









The Mental Health & Wellbeing Hubs




Handsworth Hub Timetable: 14th July - 5th Oct




9 Park Avenue, Hockley, Birmingham, B18 5ND


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

	Session	Type	Time	Contact
Wednesday	Diagnosis discussion group		10:30 - 12:00	Adnaan
	Karaoke group		13:30 - 15:00	Nerina

	Session	Type	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	Type	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

	Session	Type	Time	Contact
Saturday	Social drop-in		10:00 - 14:00	Any Staff

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Community Based Sessions: April -June 2025

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Day	Session	Type	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:



Social Groups



Life Skills



Mental Health & Self Care



Physical Health



Creative Opportunities



Admin & Service Involvement

Get in Touch!

Sessions 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!