



Mental Health &  
Wellbeing Hubs


# Northfield Hub

## Hub Session Timetable


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

18<sup>th</sup> April – 10<sup>th</sup> July 2022

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

<b>Saturday</b>	<b>Coffee and Chat -Social Group</b>		10:00am – 12:00pm	All Staff	<b>Face-to-face</b> Sign up - weekly
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## Employment Support – The Shaw Trust

<b>Monday</b>	<b>Work to Recovery</b>		2:00pm – 5:00pm	Tanya	<b>Face-to-face</b> Sign up – weekly
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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 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.