

Erdington Hub

Beechcroft, 501 Slade Road, Erdington, Birmingham B23 7JG

January – March 2022 - Timetable

	Name	Key Time	Facilitator	Session
Monday	Allotment Group	 1-3pm	Navpreet 07734959915	In-Person
	610 Community Centre	 10-12pm	Sandra 07734959940	In-Person
	Drop-In (Women only)	 12.30-2.30pm		
	Yoga @ Highcroft centre	 2.30-4.30pm	Harnam 07734 959935	In-Person
Tuesday	Walk & Chat group @ Brookvale Park	 11.30-12.45pm 1-2.15pm	Navpreet 07734959915	In-Person
	Managing Anxiety & Depression	 12-2pm	Paul 07734959923 Naddy 07952040343	Online
	Knitting & Crochet	 2-4pm	Harnam 07734 959935	In-Person
Wednesday	Mindfulness	 10-12pm	Sandra 07734 959940 Navpreet 07734959915	In-Person
	Five ways to wellbeing	 10-11.30am	Harnam 07734 959935	Online
	Mind Men's Club @ Highcroft centre	 12-3pm	Naddy 07952040343	In-Person
Thursday	Art & Craft group	 11-1pm	Lynne 07734 959980	In-Person
	Peer lead relaxation	 1-2pm	Naddy 07952040343	In-Person
	Self esteem & Confidence	 2-4pm	Sandra 07734 959940	Online
Friday	Women's Group	 11-1pm	Lynne 07734 959980	In-Person
	Music session	 10.30-12pm  12.30-2pm	Paul 07734959923	In-Person
	Bounce back drop-in	 10-12pm	Harnam 07734 959935	Online
	Walk & Chat @ Sutton Park	 10.30-12.30pm  1-3pm	Sandra 07734 959940	In-Person
	Gardening session	 1-3pm	Naddy 07952040343	In-Person
	Friendship Club drop-in	 11.30-3.30pm	Kiran 07801130697	In-Person
	Wellbeing social drop-in	 2-4pm	Paul 07734959923	In-Person



**Mental Health &
Wellbeing Hubs**

Erdington Hub Festive Timetable

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	Name	Key	Time	Facilitator	Session Type
Saturday	Zoom Drop-in		11-1pm	Shaz 07554444150	Online
	Zoom Drop-in		11-1pm	Shaz 07554444150	Online
Sunday	Improving Mind Meeting 2022		12-1pm	Shaz 07554444150 David 07734959889	Online
	(Last Saturday every month)		12-1pm		Online
			12-1pm		Online



Eligibility

The service is available and free of charge for adults over the age of 18, under secondary mental health services in Birmingham or Solihull, on GP Serious Mental Illness Register (SMI register) or those experiencing long term/severe mental health difficulties.

How to access the service

To access the Mental Health & Wellbeing Hub service you must first complete a referral form. You can complete an online form or alternatively you can call and speak to one of the Recovery Navigators for more information.

www.birminghammentalhealth.org.uk/referral/



Mental Health & Self Care



Physical Health



Social Groups



Life Skills



Meaningful Activities



Employment & Training

**creative
SUPPORT**

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Birmingham**

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