



Erdington Hub April– June 2022 Timetable

Mental Health &
Wellbeing Hubs

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

	Name	Key	Time	Facilitator	Venue
Monday	Allotment group		1-3pm	Navpreet 07734959915	Court Lane Allotments
	Bounce back drop-in		1-2pm	Harnam 07734959935	Beechcroft Hub
	610 Women's drop-in		10-12pm 12.30-2.30pm	Sandra 07734959940	610 Community Centre, Kingstanding Road
	Yoga @ Highcroft		2.30-4.30pm	Harnam 07734 959935	Meet at Beechcroft Hub
Tuesday	Walk & Chat group @ Brookvale Park		11.30-12.45pm 1-2.15pm	Navpreet 07734959915	Meet at Beechcroft Hub
	Managing Anxiety & Depression		12-2pm	Naddy 07734 959878	Online, Zoom
	Knitting & Crochet		1.30-2.45pm 3-4.15pm	Harnam 07734 959935	Beechcroft Hub
Wednesday	Mindfulness		10-12pm	Navpreet 07734959915 Andreea 077349959848	Beechcroft Hub
	Five ways to wellbeing		10-11.30am	Harnam 07734 959935	Online, Zoom
	Mental health workshops (fortnightly)		1-2.30pm	Navpreet 07734959915	Beechcroft Hub
	Men's Group @ Highcroft		11-4pm	Naddy 07734 959878	Highcroft Community Centre, Slade Road
	Social drop-in		3-5pm	Andreea 077349959848	Beechcroft Hub
Thursday	Art & Craft group		11-1pm	Lynne 07734 959980	Beechcroft Hub
	Peer-lead Relaxation		1.30-2.30pm	Naddy 07734 959878	Beechcroft Hub
	Self esteem & Confidence		2-4pm	Sandra 07734 959940	Online, Zoom
Friday	Women's Group		11-1pm	Lynne 07734 959980	Beechcroft Hub
	Music session		10.30-12pm 12.30-2pm	Paul 07734959923	Beechcroft Hub
	Bounce back drop-in		10-12pm	Harnam 07734 959935	Online, Zoom
	Walk & Chat @ Sutton Park		10.30-12.30pm 1-3pm	Sandra 07734 959940 Andreea 07734959848	Sutton Park, meet at Visitor Centre
	Gardening session		1-3pm	Naddy 07734 959878	Beechcroft Hub
	Friendship Club drop-in		11.30- 3.30pm	Kiran 07801130697	Sutton Coldfield Methodist Church
	Wellbeing social drop-in		2-4pm	Paul 07734959923	Beechcroft Hub



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Saturday	Zoom Drop-in		11-1pm	Andreea 07734959848	Online
Sunday	Social drop-in		11-2pm	Navpreet 07734959915	In-Person

<u>Improving Mind meeting 2022</u>	April 28th		10.30-12pm	Shaz 07554444150 David 07734959889	In –person & Zoom
(Last Thursday every month at Highcroft Community centre)	May 26th		10.30-12pm		In –person & Zoom
	June 30th		10.30-12pm		In –person & Zoom

FORTHCOMING EVENTS:



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.

Mental Health & Self Care	Physical Health	Social Groups
Life Skills	Meaningful Activities	Employment & Training

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