



Mental Health &  
Wellbeing Hubs

# Yardley Hub

Hub Session Timetable

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

## 18<sup>th</sup> October – 26<sup>th</sup> November

If you would like to take part in any of these sessions, please call the Yardley Hub on **0121 389 0213** to book a space.

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

	Name	Key	Time	Facilitator	Session Type
Monday	Seated Yoga		11:00am – 12:00pm	Shams	<b>Face-to-Face</b> Weekly sign up for a place
	Wellbeing Support Group		1:00pm – 2:00pm	Anne	<b>Face-to-Face</b> Weekly sign up for a place
	Living your Best Life		3:00pm – 4:00pm	Zaf	<b>Face-to-Face</b> Sign up – 6 weeks
Tuesday	Creating Healthy Boundaries		11:00am – 12:00pm	Kirsty	<b>Face-to-Face</b> Sign up – 6 weeks
	Being part of a Community when you have Social Anxiety		1:00pm – 2:00pm	Kirsty	<b>Face-to-Face</b> Sign up – 6 weeks
	Improving Confidence and Self-esteem		3:00pm – 4:00pm	Sarah	<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	The Power of the Breath		11:00am – 12:00pm	Karolina	<b>Face-to-Face</b> Sign up – 4 weeks
	Understanding Emotions and Feelings		1:00pm – 2:00pm	Karolina	<b>Face-to-Face</b> Sign up – 6 weeks
	Walking Group		2:00pm – 3:00pm	Anne	<b>Face-to-Face</b> Weekly sign up for a place
Thursday	Arts & Crafts		11:00am – 12:30pm	Karen	<b>Face-to-Face</b> Sign up – 3 weeks
	Discussion & Debate		1:00pm – 2:00pm	Zaf	<b>Face-to-Face</b> Weekly sign up for a place
	Healthy Living		3:00pm – 4:00pm	Zaf	<b>Face-to-Face</b> Sign up – 6 weeks
Friday	Exploring Music and Poetry		10.30am – 12.00pm	Darren and Kirsty	<b>Face-to-Face</b> Sign up – 3 weeks
	Coffee & Chat (social group)		1:00pm – 2:30pm	Shams	<b>Face-to-Face</b> Weekly sign up for a place

Course Categories:



Mental Health Self-care



Life Skills



Meaningful Activities



Physical Health



Employment and Training



Social Groups

## Further information about the Groups:

**Seated Yoga** - A gentle seated exercise group for beginners to relax, socialise and improve their fitness.

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

**Living your Best Life** - Making small changes in your life to help you feel better.

**Creating Healthy Boundaries** - Explores how we can create stronger relationships through learning how to set positive boundaries for yourself and with others.

**Being part of a Community when you have Social Anxiety** - Explores the importance of having a community around us and how we can be part of one and achieve meaningful connections with others when we have social anxiety.

**Improving Confidence and Self-esteem** - A 6 week course looking at a range of techniques and activities to help build your confidence and be more assertive in your relationships.

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

**The Power of the Breath** - We spend so much time, money and effort trying to look after our mental and physical health. But there is one thing that is completely free, does not require lots of time or effort and you are already doing it anyway! That thing is your breath and it has the power to change your mind and your body.

**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.

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

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

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

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

**Exploring Music and Poetry** – A Fun, interactive activities to explore how we can use music and poetry to help improve our wellbeing and help with stress, anxiety and low-mood.

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