



Mental Health &
Wellbeing Hubs

The Mental Health & Wellbeing Hubs

Yardley Timetable 14th October - 22nd December

195 - 197 Church Road, Yardley, Birmingham, B25 8UR
admin.yardley@creativesupport.org.uk 0121 389 0213

	Session	Type	Time	Facilitator
Monday	Where Healthy Gets Happy (Cuppa Squad)		11.00 - 12.00pm	Michael (21st October, 18th November, 16th December)
	Craft and connect (for 18-25 year olds)		12.30 - 2.00pm	Barnaby Shine
	Mindfulness		2.30 - 3.30pm	Anne Drop in
	Improve Your Confidence & Self-Esteem (ONLINE)		3.30 - 4.30pm	Sally (Ask staff for Zoom link)
	Session	Type	Time	Facilitator
Tuesday	DBT skills: Dealing with Intense Emotions		11.30 - 12.30pm	Zehtoon Drop in
	Walking & Seated Exercise		12.30 - 1.30pm	Anne Drop-in
	Recycling Crafts		1.30 - 3.00pm	Sally 5 week sign up
	Building Secure Relationships		3.30 - 4.30pm	Laila 5 week sign-up
	Work to Recovery (Shaw Trust)		2.00 - 5.00pm	Speak to your Recovery Navigator to be referred
		Session	Type	Time
Wednesday	Friendship Group		11.00 - 12.30pm	Barbara Drop in
	Open Afternoon & Service User Forum		12:30 - 2:00pm	Karolina (6th November & 4th December)
	Introduction to Your Hub		12.30 - 1.30pm	16th October, 13th November, 11th December
	Talking Food, Cooking Food & Eating Food		2.00 - 3.00pm	Zaf 5 week sign up
	Positive Growth Mindset		3.30 - 4.30pm	Laila 5 week sign up



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Thursday	Creating Your Self-Care Toolbox		10.30 - 12.30pm	Rebekah & Karen 5 week sign up
	Voices of Hope & Recovery (Peer Support)		2.00 - 3.00pm	Julie Drop-in
	Empowerment Through Goal Setting		3.30 - 4.30pm	Sally Drop-in
	Evening Social Support Group		5:30 - 6:30pm	Zaf 6 week sign-up
	CBT skills: Change the Way You Think		6:30 - 7:30pm	Zaf Drop-in
Friday	Session	Type	Time	Facilitator
	Building Self-Compassion & Self-Love		11.30 - 12.30pm	Shams 5 week sign up
	Arts & Crafts		1:00 - 2:00pm	Darren Drop-in
Saturday	Managing Anxiety		3.00 - 4.00pm	Sally 5 week sign up
	Session	Type	Time	Facilitator
Weekend Catch-up Group		10.30 - 12.00pm	Self-led by service users	

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.

Check out our website to find out more!

www.birminghammentalhealth.org.uk

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