



Mental Health &
Wellbeing Hubs

The Mental Health & Wellbeing Hubs

Hockley Hub Timetable: July - Sept 2026

St Georges, Great Hampton Row, B Ham B19 3JG

	Session	Type	Time	Contact
Monday	Men's Group		11:30 - 1:00	Romario
	Gardening group		1:30 - 3:30	Romario

	Session	Type	Time	Contact
Tuesday	Managing Wellbeing course		11:30 - 1:00	Kiran
	Sewing & knitting		1:30 - 3:00	Angela
	Wellbeing & Social drop-in		3:30 - 6:30	Any Staff

	Session	Type	Time	Contact
Wednesday	Diagnosis discussion group		10:30 - 12:00	Adnaan
	Empowerment through Music group		12:30 - 2.00	Nerina

	Session	Type	Time	Contact
Thursday	Women's group		11:00 - 12:30	Nerina
	Art Group		1:00 - 2:30	Amina

	Session	Type	Time	Contact
Friday	Autism workshop		10:30-12:30	Amina
	Relaxation group		12:30 - 1:30	Angela
	Peer-led Friendship & games group		2:00 - 3:30	Any Staff

	Session	Type	Time	Contact
Saturday	Social drop-in		10:00 - 2:00	Any Staff

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Community Based Sessions: Jul-Sept 2026

St Georges, Great Hampton Row, B Ham B19 3JG

Day	Session	Type	Time	Facilitator	Venue
Monday	Social drop-in		10:00 - 1:00	Patirick & Amina	Cambridge road Methodist Church, Kings Heath. B13 9UE
Wednesday	Social drop-in		10:00 - 12:00	Patrick & Kiran	Woman's enterprise 249 Ladypool road, Sparkbrook B12 8LF

EVENT	Session	Frequency	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 Opportunites



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.