The Mental Health & Wellbeing Hubs

Mental Health & Wellbeing Hubs

South Solihull (Shirley) Timetable: 12th October - 20th December

The Bridge, 234 Stratford Road, Solihull, B90 3AG

	Session	Time	What is it about?
Wednesday	Walking for Wellbeing	1.00-2.00pm	Walking for Wellbeing is a relaxed and welcoming way to support your physical and mental wellbeing through gentle movement, conversation and connection. Enjoy a gentle outdoor walk, with optional nature based mindfulness activities along the way, offering a chance to pause, connect with nature and take a moment for yourself.
	Making Space for Me	2.00-3.00pm	This group offers you an opportunity to take some time for yourself, meet others and have conversations around everyday life, relationships, interests, identity and wellbeing. Providing a welcoming space to connect, share experiences and explore things that matter to you. Themes: Identity, Interests, Relationships, Boundaries, Confidence, Time for yourself, Change and Connection.
	Session	**Time**	**What is it about?**
Friday	Bloom & Create	12.00 - 1.00pm	A relaxed and friendly creative group where you can learn how to make flowers and bouquets using pipe cleaners. You will have the opportunity to try different flower designs, experiment with colours and create your own individual bouquet to take home. No previous experience needed - just come along and have a go! There will also be plenty of opportunity to chat, meet others and share ideas along the way.

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Get in touch!
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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.
Check out our website to find out more!

mind Birmingham
www.birminghammentalhealth.org.uk
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