







Mental Health &
Wellbeing Hubs

The Mental Health & Wellbeing Hubs

South Solihull (Shirley) Timetable: 13th April - 5th July

Shirley Methodist Church, 257 Stratford Road, Solihull, B90 3AL

| | | Session | Time | What is it about? |
|-----------|--|--|------------------|---|
| Tuesday | | Motivation & Self-Care  | 12.00pm - 1.00pm | A supportive space to explore simple ways to care for yourself and build motivation at your own pace. These sessions focus on small, manageable steps, helping you understand what works for you, strengthen your confidence, and feel more connected and supported - without pressure or overwhelm. |
| | | 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! |
| Wednesday | | Mental Health & Wellbeing Workshops  | 1:00-2:00pm | 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! |
| | | Walking for Wellbeing  | 2:00-3:00pm | A gentle, supportive walking group offering a chance to get outdoors, move at your own pace and connect with others. With a focus on noticing nature and taking time to be present, these walks support both body and mind. If the weather is unsuitable, gentle indoor exercise will be available. |

 Mind Birmingham

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!

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