



Mental Health &
Wellbeing Hubs

The Mental Health & Wellbeing Hubs

Northfield Timetable 14th October - 21st December 2025

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

0121 476 4349

admin.northfield@creativesupport.org.uk

Monday	Session	Type	Time	Facilitator	Session Type
	Neurodiverse Friendly: Social Group 		10.30am - 11.30am	Adrian	Drop in
	Self-Care Scrapbooking		12pm - 1pm	Shannon	Sign-Up: 5 weeks
	Craft & Chat		1.30pm - 3.00pm	Ian	Drop-in
	Relaxation Techniques		3.30pm - 4.30pm	Will	Drop-in
Tuesday	Session	Type	Time	Facilitator	Session Type
	SMART skills for independence		12pm - 1pm	Megan B	Drop-in
	Coping with Low Mood		2pm - 3pm	Will	Drop-in
	Creative Writing		3.30pm - 4.30pm	Megan C	Drop-in
	Mental Health & Wellbeing Workshops		5.30pm - 6.30pm	All Staff	Drop-in
Wednesday	Session	Type	Time	Facilitator	Session Type
	Exploring Emotions Through Art		11am - 12pm	Ian	Sign-Up: 5 weeks
	Neurodiverse Friendly: Wellbeing Tools 		1pm-2pm	Adrian	Drop in
	Building Healthy Sleep Habits		3pm - 4pm	Will	Drop-in
Thursday	Session	Type	Time	Facilitator	Session Type
	Reducing Social Anxiety		10.30am - 11.30am	Megan C	Drop in
	Walking for Health and Happiness		1pm - 3pm	Adrian	Drop in: Limited numbers (meet outside the Hub)
	Understanding Mental Health Recovery		2.30pm - 3.30pm	Megan B	Drop-in
Friday	Session	Type	Time	Facilitator	Session Type
	Wellness Workshops		11am - 12pm	All staff	Drop-in More info on reverse
	Online: Managing Low Mood		11am - 12pm	Malaika	Online Zoom details on reverse
	Social Steps: Grow Community Confidence		1.30pm - 4.00pm	Emma	Sign Up: 5 weeks
	Conversations & Connections Friendship Group		3.30pm - 4.30pm	All Staff	Drop-in
Saturday	Session	Type	Time	Facilitator	Session Type
	Craft & Chat		10:30 - 12:00	Jess	Drop-in



Mental Health &
Wellbeing Hubs

The Mental Health & Wellbeing Hubs

Northfield Timetable 14th October - 21st December 2025

Wellness Workshops, Fridays 11am - 12pm

Date	Type	Theme	Facilitator
17th October		Men's Group	Adrian
24th October		Voices of Hope & Recovery (Peer Support)	Furhein
31st October		Women's Wellness Group	Shannon
7th November		World Kindness Day	Shannon
14th November		Men's Group	Adrian
21st November		Guest Speaker: Eco Birmingham	Jason
28th November		Women's Wellness Group	Shannon
5th December		Voices of Hope & Recovery (Peer Support)	Furhein
12th December		Men's Group	Adrian
19th December		Women's Wellness Group	Shannon

Service User Forum

We want to hear from you!

Kiona (Recovery Coordinator)

During Craft & Chat
3rd November 2025, 1.30pm - 3.00pm

Online Session

Managing Low Mood
Fridays, 11am-12pm

Malaika

Meeting ID: 856 7936 8017
Passcode: Mood

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

Registered Charity No. 1003906 Company Limited by Guarantee No. 02024372

