



Mental Health &  
Wellbeing Hubs

# The Mental Health & Wellbeing Hubs

## Erdington Hub **FESTIVE** Timetable: Dec 23rd - Jan 4th

Beechcroft Hub, 501 Slade Road, Erdington, Birmingham, B23 7JG

<b>MONDAY 23rd</b>	<b>10:30-12pm</b> <b>12-1:30pm</b> <b>1-3pm</b>	Cuppa Squad Alison Like Minded Session Chris Card Making Naddy & Sandra	
<b>TUESDAY 24th</b>	<b>10:30-12pm</b> <b>2-4pm</b> <b>4-6:30pm</b>	Candle Making Sandra Biscuit Decorating Chris & Naddy Social drop-in Naddy & Paul	
<b>WEDNESDAY 25th</b>	<b>11-2pm</b>	Christmas drop-in Nasreen Christmas Movie Philippa	
<b>THURSDAY 26th</b>	<b>11-3pm</b>	Social drop-in Naddy & Elly Quiz (During drop-in) Lynne	
<b>FRIDAY 27th</b>	<b>10.30-12pm</b> <b>1-3pm</b> <b>2:30-3:30pm</b>	Music/Karaoke Chris Budgeting Nasreen & Sandra Relaxation Naddy & Elly	
<b>SUNDAY 29th</b>	<b>11-2pm</b>	Social drop-in Elly & Chris	
<b>MONDAY 30th</b>	<b>10:30-12:30pm</b> <b>1-2:30pm</b>	Coffee & Chat Chris, Naddy & Nasreen Hoarding Workshop Heather (Clouds End)	
<b>TUESDAY 31st</b>	<b>10:30-12:30pm</b> <b>3pm</b> <b>1-4pm</b>	Self-Journalling Naddy Movie Time Nasreen Social drop-in (No Evening drop-in) Naddy & Paul	
<b>WEDNESDAY 1st</b>	<b>11-12.30pm</b> <b>11-3pm</b>	Games / Quiz Session Lynne Social Drop-in Elly, Naddy & Paul	
<b>THURSDAY 2nd</b>	<b>10-12pm</b> <b>1-3pm</b>	New Year Collage Lynne & Philippa Games Afternoon Chris & Nasreen	
<b>FRIDAY 3rd</b>	<b>10.30-12pm</b> <b>1-3pm</b>	Music Paul Mindful Colouring Chris & Nasreen	
<b>SATURDAY 4th</b>	<b>11-2pm</b>	Social Drop-in Lynne & Philippa	



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Get in Touch!	Contact	Number	Drop-in sessions are open to anyone registered with the Mental Health & Wellbeing Hubs (no booking required)  For all other sessions, get in touch with the Contact listed for the session.
	Philippa	07734 959 957	
	Naddy	07734 959 878	
	Shaz	07734 959 954	
	Naz	07734 959 926	
	Sandra	07734 959 940	
	Lynne	07734 959 980	
	Paul	07734 959 923	
	Chris	07734 962 125	
Elly	07715 960 933		

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

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