

The Mental Health & Wellbeing Hubs



Northfield Festive Timetable 22nd December - 4th January



888-890 Bristol road south, Northfield, B31 2NS, admin.northfield@creativesupport.org.uk 0121 476 4349


Monday 22nd December

Card Making	10.30 - 12.30	Shannon & Ian
Film Club: Festive Edition 	2.00 - 4.00	Shannon

Tuesday 23rd December

Coping with Christmas Overload	12.00 - 1.00	Adrian
Board Games: Festive Fun!	1.00 - 2.00	Emma
 Festive Nostalgia! 	3.00 - 4.00	Megan B
Mental Health & Wellness Workshop	5.30 - 6.30	Will

Wednesday 24th December

Winter Crafts 	10.30 - 12.00	Ian
Positive Affirmations for 2026!	1.00 - 2.00	Will

Hub Closing at 3pm

Thursday 25th & Friday 26th December



Hub closed



The Northfield Hub Talking Space will be open on Thursday 25th and Friday 26th December, feel free to drop-in from 6pm -10pm.

Saturday 27th December

Craft & Chat	10.30 - 12.00	Will
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Monday 29th December

Post Christmas Catch-up	11.00 - 12.00	Adrian
Music you loved in 2025! 🎵	3.00 - 4.00	Megan B

Tuesday 30th December

Letters to my Future Self	11.00 - 12.00	Megan B
Winter Walk & Talk 🧣	2.00 - 3.00	Adrian
Mental Health & Wellness Workshop	5.30 - 6.30	Adrian

Wednesday 31st December

Relaxation	10.30 - 11.30	Will
★ NYE Quiz! ★	12.00 - 2.00	Ian & Will

Hub Closing at 3pm

Thursday 1st January



Hub closed



The Northfield Hub Talking Space will be open on Thursday 1st January, feel free to drop-in from 6pm -10pm.

Friday 2nd January

WRAPping Up Your Year!	11.00-12.00	Shannon
Feel Good Reads 📖	1.00 - 2.00	Emma
Film Club	2.30 - 4.00	Will

Saturday 3rd January

Craft & Chat	10.30 - 12.00	Emma
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Please note that there will be no groups running during the week of 5–11 January 2026.
A new 12-week timetable will launch on 12 January 2026!



Where to find support over Christmas

Mental Health Support Helplines

Shout:

text 85258

Samaritans:

116 123

FTB Crisis Line:

0300 300 0099

Birmingham Mind Helpline:

0121 262 3555

Christmas Day Support

Please speak to a Recovery Navigator to find out the range of support available on Christmas Day.

Don't forget if in crisis, please call 999 or NHS 111

Talking Space

Are You Having a Difficult Time?

Our Talking Space service offers an out of hours, safe place, to come and chat with our Crisis Intervention Workers.
(with access to clinical support if needed)

Erdington (501 Slade Road, Erdington, Birmingham B23 7JG) For appointments call 0121 262 3555 (Open everyday 5 - 11pm)

Selly Oak (11 Bournbrook Road, Selly Oak, B29 7BL) For appointments call 0121 262 3555 (Open Mon - Wed 5 - 11pm)

Northfield (888 Bristol Rd S, Birmingham B31 2PA) For appointments call 0121 262 3555 (Open Thur - Sun 5.30 - 11.30pm)

Jewellery Quarter (55 St Paul's Square, B3 1QS) For appointments call 0121 262 3555 (Open Fri - Mon 1 - 9pm)

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 and attended your welcome appointment, you can access all of our hubs. Contact your Recovery Navigator for more information.

www.birminghammentalhealth.org.uk

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