



Mental Health &
Wellbeing Hubs

Northfield Hub





Hub Session Timetable

Northfield Hub 888 - 890 Bristol Road South Northfield Birmingham B31 2NS
0121 476 4349

17th January – 10th April 2022

	Name	Key	Time	Facilitator	Session Type
Monday	Coffee and Chat - Social Group		11.00am – 12.00pm 12.30am – 1.30pm	John	Face-to-face Sign up - weekly
	Coping With Depression and Low Mood		2:00pm – 3:00pm	Jessica	Face-to-Face Weekly sign up for a place
	Musical Minds		3:30pm – 5:00pm	Anthony	Face-to-face Sign up – 4 weeks
Tuesday	Cooking Skills		11:00am – 12:30pm	Habibah	Face-to-face Sign up – 3 weeks
	Improving Confidence & Self-Esteem		1:00pm – 2:00pm	Judith	Face-to-face Sign up – 6 weeks
	Poetry for Wellbeing		3:00pm – 4:00pm	Amy	Face-to-face Sign up - weekly
Wednesday	Understanding Substance Misuse		11:00am – 12:00pm	Magda	Face-to-face Sign up – 3 weeks
	Managing Grief and Bereavement		1:00pm – 2:00pm	Magda	Face-to-face Sign up – 3 weeks
	Creative Writing		3:00pm – 4:00pm	Jessica	Face-to-face Sign up – 6 weeks
Thursday	Creativity for Wellbeing		11:00am – 12:30pm	Megan	Face-to-face Sign up – 6 weeks
	Understanding Change		1:30pm – 2:30pm	Judith	Face-to-face Sign up – 6 weeks
	Film Appreciation		4:00pm – 5.00pm	Eden	Face-to-face Sign up - weekly
Friday	Reading for Wellbeing		11:00am – 12:00pm	Magda	Face-to-face Sign up - weekly
	Gardening Group		1:00pm – 2:00pm	Amy	Face-to-face Sign up – Fortnightly
	Healthy Living		2:00pm – 3:00pm	Megan	Face-to-face Sign up – 6 weeks
Saturday	Coffee and Chat - Social Group		10:00am – 12:00pm	All Staff	Face-to-face Sign up - weekly

One Off Workshops

	Name	Key	Time	Facilitator	Session Type
Tuesday 8th February	Understanding Disordered Eating		10:00am	Jessica	Face-to-face One- off workshop
Friday 28th January	Guitar Group		3.30pm – 4.30pm	Anthony	Face-to-face One- off workshop
Friday 25th February	Guitar Group		3.30pm – 4.30pm	Anthony	Face-to-face One- off workshop
Friday 25th March	Guitar Group		3.30pm – 4.30pm	Anthony	Face-to-face One- off workshop

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

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 some of our Groups:

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.

Understanding Substance Misuse – To gain insight into substance misuse, its causes and coping techniques, whether it is for yourself or a loved one.

Managing Grief and Bereavement – Explore coping techniques managing for grief and bereavement.

Understanding Change – A 6 week course looking at attitudes to change and how this can affect our day-to-day life.

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

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.

Understanding Disordered Eating - One-off workshop exploring types of eating disorders, how they present and different support options available. Open to both sufferers and those wanting to understand disordered eating.

We want to take this opportunity to reassure you that all of our Face-to-Face sessions take place in a COVID Safe environment. Please speak to a member of staff for more information.