

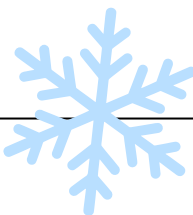
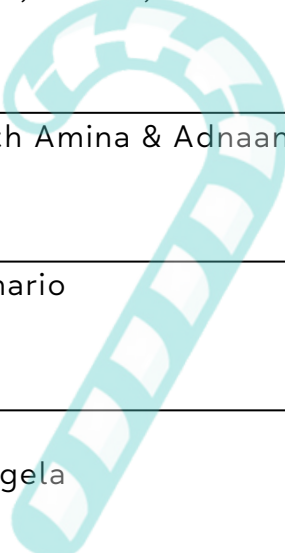
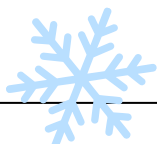
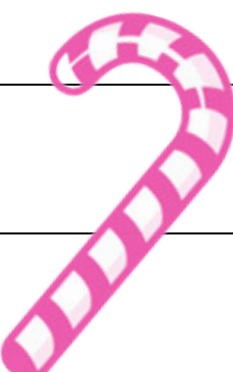


Mental Health &
Wellbeing Hubs

The Mental Health & Wellbeing Hubs

Handsworth Hub Timetable: Festive Edition

9 Park Avenue, Hockley, Birmingham, B18 5ND

Monday 22 nd Dec	11:30 - 1:00pm 1:30 - 3:30pm	Men's group with Romario Social Drop in with Angela & Romario	
Tuesday 23 rd Dec	11:30 - 1.30pm 1:30 - 3:00pm 4:00 - 7:00pm	Wellbeing group with Kiran & Adnaan Sewing and knitting with Angela Evening drop in with Amina & Angela	
Wednesday 24 th Dec	11:00 - 12:30pm	Diagnosis discussion group & healthy relationship group with Nerina & Adnaan	
Thursday 25 th Dec	10:00 - 2:00pm	Christmas Day drop in with Amina, Nerina, Adnaan & Romario	
Friday 26 th Dec	1:00 - 3:00pm	Peer supported games group with Amina & Adnaan	
Saturday 27 th Dec	10:00 - 2:00pm	Social drop in with Angela & Romario	
Monday 29 th Dec	11:30 - 1:00pm 1:30 - 3:30pm	Men's group with Romario Social drop in with Romario & Angela	
Tuesday 30 th Dec	11:30 - 1:30pm 1:30 - 3:00pm	Wellbeing group with Kiran & Adnaan Sewing and knitting with Angela	
Wednesday 31 st Dec	Handsworth Hub is Closed		
Thursday 1 st Jan	10:00 - 2:00pm	New Years Social drop in with David & Adnaan	
Friday 2 nd Jan	12:00 - 1:00pm 1:00 - 3:00pm	Relaxation group with Angela Games group (peer support)	
Saturday 3 rd Jan	10:00 - 2:00pm	Social Drop-in	



Mental Health &
Wellbeing Hubs

The Mental Health & Wellbeing Hubs

Handsworth Hub Timetable: Oct - Dec 2024

9 Park Avenue, Hockley, Birmingham, B18 5ND



Day	Session	Time	Venue
Monday 22nd & 29th December	Festive Drop in	10:00 - 1:00pm	Cambridge road Methodist Church, Kings Heath. B13 9UE
Wednesday 24th December	Christmas Party	10:00 - 12:00pm	Woman's enterprise 249 Ladypool road, Sparkbrook B12 8LF
Wednesday 31st December	Arts and Wellbeing - Candle decoration Workshop	1:30 - 3:30pm	Bullring Wellbeing Hub, Link Street



Get in Touch!	Facilitator	Number	<p>Drop-in session are open to anyone registered with the Mental Health & Wellbeing Hubs.</p> <p>For all other session please contact the facilitator</p>
	Angela	07586 694 471	
	Nerina	07990 077 653	
	Amina	07990 077 610	
	Kiran	07801 130 697	
	Patrick	07908 729 830	
	Romario	07563 026 421	
	Adnaan	07306 328 359	
	David	07734 959 889	

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

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