



# The Mental Health & Wellbeing Hubs

## Northfield Timetable: 13th Jan - 6th April

Mental Health & Wellbeing Hubs

888 – 890 Bristol Road South, Northfield, Birmingham B31 2NS

0121 476 4349

	Session	Type	Time	Facilitator
Monday	Building Secure Relationships		12:00 - 1:00	Shannon Drop-in
	Knit and Natter		2:00 - 3:00	Service User Led Drop-in
	Relaxation Techniques		3:30 - 4:30	Will Drop-in
	Session	Type	Time	Facilitator
Tuesday	Monthly: Introduction to Your Hub! 28th Jan, 25th Feb, 25th March. See reverse for more info.		11:30 - 12:30	All Staff Drop-in - For New Service Users!
	The Benefits of Having a Routine		1:00 - 2:00	Ian Drop-in
	Walking for Health and Happiness		2:00 - 4:00	Emma Drop-in
	Art For Recovery		3:00 - 4:30	Ian Sign up: 4 weeks
	Session	Type	Time	Facilitator
Wednesday	Managing My Mental Health: 12 Week Accredited Course		11:00 - 1:00	Megan Sign Up: 12 weeks
	Journaling for Joy		2:00 - 3:00	Megan Sign up: 6 weeks
	Coping with Low Mood & Depression		3:30 - 4:30	Will Drop-in
	Session	Type	Time	Session Type
Thursday	Men's Wellness Group		11:00 - 12:00	Will & John Drop-in
	CBT Skills: Change The Way You Think		3:00 - 4:00	Adrian Sign up: 4 weeks
	Session	Type	Time	Session Type
Friday	Wellness Workshops		11:00 - 12:00	All Staff Drop-in
	Online: Managing Anxiety		12:00 - 1:00	Sally Sign Up: Ask for Zoom Link
	My Self-Care Scrapbook		12:30 - 1:30	Shannon Sign up: 4 weeks
	Breaking the cycle of Worry		2:00 - 3:00	Emma & Adrian Sign Up: 4 weeks
	Conversations & Connections: Friendship Group		3:30 - 4:30	Adrian & John Drop-in
	Session	Type	Time	Session Type
Saturday	Craft & Chat		10:30 - 12:00	All Staff Drop-in



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### Online Sessions via Zoom

Online Sessions	Type	Time/Day	Facilitator	Session Type
Managing Anxiety		Friday's 12pm - 1pm	Sally	Online (Ask for Zoom link)

### Session Types:



Social Groups



Life Skills



Mental Health & Self Care



Physical Health



Creative Opportunities



Admin & Service Involvement

### Introduction to Your Hub! - Monthly, Tuesdays 11.30 - 12.30



We recommend all new service users attend our weekly informal Introduction session. The session will provide a warm welcome to the Hub, a brief overview of our service aims and an explanation of the types of support available. The aim of the session is reduce any anxieties and barriers to attending our group sessions, giving you the chance to ask questions in a safe and supportive environment.

**28th January**

**25th February**

**25th March**

### Employment & Volunteering Support



shaw  
trust

40  
YEARS

Employment Support through Shaw Trust is available. Sign-up required, please speak to a Recovery Navigator to book a slot.



**BETTER  
PATHWAYS**

Volunteering Support with Better Pathways is available. Sign-up required, please speak to a Recovery Navigator to book a slot.

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

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### Wellness Workshops: Fridays 11:00-12:00

Date	Type	Theme	Facilitator
17th January		New Timetable Launch - Find out more!	Shannon
24th January		Guest Speaker: ECO Brum - Energy Saving Tips	Jason
31st January		Guest Speaker: The Shaw Trust - Thrive into Work	Hannah
7th February		Taster Session: Change the Way You Think	Adrian
14th February		Taster Session: Building Secure Relationships	Shannon
21st February		Taster Session: Coping with Low Mood	Will
28th February		Guest Speaker: Menopause Knowledge CIC	Aline
7th March		Guest Speaker: Fruit & Nut Village Charity	Rob
14th March		Service User Forum - Share Your Views!	All Staff
21st March		TBC	TBC
28th March		Guest Speaker: Autism Awareness	Chris
4th April		Discover health and happiness through walking	Emma

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