



Mental Health &  
Wellbeing Hubs

# The Mental Health & Wellbeing Hubs

North Solihull Timetable: 13th Jan - 6th April

Three Trees Community Centre, Hedingham Grove, B37 7TP

	Session	Type	Dates	Time	Facilitator
<b>Monday</b>	Relaxation & Grounding Techniques		Bi-weekly <b>20th January</b> <b>3rd &amp; 17th February</b> <b>3rd, 17th &amp; 31st March</b>	5:30-6:30	Sally
<b>Thursday</b>	Cuppa, Craft & Catch Up		Every Thursday	1:00-2:00	Laila
	Motivation & Self-Care		6-week course <b>16th January-20th February</b>	2:30-3:30	Laila
	Service User Forum <b>Have your say in shaping &amp; improving the service!</b>		<b>27th February</b>	2:00-3:30	Kiona
	Positive Lifestyle Changes		5-week course <b>6th March-3rd April</b>	2:30-3:30	Laila
<b>Friday</b>	Managing Anxiety (ONLINE)		6 week sign up (Ask staff for Zoom link)	12:00-1:00	Sally



Mental Health &  
Wellbeing Hubs

# The Mental Health & Wellbeing Hubs

North Solihull Timetable: 13th Jan - 6th April

Three Trees Community Centre, Hedingham Grove, B37 7TP

## Where to find us!



Three Trees Community Centre,  
Hedingham Grove, B37 7TP

## Get in touch!

Reception - Yardley Hub  
0121 389 0213

Sally  
sally.sherlock@creativesupport.org.uk  
07815653459

Laila  
laila.haidari@creativesupport.org.uk  
07815653459

## 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 check your eligibility and complete an online referral form or speak to the team



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

Registered Charity No. 1003906 Company Limited by Guarantee No. 02024372