



Mental Health &
Wellbeing Hubs

Northfield Hub

Hub Session Timetable

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

15th January – 7th April 2024

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

	Name	Key	Time	Facilitator	Session Type
Monday	How to be kind to yourself		11:00 – 12:00	Cassandra	Weekly Drop-in
	Self-Care Scrapbooking		1:30 - 2:30	Shannon	Sign up – 4 weeks
	Knit and Natter		3:00 – 4:00	Julie D	Weekly Drop-in
	Work to Recovery – The Shaw Trust		2:00 – 5:00	Tanya	One-to-one Sign up – weekly
Tuesday	Coping and Distraction		11:00 – 12:00	Emily	Sign up – 4 weeks
	Building Secure Relationships		1:00 – 2:00	Etaoin	Weekly Drop-in
	What Affects Your Mental Health? – see topics on reverse		3:00 – 4:00	Julie	Weekly Drop-in
	Evening Support: Managing Anxiety		5:15 – 6:15	All staff	Weekly Drop-in Please do not attend again if you have previously completed this course:
Wednesday	Managing My Mental Health 12 Week Accredited Course		10:30 – 12:00	Charlotte/ Julie	Sign up – 12 weeks
	Arts and Crafts		12:30 – 2:00	Ian	Sign up – 4 weeks
	Creative Writing		3:00 – 4:00	Henry	Sign up – 6 weeks
Thursday	Coffee and Chat - Social Group		11:00 – 12:00	John	Weekly Drop-in
	Techniques for effectively managing difficult situations		2:00 – 3:00	Henry	Sign up – 6 weeks
	Seated Yoga		3:30 – 4:30	Cassandra	Weekly Drop-in
Friday	Wellbeing Support Workshops – see calendar on reverse		10:30 – 11:30	Emily or Shannon	Weekly Drop-in
	Understanding Emotions and Feelings		2:00 – 3:00	Etaoin	Weekly Drop-in
Saturday	Weekend Support: Relaxation Skills and Coping Techniques		10:30 – 11:30	All Staff	Weekly Drop-in

Course Categories:



Mental Health Self-care



Life Skills



Meaningful Activities



Physical Health



Employment and Training



Social Groups

If you are registered with our service and would like to sign up to our any of our sessions please

contact us on **0121 476 4349**

Drop in sessions are open for anyone to attend, you don't need to book in advance, provided you are registered with our service. Due to limited spaces, unless stated as a Weekly Drop-in, please do not attend the Hub unless you have received a call to confirm your place/

How to register with the Service

If you would like to access our service please complete a referral via our website:

WWW.BIRMINGHAMMENTALHEALTH.ORG.UK or call us on 0121 476 4349












Our service is available free of charge to anyone aged 18+ with a GP in Birmingham or Solihull and is under the care of a community mental health team or has a long term mental health diagnosis.

What Affects Your Mental Health – Drop-In, Every Tuesday at 3:00pm, with Julie

Date	Theme
18 th January or 22 nd February	Understanding Addiction
25 th January or 29 th February	Coping with Loss
1 st February or 7 th March	Beating Isolation
8 th February or 14 th March	Overthinking
15 th February or 21 st March	External Influences on Mental Health

Wellbeing Support Workshop Calendar – Every Friday at 10.30am

Please feel free to drop-in to the workshops below that you feel are most relevant to your needs and goals.

Date	Theme	Key	Facilitator
12 th January	Blood Pressure Screening		Clinician
19 th January	Digikick		Lewis
2 nd February	World Cancer Day		Emily
9 th February	LGBT Centre		Chris
16 th February	Cuppa Squad – Diabetes Management		Michael
23 rd February	New Starts		Marion
1 st March	Discover Your Hub		Shannon
15 th March	Cuppa Squad – Diabetes Management		Michael
29 th March	FoodCycle		Pablo
5 th April	Kinmoss		Susan
26 th January, 8 th March & 22 nd March – Theme TBC			TBC