



Mental Health &
Wellbeing Hubs

The Mental Health & Wellbeing Hubs

Hockley Hub Timetable: April 13th - Jun 2026

St Georges, Great Hampton Row, B Ham B19 3JG

| | Session | Type | Time | Contact |
|--------|----------------|------|--------------|---------|
| Monday | Men's Group | | 11:30 - 1:00 | Romario |
| | Gardening Club | | 1:30 - 3:30 | Romario |

| | Session | Type | Time | Contact |
|---------|----------------------------|------|--------------|----------------|
| Tuesday | Managing Wellbeing course | | 11:30 - 1:00 | Kiran / Adnaan |
| | Sewing & knitting | | 1:30 - 3:00 | Angela |
| | Wellbeing & Social drop-in | | 3:30 - 6:30 | Any Staff |

| | Session | Type | Time | Contact |
|-----------|-----------------------------|------|---------------|---------|
| Wednesday | Diagnosis discussion group | | 10:30 - 12:00 | Adnaan |
| | Healthy relationships group | | 12:30 - 1:30 | Nerina |

| | Session | Type | Time | Contact |
|----------|---------------|------|---------------|---------|
| Thursday | Women's group | | 11:00 - 12:30 | Nerina |
| | Art Group | | 1:00 - 2:30 | Amina |

| | Session | Type | Time | Contact |
|--------|-----------------------------------|------|--------------|---------|
| Friday | Autism workshop | | 10:30-12:30 | Amina |
| | Relaxation group | | 12:30 - 1:30 | Angela |
| | Peer-led Friendship & games group | | 2:00 - 3:30 | Romario |

| | Session | Type | Time | Contact |
|----------|----------------|------|--------------|-----------|
| Saturday | Social drop-in | | 10:00 - 2:00 | Any Staff |



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Community Based Sessions: Jan-Mar 2026

9 Park Avenue, Hockley, Birmingham, B18 5ND

| Day | Session | Type | Time | Facilitator | Venue |
|-----------|----------------|------|---------------|-----------------|--|
| Monday | Social drop-in | | 10:00 - 13:00 | David & Amina | Cambridge road Methodist Church, Kings Heath. B13 9UE |
| Wednesday | Social drop-in | | 10:00 - 12:00 | Patrick & Kiran | Woman's enterprise 249 Ladypool road, Sparkbrook B12 8LF |

| EVENT | Session | Date | Type | Time | Contact |
|-------|--|----------------|------|---------------|-------------|
| | Improving Mind meeting at Hockley Hub | 30th June 2026 | | 10:30 - 12:00 | Shaz/ David |

Session Types:



Social Groups



Life Skills



Mental Health & Self Care



Physical Health



Creative Opportunities



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.

Check out our website to
find out more!

www.birminghammentalhealth.org.uk

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