



Mental Health &  
Wellbeing Hubs

# The Mental Health & Wellbeing Hubs

## Yardley Hub Timetable 15th April - 7th July

195 - 197 Church Road, Yardley, Birmingham, B25 8UR

0121 389 0213

|           |  | Session  | Type | Time              | Facilitator   |
|-----------|--|--|------|-------------------|---|
| Monday    |  | Understanding Emotions & Feelings              |      | 11:00am - 12:00pm | Laila Drop-in   |
|           |  | Relaxation & Seated Yoga                       |      | 12:30pm - 1:30pm  | Shams Drop-in   |
|           |  | Improving Confidence & Self-Esteem             |      | 2:00pm - 3:00pm   | Laila Sign-up 4 weeks                                     |
|           |  | Session  | Type | Time              | Facilitator   |
| Tuesday   |  | Creative Scrapbooking (art & creative writing) |      | 10:30am - 12:30pm | Karen & Rebekah Sign-up 6 weeks                           |
|           |  | Walking Group                                  |      | 12:00pm - 1:30pm  | Anne Drop-in  |
|           |  | Positive Growth Mindset (Mindfulness based)    |      | 1:00pm - 2:00pm   | Laila Sign-up 4 weeks                                     |
|           |  | Coping with Loss & Change                      |      | 2:30pm - 3:30pm   | Anne Sign-up 4 weeks                                      |
|           |  | Work to Recovery (Shaw Trust)                  |      | 2:00pm - 5:00pm   | Speak with your Recovery Navigator to book an appointment |
|           |  | Session  | Type | Time              | Facilitator   |
| Wednesday |  | Cooking & Baking                               |      | 10:30am - 12:00pm | Sally (17th April - 22nd May) Sign-up 6 weeks             |
|           |  | Indoor Gardening                               |      | 10:30am - 12:00pm | Sally (29th May - 3rd July) Sign-up 6 weeks               |
|           |  | Open Afternoon & Service User Forum            |      | 12:30pm - 2:00pm  | Karolina (1st May, 5th June, 3rd July)                    |
|           |  | Building Secure Relationships                  |      | 2:30pm - 3:30pm   | Leah Sign-up 6 weeks                                      |

|          |  | Session                                | Type  | Time              | Facilitator                               |
|----------|--|--|---|-------------------|---|
| Thursday |  | Managing Anxiety                       |    | 10:30am - 11:30am | Sally<br>Sign-up 6 weeks                  |
|          |  | Cuppa Squad - Diabetes Awareness Group |    | 12:30pm - 1:30pm  | Michael (25th April, 30th May, 27th June) |
|          |  | Peer Support Group                     |    | 2:00pm - 3:00pm   | Julie<br>Drop-in                          |
|          |  | Positive Life Skills                   |    | 5:30pm - 6:30pm   | Zaf<br>Sign-up 6 weeks                    |
|          |  | Evening Social Support Group           |    | 6:30pm - 7:30pm   | Zaf<br>Drop-in                            |
|          |  | Session                                | Type  | Time              | Facilitator                               |
| Friday   |  | Crochet & Chat                         |    | 10:30am - 12:00pm | Barbara<br>Drop-in                        |
|          |  | Arts & Crafts                          |    | 1:00pm - 2:00pm   | Darren<br>Drop-in                         |
|          |  | Living Your Best Life (CBT based)      |  | 2:30pm - 3:30pm   | Zaf<br>Sign-up 6 weeks                    |
|          |  | Motivation & Self-care                 |  | 3:30pm - 4:30pm   | Sally<br>Sign-up 6 weeks                  |

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

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

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