



Mental Health &
Wellbeing Hubs

Northfield Hub

Hub Session Timetable

Northfield Hub 888 - 890 Bristol Road South Northfield Birmingham B31 2NS

18th October 2021 – 26th November 2021

If you would like to take part in any of these sessions, please call the Northfield Hub on 0121 476 4349 to book a space.

Due to limited spaces, please do not attend the Hub unless you have received a call to confirm your place.

	Name	Key	Time	Facilitator	Session Type
Monday	Coffee and Chat - Social Group		11.00am – 12.00pm 12.30pm – 1.30pm	John	Face-to-face Sign up – weekly
	Musical Minds		2:00pm – 3:30pm	Anthony	Face-to-face Sign up – 4 weeks
Tuesday	Cooking Skills		11:00am – 12:30pm	Habibah	Face-to-Face Sign up – 3 weeks
	Creativity for Wellbeing		1:00pm – 2:30pm	Megan	Face-to-face Sign up – 6 weeks
	Healthy Living		3:00pm – 4:00pm	Megan	Face-to-Face Sign up – 6 weeks
Wednesday	Creative Writing		11:00am – 12:00pm	Jessica	Face-to-Face Sign up – 6 weeks
	Reading for Wellbeing		1:00pm – 2:00pm	Magda	Face-to-Face Sign up – Weekly
	Coping with Depression and Low Mood		3:00pm – 4:00pm	Jessica	Face-to-Face Sign up – 6 weeks
Thursday	Understanding my relationships		11:00am – 12:00pm	Judith	Face-to-face Sign up – 6 weeks
	Walking Group		1:00pm – 2:00pm	Magda	Face-to-Face Weekly drop-in
	Film Appreciation		4:00pm – 5:00pm	Eden	Face-to-Face Sign up – Weekly
	Guitar Group		5:00pm – 6:00pm	Maurice & John	Face-to-face Sign up – 3 weeks
Friday	Poetry for Wellbeing		11:00am – 12:00pm	Amy	Face-to-Face Sign up – Weekly
	Motivation and Self-Care		1:00pm – 2:00pm	Magda	Face-to-face Sign up – 6 weeks
	Coffee and Chat		3:00pm – 4:00pm	Amina	Face-to-Face Sign up – Weekly

Course Categories: Mental Health Self-care Life Skills Meaningful Activities Physical Health Employment and Training Social Groups

Further information about the Groups:

Coffee & Chat - A relaxed informal group for you to meet likeminded people.

Musical Minds - A co-produced space to listen and talk everything music.

Cooking Skills - Skills base step by step planning from shopping list to plate simple nutritious meals.

Creativity for Wellbeing – Explore your crafty side, each week a different piece of artwork is created.

Healthy Living - A 6 week course looking at what is a balanced diet, benefits of eating healthy and having an Active life.

Reading for Wellbeing - a group where you can come and relax with your own book. Discussions at the end of the group are more than welcomed, but not required.

Creative Writing - weekly creative writing prompts, activities and tips to improve your writing.

Coping with Depression and Low Mood - 6-week course exploring causes, triggers, and coping mechanisms for depression and low mood, as well as daily life changes to improve your mood.

Understanding my Relationships – looking at our relationships with different people, and how we deal with those relationships in everyday life.

Walking Group - whether you want to get some fresh and socialise with others or take your time practicing mindfulness in nature - the walking group is for you. We meet at the Hub and then go to a local park.

Film Appreciation – a space to discuss your favourite films and discover new genres or interests.

Guitar Group – a service user led session, with the aim of learning basic guitar skills.

Poetry for Wellbeing - A weekly social group that writes and shares poetry to support recovery and promote wellbeing

Motivation and Self-Care - covers personal hygiene, looking after your physical needs and environment (house). You will create a balanced weekly routine as well as learn techniques to increase motivation and self-efficacy.

We want to take this opportunity to reassure you that all of our Face-to-Face sessions take place in a COVID Safe environment. The following measures have been put in place to keep you safe while attending the Hub:

- Symptom Screening
- Temperature Checks
- Face Masks
- Handwashing
- Social Distancing

