



Mental Health &
Wellbeing Hubs

The Mental Health & Wellbeing Hubs

Northfield Timetable 12th January - 5th April 2026

888 – 890 Bristol Road South, Northfield, Birmingham B31 2NS

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Monday	Session	Type	Time	Facilitator	Session Type
	The Benefits of Routine		10:30am-11:30am	Ian	Drop-in
	Motivation and Self-Care		12pm-1pm	Shannon	Sign up
	Craft & Chat		1:30pm-3pm	Ian	Drop-in
	Relaxation Techniques		3:30pm-4:30pm	Will	Drop-in
Tuesday	Session	Type	Time	Facilitator	Session Type
	Four Pillars of Health		12pm-1pm	Megan B	Drop-in
	Build your own Coping Kit: Practical Tools for Wellbeing		2pm-3pm	Will	Drop-in
	Developing Resilience		3:30pm-4:30pm	Megan C	Sign-up
	Mental Health & Wellbeing Workshops		5:30pm-6:30pm	All Staff	Drop-in
Wednesday	Session	Type	Time	Facilitator	Session Type
	Neurodiverse Friendly: Social Group		11am-12pm	Adrian	Drop-in
	Creative Writing		2pm-3pm	Megan C	Drop-in
	Cooking with Confidence		3pm-4:30pm	Will	Sign up
Thursday	Session	Type	Time	Facilitator	Session Type
	Confidence and Self-Esteem		11am-12pm	Adrian	Drop-in
	Psychosis Awareness		2pm-3pm	Emma	Sign up
	SMART skills for Independence		3:30pm-4:30pm	Megan B	Drop-in
Friday	Session	Type	Time	Facilitator	Session Type
	Wellness Workshops		11am-12pm	All Staff	Drop-in
	The Feel Good Book Nook: Uplifting reads for the New Year		2pm-3pm	Emma	Drop-in
	Conversations & Connections Friendship Group		3:30pm-4:30pm	Service user led	Drop-in
Saturday	Session	Type	Time	Facilitator	Session Type
	Craft & Chat		10:30am-12:00pm	Jess	Drop-in



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Wellness Workshops, Fridays 11am - 12pm

Date	Type	Theme	Facilitator
16th January		Men's Group	Will
23rd January		Guest Speaker: Menopause Knowledge CIC	Aline
30th January		Women's Wellness Group	Shannon
6th February		Taster Session: Coping with Loneliness	Shannon
13th February		Men's Group	Will
20th February		Guest Speaker: Aquarius - Gambling Awareness	Jacquie
27th February		Women's Wellness Group: International Women's Day	Shannon
6th March		TBC	TBC
13th March		Men's Group	Will
20th March		TBC	TBC
27th March		Women's Wellness Group	Shannon

Service User Forum

We want to hear from you!	Wednesday 18 th February
with Kiona (Recovery Coordinator)	12.00pm - 1.30pm

Session Types:



Social Groups



Life Skills



Mental Health & Self Care



Physical Health



Creative Opportunities



Admin & Service Involvement

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 attended 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!

Mind Birmingham

www.birminghammentalhealth.org.uk

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