

The Mental Health & Wellbeing Hubs



Yardley Festive Timetable 22nd December - 2nd January



195 - 197 Church Road, Yardley, Birmingham, B25 8UR

admin.yardley@creativesupport.org.uk 0121 389 0213

Monday 22nd December

Festive Film & Popcorn	11.00 - 1.00	Malaika
Christmas Quiz	1.00 - 3.00	Sally
Coffee & Catch-up	3.00 - 4.00	Service-user led

Tuesday 23rd December

Managing Loneliness over Christmas	11.30 - 12.30	Shams
Festive Arts & Crafts	1.00 - 3.00	Sally & Malaika
Coffee & Catch-up	3.00 - 4.00	Service-user led

Wednesday 24th December

Staying Well During Christmas	11.30 - 12.30	Zehtoon
Setting Healthy Boundaries	1.00 - 2.00	Malaika

Thursday 25th & Friday 26th December

Hub closed

Monday 29th December

2026 Calendar Making	11.00 - 12.30	Karen
Finding Hope & Positivity for 2026	1.00 - 2.00	Zehtoon
Happiness Guide to Get Through Winter	2.30 - 3.30	Sally

Tuesday 30th December

My Dream Vision Board for 2026	11.30 - 1.00	Shams
Christmas Recipe Baking	1.30 - 3.00	Sally
Coffee & Catch-up	3.00 - 4.00	Service-user led

Wednesday 31st December

Setting Your New Year's Goals	11.00 - 12.00	Malaika
New Year's Quiz & Games	1.00 - 2.30	Sally

Thursday 1st January

Hub closed

Friday 2nd January

Friendship Group	10.30 - 12.00	Barbara
Arts & Crafts	1.00 - 2.30	Darren
My Self-Care Toolbox for 2026	3.00 - 4.00	Malaika

Please note that there will be **no groups running during the week of 5–11 January 2026**. A new 12-week timetable will begin on 12 January 2026. If you would like a copy, please speak to a member of staff.



Where to find support over Christmas

Talking Spaces (face to face support)

Erdington (501 Slade Road, Erdington, Birmingham B23 7JG)

For appointments call 0121 262 3555 (everyday 5 - 11pm)

For drop in - Saturdays and Sundays 5pm – 10pm

Selly Oak (11 Bournbrook Road, Selly Oak, B29 7BL)

For appointments call 0121 262 3555 (Mon - Wed 5 - 11pm)

For drop in - Mon - Wed 5 - 10pm

Northfield (888 Bristol Rd S, Birmingham B31 2PA)

For appointments call 0121 262 3555 (Thur - Sun 5 - 11pm)

For drop in - Thur - Sun (5 - 10pm)

Mental Health Support Helplines:

Shout:

text to 85258

Samaritans:

116 123

FTB Crisis Line:

0300 300 0099

Birmingham Mind Helpline:

0121 262 3555

Birmingham Christmas Shelter

St Catherine of Siena Catholic Primary School,

Great Colmore Street, Lee Bank, Birmingham, B15 2AY

Call for more information: 07864 991 951

**Food, entertainment, companionship, practical support &
overnight accommodation**

Trussell Trust Food Banks

Located in Tyseley, Stechford, Hall Green & Sparkhill

Call for more information: 0121 708 1398

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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