



Mental Health &
Wellbeing Hubs

The Mental Health & Wellbeing Hubs

Yardley Timetable 13th July - 4th October 2026

195 - 197 Church Road, Yardley, Birmingham, B25 8UR

www.birminghammentalhealth.org.uk

admin.yardley@creativesupport.org.uk / 0121 389 0213

Monday	Session	Type	Time	Facilitator	Session Type
	Board Games & Connect (Shine Youth: 18 - 25s)		1pm - 2.30pm	Helen	Drop-in
	Understanding Trauma and the Nervous System		2.30pm - 3.30pm	Malaika	Drop-in
Tuesday	Session	Type	Time	Facilitator	Session Type
	Wellness Workshops		10.30am - 11.30am	All Staff	Drop-in, see reverse for timetable
	Building Resilience		12.00pm - 1.00pm	Shams	Sign-up: 6 weeks
	The Shaw Trust: Work to Recovery		12.00pm - 2.00pm	Dean	Speak to your Recovery Navigator to book
	Motivation and Self-Care		1.30pm - 2.30pm	Sally	Drop-in
	Beyond the Diagnosis: Learn about Mental Health		3pm - 4pm	Monica	Drop-in
Wednesday	Session	Type	Time	Facilitator	Session Type
	Mindfulness & Guided Relaxation		10am - 11am	Zehtoon	Drop-in
	Walking for Health & Fitness		12pm - 1pm	Malaika	Drop-in
	Men's Support Group		1pm - 2pm	Paul	Drop-in: 29th July, 26 th Aug, 30 th Sept
Thursday	Session	Type	Time	Facilitator	Session Type
	Managing Anxiety		10.30am - 11.30am	Sally	Drop-in
	Faith and Wellbeing for Muslims		12.30pm - 1.30pm	Malaika	Drop-in
	Voices of Hope & Recovery		2pm - 3pm	Julie	Drop-in: Peer Support
Friday	Session	Type	Time	Facilitator	Session Type
	Jewellery Making		3.30pm - 4.30pm	Monica	Sign-up: 6 weeks
	Session	Type	Time	Facilitator	Session Type
	Friendship Group		10.30am - 12pm	Service user led	Drop-in
	Arts & Crafts Skills		1pm - 2.30pm	Darren	Sign-up: 6 weeks
	Understanding and Managing Addictive Behaviours		3pm - 4pm	Monica	Drop-in



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Wellness Workshops: Tuesdays, 10.30am - 11.30am

Date	Theme	Facilitator
14th July	Diamond Art (TBC)	Katie
21st July	Instrumental Jam: Learn Instruments & Play Together	Katie
28th July	Disability Resource Centre	Sarah
4th August	Writing for Wellbeing: Nature	Karen & Rebekah
11th August	Writing for Wellbeing: Weather	Karen & Rebekah
18th August	Papyrus - Suicide Awareness & Support	Bally
25th August	Writing for Wellbeing	Rebekah
1st September	Craft Session: Stencils, Stamping, Colouring & Collage	Karen & Rebekah
8th September	Song Writing Workshop: How to Write Lyrics to a Song	Katie
15th September	Building a Healthier Relationship with Food	Katie
22nd September	Habits! How We Make Them & How We Break Them	Katie
29th September	Writing for Wellbeing: Picture & Word Prompts	Karen & Rebekah

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.



www.birminghammentalhealth.org.uk

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