



# Recovery Service, Beechcroft Timetable

501 Slade Road, B23 7JG

Tel: 0121 237 3761

Programme: October 1st - December 10th 2017



<b>MONDAY</b>	11-1 11-2 12.30-1:30 1-4 1:15-2:45 3-4 4-7:45	<b>Carer's Wellbeing &amp; Resilience Sessions</b> Please enquire if you are a carer <b>Food for Thought</b> 4 Week Cookery and Healthy Eating Workshops, Starting 30th October <b>I.T. Session</b> <b>Eco-Therapies</b> Allotment preparation for winter <b>A Journey Through Creativity</b> *3month Art course <b>Relax your mind with creative patterns</b> <b>Wellbeing Sessions &amp; Social Support</b> I.T. support volunteer available <b>Film Night</b> is the 1st Monday of every month
<b>TUESDAY</b>	10-12 12-1 1.30-4	<b>Live well, Feel Better: Peer Led Women's workshops</b> <b>Guided Relaxation Session</b> <b>Assessment, Signposting and information Afternoon</b> *Please call to book an appointment for groups of 3 or more. The last assessment will be at 3.30pm.
<b>WEDNESDAY</b>	10:30-12:00 11-1 12:30-2 1-3 1-3 2-4 4-7:45	<b>Fine Art Techniques</b> <b>Improving Self Esteem &amp; Confidence</b> *6 week course teaching valuable skills <b>Music Practice Group</b> (Musicians learn and play together) <b>1-2-1 Guitar/Piano/Drums Basics</b> *Please call to book <b>Anxiety &amp; Depression Coping Skills</b> (Learn new coping skills to deal with difficult thoughts and feelings) *6 week course starting 8th November <b>Drama 4 All: Putting on a Pantomime</b> Planning the Christmas Panto. <b>Wellbeing Sessions &amp; Social Support</b> I.T. support volunteer available
<b>THURSDAY</b>	10:30-12:00 11-12 11-12 12-2 12-2 2-3 2-3 2-3:30 3-4	<b>Knitting &amp; Crochet Group</b> *A friendly, peer-lead group <b>Henna Design Group</b> <b>1-2-1 Guitar/Piano/Drums Basics</b> *Please call to book <b>Live Well, Feel Better, Men's Group</b> <b>Recycling Craft Class</b> <b>Voice Hearer's Experiences</b> *1-2-1 by appointment only <b>Relaxation Session</b> <b>Mindfulness</b> Learn how to live mindfully and reduce emotional distress, Starts November <b>Monthly Creative Writing &amp; Poetry for Wellbeing</b> *Last Thursday of every month.
<b>FRIDAY</b>	10-12 10-12 1-4 1:30-3:30 2-3	<b>Gardening Group</b> <b>Managing Wellbeing Through Music</b> (Live music and singing) <b>Wellbeing Sessions &amp; Social Support</b> <b>Anxiety &amp; Depression Coping Skills</b> *4 week course starting 6th October <b>Relaxation Drop-In Session</b> (Drop-in and relax!)
<b>SATURDAY</b>	10-1:45 10-12 12-1	<b>Wellbeing Sessions &amp; Social Support</b> <b>Men's Group</b> 7th/21st October, 4th/18th November, 2nd/16th December <b>Improving Mind</b> is on 28th October and 25th November
<b>SUNDAY</b>	10-1:45	<b>Wellbeing Sessions &amp; Social Support</b>



## Recovery Service, City Wide Sessions & Other Information

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**Tuesdays 6-9**

Cotteridge Church, 24 Pershore Road,  
South Cotteridge,  
B30 3EJ

**Saturdays 11-2**

Longbridge CMHT, 10 Park Way, Rednal,  
B45 9PL

### The Recovery Team

**Rebecca Nolan:** Service Manager

**Jessica Brown:** Team Leader

**Idrees Kayani:** Eco-therapies, Men's Workshops, Anxiety & Depression

**Lynne Enright:** Art Courses, Women's Workshops, Self Esteem

**Cheryl English:** Relaxation Sessions

**Michelle Boyce:** Carer's Wellbeing & Resilience Worker

**Mike Davis:** Creative Writing & Poetry for Wellbeing, Gardening

**Paul Bow:** Managing Wellbeing through Music, 121 Instrument Lessons,

**Shazeana Ahmed:** Relaxation, Creative Patterns, Anxiety & Depression

### Improving MIND

On Saturday 28th October and 25th November there are Improving Mind meetings at Beechcroft, 12-1pm.

They are open to all Service Users and give you an opportunity to have **your** say on the running and direction of the service.

These important meetings are also used to appoint **Service User Activity Leads** and discuss appropriate service-wide news.

### Upcoming Events:

**October 19th**

**Halloween Dice!**

**Mid-December**

**Beechcroft Panto!**

