



Mental Health &
Wellbeing Hubs

The Mental Health & Wellbeing Hubs

Northfield Timetable 13th July - 4th October 2026

888 – 890 Bristol Road South, Northfield, Birmingham B31 2NS

0121 476 4349

admin.northfield@creativesupport.org.uk

Monday	Session	Type	Time	Facilitator	Session Type
	Creative Writing		11am - 12pm	Megan B	Drop-in
	Connecting the Pieces: Jigsaw Art Project		2pm - 3pm	Shannon	Sign-up: 4 weeks
	Men's Mental Health		3.30pm - 4.30pm	Will	Sign-up: 6 weeks
Tuesday	Session	Type	Time	Facilitator	Session Type
	Working with Your Brain: Practical Skills for Stress, Motivation and Everyday Life.		12pm - 2pm	Emma	Sign-up: 12 weeks
	Building Better Sleep Habits		3pm - 4pm	Will	Sign-up: 6 weeks
	Mental Health & Wellbeing Workshops		5.30pm - 6.30pm	All Staff	Drop-in, see reverse for timetable
Wednesday	Session	Type	Time	Facilitator	Session Type
	Wednesday Wellness: Workshops		10.30am - 11.30am	All Staff	Drop-in, see reverse for timetable
	Walking for Health & Fitness		12pm - 1.30pm	Adrian	Sign-up: 6 weeks
	Conversations and Connections: Friendship group		3.30pm - 4.30pm	Service User led	Drop-in
Thursday	Session	Type	Time	Facilitator	Session Type
	Neurodiverse Friendly: Social Group		11am - 12pm	Adrian	Drop-in
	Understanding Relationships		2pm - 3pm	Megan C	Sign-up: 6 weeks Starts 23/07/26
	Hacks for Happiness		3.30pm - 4.30pm	Megan B	Drop-in
Friday	Session	Type	Time	Facilitator	Session Type
	Quiet Company		11am - 12pm	Emma	Drop-in
	The Shaw Trust: Work to Recovery		1pm - 3.30pm	Keith	Drop-in
	How to be Kind to Yourself		2pm - 3pm	Will	Sign-up: 6 weeks
Saturday	Session	Type	Time	Facilitator	Session Type
	Craft & Chat		10.30am - 12pm	All Staff	Drop-in



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Mental Health & Wellbeing Evening Workshops, Tuesdays 5.30pm - 6.30pm

Date	Type	Theme
14th July		Understanding Core Values
21st July		Supporting Yourself Through a Bad Day
28th July		Barriers to Change
4th August		Reducing Social Anxiety
11th August		Benefits of Exercise
18th August		Sleep Hygiene
25th August		Gratitude Exercises
1st September		Neurographic Art
8th September		Dealing with Unexpected Life Changes
15th September		Building Self Confidence
22nd September		Goal Setting
29th September		Neurodiverse Social

Wellness Workshops, Wednesdays 10.30am - 11.30am

Date	Theme	Facilitator
15th July	Mens Support group	Will
22nd July	Guest Speaker: Creating a Suicide-Safer Community & Build your own Hopebox (90mins)	Papyrus: Nathan
29th July	Womens Wellness Group	Shannon
5th August	Knowledge Based Mindfulness	Megan C
12th August	Guest Speaker: Why Healthy Living Feels so Hard	Josh
19th August	Mens Support group	Will
26th August	Small Steps - Reducing hate through education	TBC
2nd September	Womens Wellness Group	Shannon
9th September	Knowledge Based Mindfulness	Megan C
16th September	First Steps to Volunteering	Furhein
23rd September	Mens Support group	Will
30th September	Womens Wellness Group	Shannon

Session Types:

- Social Groups
- Physical Health
- Admin & Service Involvement
- Creative Opportunities
- Mental Health & Self Care
- Life Skills

Find out more

Scan the QR Code to check your eligibility and complete an online referral form or speak to the team



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

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