



Mental Health &
Wellbeing Hubs

The Mental Health & Wellbeing Hubs

Yardley Timetable: 14th July - 5th October

195 - 197 Church Road, Yardley, Birmingham, B25 8UR

admin.yardley@creativesupport.org.uk

0121 389 0213

Monday	Session	Type	Time	Facilitator
	Board Games & Connect (18 - 25s)		1:00 - 2:30	Barnaby / Helen (Shine) Drop-in
	Walking for Wellbeing		2:30 - 3:30	Monica Drop-in
	Recycling Crafts		3:30 - 4:30	Sally Sign-up 6 weeks
Tuesday	Session	Type	Time	Facilitator
	Arts & Crafts		10:00 - 11:00	Karen Drop-in
	Improving Confidence & Self-Esteem		11:30 - 12:30	Shams Drop-in
	Dealing with Intense Emotions Dialectical Behaviour Therapy skills		1:00 - 2:00	Zehtoon Drop-in
Wednesday	Session	Type	Time	Facilitator
	Yoga & Mindfulness		11:00 - 12:00	Emma (Be You, Be Yoga) Sign-up 6 weeks
	Open Afternoon		12:30 - 2:00	Karolina & Kiona 6 th Aug, 3 rd Sept, 1 st Oct
	Women's Social Space		1:00 - 2:00	Lynette Drop-in
Thursday	Session	Type	Time	Facilitator
	Creative Writing		10:45 - 12:00	Rebekah Drop-in
	Neuro Art Circle Neuro-divergence & Mental Health Through Art & Conversation		12:00 - 1:30	Amirah Drop-in
	Relaxation & grounding techniques		12:30 - 1:30	Sally Drop-in
Friday	Session	Type	Time	Facilitator
	Voices of Hope & Recovery (Peer Support)		2:00 - 3:00	Julie Drop-in
	Coping with Loss & Change		3:30 - 4:30	Christina Drop-in
	Session	Type	Time	Session Type
Friday	Friendship Group		10:30 - 12:00	Barbara Drop-in
	Arts & Crafts		1:00 - 2:30	Darren Drop-in
	Creating Healthy Boundaries		3:00 - 4:00	Monica Drop-in



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Online (Zoom) Timetable

Session	Type	Time	Session Type
Relaxation Techniques		Wednesdays 2:30 - 3:30	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

Peer Support

If you're struggling, feeling lonely or need a little extra support you may benefit from our peer support. Our Peer Mentor is a volunteer with lived experience of mental health recovery and offers additional 1:1 emotional support in-between appointments with your Recovery Navigator. Sign-up required.



Employment Support

**shaw
trust**

40
YEARS

Employment Support through Shaw Trust is available
Tuesdays between 2pm-4pm, fortnightly.
Sign-up required.



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!

 **Mind Birmingham**

www.birminghammentalhealth.org.uk

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