

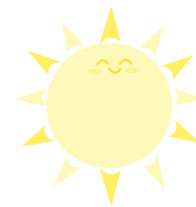


Recovery Service, Beechcroft Timetable

501 Slade Road, B23 7JG

Tel: 0121 237 3761

Programme: July 1st - September 30th 2017



MONDAY	11-1 12.30-1.30 1-4 1:15-2:45 3-4 4-7:45	Carer's Wellbeing & Resilience Sessions Please enquire if you are a carer Use of IT / computer room Eco-Therapies —Allotment preparation for Summer A Journey Through Creativity *3month Art course starting 3rd July Relax your mind with creative patterns Wellbeing Sessions & Social Support I.T. support volunteer available Film Night is the 1st Monday of every month
TUESDAY	10-12 12-1 1.30-4	Live well, Feel Better: Peer Led Women's workshops Guided Relaxation Session Assessment, Signposting and information Afternoon *Please call to book an appointment for groups of 3 or more.
WEDNESDAY	10.30-12:00 11-1 12-3 12:30-2 2-4 2-4 2-4 2-4 4-7:45	Fine Art Techniques Improving Self Esteem & Confidence *6 week course starting 5th July Food for Thought *4 Week Cookery & Health Eating Workshops, starting 2nd August Music Practice Group (Musicians learn and play together) 1-2-1 Guitar/Piano/Drums Basics *Please call to book Anxiety & Depression Coping Skills (Learn new coping skills to deal with difficult thoughts and feelings) *6 week course starting 5th July Mindfulness *Learn how to reduce stress in this 4 week course, starting in August Drama 4 All: How to Put on a Play Last Wednesday of every month Wellbeing Sessions & Social Support I.T. support volunteer available
THURSDAY	10.30-12:00 11-12 11-12 12-2 12-2 2-3 2-3 3-4	Knitting & Crochet Group Henna Design Group 1-2-1 Guitar/Piano/Drums Basics *Please call to book Men's Group Workshops and outings Recycling Craft Class Voice Hearer's Experiences *1-2-1 by appointment only Relaxation Session Monthly Creative Writing & Poetry for Wellbeing *Last Thursday of every month.
FRIDAY	10-12 10-12 11-1 1-4 1:30-3:30 2-3	Gardening Group Managing Wellbeing Through Music (Live music and singing) Pathway to Future Employment (Learn new skills for the world of work) Wellbeing Sessions & Social Support Anxiety & Depression Coping Skills *4 week course starting 28th July Relaxation Drop-In Session (Drop-in and relax!)
SATURDAY	10-1:45 12-1	Wellbeing Sessions & Social Support Improving Mind is on 22nd July/19th August/30th September
SUNDAY	10-1:45	Wellbeing Sessions & Social Support



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

Saturday 11am-2pm

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

Siania Parrish: Recovery Administrator, Anxiety & Depression

Michelle Boyce: Carer's Wellbeing & Resilience Worker

Mike Davis: Creative Writing & Poetry for Wellbeing, Gardening

Paul Bow: Managing Wellbeing through Music, 121 Instrument Lessons,
Anxiety & Depression

Shazeana Ahmed: Relaxation, Creative Patterns & Self Esteem

Improving MIND

On Saturday 22nd July, 19th August & 30th
September 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.

Creative Writing & Poetry Sessions:

27th July

31st August

28th September

All Welcome.

