



Mental Health &
Wellbeing Hubs

The Mental Health & Wellbeing Hubs

Northfield Timetable: 14th July - 5th October 2025

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

0121 476 4349

Monday	Session	Type	Time	Facilitator	Session Type
	Creating Healthy Boundaries		12pm-1pm	Shannon	Drop-in
	Craft & Chat		1.30pm - 3pm	Ian	Drop-in
	Relaxation Techniques		3.30pm-4.30pm	Will	Drop-in
Tuesday	Session	Type	Time	Facilitator	Session Type
	Managing My Mental Health: 12 Week Accredited Course		11am - 1pm	Megan C	Sign up: 12 weeks
	Cooking with Confidence: Basic Kitchen Skills		1.30pm - 2.30pm	Will	Sign Up: 6 weeks Starting 22/07/25
	Understanding Emotions & Feelings		3pm - 4pm	Megan B	Drop-in
Wednesday	Session	Type	Time	Facilitator	Session Type
	Tiling Together: A Collaborative Mosaic Project		10.30am - 12.00pm	Ian	Sign up: 6 weeks
	Neurodiverse Friendly Wellbeing Tools		1pm-2pm	Adrian	Drop in
	Relaxation Techniques		2pm -3pm	Megan C	Online Zoom details on reverse
	Building Self-Compassion & Self-Love		3pm-4pm	Will	Drop in
Thursday	Session	Type	Time	Facilitator	Session Type
	Yoga and Mindfulness		10am - 11am	Emma Be You, Be Yoga	Sign up: 6 weeks
	Confidence and Self esteem		12pm - 1pm	Megan C	Sign up: 6 weeks
	Walking for Health and Happiness		2pm-4pm	Adrian	Drop in: Limited numbers (meet outside the Hub)
	Mental Health Awareness		2.30pm - 3.30pm	Megan B	Drop-in
Friday	Session	Type	Time	Facilitator	Session Type
	Wellness Workshops		11am - 12pm	All staff	Drop-in
	Navigating Northfield: Transport & Travel Skills		1pm-3pm	Emma	Sign Up: 6 weeks
	Breaking the Cycle of Worry		2pm -3pm	Adrian	Drop-in
	Conversations & Connections Friendship Group		3.30pm - 4.30pm	John	Drop-in
Saturday	Session	Type	Time	Facilitator	Session Type
	Craft & Chat		10:30 - 12:00	Jess	Drop-in



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Wellness Workshops: 14th July - 5th October 2025

Fridays 11:00-12:00

Date	Type	Theme	Facilitator
18 th July		Women's Wellness Group	Shannon
25 th July		Men's Group	Will
1 st August		Service User Forum	All Staff
8 th August		Taster Session: Building Self-Compassion & Self-Love	Will
15 th August		Women's Wellness Group	Emma
22 nd August		Taster Session: Creating Healthy Boundaries	Shannon
29 th August		TBC	TBC
5 th September		Taster Session: Understanding Emotions & Feelings	Megan B
12 th September		Women's Wellness Group	Shannon
19 th September		TBC	TBC
26 th September		Men's Group	Will
3 rd October		Spotlight on: Awareness Months	Shannon

Online Sessions via Zoom

Online Sessions	Type	Time/Day	Facilitator	Zoom details
Relaxation Techniques		Wednesdays 2.30pm - 3.30pm	Megan C	Meeting ID 540 905 2690 Passcode: RELAX

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 check your eligibility and complete an online referral form or speak to the team



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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