



Mental Health &
Wellbeing Hubs

The Mental Health & Wellbeing Hubs

Yardley Timetable: 14th April - 6th July

195 - 197 Church Road, Yardley, Birmingham, B25 8UR

admin.yardley@creativesupport.org.uk

0121 389 0213

	Session	Type	Time	Facilitator
Monday	Creating Healthy Boundaries		10:00 - 11:00	Grace Sign-up starting 26 th May
	Building Self-Compassion & Self-Love		11:30 - 12:30	Shams Sign-up 6 weeks
	Board Games & Connect (18 - 25s)		12:30 - 2:00	Barnaby (Shine)
	Motivation & Self-Care		2:30 - 3:30	Sally Drop-in
	Session	Type	Time	Facilitator
Tuesday	Arts & Crafts		11:00 - 1:00	Karen Drop-in
	Seated Yoga		1:30 - 2:30	Shams Sign-up 6 weeks
	Relaxation & Grounding Techniques		2.30 - 3.30	Sally Drop-in
	Session	Type	Time	Facilitator
Wednesday	Creating Your Self-Care Toolbox		11:00 - 12:00	Sally Sign-up 6 weeks
	Open Afternoon		12:30 - 2:00	Karolina & Kiona 7th May, 4th June & 2nd July
	Benefits of Routine		2:00 - 3:00	Zaf Sign-up 6 weeks
	Session	Type	Time	Session Type
Thursday	Creative Writing		10:45 - 12:00	Rebekah Drop-in
	Voices of Hope & Recovery (Peer Support)		2:00 - 3:00	Julie Drop-in
	Benefits of Routine		5:30 - 6:30	Zaf Drop in
	Coping with Loss & Change		6:30 - 7:30	Zaf Drop in
	Session	Type	Time	Session Type
Friday	Friendship Group		10:30 - 12:30	Barbara Drop-in
	ONLINE: Managing Anxiety		12:00 - 1:00	Sally Sign-up 6 weeks
	Arts & Crafts		1:00 - 2:00	Darren Drop-in



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Session Types:



Social Groups



Life Skills



Mental Health & Self Care



Physical Health



Creative Opportunities



Admin & Service Involvement

Sign-up groups - please speak to a member of staff to express your interest, you will get an invitation from the group facilitator to confirm your place on the course

Drop-in groups - no need to sign-up or express your interest, just pop in whenever you wish!

Peer Support

If you're struggling, feeling lonely or need a little extra support you may benefit from our peer support. Our Peer Mentor is a volunteer with lived experience of mental health recovery and offers additional 1:1 emotional support in-between appointments with your Recovery Navigator. Sign-up required.



Employment Support

shaw
trust

40
YEARS

Employment Support through Shaw Trust is available Tuesdays between 2pm-4pm, fortnightly. Sign-up required.



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

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