

The Mental Health & Wellbeing Hubs

Handsworth Hub Timetable: October-December

9 Park Avenue, Hockley, Birmingham, B18 5ND

Monday	Session	Type	Time	Contact
	Men's Group		11:30 - 13:00	Romario
	Wellbeing & Social drop-in		13:30 - 15:30	Patrick /Angela

Tuesday	Session	Type	Time	Contact
	Autism & mental health		10:30 - 12:30	Amina
	Managing Wellbeing 4 week course		11:30 - 13:00	Kiran / Adnaan
	Sewing & knitting		13:30 - 15:00	Angela
	Wellbeing & Social drop-in		16:00 - 19:00	Any Staff

Wednesday	Session	Type	Time	Contact
	Diagnosis discussion group		10:30 - 12:00	Adnaan
	Healthy relationships group		12:00-13:00	Nerina
	Karaoke group		13:30-15:00	Nerina

Thursday	Session	Type	Time	Contact
	Women's group. Last Thursday of the month Woman's Jujitsu		11:00 - 12:30	Nerina
	Art group		13:00 - 14:30	Amina

Friday	Session	Type	Time	Contact
	Relaxation group		12:00 - 13:00	Angela
	Peer-led games group drop-in		13:00 - 15:00	Any Staff

Saturday	Session	Type	Time	Contact
	Social drop-in		10:00 - 14:00	Any Staff

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Community Based Sessions: Oct-Dec 2025

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Day	Session	Type	Time	Facilitator	Venue
Monday	Social drop-in		10:00 - 13:00	Adnaan & Amina	Cambridge road Methodist Church, Kings Heath. B13 9UE
Tuesday	Walking and light exercise group		12-2pm	Patrick	Handsworth Park Main gate
Wednesday	Social drop-in		10:00 - 12:00	Patrick & Kiran	Woman's enterprise 249 Ladypool road, Sparkbrook B12 8LF

Session Types:



Social Groups



Life Skills



Mental Health & Self Care



Physical Health



Creative Opportunities



Admin & Service Involvement

Get in Touch!

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 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!

www.birminghammentalhealth.org.uk

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