



Mental Health &
Wellbeing Hubs

Northfield Hub


Hub Session Timetable

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


18th July – 9th October 2022

For referrals, timetables and more please visit our website:
WWW.BIRMINGHAMMENTALHEALTH.ORG.UK

	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
	Coping with Low Mood & Depression		12.30pm – 1.30pm	Rebecca	Face-to-face Sign up – 4 weeks
	Relaxation		2:00pm – 3.00pm	Megan	Face-to-face Weekly Sign Up
	Knit and Natter		3:15pm – 4:45pm	Julie	Face-to-face Sign up - weekly
Tuesday	Walking group		11:00am – 12:30pm	Magda	Face-to-face Sign up - weekly
	Mindfulness		1.00pm – 2:00pm	Amy	Face-to-face Sign up – 6 weeks
	Positive Quotations		3:00pm – 4:00pm	Emma	Face-to-face Sign up – Weekly
Wednesday	Healthy Living on a Budget		11:00am – 12:15pm	Kate Sheldon (NHS Dietician)	Face-to-face Sign up – 6 weeks Starting 27 th July
	Managing Anxiety		1.00pm – 2:00pm	Lauren	Face-to-face Sign up – 6 weeks
	Change the way you think		2.00pm – 3.00pm	Judith	Face-to-face Sign up – 6 weeks
	Crafting with Clay		3:00pm – 4:30pm	Amy	Face-to-face Sign up – Weekly
Thursday	Coffee and Chat -Social Group		11.00am – 12.00pm 12.30pm – 1.30pm	John	Face-to-face Sign up - weekly
	Managing my Money		2:00pm – 3:00pm	Rebecca	Face-to-face Sign up – 4 weeks
	Creativity for Wellbeing		3:00pm – 4.30pm	Ian	Face-to-face Sign up – 6 weeks
Friday	Cooking Skills		10:00am – 11:30am	Rebecca	Face-to-face Sign up – 3 weeks
	Dealing with Intense Emotions		1:00pm – 2:00pm	Magda	Face-to-face Sign up – 5 weeks
	Creative Writing		3:00pm – 4:00pm	Megan	Face-to-face Sign up – 6 weeks

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

Monday	Work to Recovery		2:00pm – 5:00pm	Tanya	Face-to-face 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.