The Mental Health & Wellbeing Hubs

Northfield Timetable 12th October - 20th December 2026

888 – 890 Bristol Road South, Northfield, Birmingham B31 2NS
0121 476 4349 / admin.northfield@creativesupport.org.uk

	Session	Type	Time	Facilitator	Session Type
Monday	Mandala Art: Create & Calm		1pm - 2pm	Shannon	Drop-in
	Bringing It All Together: Your Wellbeing Skills		3.30pm - 4.30pm	Will	Drop-in
Tuesday	Working with Your Brain		12pm - 1pm	Emma	Drop-in
	Craft, Create & Reflect : Your Positive Affirmations		3pm - 4pm	Will	Sign-Up: 5 Weeks
	Mental Health & Wellbeing Workshops		5.30pm - 6.30pm	All Staff	Drop-In
Wednesday	Wednesday Wellness: Workshops		10.30am - 11.30am	All Staff	Drop-in, see reverse for timetable
	Skills for Anxiety: A neurodivergent approach		2pm - 3pm	Adrian	Sign-Up: 5 weeks
	Conversations and Connections: Friendship Group		3.30pm - 4.30pm	Service User led	Drop-In
Thursday	Neurodiverse Friendly: Social Group		11am - 12pm	Adrian	Drop-In
	Shared Solutions - Support Group		2pm - 3pm	Megan B	Drop-In
	Train your Brain		3.30pm - 4.30pm	Will	Drop-In
Friday	Dealing with Intense Emotions		11am - 12pm	Megan B	Drop-In
	The Shaw Trust: Work to Recovery		1pm - 3.30pm	Keith	Drop-in
	Quiet Company		3pm - 4pm	Emma	Drop-in
Saturday	Craft & Chat		10.30am - 12pm	All Staff	Drop-in

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Mental Health & Wellbeing Evening Workshops, Tuesdays 5.30pm - 6.30pm

Date	Type	Theme
13th October		Sleep Habits
20th October		Self Care Scrapbook session
27th October		Recovery vs Cure: A Hope Based Perpective
3rd November		Developing Resilience
10th November		Create a calm space diorama
17th November		Neurodiverse Coping with sensory overload
24th November		Ways to Declutter
1st December		Looking After Your Mental Health over Christmas
8th December		Pause & Puzzle: Brain Training
15th December		Journaling for Joy & Wellness
22nd December		Emotional Freedom Technique (EFT)
29th December		Post Christmas catch-up

Wellness Workshops, Wednesdays 10.30am - 11.30am

Date	Theme	Facilitator
14th October	Service User Forum: Festive Party Planning	All Staff
21st October	Womens Wellness Group	Shannon
28th October	Coping with Halloween & Bonfire Night	Shannon
4th November	TBC	
11th November	Decluttering: Tips and Tricks	Will
18th November	Womens Wellness Group	Shannon
25th November	TBC	
2nd December	Looking After Your Mental Health over Christmas	Shannon
9th December	Womens Wellness Group	Shannon
16th December	TBC	

Session Types:

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

Find out more

Scan the QR Code to check your eligibility and complete an online referral form or speak to the team

Once you've attended your welcome appointment, you can access all of our hubs. Contact your Recovery Navigator for more information.

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