The Mental Health & Wellbeing Hubs

Yardley Timetable 12th October - 20th December 2026

Mental Health & Wellbeing Hubs

195 - 197 Church Road, Yardley, Birmingham, B25 8UR
admin.yardley@creativesupport.org.uk / 0121 389 0213

	Session	Type	Time	Facilitator	Session Type
Monday	Board Games & Connect (Shine Youth: 18 - 25s)		1:00-2:30pm	Helen	Drop-in
	Recycling Crafts		3:00-4:00pm	Monica	Sign-up (5 weeks)
Tuesday	Wellness Workshops		10:30 - 11:30am	All Staff	Drop-in, see reverse for timetable
	The Shaw Trust: Work to Recovery		12:00 - 2:00pm	Dean	Speak to your Recovery Navigator to book
	Health & Happiness		12:00 - 1:00pm	Ken & Katie	Drop-in (6 weeks from 20th Oct - 24th Nov)
	Positive Skills for Wellbeing		1:30 - 2:30pm	Shams	Drop-in
	LGBTQ Social Space		3:00-4:00pm	Monica	Drop-in
Wednesday	Mindfulness & Guided Relaxation		11:00 - 12:00pm	Zehtoon	Drop-in
	Foundations of Wellbeing		12:00-1:00pm	Malaika	Sign-up (5 weeks)
	Neurographic Art		1:30-2:30pm	Sally	Sign-up (5 weeks)
	Neurodiverse Friendly Wellbeing Tools		3 :00- 4:00pm	Riddhi	Drop-in
Thursday	Mindset and Personal Growth		10:30 - 11:30am	Sally	Drop-in
	Psychosis Awareness		12:30 - 1:30pm	Monica	Sign-up (5 weeks)
	Voices of Hope & Recovery		2:00 - 3:00pm	Julie	Drop-in
	Build Your Own Coping Kit		3:30-4:30pm	Riddhi	Sign-up (5 weeks)
Friday	Wellbeing Games		10:30 - 12:00pm	Malaika	Drop-in
	Arts & Crafts Skills		1:00 - 2:30pm	Darren	Sign-up (5 weeks)
	Managing Anger, Stress & Difficult Emotions		3:00 - 4:00pm	Riddhi	Drop-in

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Wellness Workshops: Tuesdays, 10.30am - 11.30am

Date	Theme	Facilitator
13th October	Writing for Wellbeing	Karen & Rebekah
20th October	Song Writing for Self-Expression	Katie
27th October	Writing for Wellbeing	Karen & Rebekah
3rd November	Diamond Art	Katie & Denise
10th November	Relaxation	Sally
17th November	Meet Anawim	Miriam
24th November	Arts & Crafts	Karen & Rebekah
1st December	Meet Renew Wellbeing Yardley	Isobel
8th December	Beyond the Diagnosis: OCD	Riddhi
15th December	Seasonal Crafting	Karen & Rebekah

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.

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www.birminghammentalhealth.org.uk

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