



Mental Health &
Wellbeing Hubs

Erdington Hub April– June 2023 Timetable

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

Please contact group facilitators for information or to request a place

	Name	Key	Time	Facilitator	Venue
Monday	Creative Colouring		10:00-11:30am	Shaz 07554444150	Beechcroft Hub
	Like Minded Discussion Group		12noon-1:30pm	Harnam 07734 959 935	Beechcroft Hub
	610 Women's Drop-In		10:00am- 2:30pm	Sandra 07734 959 940	610 Community Centre, Kingstanding Road
	Peer-lead Allotment Group		1:00-3:00pm	Nasra 07734 959 983	Court Lane Allotments
	Managing Anxiety & Depression (6-week course, call for dates)		1:30-3:30pm	Naddy 07734 959 878	Beechcroft Hub
	Peer-lead Drama		2:30-4:30pm	Shaz 07554444150	Beechcroft Hub
Tuesday	Walk & Chat @ Brookvale Park		11:30-12:45pm 1:00 -2:15pm	Shaz 07554444150	Meet at Beechcroft Hub
	Keeping Safe workshop (Fortnightly)		11:00 -1:00pm	Harnam 07734 959 935	Online, Zoom
	Knitting & Crochet		1:30-4:00pm	Naddy 07734 959 878	Beechcroft Hub
	Carers Group (Monthly)		1:00 -3:30pm	Sandra 07734 959940	Buddhist Centre, Moseley
Wednesday	Self Esteem and Confidence (dates TBC)		10:00-11:30am	Nasra 07734 959 983 Sandra 07734 959940	Beechcroft Hub
	Men's Group		10.30 -2:00pm	Nasra 07734959983	Beechcroft Hub
	Social Drop-In		2:00 -4:45pm	Sandra 07734 959940	Beechcroft Hub
Thursday	Art & Craft Group		11:00-1:00pm	Lynne 07734 959 980	Beechcroft Hub
	Five Ways To Wellbeing		1:00 -3:00pm	Harnam 07734 959 935	Beechcroft Hub
	Peer-Lead Relaxation (Except last Thursday of the month)		1:30-2:30pm	Naddy 07734 959 878	Beechcroft Hub
	REP Theatre Film Project		6:30-8:30pm	Shaz 07554 444 150	Highcroft Community Centre
Friday	Women's Group		11:00 -1:00pm	Lynne 07734 959 980	Beechcroft Hub
	Music		10:30-12noon	Paul 07734 959 923	Beechcroft Hub
	Walk & Chat @ Sutton Park		10:30-12:30pm 1:00 -3:00pm	Sandra 07734 959 940	Sutton Park, meet at Visitor Centre
	Gardening		12:30-2:00pm	Naddy 07734 959 878	Beechcroft Hub
	Friendship Club drop-in		11:30- 3:30pm	Harnam 07734 959 935	Sutton Coldfield Methodist Church
	Social drop-in		1:00-3:00pm	Lynne 07734 959 980	Beechcroft Hub
	IPS Employment Support Drop-In (Fortnightly)		1.00-3.00pm	Katy 07518 904 767	Beechcroft Hub



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Saturday	Social drop-in (01/04, 15/04, 29/04, 13/05, 27/05, 10/06, 24/06)		11:00am-2:00pm	Shaz 07554 444 150	Beechcroft Hub
Sunday	Social drop-in (09/04, 23/04, 07/05, 21/05, 04/06, 18/06)		11:00am-2:00pm	Shaz 07554 444 150	Beechcroft Hub
Improving Mind Meetings 2023	Thursday April 27th		10:30am-12:00noon	Shaz 07554 444 150 David 07734 959 889	Highcroft Community Centre
	Thursday May 25th		10.30am -12.00 noon		Handsworth Hub
	Thursday June 29th		10:30am-12:00noon		Highcroft Community Centre

Community Venue Addresses

Court Lane Allotments

Jarvis Road, Birmingham, B23 5RP

610 Community Centre

610 Kingstanding Road, Kingstanding, B44 9SH

Friendship Club

Sutton Coldfield Methodist Church, 16 South Parade, Sutton, B72 1QY

Highcroft Community Centre (CIC)

485 Slade Road, B23 7JH

Sutton Park

Visitor Centre, Sutton Park, B74 2YT

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 (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 team for more information.

www.birminghammentalhealth.org.uk

Mental Health & Self Care

Life Skills

Physical Health

Meaningful Activities

Social Groups

Employment & Training

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