

The Mental Health & Wellbeing Hubs

Erdington Hub Timetable: Oct 13th-Dec 21st 2025

Wellbeing Hubs 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	9	10:00 - 12:30	Lynne		
	Like-Minded Discussion Group	Weekly	9	12:00 - 1:30	Chris		
Tuesday	Session	Frequency	Type	Time	Contact		
	Wellness Workshops	Weekly		10:00 - 12:00	Shaz		
	Walk & Talk	Weekly	" T	11:30 - 1:30	Shaz		
	South Asian Women's Group	Weekly	9	1:30 - 3:00	Naz		
	Social Drop-in	Weekly	9	4:00 - 6:30	Naddy & Naz		
Wednesday	Session	Frequency	Туре	Time	Contact		
	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	9	1:00 - 4:00	Sandra		
	Session	Frequency	Туре	Time	Contact		
Thursday	Mindfulness & Meditation	Weekly	(\$)	10:30 - 12:15	Elly		
	Creative Space	ask for dates	*	12:30 - 2:30	Lynne & Philippa		
	Hearing Voices Social Group	Monthly	9	12:30 - 2:30	Lynne		
Г.	LGBTQIA+ Coffee & Chat	Weekly		2:45 - 4.30	Naddy & Elly		
>	Session	Frequency	Туре	Time	Contact		
	Neurodiverse Coffee & Chat	Weekly	9	10:30 - 12:00	Naddy & Elly		
Friday	Gardening Group - Beechcroft	Weekly	","	11:00 - 1:00	Naz		
Œ	Managing anxiety & depression	ask for dates	(*)	1:30 - 3:30	Naddy		
Saturday	Session	Frequency	Type	Time	Contact		
	Social drop-in 25/10, 08/11, 22/11, 06/12, 20/12	Alternate weeks		11:00 - 14:00	Shaz		
Sunday	Session	Frequency	Type	Time	Contact		
	Social dropin 19/10, 02/11, 16/11, 30/11, 14/12	Alternate weeks	9	11:00 - 14:00	Shaz		
Þ	Session	Frequency	Туре	Time	Contact		
EVENT	Improving Mind meeting Beechcroft Hub	16th December		10:30 - 12:00	Shaz		







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Weekly Community Based Sessions: Oct 13th- Dec 21st 2025

Day	Session	Туре	Time	Contact	Venue
Manday	Managing My Autism		10:30 - 12:30	Naddy	Online
Monday	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
	Walk & Talk	"	10:30 - 1:00	Sandra	Sutton Park, Visitor Centre, B74 2YT
Friday	Friendship Club	•	11:30 - 3:30	Chris	Sutton Coldfield Methodist Church, 16 South Parade, Sutton, B72 1QY

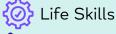
Session Types:



Get in Touch!

Social Groups

Physical Health





Creative Opportunites



Mental Health & Self Care

Admin & Service Involvement

Session's 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

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