



Mental Health &  
Wellbeing Hubs

# The Mental Health & Wellbeing Hubs

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

195 - 197 Church Road, Yardley, Birmingham, B25 8UR  
admin.yardley@creativesupport.org.uk  
0121 389 0213

	Session	Type	Time	Facilitator	Session Type
Monday	Board Games & Connect (Shine Youth: 18 - 25s)		1pm - 2.30pm	Barnaby/Helen	Drop-in
	Dealing with Intense Emotions: DBT skills		2.30pm - 3.30pm	Malaika	Drop-in
	Managing Anxiety		3.30pm - 4.30pm	Sally	Drop-in
	Session	Type	Time	Facilitator	Session Type
Tuesday	Neurodiverse Friendly Group: Monthly		10.30am - 11.30am	Amirah	Drop-in: 28 <sup>th</sup> April, 26 <sup>th</sup> May, 30 <sup>th</sup> June
	Confidence and Self-Esteem		11.30am - 12.30pm	Shams	Drop-in
	Creating Healthy Boundaries		1pm - 2pm	Monica	Drop-in
	Journalling for Joy		2pm - 3pm	Sally	Sign-up: 6 weeks
	Yoga and Mindfulness (Trauma- Informed)		3.30pm - 4.30pm	Katie	Sign-up: 5 weeks
	Session	Type	Time	Facilitator	Session Type
Wednesday	Women's Wellness Group		10.30am - 11.30am	Zehtoon	Drop-in
	Open Afternoon: Monthly, Open to All!		12.30pm - 2pm	Karolina & Kiona	Drop-in: 6 <sup>th</sup> May, 3 <sup>rd</sup> June, 1 <sup>st</sup> July
	Men's Support Group		1pm - 2pm	Paul	Drop-in: 22 <sup>nd</sup> April, 20 <sup>th</sup> May, 24 <sup>th</sup> June
	Cooking with Confidence: Learn essential skills		2pm - 3.30pm	Monica	Sign-up: 6 weeks
	Session	Type	Time	Facilitator	Session Type
Thursday	Craft & Chat		10.30am - 12pm	Karen & Rebekah	Drop-in
	Weekly Wellness Workshops		12.30pm - 1.30pm	Malaika	Drop-in, see reverse for timetable
	Voices of Hope & Recovery		2pm - 3pm	Service user led	Drop-in: Peer Support
	Mindful Book Circle		3.30pm - 4.30pm	Malaika	Drop In
	Session	Type	Time	Facilitator	Session Type
Friday	Friendship Group		10.30am - 12pm	Barbara	Drop-in
	Arts & Crafts Skills		1pm - 2.30pm	Darren	Sign-up: 6 weeks
	Psychosis Awareness		3pm - 4pm	Monica	Sign-up: 6 weeks



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### Wellness Workshops: Thursdays at 12.30pm - 1.30pm

Date	Theme	Facilitator
Thursday 16th April	Taster: Confidence & Self-Esteem	Shams
Thursday 23rd April	Refil Your Cup: Self-Care & Gratitude	Malaika & Paula
Thursday 30th April	Creative Support Musical Jam	Katie
Thursday 7th May	POW Wellbeing	Tereza
Thursday 14th May	TBC - nutrition/physical health	Katie
Thursday 21st May	Schizophrenia Awareness	Malaika
Thursday 28th May	Taster: Relaxation & Grounding Techniques	Sally
Thursday 4th June	TBC - Inbetweenies Bereavement Group	Tracey
Thursday 11th June	Yardley Neighbourhood Network Scheme	Eliza
Thursday 18th June	TBC - Mermaids or LGBT Centre	Monica
Thursday 25th June	Help Harry Help Others	Dan
Thursday 2nd July	Tips & Tricks for a Happier Me	Shams

### Session Types:



Social Groups



Life Skills



Mental Health & Self Care



Physical Health



Creative Opportunities



Admin & Service Involvement

### Peer Support

If you're struggling, feeling lonely or need a little extra support you may benefit from our peer support. Our Peer Mentor is a volunteer with lived experience of mental health recovery and offers additional 1:1 emotional support in-between appointments with your Recovery Navigator. Sign-up required.



## 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.

mind Birmingham

[www.birminghammentalhealth.org.uk](http://www.birminghammentalhealth.org.uk)

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