



Mental Health &
Wellbeing Hubs

The Mental Health & Wellbeing Hubs

Erdington Hub Timetable: April - June 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 - 12:30	Lynne & Sandra
	Like-Minded Discussion Group	Weekly		12:00 - 1:30	Chris
	Managing Anxiety & Depression	Call for dates		2:30 - 4:30	Naddy
	Managing My Autism	Call for dates		2:30 - 4:30	Naddy & Chris

	Session	Frequency	Type	Time	Contact
Tuesday	Wellness Workshops	Weekly		10:00 - 12:00	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	ask for dates		10:30 - 12:15	Elly
	Creative Space	Weekly		12:30 - 2:30	Lynne & Philippa
	LGBTQIA+ Coffee & Chat	Weekly		2:45 - 4.30	Naddy & Elly
	Hearing Voices Social Group	Monthly		12:30 - 2:30	Lynne

	Session	Frequency	Type	Time	Contact
Friday	Neurodiverse Coffee & Chat	Weekly		10:30 - 12:00	Naddy & Elly
	Gardening @ Beechcroft	Weekly		11:00 - 13:00	Naz

	Session	Frequency	Type	Time	Contact
Saturday	Social drop-in 12/04, 26/04, 10/05, 24/05, 07/06, 21/06	Alternate weeks		11:00 - 14:00	Shaz

	Session	Frequency	Type	Time	Contact
Sunday	Social drop-in 06/04, 20/04, 04/05, 18/05, 01/06, 15/06, 29/06	Alternate weeks		11:00 - 14:00	Shaz

	Session	Frequency	Type	Time	Contact
EVENT	Improving Minds Meeting: Beechcroft	24th June		10:30 - 12:00	Shaz



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Weekly Community Based Sessions:

April - June 2025

Day	Session	Type	Time	Contact	Venue
Monday	Allotments		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
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	
Shaz	07734 959 954	<p>Drop-in sessions are open to anyone registered with the Mental Health & Wellbeing Hubs (no booking required)</p> <p>For all other sessions, get in touch with the Contact listed for the session.</p>
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	

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.

www.birminghammentalhealth.org.uk

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