



The Mental Health & Wellbeing Hubs

Northfield Timetable: 14th Oct - 22nd Dec

Mental Health & Wellbeing Hubs

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

0121 476 4349

	Session	Type	Time	Facilitator
Monday	Managing Anxiety		11am - 12pm	Will Drop-in
	Women's Wellness Group		1pm - 2pm	TBC Drop-in
	Knit and Natter		2.30pm - 3.30pm	Service User Led Drop-in
	Mental Wellness in a Digital World		3.30pm-4.30pm	Will Drop-in
	Session	Type	Time	Facilitator
Tuesday	Introduction to Your Hub!		11.30am - 12.30pm	All Staff Drop-in - For New Service Users!
	The Benefits of Routine for a balanced life		2pm - 3pm	Ian Sign Up: 4 weeks
	Dig Deep: Winter Garden Project		2pm - 3.30pm	Emma Drop-in
	Art for Recovery		3pm - 4.30pm	Ian Sign Up: 4 weeks
	Session	Type	Time	Facilitator
Wednesday	Managing My Mental Health: 12 Week Accredited Course		11am - 1pm	Megan Sign Up: 12 weeks
	Autumn Walks & Talks		11am - 12.30pm	Adrian Drop-in
	Journaling for Joy and Wellness		2pm - 3pm	Megan Sign Up: 6 weeks
	Change The Way You Think		3.30pm - 4.30pm	Adrian Sign Up: 4 weeks
	Session	Type	Time	Session Type
Thursday	Men's Wellness Group		11am - 12pm	Adrian & John Drop-in
	Overcoming Obstacles: Skills for life		2pm - 3pm	Will Sign Up: 6 weeks
	Session	Type	Time	Session Type
Friday	Wellness Workshops		11am - 12pm	All Staff Drop-in
	5 Ways to Wellbeing		12.30pm - 1.30pm	Shannon Drop-in
	Breaking the cycle of Worry		2pm - 3pm	Emma Sign Up: 4 weeks
	Conversations & Connections Friendship Group		3.30pm - 4.30pm	Adrian & John Drop-in
	Session	Type	Time	Session Type
Saturday	Craft & Chat		10.30am - 12pm	Drop-in



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Online Sessions via Zoom

Online Sessions	Type	Time/Day	Facilitator	Session Type
Improve Your Confidence & Self-Esteem		Monday's 3.30pm - 4.30pm	Sally	Online (Ask for Zoom link)

Session Types:



Social Groups



Life Skills



Mental Health & Self Care



Physical Health



Creative Opportunities



Admin & Service Involvement

Introduction to Your Hub! - Every Tuesday, 11.30 - 12.30

We recommend all new service users attend our weekly informal Introduction session. The session will provide a warm welcome to the Hub, a brief overview of our service aims and an explanation of the types of support available. The aim of the session is reduce any anxieties and barriers to attending our group sessions, giving you the chance to ask questions in a safe and supportive environment.



Employment & Volunteering Support



shaw
trust

40
YEARS

Employment Support through Shaw Trust is available Monday's between 2pm-4pm, fortnightly. Sign-up required.

BETTER
PATHWAYS

Volunteering Support with Better Pathways is available Thursday's between 2pm-4pm, fortnightly. Sign-up required.

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.

Check out our website to find out more!

www.birminghammentalhealth.org.uk

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Wellness Workshops: Fridays 11:00-12:00

Date	Type	Theme	Facilitator
18th October		Budgeting for Christmas	Shannon & Emily
25th October		Taster Session: Overcoming Obstacles	Will
1st November		Clouds End CIC - Hoarding Support	Heather
8th November		Taster Session: Breaking the cycle of Worry	Emma
15th November		Cuppa Squad: Where Happy Gets Healthy	Michael
22nd November		Healthy Gaming Habits	Will
29th November		Taster Session: 5 Ways to Wellbeing	Shannon
6th December		Places to eat over the Festive period	Shannon & Emily
13th December		Taster Session: Change the Way You Think	Adrian
20th December		Festive fulfilment - Staying busy over Christmas	Shannon & Emily
27th December		How to set aside time for you	Shannon & Emily
3rd January		Mindful resolutions - setting intentional goals for the new year	Shannon & Emily

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