



Mental Health &  
Wellbeing Hubs

# Yardley Hub

Hub Session Timetable

Yardley Hub, 195 – 197 Church Road, Yardley, Birmingham, B25 8UR

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

	Name	Key	Time	Facilitator	Session Type
Monday	Wellbeing Support Group		11:30am – 12:30pm	Anne	<b>Face-to-Face</b> Weekly sign up for a place
	Walking Group		1:30pm – 2:30pm	Anne	<b>Face-to-Face</b> Weekly sign up for a place
	Reading for Wellbeing		3.30pm – 4.30pm	Mariya	<b>Face-to-Face</b> Weekly sign up for a place
Tuesday	Coffee & Chat ( safe space social group)		11:00am – 12:00pm	Kirsty	<b>Face-to-Face</b> Weekly sign up for a place
	Creating Healthy Boundaries		2:00pm – 3:00pm	Kirsty	<b>Face-to-Face</b> Sign up – 6 weeks
	Wellbeing Support Evening Social		5:30pm – 7:30pm	All Staff	<b>Face-to-Face</b> Weekly sign up for a place
Wednesday	Understanding Emotions and Feelings		11:00am – 12:00pm	Karolina	<b>Face-to-Face</b> Sign up – 6 weeks
	Cooking Skills		2:30pm – 4:00pm	Anne	<b>Face-to-Face</b> Sign up – 3 weeks
Thursday	Arts & Crafts		11:00am – 12:30pm	Karen	<b>Face-to-Face</b> Sign up – 3 weeks Starting 5 <sup>th</sup> August
	Healthy Living		1:00pm – 2:00pm	Zaf	<b>Face-to-Face</b> Sign up – 6 weeks
	Discussion & Debate		3:00pm – 4:00pm	Zaf	<b>Face-to-Face</b> Weekly sign up for a place
Friday	Exploring Art		10.30am – 12.00pm	Darren	<b>Face-to-Face</b> Sign up – 3 weeks
	Coffee & Chat (social group)		1.00pm – 2.00pm	Shams	<b>Face-to-Face</b> Weekly sign up for a place
	Managing Anxiety		3.00pm – 4.00pm	Mariya	<b>Face-to-Face</b> Sign up – 6 weeks

Course Categories Mental Health Self-care Life Skills Meaningful Activities Physical Health Employment and Training Social Groups

Due to limited spaces, please do not attend the Hub unless you have received a call to confirm your place.

If you would like to take part in any of these sessions, please call 0121 389 0213 for more details. Details on how to access the group will be given when you call the Hub

### Further information about the Groups:

**Wellbeing Support Group**- Social group that explores every day matters that impact our mind, body and soul.

**Walking Group** - Social opportunity to walk in a group at a pace which is good for you and your heart.

**Reading for Wellbeing** - We will be reading and discussing a variety of short stories and poems on weekly basis.

**Coffee & Chat (safe space social group)**- Supportive casual conversation in a safe and trigger free setting for individuals with social anxiety or those who feel.

**Creating Healthy Boundaries** - Creating stronger relationships through setting positive boundaries with yourself and others.

**Wellbeing Support Evening Social** – An out of hour's social group that looks at different issues that matter.

**Understanding Emotions and Feelings** - What are emotions for? Can anger be good? What happens when we experience anxiety, sadness, shame or guilt? This course will help you see emotions from a completely different perspective.

**Cooking Skills**- Skills base step by step planning from shopping list to plate simple nutritious meals.

**Arts & Crafts** – A 3 week service user led group to make creative pieces of work.

**Healthy Living** – A 6 week course looking at what is a balanced diet, benefits of eating healthy and having an active life.

**Discussion & Debate** – A group that discusses various subjects, such as physical and mental health, lifestyle, politics, news, sports, social events, technology, history, geography, etc.

**Exploring Art** - Service User Led- A practical exploration of the different kinds of ways to create art

**Managing Anxiety** - A 6 week course looking at Anxiety and how to manage it in our daily lives.

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