



Mental Health &  
Wellbeing Hubs

# The Mental Health & Wellbeing Hubs

## Erdington Hub FESTIVE Timetable: Dec 22nd - Jan 3rd

Beechcroft Hub, 501 Slade Road, Erdington, Birmingham, B23 7JG

<b>MONDAY 22nd</b>	<b>11:00-1:00pm</b> <b>12:00-1:30pm</b> <b>1:00-3:00pm</b>	Wreath making session- Shaz Like Minded Session - Chris Henna Session- Nas & Shafia	
<b>TUESDAY 23rd</b>	<b>11:00-1:00pm</b> <b>11:30-1:00pm</b> <b>1:00 -3:00pm</b> <b>4:00-6:30pm</b>	Card decorating - Nas Walk & Chat- Shaz Festive Quiz time - Sandra Social drop-in Shaz & Nas	
<b>WEDNESDAY 24th</b>	<b>10:30-12:00pm</b> <b>1:00-4:00pm</b>	Biscuit decorating- Nas & Chris Drop in- Sandra & Philippa	
<b>THURSDAY 25th</b>	<b>11:00-2:00pm</b>	Christmas Day Drop in- Nas & Elly	
<b>FRIDAY 26th</b>	<b>11:00-3:00pm</b>	Boxing Day Drop in- Elly & Shaz	
<b>SUNDAY 28th</b>	<b>11:00-2:00pm</b>	Social drop-in Lynne & Philippa	
<b>MONDAY 29th</b>	<b>11:00-1:00pm</b> <b>1:00-3:00pm</b>	New year journal decorating- Lynne & Philippa Games session- Chris & Nas	
<b>TUESDAY 30th</b>	<b>11.30-12.30pm</b> <b>2:00-4:00pm</b>	Relaxation- Elly Movie Time - Nas	
<b>WEDNESDAY 31st</b>	<b>11-12.30pm</b> <b>1:00-4:00pm</b>	Music Singalong - Paul & Joan Social Drop- in- Philippa & Nas	
<b>THURSDAY 1st</b>	<b>11:00-3:00pm</b>	New Year dropin- Lynne & Elly	
<b>FRIDAY 2nd</b>	<b>10:30-12pm</b> <b>1:00-3:00pm</b>	Budgeting session- Elly Mindful Colouring Chris	
<b>SATURDAY 3rd</b>	<b>11:00-2:00pm</b>	Social Drop-in Chris & Shaz	



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**Erdington Hub FESTIVE Timetable: Dec 23rd - Jan 4th**

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## Contact

## Number

Philippa	07734 959 957
Naddy	07734 959 878
Shaz	07734 959 954
Naz	07734 959 926
Sandra	07734 959 940
Lynne	07734 959 980
Paul	07734 959 923
Chris	07734 962 125
Elly	07715 960 933

**Get in Touch!**

Drop-in sessions are open to anyone registered with the Mental Health & Wellbeing Hubs (no booking required)

For all other sessions, get in touch with the Contact listed for the session.

## 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.

[www.birminghammentalhealth.org.uk](http://www.birminghammentalhealth.org.uk)

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