Mental Health & Wellbeing Hubs

The Mental Health & Wellbeing Hubs

Hockley Hub Timetable: Oct- Dec 2026

St Georges, Great Hampton Row, B'Ham B19 3JG

	Session	Type	Time	Contact
Monday	Men's Group		11:30 - 1:00	Romario
	Social drop in /Gardening group		1:30 - 3:00	Angela / Romario

	Session	Type	Time	Contact
Tuesday	Trauma awarness workshop		11:30 - 1:00	Adnaan /Nerina
	Sewing & knitting		1:30 - 3:00	Angela

	Session	Type	Time	Contact
Wednesday	Diagnosis discussion group		10:30 - 12:00	Adnaan
	Empowerment through Music group		12:30 - 2.00	Nerina

	Session	Type	Time	Contact
Thursday	Women's group		11:00 - 12:30	Nerina
	Art Group		1:00 - 2:30	Amina

	Session	Type	Time	Contact
Friday	Autism workshop		10:30-12:00	Amina
	Relaxation group		12:30 - 1:30	Angela
	Friendship & games group		2:00 - 3:30	Any Staff

	Session	Type	Time	Contact
Saturday	Social drop-in & discussion group 11-12pm		10:00 - 2:00	Any Staff

mind Birmingham

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The Mental Health & Wellbeing Hubs

Community Based Sessions: Oct-Dec 2026

St Georges, Great Hampton Row, B Ham B19 3JG

Day	Session	Type	Time	Facilitator	Venue
Monday	Social drop-in		10:00 - 1:00	Patirick & Amina	Cambridge road Methodist Church, Kings Heath. B13 9UE
Wednesday	Social drop-in		10:00 - 12:00	Patrick & Angela	Woman's enterprise 249 Ladypool road, Sparkbrook B12 8LF

EVENT	Session	Date	Type	Time	Contact
	Improving Mind meeting at Beechcroft	December		10:30 - 12:00	Team Lead

Session Types:

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

Get in Touch!

Adnaan	07734959968
Amina	07990077610
Angela	07586694471
Nerina	07990077653
Patrick	07908729830
Romario	07563026421
David	07734959889

Drop-in session are open to anyone registered with the Mental Health & Wellbeing Hubs.

For all other session please contact the facilitator

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.

Check out our website to find out more!

www.birminghammentalhealth.org.uk

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