



Mental Health &
Wellbeing Hubs

The Mental Health & Wellbeing Hubs

Handsworth Hub Timetable: Jan - March 2025

9 Park Avenue, Hockley, Birmingham, B18 5ND

| | Session | Type | Time | Contact |
|--------|----------------------------|------|---------------|---------------|
| Monday | Men's Group | | 11:30 - 13:00 | Patrick |
| | Wellbeing & Social drop-in | | 13:30 - 15:30 | Angela / Alex |


| | Session | Type | Time | Contact |
|---------|----------------------------|------|---------------|-----------|
| Tuesday | Autism & mental health | | 10:30 - 12:30 | Amina |
| | Wellbeing workshop | | 12:00 - 14:00 | Kiran |
| | Sewing & knitting | | 13:30 - 15:00 | Nerina |
| | Wellbeing & Social drop-in | | 16:00 - 19:00 | Any Staff |

| | Session | Type | Time | Contact |
|-----------|-------------------------------|------|---------------|---------|
| Wednesday | Coffee & Chat | | 10.30 - 12.00 | Bhvana |
| | Social anxiety - online group | | 11:00 - 12:00 | Amina |
| | Music group | | 13:30 - 15:00 | Nerina |

| | Session | Type | Time | Contact |
|----------|-----------------------------|------|---------------|----------------|
| Thursday | Women's group | | 11:00 - 13:00 | Nerina |
| | Peer led Movie Group | | 11:00 - 13:00 | Alex/ Mubasher |
| | Art group | | 13:30 - 15:00 | Amina |
| | Women's Swim Club (Monthly) | | 11:00 - 13:00 | Nerina |

| | Session | Type | Time | Contact |
|--------|--|------|---------------|-----------|
| Friday | Stress anxiety workshop | | 11:00- 12:30 | Kiran |
| | Cuppa squad: Last Friday of the month | | 11:00 - 12:00 | Kiran |
| | Relaxation group | | 12:00 - 13:00 | Angela |
| | Peer-led games group drop-in | | 13:00 - 15:00 | Any Staff |

| | Session | Type | Time | Contact |
|----------|----------------|------|---------------|-----------|
| Saturday | Social drop-in | | 10:00 - 14:00 | Any Staff |

| Day | Session | Type | Time | Facilitator | Venue |
|-----------|----------------|---|---------------|-----------------|--|
| Monday | Social drop-in |  | 10:00 - 13:00 | Bhavna & Amina | Cambridge road Methodist Church, Kings Heath. B13 9UE |
| Wednesday | Social drop-in |  | 10:00 - 12:00 | Patrick & Kiran | Woman's enterprise 249 Ladypool road, Sparkbrook B12 8LF |

Session Types:



Social Groups



Life Skills



Mental Health & Self Care



Physical Health



Creative Opportunities



Admin & Service Involvement

| Facilitator | Number | |
|-------------|---------------|---|
| Aleksandra | 07715 960 910 | <p>Drop-in sessions are open to anyone registered with the Mental Health & Wellbeing Hubs.</p> <p>For all other sessions please contact the facilitator</p> |
| Nerina | 07990 077 653 | |
| Amina | 07990 077 610 | |
| Kiran | 07801 130 697 | |
| Michelle | 07715 960 926 | |
| Angela | 07586 694 471 | |
| Patrick | TBC | |
| Bhavna | TBC | |

Get in Touch!

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!