



Mental Health &  
Wellbeing Hubs

# The Mental Health & Wellbeing Hubs

## Handsworth Hub Timetable: April - June 2024

9 Park Avenue, Hockley, Birmingham, B18 5ND

	Session	Type	Time	Contact
Monday	Men's Group		11:00 - 13:00	Esther
	Wellbeing & social drop in		13:30 - 15:30	Nerina

	Session	Type	Time	Contact
Tuesday	Autism & mental health		10:30 - 12:30	Amina
	Wellbeing workshop		12:00 - 14:00	Kiran
	Sewing & knitting		13:30 - 15:00	Nerina
	Wellbeing & social drop-in		15:00 - 19:00	Any Staff

	Session	Type	Time	Contact
Wednesday	Walking group		10:30 - 12:30	Michelle/Esther
	Music group		13:30 - 15:00	Esther

	Session	Type	Time	Contact
Thursday	Women's group		11:00 - 13:00	Nerina
	Art group		13:30 - 15:00	Amina

	Session	Type	Time	Contact
Friday	Cuppa squad 1st Friday of the month		11:00 - 12:00	Kiran
	Stress anxiety workshop		10:30 - 12:00	Kiran
	Peer-led games group drop-in		12:00 - 13:00	Any Staff
	Relaxation group		12:00 - 13:00	Angela
	Movie club		13:30 - 15:30	Esther/Amina

	Session	Type	Time	Contact
Saturday	Social Drop-in		10:00 - 14:00	Any Staff



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## Community Based Sessions: April - June 2024

Day	Session	Type	Time	Contact	Venue
Monday	Cambridge road drop-in		10:00 - 13:15	David & Amina	Cambridge road Methodist Church, Kings Heath. B13 9UE
Wednesday	Ladypool road drop-in		10:00 - 12:00	David & Kiran	Woman's enterprise 249 Ladypool road, Sparkbrook B12 8LF

### Session Types:



Social Groups



Life Skills



Mental Health & Self Care



Physical Health



Creative Opportunities

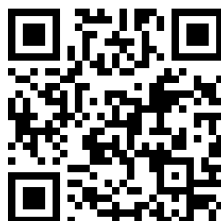


Admin & Service Involvement

Get in Touch!	Contact	Number	Drop-in sessions are open to anyone registered with the Mental Health & Wellbeing Hubs (no booking required).  For all other sessions, get in touch with the Contact listed for the session.
	Esther	07715960910	
	Nerina	07990077653	
	Amina	07990077610	
	Kiran	07801130697	
	Michelle	07715960926	
	Angela	07586694471	
	The Hub	0121 2623540	

## Find out more

Scan the QR Code to head to our website where you can make a referral, view other hubs timetables and get in touch.



Once you've completed your referral, you can access all of our hubs. Contact your Recovery Navigator for more information.

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

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