



Mental Health &  
Wellbeing Hubs

# The Mental Health & Wellbeing Hubs

## Central Wellbeing Hub Timetable: April - June 2026

Grand Central Second Floor, Link Street, Birmingham B5 4BS

Day	Session	Frequency	Type	Time
Monday	1-2-1 Support - Booking's only	WEEKLY		10:30 - 12:00
	Relaxation & Mindfulness Session	WEEKLY		12:30 - 1:30
	Mental Health & Wellbeing Drop-in	WEEKLY		2:00 - 3:00
Tuesday	Mental Health & Wellbeing Drop-in	WEEKLY		10:30 - 11:30
	Unravel...Crochet & Knitting Group	WEEKLY		12:00 - 2:00
	Cranstoun Housing Advice (CH) / Book Club (BC)	14.04.2026 (BC) 21.04.2026 (CH) 28.04.2026 (BC)		2:00 - 3:30
Wednesday	Mental Health & Wellbeing Drop-in	WEEKLY		11:00 - 1:00
	Art/Wellbeing Workshop	WEEKLY		2:00 - 3:30
Thursday	Mental Health & Wellbeing Drop-in	WEEKLY		11:00 - 1:00
	Men's Group	WEEKLY		2:00 - 3:30
Friday	Women's Talk and Support	WEEKLY		11:00 - 12:30
	Mental Health & Wellbeing Drop-in	WEEKLY		1:30 - 3:00

### Saturday Drop in

Day	Session	Date	Type	Time
Saturday	Mental Health & Wellbeing Drop-in	25 <sup>th</sup> April 30 <sup>th</sup> May 27 <sup>th</sup> June		10:00 - 2:00

### Session Types:



Social Groups



Life Skills



Mental Health & Self Care



Physical Health



Creative Opportunities



Admin & Service Involvement