



Mental Health &  
Wellbeing Hubs

# The Mental Health & Wellbeing Hubs

## Handsworth Hub Timetable: Jan-March 2026

9 Park Avenue, Hockley, Birmingham, B18 5ND

	Session	Type	Time	Contact
Monday	Men's Group		11:30 - 13:00	Patrick
	Wellbeing & Social drop-in		13:30 - 15:30	Romario /Angela

	Session	Type	Time	Contact
Tuesday	Managing Wellbeing course		11:30 - 13:00	Kiran / Adnaan
	Sewing & knitting		13:30 - 15:00	Angela
	Wellbeing & Social drop-in		16:00 - 19:00	Any Staff

	Session	Type	Time	Contact
Wednesday	Diagnosis discussion group		10:30 - 12.00	Adnaan
	Healthy relationships group		12:00-13:30	Nerina
	Karaoke group		14:00-15:00	Nerina

	Session	Type	Time	Contact
Thursday	Women's group		11:00 - 12:30	Nerina
	Last Thursday month: Woman's Jujitsu		11:00 - 12:30	Nerina
	Art Group		13:00 - 14:30	Amina

	Session	Type	Time	Contact
Friday	Autism workshop		10.30-13:00	Amina
	Relaxation group		12:00 - 13:00	Angela
	Peer-led Friendship & games group		13:00 - 15:00	Peer support & Romario

	Session	Type	Time	Contact
Saturday	Social drop-in		10:00 - 14:00	Any Staff

# The Mental Health & Wellbeing Hubs

## Community Based Sessions: Oct-Dec 2025

9 Park Avenue, Hockley, Birmingham, B18 5ND

Day	Session	Type	Time	Facilitator	Venue
Monday	Social drop-in		10:00 - 13:00	Adnaan & Amina	Cambridge road Methodist Church, Kings Heath. B13 9UE
Tuesday	Walking and light exercise group		12:00 - 2:00	Patrick	Handsworth Park Main Gate
Wednesday	Social drop-in		10:00 - 12:00	Patrick & Kiran	Woman's enterprise 249 Ladypool road, Sparkbrook B12 8LF

### Session Types:



Social Groups



Life Skills



Mental Health & Self Care



Physical Health



Creative Opportunities



Admin & Service Involvement

Get in Touch!

Sessions 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.

Check out our website to  
find out more!

[www.birminghammentalhealth.org.uk](http://www.birminghammentalhealth.org.uk)

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