




# The Mental Health & Wellbeing Hubs

## North Solihull (Chelmsley Wood) Timetable:

### 14th July- 5th October 2025

Three Trees Community Centre, Hedingham Grove, B37 7TP

Monday	Session	Type	Dates	Time	Facilitator
	Creating Healthy Boundaries		6 weeks starting <b>14<sup>th</sup> July</b>	5:30-6:30pm	Grace
	Confidence & Self-Esteem		5 weeks starting <b>1<sup>st</sup> September</b>	5:30-6:30pm	Zuha
Wednesday	Session	Type	Day/time	Time	Facilitator
	ONLINE: Relaxation Techniques (See reverse for Zoom details)		Every Wednesday	2:30-3:30	Megan C
Thursday	Session	Type	Dates	Time	Facilitator
	Conversations & Connections: Social group		Every Thursday	11:30 - 12:30	Will/Zuha
	Health Empowerment (Solihull Lifestyle Service)		6 weeks starting <b>17<sup>th</sup> July</b>	1:00-2:00	Tina & Glenn
	Service User Feedback session <b>Have your say in shaping and improving the service!</b>		<b>28<sup>th</sup> August</b>	11:30 - 12:30	Kiona
	Understanding Emotions & Feelings		6 weeks starting <b>28<sup>th</sup> August</b>	1:00-2:00	Zuha



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## Online (Zoom) Timetable

Session	Type	Time	Zoom link
Relaxation Techniques		Wednesdays 2:30 - 3:30	Meeting ID: 540 905 2690 Passcode: RELAX

### Get in touch!

Reception - Yardley Hub  
0121 389 0213

Zuha 07970158433  
zuha.ahmed@creativesupport.org.uk

Grace 07815653459  
grace.myers@creativesupport.org.uk

### Session Types:



Social Groups



Life Skills



Mental Health & Self Care



Physical Health



Creative Opportunities



Admin & Service Involvement

## 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 welcome appointment, you can access all of our hubs. Contact your Recovery Navigator for more information.  
Check out our website to find out more!

 **Mind Birmingham**

[www.birminghammentalhealth.org.uk](http://www.birminghammentalhealth.org.uk)

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