



# Birmingham Mental Health Recovery and Employment Service Prospectus: Jan – Apr 2019



**BETTER  
PATHWAYS**  
Positive about mental health



**Hope - Control - Opportunity**



# Birmingham Mental Health Recovery Service

The Recovery Service offers recovery and wellbeing sessions to support mental, physical and emotional wellbeing in shared learning environments in the community. It will support people to identify and build on their own strengths and make sense of their experiences. This helps people take control, feel hopeful and become experts in their own wellbeing and recovery.

## Education and Shared Learning

The Recovery Service provides an enablement approach to recovery, with an aim to empower people to live well through shared learning. As human beings we all experience our own personal recovery journeys and can benefit greatly from sharing and learning from each other in a safe and equal space.

## Co-production



We aim for all courses to be developed and/or delivered in partnership with people who have lived experience (i.e. of mental health issues and/ or learning disabilities) or knowledge of caring for someone with these experiences. This model of shared learning allows for rich and diverse perspectives on living well with mental health or related issues.

## Eligibility

This service shall be provided to service users who are:

- Aged 18 years and above
- Registered with a Birmingham GP for whom the commissioner is responsible for funding healthcare services
- Residents of Birmingham registered with GP practices within Sandwell and West Birmingham CCG
- Under the care of secondary mental health services or on the GP Serious Mental Illness register.

## Principles of Participation

1. Treat all service users and staff with compassion, dignity and respect and to not discriminate against or harass others at any time, respecting their rights, life choices, beliefs and opinions.
2. To respect the wellbeing and property of others and report any health and safety concerns you may notice.
3. To attend courses and workshops punctually and inform someone if you are unable to attend.
4. To take responsibility for your own learning and come to the courses and workshops equipped to participate and be appropriately dressed.
5. To take an active part in your own learning and recovery journey, using the resources made available to you.
6. To provide the information we need to support your signup, ongoing learning and wellbeing.
7. To refrain from the use of alcohol and illicit substances whilst attending a Recovery Service course or workshop (you will be asked to leave immediately).

## Our Partnership

The Recovery Service is delivered by three charitable organisations: Better Pathways, Birmingham Mind and Creative Support.

## Getting Started

You can contact us in a number of ways:

**By email:** Just send us an email to [hello@betterpathways.org.uk](mailto:hello@betterpathways.org.uk)

This e-mail address is secure, and your details will be encrypted to ensure that they remain private. We will send you the referral form, and it can be returned to the same e-mail address.

**By telephone:** Please call us on 0121 296 5948.

This number is available during the office hours of 9am to 5pm, Monday to Friday. We will take your details and send you a referral form in the post.

**In person:** Just call in to one of our Recovery Hubs and one of our team will be happy to complete a referral form with you.

## Frequently asked questions

### How much do the courses cost?

All of our courses and workshops are free to attend. There may be some courses that require you to make a very small contribution to materials after your first class.

### I have a disability/mobility problem, can I still attend?

Yes. We will work closely with you to support you in any way we can. Please give us a call if you would like to discuss your needs with us or if you require more information.

### I struggle with reading or writing; can I still attend?

Yes. We will work closely with you to support you in any way we can. Please give us a call if you would like to discuss your needs with us or if you require more information.

### Will there be any tests, assessments or exams?

No, although some recovery navigators may provide you with some activities to do at home.

## The Recovery Hubs

You may choose to use the hub closest to you, but you are free to choose any of the hubs.



Our timetables are available online:

