welcomed, but not required.

**BCAT Creative Change** - a session delivered by Birmingham Centre for Arts Therapies.

**Walking Group** - whether you want to get some fresh and socialise with others or take your time practicing mindfulness in nature - the walking group is for you. We meet at the Hub at 2pm and then go to a local park.

**Managing Eating Disorders** – delivered in collaboration with one of our service users, 3-week group exploring coping strategies for those suffering from eating disorders.

**Coping With Depression and Low Mood** - 6-week course exploring causes, triggers, and coping mechanisms for depression and low mood, as well as daily life changes to improve your mood.

**Film Appreciation** – a space to discuss your favourite films and discover new genres or interests.

**Wellbeing Support Evening Social** - A welcoming group which takes place one evening per week.

**Guitar Group** – a service user led session, with the aim of learning basic guitar skills.

**Positive Affirmation Station** - Creatively make your own frame and space to use your own positive affirmations

**Motivation and Self-Care** - covers personal hygiene, looking after your physical needs and environment (house). You will create a balanced weekly routine as well as learn techniques to increase motivation and self-efficacy.

We want to take this opportunity to reassure you that all of our Face-to-Face sessions take place in a COVID Safe environment. The following measures have been put in place to keep you safe while attending the Hub:

- Symptom Screening
- Temperature Checks
- Face Masks
- Handwashing
- Social Distancing