







Mental Health &
Wellbeing Hubs

The Mental Health & Wellbeing Hubs

North Solihull (Chelmsley Wood) Timetable:

13th April - 5th July

Three Trees Community Centre, Hedingham Grove, B37 7TP

	Session	Time	What is it about?
Monday	Activities for Mindfulness 	1.30 - 2.30pm	These sessions offer a mix of creative activities, guided meditations and gentle movement designed to help you feel more present and relaxed. No experience is needed - come along, explore what works for you and take some time for your wellbeing in a welcoming, supportive space.
	Session	Time	What is it about?
Thursday	Mental Health & Wellbeing Workshops 	11.30am - 12.30pm	Each week we explore different topics to support your mental health recovery. Example topics include: <ul style="list-style-type: none"> • Healthy relationships • Confidence and self-esteem • Dealing with emotions • Coping with loss and change • Relaxation & grounding ..and more!
	Craft & Chat  	1.00pm - 2.00pm	A relaxed, welcoming space for creativity and connection. Whether you're looking for a space to unwind, create or connect with others, everyone's welcome!



www.birminghammentalhealth.org.uk

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Get in touch!

Reception - Yardley Hub

0121 389 0213

07816362881

Thamina

07772424021

thamina.begum@creativesupport.org.uk

Our groups also run in North Solihull and Yardley.

To find out more and see other group timetables, visit our website or scan the QR code below:

www.birminghammentalhealth.org.uk

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 head to our website where you can make a referral, view other hubs timetables and get in touch.



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**

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