<https://betterpathways.org.uk/recovery-employment-timetables/>

# Erdington Hub

Beechcroft

Erdington Hub  
Beechcroft  
501 Slade Road  
Erdington  
Birmingham  
B23 7JG

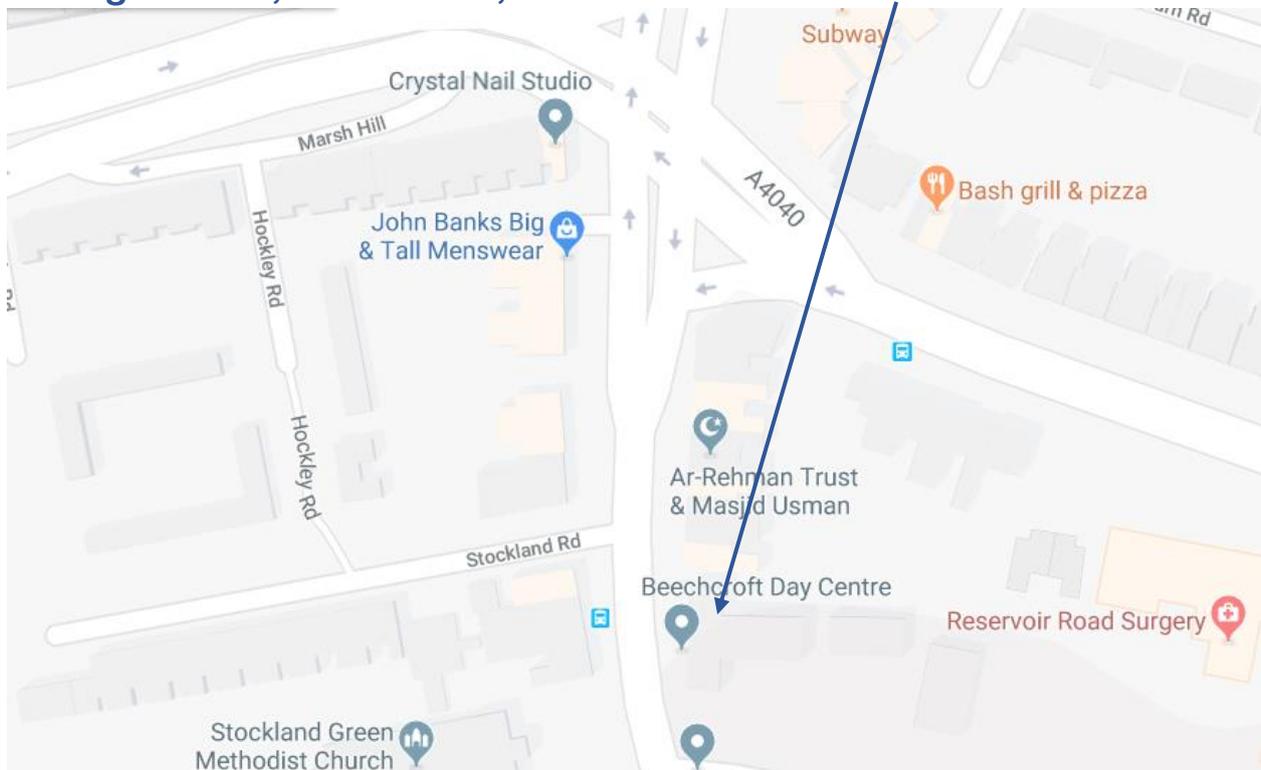
**Manager: Shazeana Ahmed**  
**Tel: 0121 237 3761**

