



Mental Health &
Wellbeing Hubs

The Mental Health & Wellbeing Hubs

Central Wellbeing Hub Timetable: July - September 2026

Grand Central Second Floor, Link Street, Birmingham B5 4BS

Day	Session	Frequency	Type	Time
Monday	1-2-1 Support - Booking's only	WEEKLY		10:30 - 11:30
	Wellbeing Workshop	WEEKLY		11:30 - 1:00
	Mental Health & Wellbeing Drop-in	WEEKLY		1:30 - 3:00
Tuesday	Mental Health & Wellbeing Drop-in	WEEKLY		10:30 - 11:30
	Unravel...Crochet & Knitting Group	WEEKLY		12:00 - 1:30
	Cranstoun Housing Advice OR Book Club (ask for details)	FORTNIGHTLY		2:00 - 3:30
Wednesday	Mental Health & Wellbeing Drop-in	WEEKLY		11:00 - 1:00
	Art Session	WEEKLY		2:00 - 3:30
	Movie Group	LAST WEDNESDAY OF THE MONTH		1:45 - 3:45
Thursday	Mental Health & Wellbeing Drop-in/Shaw Trust	FORTNIGHTLY		11:00 - 1:00
	Men's Group	WEEKLY		2:00 - 3:30
Friday	Women's Talk and Support	WEEKLY		11:00 - 12:30
	Mental Health & Wellbeing Drop-in	WEEKLY		1:30 - 3:00



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Community Based Sessions

13th July- 4th Oct 2026

Day	Session	Type	Time	Contact	Venue
Tuesday	Book Club		2:00 - 3:30 (Fortnightly)	Nithya	Birmingham Library, Centenary Sq, Birmingham B1 2ND

EVENT	Session	Frequency	Type	Time	Contact
	Improving Mind meeting at Beechcroft Hub	29 th Sept 2026		10:30 - 12:00	Any staff

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.

www.birminghammentalhealth.org.uk

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