

The Mental Health & Wellbeing Hubs

Handsworth Hub Timetable: 14th July - 5th Oct

9 Park Avenue, Hockley, Birmingham, B18 5ND

	Session	Туре	Time	Contact
Monday	Men's Group	•	11:30 - 13:00	Patrick / Romario
	Wellbeing & Social drop-in	-	13:30 - 15:30	Angela

	Session	Type	Time	Contact
	Autism & mental health		10:30 - 12:30	Amina
Tuesday	Wellbeing Workshop		12:00 - 14:00	Kiran
Tue	Sewing & knitting	*	13:30 - 15:00	Nerina
	Wellbeing & Social drop-in	•	16:00 - 19:00	Any Staff

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ednesday	Diagnosis discussion group		10:30 - 12.00	Adnaan
Wed	Karaoke group	*	13:30 - 15:00	Nerina

	Session	Туре	Time	Contact
Thursday	Women's group		11:00 - 13:00	Nerina
	Peer Support Movie Group	*	11:00 - 13:00	Adnaan / Mubasher
	Art group	*	13:30 - 15:00	Amina

	Session	Туре	Time	Contact
Friday	Cuppa squad: Last Friday of the month	₩	11:00 - 12:00	Any staff
	Relaxation group		12:00 - 13:00	Angela
	Peer-led games group drop-in	•	13:00 - 15:00	Any Staff

ay	Session	Туре	Time	Contact
Saturda	Social drop-in		10:00 - 14:00	Any Staff







Wellbeing Hubs

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Community Based Sessions: April -June 2025

9 Park Avenue, Hockley, Birmingham, B18 5ND

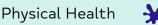
Day	Day Session Type Time		Time	Facilitator	Venue
Monday	Social drop-in	•	10:00 - 13:00	Adnaan & Amina	Cambridge road Methodist Church, Kings Heath. B13 9UE
Wednesday	Social drop-in	•	10:00 - 12:00	Patrick & Kiran	Woman's enterprise 249 Ladypool road, Sparkbrook B12 8LF

Session Types:





Life Skills



🄽 Creative Opportunites



Mental Health & Self Care



Admin & Service Involvement

Session's are open to anyone registered with the Mental Health & Wellbeing Hubs.

If you have registered with us please contact the group facilitator in the hub or your Recovery Navigator to book on to sessions.

if you are not registered call our Helpline on 0121 262 3555 or 0800 915 9292, or use the QR code below to register via our website

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