

The Mental Health & Wellbeing Hubs

Handsworth Hub Timetable: April - June 2025

9 Park Avenue, Hockley, Birmingham, B18 5ND

	Session	Туре	Time	Contact
nday	Men's Group	•	11:30 - 13:00	Patrick
Μ	Wellbeing & Social drop-in	•	13:30 - 15:30	Angela

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

∑	Session	Туре	Time	Contact
ednesda	Diagnosis discussion group		10.30 - 12.00	Adnaan
Wed	Music group	*	13:30 - 15:00	Nerina

	Session	Туре	Time	Contact
	Women's group		11:00 - 13:00	Nerina
hursday	Peer led Movie Group	*	11:00 - 13:00	Adnaan / Mubasher
Thu	Art group	*	13:30 - 15:00	Amina
	Women's Swim Club (Monthly)	""	11:00 - 13:00	Nerina

	Session	Туре	Time	Contact
Friday	Cuppa squad: Last Friday of the month	\$	11:00 - 12:00	Any staff
	Relaxation group	(12:00 - 13:00	Angela
	Peer-led games group drop-in	•	13:00 - 15:00	Any Staff

day	Session	Туре	Time	Contact
Sature	Social drop-in	•	10:00 - 14:00	Any Staff







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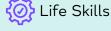
Community Based Sessions: April -June 2025

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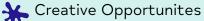
Day	Session	Туре	Time	Facilitator	Venue
Monday	Social drop-in	•	10:00 - 13:00	Adnaan & Amina	Cambridge road Methodist Church, Kings Heath. B13 9UE
Wednesday	Social drop-in	•	10:00 - 12:00	Patrick & Kiran	Woman's enterprise 249 Ladypool road, Sparkbrook B12 8LF

Session Types:











Admin & Service Involvement

_ •	Adnaan	07734959968	
ا	Amina	07990077610	Drop-in session are open to anyone
Touch!	Angela	07586694471	registered with the Mental Health &
Ĕ	Kiran	07801130697	Wellbeing Hubs.
<u>2</u> .	Nerina	07990077653	
4	Patrick	07908729830	For all other session please contact
Get	Office	0121 2625340	the facilitator
	David	07734959889	

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