**At the hub:**  
**Dedicated music room/studio.**

**Great spaces for group activities.**

**Private one to one rooms for planning your recovery.**

**Erdington Hub, Beechcroft, 501 Slade Road is here**



# Handsworth Hub

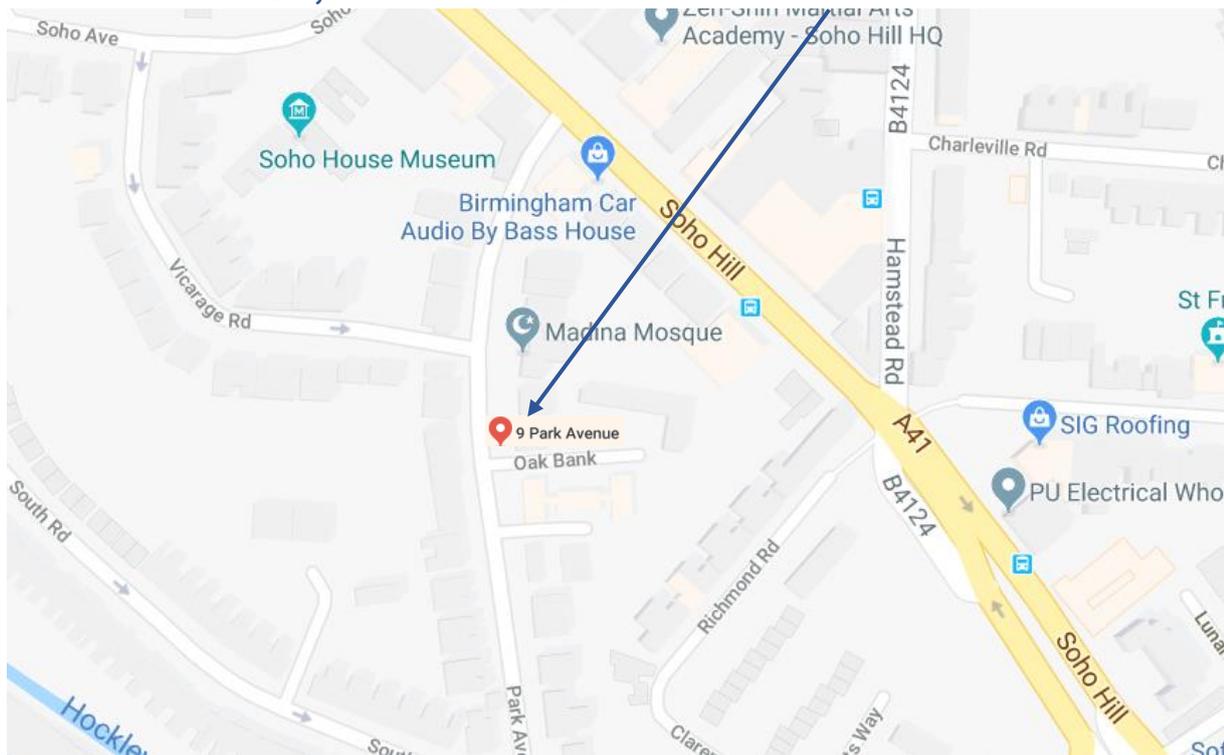
Park Avenue  
Handsworth Hub  
9 Park Avenue  
Handsworth  
Birmingham  
B18 5NE

