



Mental Health &
Wellbeing Hubs

The Mental Health & Wellbeing Hubs

Handsworth Hub Timetable: April - June 2025

9 Park Avenue, Hockley, Birmingham, B18 5ND

	Session	Type	Time	Contact
Monday	Men's Group		11:30 - 13:00	Patrick
	Wellbeing & Social drop-in		13:30 - 15:30	Angela



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

	Session	Type	Time	Contact
Wednesday	Diagnosis discussion group		10.30 - 12.00	Adnaan
	Music group		13:30 - 15:00	Nerina

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

	Session	Type	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

	Session	Type	Time	Contact
Saturday	Social drop-in		10:00 - 14:00	Any Staff

Day	Session	Type	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:



Social Groups



Life Skills



Mental Health & Self Care



Physical Health



Creative Opportunities



Admin & Service Involvement

Get in Touch!

Adnaan	07734959968
Amina	07990077610
Angela	07586694471
Kiran	07801130697
Nerina	07990077653
Patrick	07908729830
Office	0121 2625340
David	07734959889

Drop-in sessions are open to anyone registered with the Mental Health & Wellbeing Hubs.

For all other sessions please contact the facilitator

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!