



Mental Health &
Wellbeing Hubs

The Mental Health & Wellbeing Hubs

South Solihull (Shirley)

14th October - 21st December 2025

Shirley Methodist Church, 257 Stratford Road, Solihull, B90 3AL

Tuesday	Session	Type	Time	Facilitator
	Mindfulness, Meditation & Movement		12.00pm - 1.00pm	Grace
	Skills for Living Well		1.00pm - 2.00pm	Nicki
Wednesday	Session	Type	Time	Facilitator
	Craft & Chat		1.00pm - 2.00pm	Nicki
	Mental Health & Wellbeing Workshops		2.00pm - 3.00pm	Grace
Friday	Session	Type	Time	Facilitator
	Online: Managing Low Mood Zoom Details on reverse		11.00am -12.00pm	Malaika

Mental Health & Wellbeing Workshops topics include:

Healthy boundaries, confidence & self-esteem, dealing with intense emotions, coping with loss & change, body & mind strategies for wellbeing, relaxation & grounding techniques and more!



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Online (Zoom) Session

Session	Type	Time	Zoom link
Managing Low Mood		Fridays 11am - 12pm	Meeting ID: 856 7936 8017 Passcode: Mood

Get in touch!

Reception - Yardley Hub
0121 389 0213

Nicki - 07980759999
Nicola.Mclarney@creativesupport.org.uk

Grace - 07815653459
grace.myers@creativesupport.org.uk

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 head to our website where you can make a referral, view other hubs timetables and get in touch.



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

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