The Mental Health & Wellbeing Hubs

Erdington Hub Timetable: 12th Oct- 20th Dec 2026

Beechcroft Hub, 501 Slade Road, Erdington, Birmingham, B23 7JG

Mental Health & Wellbeing Hubs

	Session	Frequency	Type	Time	Contact
Monday	Womens Drop-in	Weekly		10am-12.30pm	Lynne
	Be Active Session	Weekly		10am-12noon	Sandra
	Wellbeing workshops	Weekly		12noon-1.30pm	Chris
	Managing Anxiety & Depression	ask for dates		1.30pm-3.30pm	Naddy

	Session	Frequency	Type	Time	Contact
Tuesday	Walk & Talk	Weekly		11.15am-12.45pm	Naz
	Mindfulness	ask for dates		1.30pm-3.30pm	Elly
	Social drop-in	weekly		4.00pm-6.30pm	Naddy & Nas

	Session	Frequency	Type	Time	Contact
Wednesday	Nutrition & Wellbeing	Weekly		11am-12.30pm	Naz & Philippa
	Benefits advice	Fortnightly		10am-1pm	Sarah (DRC)
	Social drop-in	Weekly		1pm-4pm	Sandra

	Session	Frequency	Type	Time	Contact
Thursday	Creative Space	ask for dates		12noon-3pm	Lynne & Philippa
	Hearing Voices Social Group	Monthly		12.30pm-2.30pm	Lynne
	Relaxation	ask for dates		3pm-4pm	Naddy

	Session	Frequency	Type	Time	Contact
Friday	Managing My Autism	ask for dates		11am-1pm	Elly & Naddy

	Session	Frequency	Type	Time	Contact
Saturday	Social drop-in: 10/10, 24/10, 07/11, 21/11, 05/12, 19/12	Alternate weeks		11am-2pm	Shaz

	Session	Frequency	Type	Time	Contact
Sunday	Social drop-in: 4/10, 18/10, 01/11, 15/11, 29/11, 13/12	Alternate weeks		11am-2pm	Shaz

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Mental Health & Wellbeing Hubs

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Weekly Community Based Sessions:
12th Oct- 20th Dec 2026

Day	Session	Type	Time	Contact	Venue
Wednesday	Men's Group		10.30am-1pm	Chris	Highcroft Community Centre, 485 Slade Road, B23 7JH
Friday	Walk & Talk		10.30am-12.30pm	Sandra	Sutton Park, Visitor Centre, B74 2YT
	Friendship Club		11.30am-3pm	Chris & Sandra	Sutton Coldfield Methodist Church, 16 South Parade, Sutton, B72 1QY

EVENT	Session	Date	Type	Time	Contact
	Improving Mind Meeting at Hockley Hub	17th Dec 2026		10.30am-12noon	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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