



Mental Health &  
Wellbeing Hubs

# The Mental Health & Wellbeing Hubs

## Solihull Service Timetable: 15th April - 7th July

### Chelmsley Wood

		Session	Dates	Time	Facilitator
Monday		Relaxation 	4-week course starting 15th April	5:30-6:30pm	Kiona
		Creating a Meaningful Life: Acceptance & Commitment Therapy skills 	6-week course starting 20th May	5:30-6:30pm	Kiona
		Session	Dates	Time	Facilitator
Thursday		Coping with Low Mood & Depression 	4-week course starting 18th April	11:00am-12:00pm	Kiona
		Diabetes Awareness 	Workshop 18th April	1:00-2:00pm	Cuppa Squad
		Craft & Chat for Wellbeing 	Every Thursday excluding 18th April & 2nd May	1:00-2:00pm	Kiona
		Menopause & Wellbeing for All 	Workshop 2nd May	1:00-2:00pm	Menopause Knowledge CIC
		Motivation & Self-Care 	4-week course starting 16th May	11:00am-12:00pm	Kiona
		Improving Confidence & Self-Esteem 	4-week course starting 13th June	11:00am-12:00pm	Kiona

# Shirley

Wednesday	Session	Dates	Time	Facilitator
	Managing Anxiety 	Workshops 17th & 24th April, 8th, 22nd & 19th May	1:00-2:00pm	Zehtoon
	Menopause & Wellbeing for All 	Workshop 1st May	1:00-2:00pm	Menopause Knowledge CIC
	Diabetes Awareness 	Workshop 15th May	1:00-2:00pm	Cuppa Squad
	Creating a Meaningful Life (Acceptance & Commitment Therapy skills) 	6-week course starting 5th June	1:00-2:00pm	Zehtoon

Get in touch!	Contact	Details
	Reception	0121 389 0213
	Kiona	07970016521 kiona.witherington@creativesupport.org.uk
	Zehtoon	07815653459 zehtoon.choudhry@creativesupport.org.uk

Where to find us!	
<b>Chelmsley Wood</b>	
	<b>Three Trees Community Centre, Hedingham Grove, B37 7TP</b>
<b>Shirley</b>	
	<b>Shirley Methodist Church, 257 Stratford Road, B90 3AL</b>

-  Social Groups
-  Mental Health & Self Care
-  Physical Health
-  Creative Opportunitites

## How to access

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



Once your referral has been accepted, you will be invited to an initial assessment following which you can access all of our hubs. Contact your Recovery Navigator for more information or check out our website to find out more!

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

Registered Charity No. 1003906 Company Limited by Guarantee No. 02024372