



Mental Health &
Wellbeing Hubs

The Mental Health & Wellbeing Hubs

Yardley Hub Timetable 15th July - 6th October

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

0121 389 0213

		Session	Type	Time	Facilitator
Monday		Building Self-Compassion & Self-Love		1:00 - 2:00	Shams 4 week sign-up
		Creating Positive Habits		3:00 - 4:00	Laila 6 week sign-up
		Session	Type	Time	Facilitator
Tuesday		Creative Scrapbooking		10:30 - 12:30	Karen & Rebekah 6 week sign-up starting 16th July
		Creating Your Self-Care Toolbox		10:30 - 12:30	Karen & Rebekah 6 week sign-up starting 27th August
		Women's Group		1:00 - 2:00	Sally Drop-in
		Work to Recovery (Shaw Trust)		2:00 - 5:00	Speak with your Recovery Navigator to book an appointment
		Recycling Crafts		2:30 - 4:00	Sally 6 week sign-up
		Session	Type	Time	Facilitator
Wednesday		Exploring Ways to Relax		11:00 - 12:00	Anne Drop-in
		Open Afternoon & Service User Forum		12:30 - 2:00	Karolina (7th August, 4th September, 2nd October)
		Wellbeing Workshops see schedule for weekly topics		2:30 - 3:30	Anne Drop-in
		Managing Anxiety (online session)		3:30 - 4:30	Aamina (Ask staff for Zoom link)



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Thursday		Creating a Meaningful Life		10:30 - 11:30	Laila 6 week sign-up
		Men's Support Group		12:00 - 1:00	Zaf Drop-in Starting 29th August
		Peer Support Group		2:00 - 3:00	Julie Drop-in
		Coping with Low Mood & Depression		5:30 - 6:30	Zaf 6 week sign-up
		Evening Social Support Group		6:30 - 7:30	Zaf Drop-in
		Session	Type	Time	Facilitator
Friday		Crochet & Chat		10:00 - 12:00	Barbara Drop-in
		Arts & Crafts		1:00 - 2:00	Darren Drop-in
		Managing Anxiety		2:30 - 3:30	Sally 6 week sign-up
		5 Ways to Wellbeing (online session)		3:00 - 4:00	Laila (Ask staff for Zoom link)

Session Types:



Social Groups



Life Skills



Mental Health & Self Care



Physical Health



Creative Opportunities



Admin & Service Involvement

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

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Yardley Hub Wellness Workshops July - 6th October

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Wellness Workshops: Wednesdays 2:30 - 3:30

Date	Type	Topic
17th July		Making the Most of Summer
24th July		Getting Involved with Your Community
31st July		Support with Decluttering with Heather from Clouds End
7th August		How to Stay Safe Online
14th August		Places of Welcome
21st August		Wellness Recovery Action Plan
28th August		Music of Your Life: Desert Island Discs
4th September		The Benefits of Volunteering & How to Start
11th September		Planning and Budgeting for the Colder Months!
18th September		Support for Carers
25th September		The Role Sleep Plays in Your Recovery
2nd October		Benefits of Being in Nature with Holly from Birmingham & Black Country Wildlife Trust