**Manager: Jessica Brown**  
**Tel: 0121 262 3540**

**At the hub:**  
**Great spaces for group activities.**

**Private one to one rooms for planning your recovery.**

**Handsworth Hub, 9 Park Avenue is here**



# Yardley Hub

Church Road

Yardley Hub

195 - 197 Church Road

Yardley

Birmingham

B25 8UR

**Manager: Grace McDougall**

**Number: 0121 476 4349**

**At the hub:**

**Swan Café**

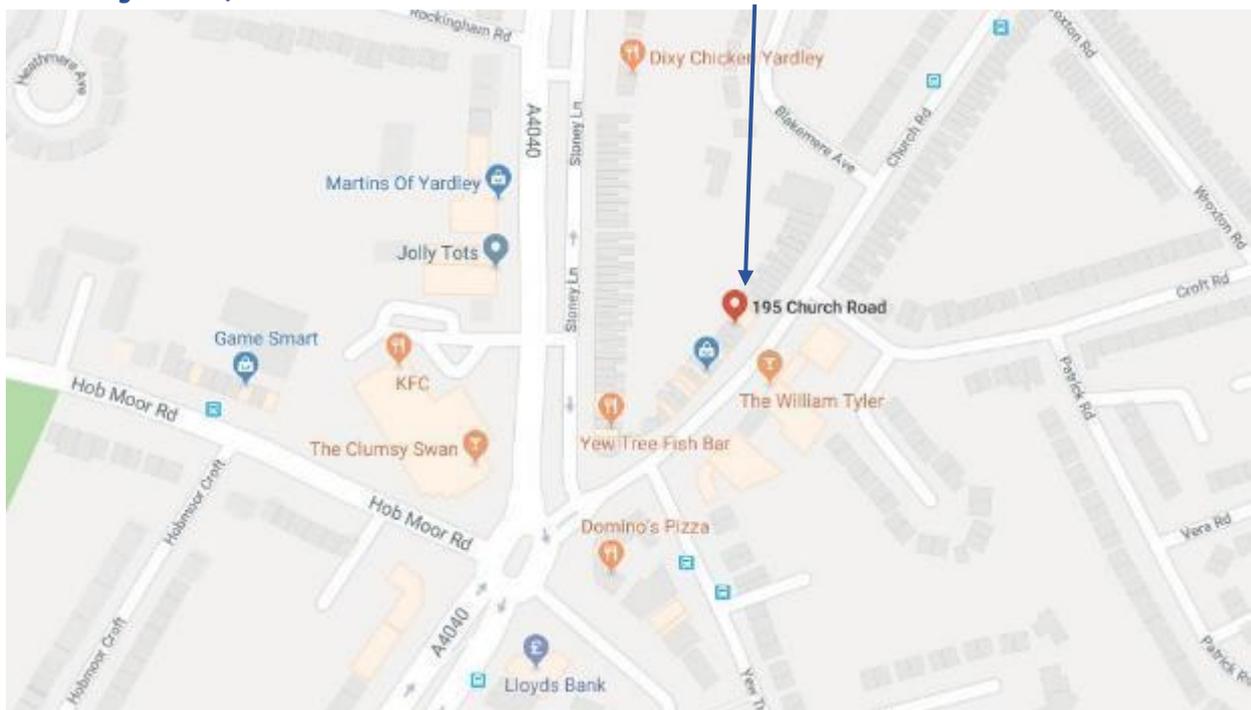
**Dedicated music room/studio**

**Employability suite**

**Great spaces for group activities**

**Private one to one rooms for planning your recovery.