



Mental Health &
Wellbeing Hubs

Yardley Hub

Hub Session Timetable

Yardley Hub, 195 – 197 Church Road, Yardley, Birmingham, B25 8UR
0121 389 0213

17th January – 10th April 2022

	Name	Key	Time	Facilitator	Session Type
Monday	Coping Creatively		10.30am – 12.00pm	Kirsty	Face-to-Face Sign up – 3 weeks
	Walking Group		12:00pm – 1:00pm	Anne	Face-to-Face Weekly sign up for a place
	Managing Anxiety		2:00pm – 3:00pm	Kirsty	Face-to-Face Sign up – 6 weeks
Tuesday	Being part of a Community when you have Social Anxiety		11:00am – 12:00pm	Kirsty	Face-to-Face Sign up – 6 weeks
	Saheli Exercise Group		2:00pm – 3:00pm	Saheli Group	Face-to-Face Last Tuesday of the month. (Starting 25.01.22)
	Wellbeing Support Evening Social		5:30pm – 7:30pm	All Staff	Face-to-Face Weekly sign up for a place
Wednesday	Creative Writing		10:00am – 11:00am	Rebekah	Face-to-Face Sign up – 6 weeks
	Mindfulness		12:00pm – 1:00pm	Karolina	Face-to-Face Sign up – 4 weeks
	Understanding Emotions and Feelings		2:00pm – 3:00pm	Karolina	Face-to-Face Sign up – 6 weeks
	Wellbeing Support Group		3:30pm – 4:30pm	Anne	Face-to-Face Weekly sign up for a place
Thursday	Seated Yoga		10.00am – 11.00am	Shams	Face-to-Face Weekly sign up for a place
	Discussion & Debate		1:00pm – 2:00pm	Zaf	Face-to-Face Weekly sign up for a place (Starting 27.01.22)
	Living your Best Life		3:00pm – 4:00pm	Zaf	Face-to-Face Sign up – 6 weeks (Starting 27.01.22)
Friday	Exploring Music and Poetry		10.30am – 12.00pm	Darren	Face-to-Face Sign up – 3 weeks
	Coffee & Chat (social group)		1:00pm – 2:00pm	Shams	Face-to-Face Weekly sign up for a place
	Improving Confidence & Self-Esteem		3.00pm – 4.00pm	Sarah	Face-to-Face Sign up – 6 weeks

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.

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:

Managing Anxiety - A course to give you the tools and resources to be able to manage anxiety more effectively.

Saheli Group – Taking place on the last Tuesday of every month,

Creative Writing - Weekly creative writing prompts, activities and tips to improve your writing.

Mindful Living - In this group delivered by a qualified Mindfulness Teacher you will discover that there is so much more to mindfulness than meditation. You will learn techniques, attitudes and challenges in mindfulness and take part in live guided meditations..

Understanding Emotions and Feelings - What are emotions for? This course will help you see emotions from a completely different perspective.

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

Living your Best Life – Based on CBT principles, looking at how making small changes in your life can help you feel better.

Community Groups:

Community Groups		
Group	Location	Time
Solihull Wellbeing Support Group	Three Trees Community Centre, Hedingham Grove, Chelmsley Wood, B37 7TP	Every Thursday 1:00pm – 3:00pm

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.