Mental Health & Wellbeing Hubs

The Mental Health & Wellbeing Hubs

Northfield Timetable: 14th April - 6th July

888 – 890 Bristol Road South, Northfield, Birmingham B31 2NS 0121 476 4349

| | Session | Type | Time | Facilitator | |
|-----------|---|---------------|-------------------|---|--|
| | Session | Туре | Time | | |
| Monday | Building Healthy Habits | (A) | 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 | Туре | Time | Facilitator | |
| 2 | 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! | |
| Tuesday | Art for Recovery | * | 12pm - 1.30pm | Ian Sign Up: 4 weeks | |
| ۲ | 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 | |
| 12° | Session | Туре | 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 | |
| 3 | Reading & Writing for Wellbeing | * | 3.30pm - 4.30pm | Will Drop-in | |
| | Session | Туре | Time | Session Type | |
| > | Men's Wellness Group | | 11am - 12pm | John & Will Drop-in | |
| Thursday | Connecting with your Community: visit Northfield based sources of support! | 12.30pm - 2pi | 12.30pm - 2pm | Megan B Sign Up: 4 weeks | |
| É | CBT Skills: Change the way you think | | 3pm - 4pm | Adrian Sign Up: 4 weeks - Starting 8th May | |
| | Session | Туре | Time | Session Type | |
| > | Wellness Workshops | (©) | 11am - 12pm | All Staff Drop-in | |
| Friday | 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 | Туре | Time | Session Type | |
| Saturday | Craft & Chat | 4 | 10:30 - 12:00 | All Staff Drop-in | |
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Online Sessions via Zoom

| Online Sessions | Туре | Time/Day | Facilitator | Session Type |
|------------------|------|------------------------|-------------|-------------------------------|
| Managing Anxiety | | Friday's 12pm - 1pm | Sally | Online (Ask for Zoom link) |

Session Types:

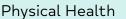


🕦 Social Groups

Life Skills



Mental Health & Self Care



Creative Opportunites



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.

24th June 27th May 29th April

Employment & Volunteering Support





Employment Support through Shaw Trust is available. Signup required, please speak to a Recovery Navigator to book a slot.



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 | Туре | Theme | Facilitator |
|------------|---|---|------------------|
| 18th April | | Birmingham City Council: Mental Health Plantingham 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: Church Birmingham Redeemer Church: Church Birmingham Redeemer Church: Church Birmingham | 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 | (4) | What is Anxiety? - CBT approaches | Emma |
| 20th June | | Sleep hygiene | Emma and Will |
| 27th June | | Birmingham LGBT Centre | Chris |
| 4th July | (\$\pi_{\pi_{\bar{\pi_{\ar{\pi_{\bar{\pi_{\bar{\pi_{\ar{\pi_{\bar{\pi_{\bar{\pi_{\ar{\pi_{\ar{\pi_{\ar{\pi_{\bar{\pi_{\ar{\pi_{\ar{\pi_{\ar{\pi_{\ar{\pi_{\ar{\pi_{\ar{\pi_{\ar{\pi_{\ar{\pi_{\ar{\pi_{\ar{\pi_{\ar{\pi_{\ar{\pi_{\ar{\pi_{\ar{\pi_{\ar{\pi_{\ar{\bar{\pi_{\ar{\pi_{\ar{\bar{\pi_{\ar{\pi_{\ar{\pi_{\ar{\bar{\pi_{\ar{\bar{\pi_{\ar{\bar{\pi_{\ar{\bar{\pi_{\ar{\bar{\bar{\bar{\bar{\bar{\bar{\bar{ | Summer Mental Health Tips | Shannon |

Find out more

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