



Mental Health &
Wellbeing Hubs

The Mental Health & Wellbeing Hubs

Erdington Hub Timetable: Jul 14th - Oct 5th 2025

Beechcroft Hub, 501 Slade Road, Erdington, Birmingham, B23 7JG

	Session	Frequency	Type	Time	Contact
Monday	Welcome Session	Weekly		10:00 - 11:00	Shaz
	Women's Drop-in	Weekly		10:00 - 12:30	Lynne & Sandra
	Like-Minded Discussion Group	Weekly		12:00 - 1:30	Chris

	Session	Frequency	Type	Time	Contact
Tuesday	Wellness Workshops	Weekly		10:00 - 12:00	Shaz
	Walk & Talk	Weekly		11:30 - 1:30	Shaz
	Self Esteem & Confidence	ask for dates		12:30 - 2:30	Sandra
	South Asian Women's Group	Weekly		1:30 - 3:00	Naz
	Social Drop-in	Weekly		4:00 - 6:30	Naddy & Naz

	Session	Frequency	Type	Time	Contact
Wednesday	Managing My Mental Health	ask for dates		10:30 - 12:30	Naz & Philippa
	Benefit's Advice	Fortnightly		10:00 - 1:00	Sarah (DRC)
	Social Drop-in & IPS	Weekly		1:00 - 4:00	Sandra

	Session	Frequency	Type	Time	Contact
Thursday	Mindfulness & Meditation	Weekly		10:30 - 12:15	Elly
	Creative Space	Weekly		12:30 - 2:30	Lynne & Philippa
	Hearing Voices Social Group	Monthly		12:30 - 2:30	Lynne
	LGBTQIA+ Coffee & Chat	Weekly		2:45 - 4.30	Naddy & Elly

	Session	Frequency	Type	Time	Contact
Friday	Neurodiverse Coffee & Chat	Weekly		10:30 - 12:00	Naddy & Elly
	Gardening Group - Beechcroft	Weekly		11:00 - 1:00	Naz
	Managing My Autism	ask for dates		1:30 - 3:30	Naddy

	Session	Frequency	Type	Time	Contact
Saturday	Social drop-in 05/07, 19/07, 02/08, 16/08, 30/08, 13/09, 27/09	Alternate weeks		11:00 - 14:00	Shaz

	Session	Frequency	Type	Time	Contact
Sunday	Social drop-in 13/07, 27/07, 10/08, 24/08, 07/09, 21/09	Alternate weeks		11:00 - 14:00	Shaz

	Session	Frequency	Type	Time	Contact
EVENT	Improving Minds Meeting: Handsworth Hub	Thursday 25 th September		10:30 - 12:00	Shaz



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Weekly Community Based Sessions:

Jul 14th - Oct 5th 2025

Day	Session	Type	Time	Contact	Venue
Monday	Managing Anxiety & Depression		10:30 - 12:30	Naddy	Online
	Allotments		1:00 - 3:00	Naz	Court Lane Allotments, Jarvis Road, Birmingham, B23 5RP
Wednesday	Men's Group		10:30 - 2:00	Chris	Highcroft Community Centre, 485 Slade Road, B23 7JH
Friday	Walk & Talk		10:30 - 1:00	Sandra	Sutton Park, Visitor Centre, B74 2YT
	Friendship Club		11:30 - 3:30	Chris	Sutton Coldfield Methodist Church, 16 South Parade, Sutton, B72 1QY

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 onto 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.

www.birminghammentalhealth.org.uk

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