



The Mental Health & Wellbeing Hubs

Erdington Hub Timetable: 12th Jan- 3rd April 2026

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

| | Session | Frequency | Type | Time | Contact |
|-----------|--|-----------------|------|---------------|----------------------------|
| Monday | Womens Drop-in | Weekly | | 10:00 - 12:30 | Lynne |
| | Be Active Session | Weekly | | 11:00 - 1:00 | Sandra |
| | Like-Minded Discussion Group | Weekly | | 12:00 - 1:30 | Chris |
| | Managing Anxiety & Depression | ask for dates | | 2:00 - 4:00 | Naddy |
| Tuesday | Numeracy Skills with Adult Education | Weekly | | 10:00 - 12:00 | Shaz / Salim |
| | Self Esteem & Confidence | Weekly | | 10:30 - 12:30 | Sandra |
| | Walk & Talk | Weekly | | 11:15 - 12:45 | Naz |
| | Social Drop-in | Weekly | | 4:00 - 6:30 | Naddy & Naz |
| Wednesday | Positive Moves | Weekly | | 11:00 - 12:30 | Naz & Philippa |
| | Carers Group | Monthly | | 10:00 - 12:00 | Sandra |
| | Benefits advice/ housing | Fortnightly | | 10:00 - 1:00 | Sarah(DRC)/ Nicole(Crisis) |
| | Social Drop-in & IPS | Weekly | | 1:00 - 4:00 | Sandra |
| Thursday | Relaxation | Weekly | | 11:00 - 12:15 | Elly |
| | Creative Space | ask for dates | | 12:30 - 2:30 | Lynne & Philippa |
| | Hearing Voices Social Group | Monthly | | 12:30 - 2:30 | Lynne |
| | LGBTQIA+ Coffee & Chat | Weekly | | 2:45 - 4:30 | Naddy & Elly |
| Friday | Managing my ADHD | ask for dates | | 10:30 - 12:00 | Elly |
| | Gardening Group - Beechcroft | Weekly | | 11:00 - 1:00 | Naz |
| | Music singalong | Weekly | | 2:00 - 3:30 | Joan & Naddy |
| Saturday | Social drop-in 17/1, 31/1, 14/2, 28/2, 14/3, 28/3 | Alternate weeks | | 11:00 - 14:00 | Shaz |
| | Social dropin 11/1, 25/1, 8/2, 22/2, 8/3, 22/3 | Alternate weeks | | 11:00 - 14:00 | Shaz |
| Sunday | Social dropin 11/1, 25/1, 8/2, 22/2, 8/3, 22/3 | Alternate weeks | | 11:00 - 14:00 | Shaz |



Mental Health &
Wellbeing Hubs

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Weekly Community Based Sessions:

12th Jan-3rd April 2026

| Day | Session | Type | Time | Contact | Venue |
|-----------|-----------------|------|--------------|---------------|---|
| Wednesday | Men's Group | | 10:30 - 2:00 | Chris | Highcroft Community Centre, 485 Slade Road, B23 7JH |
| Friday | Walk & Talk | | 10:30 - 1:00 | Sandra | Sutton Park, Visitor Centre, B74 2YT |
| | Friendship Club | | 11:30 - 3:30 | Chris/ Sandra | Sutton Coldfield Methodist Church, 16 South Parade, Sutton, B72 1QY |

| Event | Session | Frequency | Type | Time | Contact |
|-------|--|-----------------|------|---------------|-------------|
| | Improving Mind meeting at Handsworth Hub | 26th March 2026 | | 10:30 - 12:00 | Shaz/ David |

Session Types:

Social Groups

Physical Health

Life Skills

Creative Opportunities

Mental Health & Self Care

Admin & Service Involvement

Get in Touch!

Session's are open to anyone registered with the Mental Health & Wellbeing Hubs.

If you have registered with us please contact the group facilitator in the hub or your Recovery Navigator to book onto sessions.

If you are not registered call our Helpline on 0121 262 3555 or 0800 915 9292, or use the QR code below to register via our website

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.