



Mental Health &
Wellbeing Hubs

Yardley Hub

Hub Session Timetable

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

Telephone: 0121 389 0213

April 18th – July 17th

	Name	Key	Time	Facilitator	Session Type
Monday	ECO Park: Introduction to Nature and Wellbeing		10:30am – 1:00pm	Anne & Holly	Sign up – 6 weeks Starting April 25 th Meet at ECO Park 258 Hob Moor Rd, Birmingham B10 9HH
	Mindfulness		11:00am – 12:00pm	Karolina	Sign up – 6 weeks
	Art for Recovery		12:30pm – 2:00pm	Kendra & Karen	Sign up – 3 Weeks
	Coffee and Chat		3:00pm – 4:00pm	Anne	Weekly sign up for a place
Tuesday	Positive Lifestyle changes and Daily Living Skills		11:00am – 12:00pm	Habibah & Claire	Sign up – 6 weeks
	Wellbeing Support Group		1:00pm – 2:00pm	Anne	Weekly sign up for a place
	Understanding Emotions and Feelings		3:00pm – 4:00pm	Karolina	Sign up – 6 weeks
	Wellbeing Support Evening Social		5:30pm – 7:30pm	All Staff	Weekly sign up for a place
Wednesday	Creative Writing		10:30am – 11:30am	Rebekah	Sign up – 6 weeks
	Coffee and Chat		12:00pm – 13:00pm	Shams	Weekly sign up for a place
	Seated Yoga		1:30pm – 2:30pm	Shams	Weekly sign up for a place
Thursday	Managing Anxiety		10:30am – 11:30am	Kirsty & Claire	Sign up – 6 weeks
	Walking for Wellness		12:00pm – 1:00pm	Zaf	Weekly Drop In
	Learn to Relax		1:30pm – 2:30pm	Kirsty & Claire	Weekly Sign up for a place
Friday	Arts and Crafts		10.30am – 12.00pm	Darren	Weekly Sign up for a place
	Living your Best Life		11:00am – 12:00pm	Zaf	Sign up – 6 Weeks
	Cooking and Baking Skills		1:30pm – 3:00pm	Kendra	Sign up – 3 Weeks

Course Categories:



Mental Health Self-care



Life Skills



Meaningful Activities



Physical Health



Employment and Training



Social Groups

Community Groups		
Group	Location	Time
Chelmsley Wood Wellbeing Support Group	Three Trees Community Centre, Hedingham Grove, Chelmsley Wood, B37 7TP	Every Thursday 1:00pm – 3:00pm
<p>If you would like to take part in any of these sessions, please call 0121 389 0213 for more details.</p> <p>Details on how to access the group will be given when you call the Hub.</p> <p>Due to limited spaces, please do not attend the Hub unless you have received a call to confirm your place.</p>		

Further information about some of our Groups:

ECO Park: Introduction to Nature and Wellbeing - Exploring the health and wellbeing benefits of connecting with nature in your everyday life. Located at the ECO Park Group on Hob Moor Road.

Art for Recovery - A range of creative and therapeutic activities aimed at exploring emotions, feelings and improving wellbeing. No artistic talent required!

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.

Positive Lifestyle Changes & Daily Living Skills – Covering a variety of topics such as motivation, time management, decision making, sleep hygiene and other lifestyle changes that will positively impact your wellbeing.

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

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

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

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

Learn to Relax - Learn new ways to manage stress, reduce anxiety and calm the mind and the body.

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.

