



Mental Health &  
Wellbeing Hubs

# Handsworth Hub

Handsworth Hub, 9 Park Avenue, Hockley B18 5ND

April - June 2022 - Timetable

	Name	Key	Time	Facilitator	Session Type
<b>Monday</b>	Peer Lead Men's group		11-1pm	<i>Adila—Ossie 07715960910</i>	In-Person
	Social Drop In		1.30-3.30	<i>Nerina -07990077653</i>	In-Person
<b>Tuesday</b>	Confidence and self esteem		11-1	<i>Eve - 07734959862</i>	In-Person
	Sewing and knitting		1.30 3pm	<i>Nerina 07990077653</i>	In-Person
	Healthy relationships		2-4pm	<i>Adila- 07715960910</i>	In-Person
<b>Wednesday</b>	Stress and Anxiety		10:30— 12noon	<i>Kiran - 07801130697</i>	In-Person
	Music Group		1.30-3pm	<i>Liz -07990077687</i>	In-Person
<b>Thursday</b>	Arts and crafts		1.30-3pm	<i>Adila- 07715960910</i>	In-Person
	Relaxation group		2-3pm	<i>Pam - 07734959866</i>	In-Person
<b>Friday</b>	One off Work shops contact the hub to see what on		12-2pm	<i>Call Handsworth on 0121- 2623540</i>	In-Person
	Movie Club		1:30—3:30	<i>Adila- 07715960910</i>	In-Person
<b>Saturday</b>	Social Drop in		10-2pm	<i>Call Handsworth on 0121- 2623540</i>	In-Person



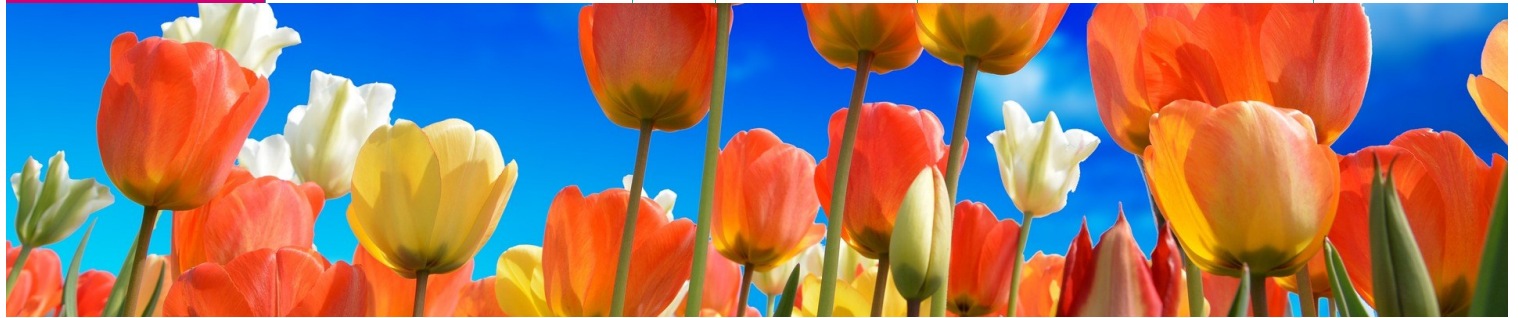
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	Name	Key	Time	Facilitator	Session Type
<b>Monday</b>	Walking group		12.1.30pm	Liz - Amina - 07990077687	External
<b>Wednesday</b>	Women's group @ Handsworth Methodist church.		1.30-3.30	Adila & Kiran 07801130697	External
<b>Friday</b>	Friendship Club		2-4pm	Kiran - 07801130697	External
<b>Tuesday</b>	Introduction to recovery (Ideal for new starters)		11-12pm	Kiran 07801130697	Online
<b>Wednesday</b>	Wellbeing and social drop in		11-12.30	Pam - 07734959866	Online
<b>Thursday</b>	Discussion group		2-4	Eve- 07734959862	Online



## 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.

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

## 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.

[www.birminghammentalhealth.org.uk/referral/](http://www.birminghammentalhealth.org.uk/referral/)

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