



Mental Health &  
Wellbeing Hubs

# The Mental Health & Wellbeing Hubs

Northfield Timetable 13<sup>th</sup> April - 5th July 2026

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

0121 476 4349

admin.northfield@creativesupport.org.uk

	Session	Type	Time	Facilitator	Session Type
Monday	Art for Recovery		11am - 12.30pm	Ian	Sign-up: 4 weeks
	Beyond the Diagnosis: Bingo! Learn more about Mental Health		2pm - 3pm	Shannon	Drop-in
	Men's Mental Health		3.30pm - 4.30pm	Will	Sign-up: 6 weeks
	Session	Type	Time	Facilitator	Session Type
Tuesday	Navigating Change & Transitions		12pm - 1pm	Megan B	Drop-in
	Managing Anger, Stress & Intense Emotions		3pm - 4pm	Will	Sign-up: 6 weeks
	Mental Health & Wellbeing Workshops		5.30pm - 6.30pm	All Staff	Drop-in, see reverse for timetable
	Session	Type	Time	Facilitator	Session Type
Wednesday	Wednesday Wellness: Workshops		10.30am - 11.30am	All Staff	Drop-in, see reverse for timetable
	Walking for Health & Fitness		12pm - 1.30pm	Adrian	Sign-up: 6 weeks
	Arts & Crafts		12.30pm - 2pm	Ian	Sign-up: 6 weeks
	Managing My Mental Health: 12 week accredited course		2.30pm - 4.30pm	Megan C	Sign-up: 12 weeks
	Session	Type	Time	Facilitator	Session Type
Thursday	Neurodiverse Friendly: Social Group		11am - 12pm	Adrian	Drop-in
	How to be kind to yourself		2pm - 3pm	Emma	Sign-up: 6 weeks
	Relax & Restore		3.30pm - 4.30pm	Megan B	Drop-in
	Session	Type	Time	Facilitator	Session Type
Friday	Build your own Coping Kit: Practical tools for wellbeing		10am - 11am	Will	Sign-up: 6 weeks
	The Lego Lounge: Building social connections		2pm - 3pm	Emma	Drop-in
	Conversations and Connections: Friendship group		3.30pm - 4.30pm	Service User led	Drop-in
	Session	Type	Time	Facilitator	Session Type
Saturday	Craft & Chat		10.30am - 12pm	All Staff	Drop-in



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## Mental Health & Wellbeing Evening Workshops, Tuesdays 5.30pm - 6.30pm

Date	Type	Theme
14th April	Will	
21st April	Megan b	Barriers to Change
28th April	Megan C	Coping with Loss & Change
5th May	Shannon	
12th May	Ian	
19th May	Emma	Motivation & Dopamine: Achievable Ways to Get Started
26th May	Adrian	
2nd June	Will	
9th June	Shannon	
16th June	Megan C	Journaling for Joy & Wellness.
23rd June	Megan B	Gratitude and Resilience
30th June	Ian	

## Wellness Workshops, Wednesdays 10.30am - 11.30am

Date	Theme	Facilitator
15th April		
22nd April		
29th April	 Guest Speaker: Fruit & Nut Village 	Laura
6th May		
13th May		
20th May		
27th May		
3rd June		
10th June	Menopause Knowledge (TBC)	
17th June		
24th June		
1st July		

### Session Types:

-  Social Groups
-  Physical Health
-  Admin & Service Involvement
-  Creative Opportunities
-  Mental Health & Self Care
-  Life Skills

## 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.