



Mental Health &
Wellbeing Hubs

The Mental Health & Wellbeing Hubs

North Solihull (Chelmsley Wood) Timetable:

14th April - 6th July 2025

Three Trees Community Centre, Hedingham Grove, B37 7TP

	Session	Type	Dates	Time	Facilitator
Monday	The Benefits of Having a Routine		4 week course 14th & 28th April, 12th & 19th May	5:30-6:30pm	Zuha
	Creating a Self-Care Toolbox		5 week course 2nd - 30th June	5:30-6:30pm	Zuha
Thursday	Session	Type	Dates	Time	Facilitator
	Dealing with Intense Emotions: DBT skills		5 week course 24th April - 22nd May	1:00 - 2:00	Nicola
	Anxiety Management Techniques		6 week course 29th May- 3rd July	1:00-2:00	Nicola
	Cuppa, Craft & Catch Up		Every Thursday excluding 17th April & 29th May	2:00-3:00	Nicola
	Service User Feedback session Have your say in shaping and improving the service!		29th May	2:00 - 3:00	Kiona
Friday	Session	Type	Dates	Time	Facilitator
	Managing Anxiety (ONLINE)		Fridays 12:00-1:00 (Ask staff for Zoom link)	12:00 - 1:00	Sally



Mental Health &
Wellbeing Hubs

The Mental Health & Wellbeing Hubs

North Solihull (Chelmsley Wood) Timetable:

14th April - 6th July 2025

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

Zuha
07970158433
zuha.ahmed@creativesupport.org.uk

Nicola
07815653459
nicola.brookes@creativesupport.org.uk

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!

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



www.birminghammentalhealth.org.uk

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