



Mental Health &
Wellbeing Hubs

The Mental Health & Wellbeing Hubs

Northfield Timetable: 15th April - 7th July

888 – 890 Bristol Road South, Northfield, Birmingham B31 2NS

	Session	Type	Time	Facilitator	Session Type
Monday	Women's Wellbeing Group		11:00 - 12:00	Emily	Drop-In
	My Mental Health Coping Kit		1:00 - 2:30	Shannon	Sign-up: 6 weeks
	Knit and Natter		3:00 - 4:00	Service User Led	Drop-In

	Session	Type	Time	Facilitator	Session Type
Tuesday	Autism Awareness		11:00 - 12:00	Emily	Drop-In
	Confidence & Self-Esteem		1:00 - 2:00	Megan	Drop-In
	Coffee & Chat		3:30 - 4:30	John	Drop-In

	Session	Type	Time	Facilitator	Session Type
Wednesday	Creative Crafting		1:00 - 2:30	Ian	Sign-up: 4 Weeks
	Creative and Therapeutic Writing Techniques		3:00 - 4:00	Henry	Drop-In

	Session	Type	Time	Facilitator	Session Type
Thursday	Men's Support Group		11:00 - 12:00	Adrian & John	Drop-In
	Walking Group		1:30 - 2:30	Henry	Drop-In
	Self-Care & Motivation Workshops		3:00 - 4:00	Furhein	Drop-In

	Session	Type	Time	Facilitator	Session Type
Friday	Wellness Workshops		11:00 - 12:00	Emily & Shannon	Drop-In
	Monthly: Lunch Club see reverse for more info		12:00 - 1:00	Nicola	Drop-In
	Managing Anxiety		3:00 - 4:00	Adrian	Drop-In

	Session	Type	Time	Facilitator	Session Type
Saturday	Board Games, Brain Teasers and other activities.		11:00 - 12:00	All Staff	Drop-In



The Mental Health & Wellbeing Hubs

Wellness Workshops: April - June 2024

Fridays 11:00-12:00

Date	Theme	Type	Facilitator
19th April	CASBA Advocacy		Rohan
26th April	Hub on the Green		Lisa
3rd May	The Shaw Trust		TBC
10th May	TBC	TBC	TBC
17th May	Fircroft College		Becci
24th May	Northfield Community Partnership		Owen
31st May	Kinmos		Leah
7th June	Foodcycle		Pablo
14th June	Self-Harm Reduction		Shannon
21st June	Northfield Community Network		Andrew
28th June	Service User Open Morning		Shannon & Emily
5th July	Better Pathways		TBC

Monthly Lunch Club: Join us on the 3rd Friday of every month at 12:00
 Bring your own lunch and enjoy this with the company of others. Communal meals help to reduce isolation and increases social connections!

Session Types:



Social Groups



Life Skills



Mental Health & Self Care



Physical Health



Creative Opportunities



Admin & Service Involvement

How to access

Scan the QR Code to check your eligibility and complete an online referral form or speak to the team



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

Check out our website to find out more!