The Mental Health & Wellbeing Hubs

Central Wellbeing Hub Timetable: October - December 2026

Grand Central Second Floor, Link Street, Birmingham B5 4BS

Mental Health & Wellbeing Hubs

	Session	Frequency	Type	Time
Monday	1-2-1 Support - Booking's only	WEEKLY		10:30 - 11.30
	Wellbeing Workshop	WEEKLY		11:30 - 12:30

	Session	Frequency	Type	Time
Tuesday	Quiet Hour	WEEKLY		10:00 - 11:00
	Mental Health & Wellbeing Drop-in	WEEKLY		11:00 - 1:00
	Cranstoun Housing Advice	FORTNIGHTLY		2:00 - 3:30

	Session	Frequency	Type	Time
Wednesday	Quiet Hour	WEEKLY		10:00 - 11:00
	Unravel...Crochet & Knitting Group	WEEKLY		11:00 - 12:30
	Mental Health & Wellbeing Drop-in	WEEKLY		1:30 - 3:30
	Movie Group	Ask for dates (monthly)		1:45 - 3:45

	Session	Frequency	Type	Time
Thursday	Shaw Trust (employement support)	FORTNIGHTLY		10:30 - 12:00
	Mental Health & Wellbeing Drop-in	WEEKLY		11:00 - 1:00
	Men's Group	WEEKLY		2:00 - 3:30

	Session	Frequency	Type	Time
Friday	Quiet Hour	WEEKLY		10:00 - 11:00
	Women's Talk and Support	WEEKLY		11:00 - 12:30
	Mental Health & Wellbeing Drop-in	WEEKLY		1:30 - 3:00

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Mental Health & Wellbeing Hubs

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Community Based Sessions

13th July- 4th Oct 2026

Day	Session	Type	Time	Contact	Venue
Tuesday	Book Club		2:00 - 3:30 (Fortnightly)	Nithya	Birmingham Library, Centenary Sq, Birmingham B1 2ND

EVENT	Session	Frequency	Type	Time	Contact
	Improving Mind meeting at Beechcroft Hub	29th Sept 2026		10:30 - 12:00	Team Lead

Session Types:

- Social Groups
- Physical Health
- Life Skills
- Creative Opportunites
- Mental Health & Self Care
- 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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