



Mental Health &  
Wellbeing Hubs

# Yardley Hub

## Hub Timetable

195 – 197 Church Road, Yardley  
Birmingham, B25 8UR  
Telephone: 0121 389 0213

For referrals and more information visit:  
[www.birminghammentalhealth.org.uk](http://www.birminghammentalhealth.org.uk)

## 15<sup>th</sup> January – 7<sup>th</sup> April 2024

	Name	Key	Time	Facilitator	Session Type
Monday	<b>Managing Mental Health</b> Accredited Course		11.00am – 1.00pm	Shams	Sign-up - 12 week Speak to a member of staff for more information.
	<b>Women's Wellness</b>		1.30pm – 2.30pm	Anne	Sign-up - 6 weeks
Tuesday	<b>Arts &amp; Crafts</b>		10.30am – 12.00pm	Karen	Sign-up - 4 weeks
	<b>Work to Recovery</b>		2:00pm – 5:00pm	Dean/ Emily	<b>One-to-one</b> Sign up – weekly
Wednesday	<b>Dealing with Intense Emotions</b>		10.30am – 11.30am	Anne	Sign-up – 4 weeks
	<b>Diabetes awareness with Cuppa Squad</b>		12:30pm – 1:30pm	Michael	28 <sup>th</sup> February 27 <sup>th</sup> March
	<b>Open Afternoon &amp; Service User Forum</b>		12.30pm – 2.00pm	Karolina	7 <sup>th</sup> February 6 <sup>th</sup> March 3 <sup>rd</sup> April
Thursday	<b>Crochet &amp; Chat</b>		10.30am – 12.00pm	Barbara	Drop-in
	<b>Seated Yoga</b>		2.00pm – 3.00pm	Shams	Sign-up – 6 weeks
	<b>Living Your Best Life</b>		5:30pm – 6:30pm	Zaf	<b>Weekly Drop-in</b> Please do not attend again if you have previously completed this course.
	<b>Evening Wellbeing Support</b>		6.30pm – 7.30pm	Zaf	Drop-in
Friday	<b>Writing for Wellbeing</b>		10.30am – 11.45am	Rebekah	Drop-in
	<b>Arts &amp; Crafts</b>		1.00pm – 2.00pm	Darren	Drop-in
	<b>Healthy Lifestyle</b>		2.30pm – 3.30pm	Zaf	Drop-in

Course Categories:



Mental Health Self-care



Life Skills



Meaningful Activities



Physical Health



Employment and Training



Social Groups

## Who are we?



Creative Support is a national charity and we work in partnership with Birmingham Mind to deliver the Mental Health & Wellbeing Hub service. We offer a mixture of goal-oriented 1:1 support

and recovery-focused groups and workshops. Our hubs are based in Yardley and Northfield and we also provide our support in Solihull.

## Who is eligible for our service?

Our service is free of charge for individuals who meet the eligibility criteria:

- Living in Birmingham or Solihull area
- Registered at a Birmingham or Solihull GP
- Under the care of a community mental health team or have long term mental health condition (over 1 year)

## How to register with the service

If you would like to access our service, please complete a referral form. You can do this online on our website [www.birminghammentalhealth.org.uk](http://www.birminghammentalhealth.org.uk) or you can pop in to the hub between 9 - 5pm on working days and we can help you out.

Alternatively, please contact us on **0121 389 0213**.

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[www.birminghammentalhealth.org.uk](http://www.birminghammentalhealth.org.uk)