



Mental Health &
Wellbeing Hubs

The Mental Health & Wellbeing Hubs

South Solihull (Shirley) Timetable: 13th July - 30th August

Shirley Methodist Church, 257 Stratford Road, Solihull, B90 3AL

		Session	Time	What is it about?
Tuesday		Healthy Diet, Healthy Life 	12.00pm - 1.00pm	Learn how the food you eat can support both your physical and mental wellbeing in these practical and informative sessions. Together we'll explore the basics of healthy nutrition, the link between diet and common lifestyle conditions and simple strategies to help you make positive, sustainable changes.
		Exploring Art Styles 	1.00pm - 2.00pm	A relaxed, beginner-friendly art session where you can discover and explore a range of art styles - from pop art and abstract art to pencil sketching and more!
		Session	Time	What is it about?
Wednesday		Building Healthy Relationships 	1:00-2:00pm	This supportive course explores the foundations of healthy relationships, starting with the relationship you have with yourself. Through learning about attachment patterns, emotion regulation and boundaries, you can build confidence, strengthen connections and develop healthier relationships with the people in your life.
		Badminton 	2:00-3:00pm	Enjoy a fun and inclusive badminton session designed to support both your physical and mental wellbeing. Whether you're new to the sport or have played before, you'll have the opportunity to improve your fitness, build confidence, learn new skills, and connect with others in a relaxed and supportive environment.

**New venue from
September!**

The Bridge, 234 Stratford Rd,
Shirley, Solihull B90 3AG

See reverse for session info



 **Mind Birmingham**

www.birminghammentalhealth.org.uk

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The Mental Health & Wellbeing Hubs

South Solihull (Shirley) Timetable: 31st August - 4th October

The Bridge, 234 Stratford Road, Solihull, B90 3AG

Check out our new venue and meet the team at our Open Days!



Wednesday 2nd September 1-3pm - service users
Friday 4th September 11am-1pm - public and professionals



Refreshments provided 😊

Wednesday	Session	Time
	Building Healthy Relationships 	12.00pm - 1.00pm
Friday	Wellbeing in the Park 	1.00pm - 2.00pm
	Session	Time
Friday	Healthy Diet, Healthy Life 	11.00am - 12.00pm
	Exploring Art Styles 	12.00pm - 1.00pm

Get in touch!

Reception - Yardley Hub
0121 389 0213
07816362881

Aimen
07815653459
ummay.aimen@creativesupport.org.uk

Thamina
07772424021
thamina.begum@creativesupport.org.uk

See reverse for session details

Session Types:



Social Groups



Life Skills



Mental Health & Self Care



Physical Health



Creative Opportunities



Admin & Service Involvement

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.

Check out our website to find out more!

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