



Mental Health &  
Wellbeing Hubs

# The Mental Health & Wellbeing Hubs

## Erdington Hub Timetable: Jan - March 2025

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

	Session	Frequency	Type	Time	Contact
Monday	Welcome Session	Weekly		10:00 - 11:00	Shaz
	Women's Drop-in	Weekly		10:00 - 1:00	Sandra
	Like-Minded Discussion Group	Weekly		12:00 - 1:30	Chris
	Managing Anxiety & Depression	Call for dates		2:30 - 4:30	Naddy

	Session	Frequency	Type	Time	Contact
Tuesday	Wellness Workshops	Weekly		10:30 - 12:30	Chris
	Walk & Talk	Weekly		11:00 - 1:00	Shaz
	Self Esteem & Confidence	Weekly		12:30 - 2:30	Sandra
	Social Drop-in	Weekly		4:00 - 6:30	Naddy & Naz

	Session	Frequency	Type	Time	Contact
Wednesday	Managing My Mental Health	Weekly		10:30 - 12:30	Naz & Philippa
	Benefit's Advice	Fortnightly		10:00 - 1:00	Sarah (DRC)
	Social Drop-in & IPS	Weekly		1:00 - 4:00	Sandra

	Session	Frequency	Type	Time	Contact
Thursday	Mindfulness & Meditation	Weekly		10:30 - 12:00	Elly
	Creative Space	Weekly		12:30 - 2:30	Lynne & Philippa
	LGBTQIA+ Coffee & Chat	Weekly		2:30 - 4.30	Naddy & Elly
	Hearing Voices Social Group	Monthly		12:30 - 2:30	Lynne

	Session	Frequency	Type	Time	Contact
Friday	Coffee & Chat	Weekly		10:30 - 12:00	Naddy & Elly

	Session	Frequency	Type	Time	Contact
Saturday	Social drop-in 04/01, 18/01, 01/02, 15/02, 01/03, 15/03, 29/03	Alternate weeks		11:00 - 14:00	Shaz

	Session	Frequency	Type	Time	Contact
Sunday	Social drop-in 12/01, 26/01, 09/02, 23/02, 09/03, 23/03	Alternate weeks		11:00 - 14:00	Shaz

	Session	Frequency	Type	Time	Contact
EVENT	Improving Minds Meeting: Beechcroft	25th March		10:30 - 12:00	Shaz



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Weekly Community Based Sessions:

Jan - March 2025

Day	Session	Type	Time	Contact	Venue
Monday	Allotments (starts in March)		1:00 - 3:00	Naz	Court Lane Allotments, Jarvis Road, Birmingham, B23 5RP
Wednesday	Men's Group		10:30 - 2:00	Chris	Highcroft Community Centre, 485 Slade Road, B23 7JH
Thursday	Drama		TBC	Naz	Highcroft Community Centre, 485 Slade Road, B23 7JH
Friday	Walk & Talk		10:30 - 1:00	Sandra	Sutton Park, Visitor Centre, B74 2YT
	Friendship Club		11:30 - 3:30	Chris	Sutton Coldfield Methodist Church, 16 South Parade, Sutton, B72 1QY

## Session Types:



Social Groups



Life Skills



Mental Health & Self Care



Physical Health



Creative Opportunities



Admin & Service Involvement

## Contact

## Number

Get in Touch!

Shaz	07734 959 954
Chris	07734 962 125
Elly	07715 960 933
Lynne	07734 959 980
Naddy	07734 959 878
Naz	07734 959 926
Philippa	07734 959 957
Sandra	07734 959 940

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.

## 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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