



Mental Health &
Wellbeing Hubs

Solihull Mental Health & Wellbeing Service

For referrals and more information visit:

www.birminghammentalhealth.org.uk

Activity Timetable

Telephone: 0121 389 0213

Mobile: 07970016521 Email:

Kiona.Witherington@Creativesupport.org.uk

15th January – 7th April 2024

Time and Location	Session	Dates
Every Monday 5:30 – 6:30 At Chelmsley Wood <i>Three Trees Community Centre, Hedingham Grove, Birmingham B37 7TP</i>	Creating a Self-Compassion Toolbox	4 Week Course starting 15 th January
	Building Secure Relationships	4 Week Course starting 12 th February
	Coping with Low Mood & Depression	4 Week Course starting 11 th March
Every Tuesday 11:00-12:00 At Solihull Town Centre <i>Solihull United Reformed Church, 741 Warwick Rd, Solihull B91 3D</i>	Setting Healthy Boundaries	One off workshop on 16 th January
	Menopause and Wellbeing for All (with Menopause Knowledge CIC)	One off workshop on 23 rd January
	Managing Anxiety	6 week course starting 30 th January
	Relaxation	4 week course starting 12 th March
Every Wednesday 1:00-2:00 At Shirley <i>Shirley Methodist Church, 257 Stratford Rd, Shirley, Solihull B90 3AL</i>	Positive Life Skills	4 week course starting 17 th January
	Seated Tai Chi	One off workshop 14 th February
	Motivation & Self Care	4 week course starting 21 st February
	Writing for Wellbeing	3 week course starting 20 th March
Every Thursday 11:00-12:00 At Chelmsley Wood <i>Three Trees Community Centre, Hedingham Grove, Birmingham B37 7TP</i>	Creating a Meaningful Life (Acceptance & Commitment Therapy Skills)	6 week course starting 18 th January
	Dealing with Intense Emotions (DBT Skills)	4 week course starting 7 th March

**Every Thursday
1.00pm – 2.00pm
At Chelmsley Wood**

*Three Trees Community Centre,
Hedingham Grove, Birmingham,
B37 7TP*

Wellbeing Workshops

With Solihull Lifestyle Service:
25th January: Food, Mood & Mental Health
29th February: Stress/Time Management Skills and Physical Activity
21st March: Adapting/Managing During Difficult Times

With Menopause Knowledge CIC:
7th March: Menopause and Wellbeing for All

Social Support Group

All weeks except from the dates above.
Come along to meet others, take part in therapeutic activities and learn new ways to look after your wellbeing.

Where to find us?

Our service is available at sites throughout Solihull and Birmingham.
For more details please visit our website: www.birminghammentalhealth.org.uk

Chelmsley Wood

Every Monday PM
& Every Thursday All Day

Three Trees Community Centre,
Hedingham Grove,
Birmingham
B37 7TP



Nearby Bus routes include:
891, 96, X12, X13

Solihull Town Centre

Every Tuesday AM

Solihull United Reformed Church,
741 Warwick Rd,
Solihull
B91 3DG



Nearby Bus routes include:
82, 87, 88, 169, 223, 233
Solihull Train station 13 minute walk

Shirley

Every Wednesday PM

Shirley Methodist Church,
257 Stratford Rd,
Shirley,
Solihull
B90 3AL



Nearby Bus routes include:
4a, 49, 5, 6, 76, 503, 511

How to access our service

If you would like to access our service please complete a referral via our website:
www.birminghammentalhealth.org.uk or call 07970 016 521 or 0121 389 0213.

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, on their GPs SMI register or has a long term mental health diagnosis.

You are welcome to drop in to any of our sessions provided you are registered with the service.

