

Northfield Hub

Hub Session Timetable

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

18th April – 10th July 2022

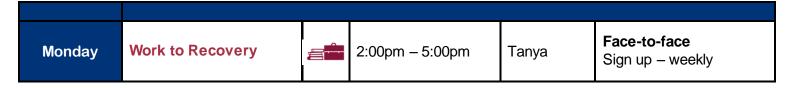
	Name	Key	Time	Facilitator	Session Type
Monday	Wellbeing Support Group – held at Northfield Baptist Church, meet outside the Hub at 10.45am or at the church at 11am.	**	11.00am – 12.00pm	Megan and John	Face-to-face Weekly Sign Up Starting 25/04/22
	Mindfulness	**	1:00pm – 2:00pm	Jessica	Face-to-face Sign up – 6 weeks Starting 25/04/22
	Body Jam in the Park	1	2.30pm – 4.00pm	Megan	Face-to-face Sign up - weekly Starting 25/04/22
	Knit and Natter	<u></u>	3:00pm – 4:00pm	Julie	Face-to-face Sign up - weekly Starting 25/04/22
Tuesday	Positive Lifestyle Changes & Daily Living Skills	(D)	11.00am – 12.00pm	Lauren	Face-to-face Sign up – 6 weeks
	Gardening Group	(D)	11:00am – 12:30pm	Amy	Face-to-face Sign up – Weekly
	Dealing with Intense Emotions	**	1:00pm – 2:00pm	Magda	Face-to-face Sign up – 5 weeks
	Positive Quotations		3:00pm – 4:00pm	Emma	Face-to-face Sign up – Weekly
Wednesday	Healthy Living on a Budget	(<u>)</u>	11:00am – 12:30pm	Kate Sheldon (NHS Dietician)	Face-to-face Sign up – 6 weeks
	Managing Anxiety	*	1:00pm – 2:00pm	Amy	Face-to-face Sign up – 6 weeks
	Walking group	1-1	2.30pm – 4.00pm	Magda	Face-to-face Sign up - weekly
	Creative Writing		3:00pm – 4:00pm	Jessica	Face-to-face Sign up – 6 weeks
Thursday	Coffee and Chat -Social Group	44	11.00am – 12.00pm 12.30pm –1.30pm	John	Face-to-face Sign up - weekly
	Coping with Low Mood & Depression	**	2:00pm – 3.00pm	Rebecca	Face-to-face Sign up – 4 weeks
	Creativity for Wellbeing		3:00pm – 4.30pm	lan/Megan	Face-to-face Sign up – 6 weeks
Friday	Cooking Skills	(D)	10:00am – 11:30am	Rebecca	Face-to-face Sign up – 3 weeks
	Reading for Wellbeing	(4)	1:00pm – 2:00pm	Magda	Face-to-face Sign up - weekly
	Make Your Own Coping Kit (arts & crafts)	**	3:00pm – 4:00pm	Rebecca	Face-to-face Sign up – 3 weeks

10:00am - 12:00pm

All Staff

Face-to-face Sign up - weekly

Employment Support - The Shaw Trust



Work to Recovery Birmingham and Solihull is a free, voluntary service, which aims to support people with mental health conditions to find and sustain paid employment. To be eligible for the programme, you must be:

- Over 18 years old
- · Registered with a Birmingham and Solihull GP
- Under the care of secondary mental health service or
- On the GP Serious mental health register
- Motivated to find paid work

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 01214764349 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.