



The Mental Health & Wellbeing Hubs

Northfield Timetable: 14th April – 6th July

Mental Health & Wellbeing Hubs

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

0121 476 4349

	Session	Type	Time	Facilitator
Monday	Building Healthy Habits		10.30am -11.30am	Ian Drop-in
	Creating Healthy Boundaries		12pm - 1pm	Shannon Drop-in - Starting 2nd June
	Knit and Natter		2pm - 3pm	Service User Led Drop-in
	Mindfulness		3.30pm - 4.30pm	Will Drop-in
	Session	Type	Time	Facilitator
Tuesday	Monthly: Introduction to Your Hub! 29 th Apr, 27 th May, 24 th June See reverse for more info.		11am - 12pm	All Staff Drop-in - For New Service Users!
	Art for Recovery		12pm - 1.30pm	Ian Sign Up: 4 weeks
	Walking for Health and Happiness		2pm - 4pm	Emma Drop-in (Limited Spaces)
	Understand Emotions & Feelings		2.30pm - 3.30pm	Megan B Sign Up: 6 weeks
	Session	Type	Time	Facilitator
Wednesday	Neurodiverse Friendly Wellbeing Tools		10.30am - 11.30am	Adrian Drop-in - Starting 7th May
	Confidence and Self-Esteem		2pm - 3pm	Megan C Sign Up: 6 weeks
	Reading & Writing for Wellbeing		3.30pm - 4.30pm	Will Drop-in
	Session	Type	Time	Session Type
Thursday	Men's Wellness Group		11am - 12pm	John & Will Drop-in
	Connecting with your Community: visit Northfield based sources of support!		12.30pm - 2pm	Megan B Sign Up: 4 weeks
	CBT Skills: Change the way you think		3pm - 4pm	Adrian Sign Up: 4 weeks - Starting 8th May
	Session	Type	Time	Session Type
Friday	Wellness Workshops		11am - 12pm	All Staff Drop-in
	Breaking the Cycle of Worry		2pm - 3pm	Emma 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.

29th April

27th May

24th June

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 attended your initial appointment, 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

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Wellness Workshops: Fridays 11:00-12:00

Date	Type	Theme	Facilitator
18th April		Birmingham City Council: Mental Health Strategy - Have your say! 	Hajrah
25th April		Taster Session: Change the way you think	Adrian
2nd May		Womens Wellness: ANAWIM	Gurpreet
9th May		Redeemer Church: Bereavement support	Hannah
16th May		Taster session: Reading & Writing for Wellbeing	Will
23rd May		Service User Forum	All staff
30th May		Taster Session: Overcoming Obstacles	Will
6th June		Womens Wellness: TBC	Shannon
13th June		What is Anxiety? - CBT approaches	Emma
20th June		Sleep hygiene	Emma and Will
27th June		Birmingham LGBT Centre	Chris
4th July		Summer Mental Health Tips	Shannon

Find out more

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