



Mental Health &
Wellbeing Hubs

The Mental Health & Wellbeing Hubs

Yardley Timetable: 14th October - 21st December

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

admin.yardley@creativesupport.org.uk

0121 389 0213

PLEASE NOTE: THE HUB IS CLOSED ON MONDAY 13TH OCTOBER

Monday	Session	Type	Time	Facilitator
	Board Games & Connect (18 - 25s)		1:00 - 2:30	Barnaby / Helen (Shine) Drop-in
	Understanding Emotions & Feelings		2:30 - 3:30	Monica Drop-in
	Practicing Self-Compassion		3:45 - 4:45	Malaika Drop-in
Tuesday	Session	Type	Time	Facilitator
	Mindfulness & Relaxation		12:00 - 1:00	Zehtoon Drop-in
	Cooking & Baking		1:00 - 2:30	Sally Sign up - 5 weeks
	Turn Up & Tune In - Music Group		3:00 - 4:15	Katie Drop-in
Wednesday	Session	Type	Time	Facilitator
	Neurodiverse Friendly: Social group		11:30 - 12:30	Amirah Drop-in
	Open Afternoon		12:30 - 2:00	Karolina & Kiona 5 th November & 3 rd December
	Women's Social Space (except from 5 th November & 3 rd December)		1:00 - 2:00	Lynette Drop-in
Thursday	Session	Type	Time	Session Type
	Creative Writing		10:30 - 12:00	Karen & Rebekah Drop-in
	Jewellery Making		12:30 - 1:30	Monica Sign up - 5 weeks
	Voices of Hope & Recovery (Peer Support)		2:00 - 3:00	Julie Drop-in
Friday	Session	Type	Time	Session Type
	Friendship Group		10:30 - 12:00	Barbara Drop-in
	Managing Low Mood: ONLINE		11:00 - 12:00	Malaika Meeting ID: 856 7936 8017 Passcode: Mood
	Arts & Crafts		1:00 - 2:30	Darren Drop-in
	Session	Type	Time	Session Type
	Navigating Life Changes		3:00 - 4:00	Christina Drop-in



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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

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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