



Mental Health &
Wellbeing Hubs

The Mental Health & Wellbeing Hubs Festive Sessions in Solihull

North Solihull

Three Trees Community Centre, Hedingham Grove, B37 7TP

Monday 22nd December

Creating My Dream Vision Board for 2026	3.30 - 4.30	Grace
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South Solihull

Shirley Methodist Church, 257 Stratford Road, B90 3AL

Tuesday 23rd December

Staying well over winter	12.00 - 1.00	Grace
Festive fun & games	1.00 - 2.00	All Staff



Please note that there will be **no groups running in Solihull between 24th December and 11th January 2026**, due to closure of the community venues. During this period, you are welcome to attend group sessions at our hubs in Yardley and Northfield. For information about the timetables at these hubs, please give us a call or visit our website at www.birminghammentalhealth.org.uk.

Get in touch!

Yardley Hub	0121 389 0213 195-197 Church Rd, Yardley, Birmingham B25 8UR
Northfield Hub	0121 476 4349 888 Bristol Rd S, Birmingham B31 2PA



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Where to find support over Christmas

Oasis Mental Health Support Crisis Service

Service open 6pm to 11pm, 7 days a week, 365 days a year.

Located at 14-16 Faulkner Road, B92 8SY.

No appointment necessary, in-person service.

contact@oasismentalhealthsupport.org.uk

0121 742 4941

www.oasismentalhealthsupport.org.uk

Mental Health Support Helplines

Shout:

text 85258

Samaritans:

116 123

FTB Crisis Line:

0300 300 0099

Birmingham Mind Helpline:

0121 262 3555

Please make contact to register your space at
the following events:

FREE food & friendly chats on Christmas Day

Solihull Lodge Community Centre, Grafton
Road, Shirley, Solihull B90 1NJ

07578 501635

FREE Christmas Lunch & Festive Games

Solihull Seva

The Shirley Centre, Stratford Road, B90 3AD

0121 250 5005

Find out more

Scan the QR Code
to check your
eligibility and
complete an online
referral form or
speak to the team



Once you've completed your referral,
and attended the Hub for your
welcome appointment, 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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