



Mental Health &
Wellbeing Hubs

The Mental Health & Wellbeing Hubs

Erdington Hub Timetable: 13th July - 4th Oct 2026

Beechcroft Hub, 501 Slade Road, Erdington, Birmingham, B23 7JG

	Session	Frequency	Type	Time	Contact
Monday	Womens Drop-in	Weekly		10:00 - 12:30	Lynne
	Be Active Session	Weekly		11:00 - 1:00	Sandra
	Wellbeing workshops	Weekly		12:00 - 1:30	Chris
	Managing Anxiety & Depression	ask for dates		2:00 - 4:00	Naddy

	Session	Frequency	Type	Time	Contact
Tuesday	Online IT support	ask for dates		10.00 - 12.00	Naveed/ Shaz
	Self Esteem & Confidence	ask for dates		10:30 - 12:30	Sandra
	Walk & Talk	Weekly		11:15 - 12:45	Naz
	Social Drop-in	Weekly		4:00 - 6:30	Naddy & Naz

	Session	Frequency	Type	Time	Contact
Wednesday	Positive Moves	Weekly		11:00 - 12:30	Naz & Philippa
	Relaxation	Monthly		11:30 - 12:30	Shaz
	Benefits advice/ housing	Fortnightly		10:00 - 1:00	Sarah (DRC), Afzal (Crisis)
	Social drop-in	Weekly		1:00 - 4:00	Sandra

	Session	Frequency	Type	Time	Contact
Thursday	Creative Space	ask for dates		12:30 - 2:30	Lynne & Philippa
	Hearing Voices Social Group	Monthly		12:30 - 2:30	Lynne
	Mindfulness	ask for dates		2:45 - 4.30	Naddy & Elly

	Session	Frequency	Type	Time	Contact
Friday	Managing my ADHD	ask for dates		11:00 - 1:00	Elly & Naddy
	Gardening Group - Beechcroft	Weekly		11:00 - 1:00	Naz

	Session	Frequency	Type	Time	Contact
Saturday	Social drop-in 4/7,18/7,1/8,15/8,29/8,12/9,26/9	Alternate weeks		11:00 - 2:00	Shaz

	Session	Frequency	Type	Time	Contact
Sunday	Social drop-in 12/7,26/7,9/8,23/8,6/9,20/9	Alternate weeks		11:00 - 2:00	Shaz



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Weekly Community Based Sessions:

13th July- 4th Oct 2026

Day	Session	Type	Time	Contact	Venue
Monday	Allotments		1.30 - 3.30	Nas	Court Lane allotments, Jarvis rd, B235RP
Wednesday	Men's Group		10:30 - 1:00	Chris	Highcroft Community Centre, 485 Slade Road, B23 7JH
Friday	Walk & Talk		10:30 - 12.30	Sandra	Sutton Park, Visitor Centre, B74 2YT
	Friendship Club		11:30 - 3:00	Chris/ Sandra	Sutton Coldfield Methodist Church, 16 South Parade, Sutton, B72 1QY

EVENT	Session	Date	Type	Time	Contact
	Improving Mind meeting at Beechcroft Hub	29 th Sept 2026		10:30 - 12:00	Shaz/ David

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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