



Mental Health &
Wellbeing Hubs

The Mental Health & Wellbeing Hubs

South Solihull (Shirley) 14th July- 5th October

Shirley Methodist Church, 257 Stratford Road,
Solihull, B90 3AL

Tuesday	Session	Type	Dates	Time	Facilitator
	Conversations & Connections: Social group		Every Tuesday (including art sessions once a month - see below for dates)	12:00-1:00	Zuha
	Body & Mind Strategies for Wellbeing		6 weeks starting 15th July	1:30-2:30	Grace
	Art for Recovery		29th July, 12th August, 23rd September	12:00-1:00	Lidis
	Service User Feedback session Have your say in shaping and improving the service!		26th August	12:00-1:00	Kiona
	Creating Healthy Boundaries		6 weeks starting 26th August	1:30-2:30	Grace
Wednesday	Session	Type	Dates	Time	Facilitator
	Yoga and Mindfulness (Be You, Be Yoga)		6 week sign-up course starting 16th July	1:00 - 2:00	Emma
	ONLINE: Relaxation techniques (See reverse for Zoom details)		Every Wednesday	2:30-3:30	Megan C
	Managing Anxiety		6 weeks starting 16th July	2:30-3:30	Zuha
	Health Empowerment (Solihull Lifestyle Service)		6 weeks starting 27th August	1:00-2:00	Tina
	Mindfulness in the Park		6 weeks starting 27th August	2:30-3:30	Grace



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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

Grace
07815653459
grace.myers@creativesupport.org.uk

Zuha
07970158433
zuha.ahmed@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

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