

## The Mental Health & Wellbeing Hubs

Yardley Hub Timetable 15th April - 7th July

Wellbeing Hubs

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

## 0121 389 0213

Constan	Turne	Time	Codilitator
	туре	l ime	Facilitator
Understanding Emotions & Feelings		11:00am - 12:00pm	Laila Drop-in
Relaxation & Seated Yoga	" <b>"</b> "	12:30pm - 1:30pm	Shams Drop-in
Improving Confidence & Self-Esteem		2:00pm - 3:00pm	Laila Sign-up 4 weeks
Session	Туре	Time	Facilitator
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)	Ś	2:00pm - 5:00pm	Speak with your Recovery Navigator to book an appointment
Session	Туре	Time	Facilitator
Cooking & Baking	<u></u>	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
	Relaxation & Seated Yoga Improving Confidence & Self-Esteem Creative Scrapbooking (art & creative writing) Walking Group Walking Group Positive Growth Mindset (Mindfulness based) Coping with Loss & Change Work to Recovery (Shaw Trust) Uork to Recovery (Shaw Trust) Cooking & Baking Indoor Gardening Open Afternoon & Service User Forum	Understanding Emotions & FeelingsImproving Confidence & Seated YogaImproving Confidence & Seated YogaImproving Confidence & Self-EsteemImproving Confidence & Self-EsteemImproving Confidence >Creative Scrapbooking (art & creative writing)Improving Confidence (art & creative writing)Improving Confidence (art & creative writing)Walking GroupImproving Conping with Loss & ChangeImproving Conping with (Mindfulness based)Coping with Loss & ChangeImproving Conping with (Shaw Trust)Improving Conping with (Shaw Trust)Cooking & BakingImproving Conping with (Shaw Trust)Improving Conping with (Shaw Trust)Dopen Afternoon & Service User ForumImproving Conping With (Shaw Trust)Improving Conping With (Shaw Trust)Dilding SecureImproving Conping With (Shaw Trust)Improving Conping With (Shaw Trust)Service User ForumImproving Conping With (Shaw Trust)Improving Conping With (Shaw Trust)Service User ForumImproving Conping With (Shaw Trust)Improving Conping With (Shaw Trust)	Understanding Emotions & FeelingsIn:OOam - 12:OOpmRelaxation & Seated YogaIf12:30pm - 1:30pmImproving Confidence & Self-EsteemImproving Confidence & Self-EsteemImproving Confidence (Improving Confidence (Improving Confidence (Improving Creative Scrapbooking (Improving Creative writing)Improving Confidence (Improving Creative Writing)Improving Creative Writing)Impro

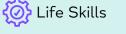


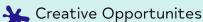


	Session	Туре	Time	Facilitator
Thursday	Managing Anxiety		10:30am - 11:30am	Sally Sign-up 6 weeks
	Cuppa Squad - Diabetes Awareness Group	""	12:30pm - 1:30pm	Michael (25th April, 30th May, 27th June
	Peer Support Group	-	2:00pm - 3:00pm	Julie Drop-in
	Positive Life Skills	Ś	5:30pm - 6:30pm	Zaf Sign-up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











Mental Health & Self Care

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

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