**

**Yardley Hub, 195 - 197 Church Road is here**



# Northfield Hub

Bristol Road South

Northfield Hub

888 - 890 Bristol Road South

Northfield

Birmingham

B31 2NS

**Manager: Grace McDougall**

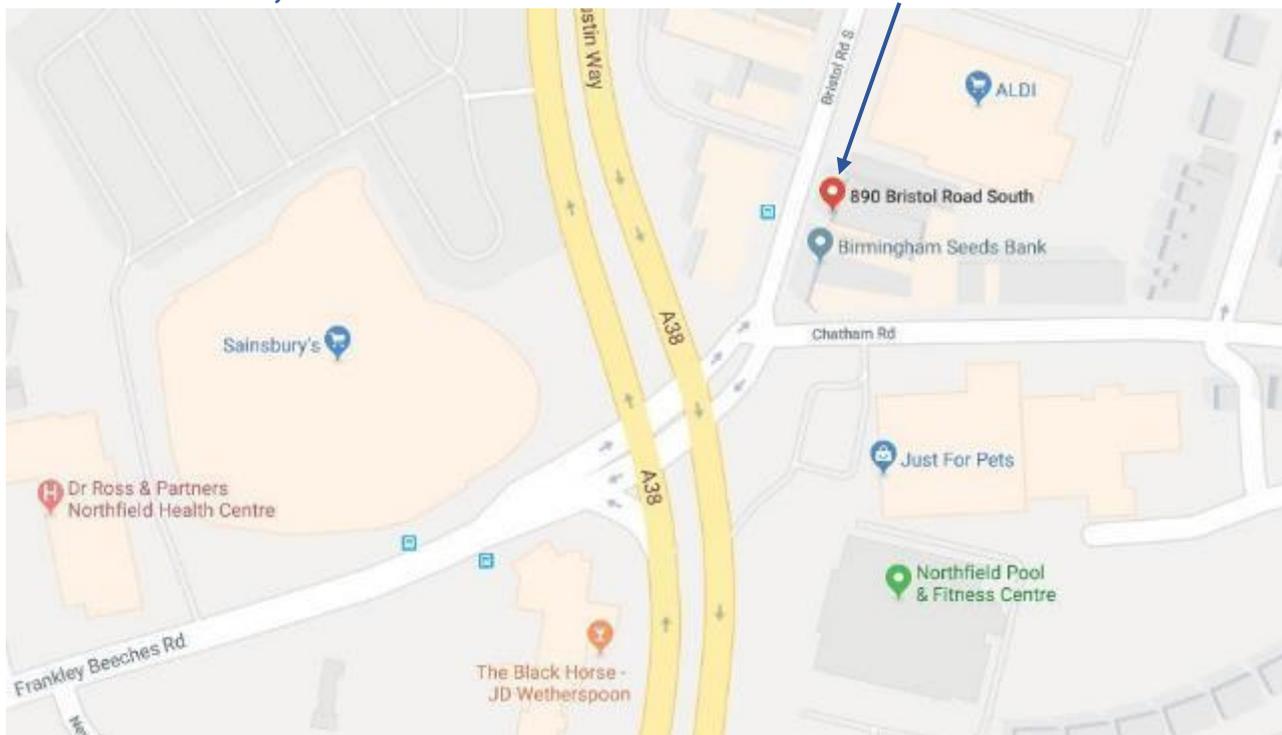
**Tel: 0121 476 4349**

**At the hub:**

**Great spaces for group activities**

**Private one to one rooms for planning your recovery.**

**Northfield Hub, 888 - 890 Bristol Road South is here**



# Harborne Session Space

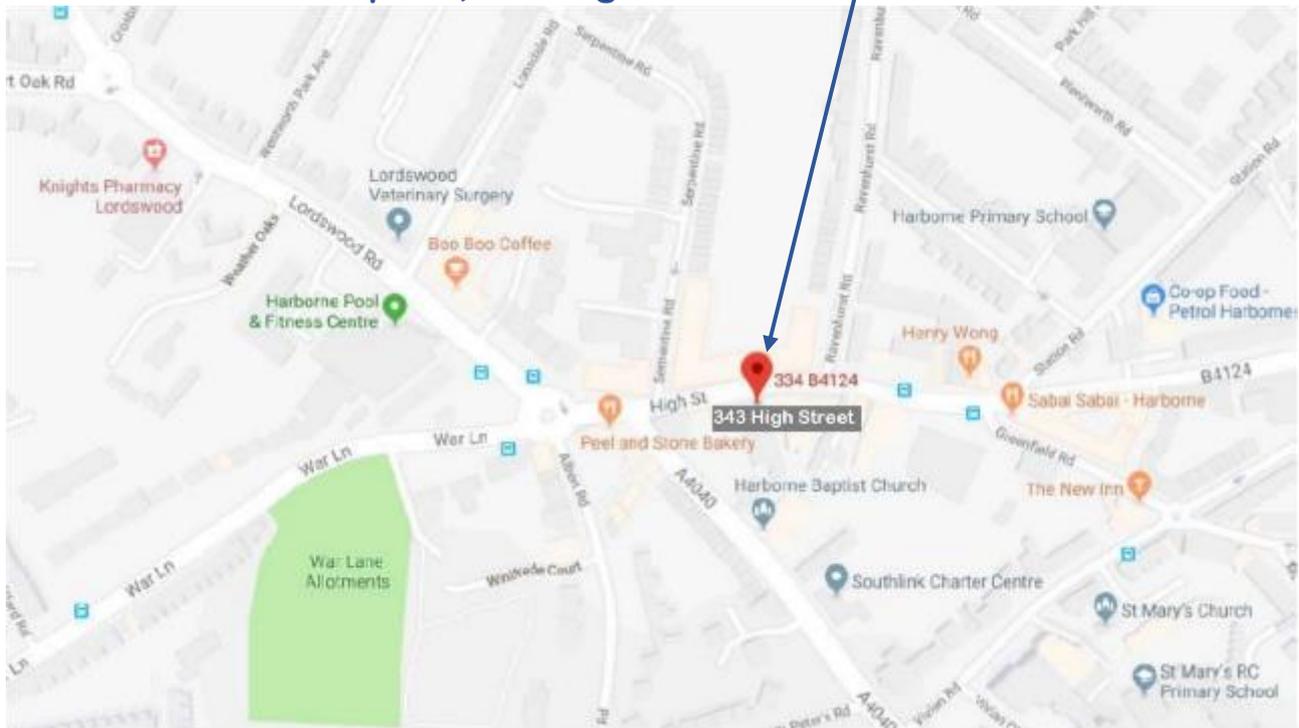
High Street, Harborne

Harborne Session Space  
343 High Street  
Harborne  
Birmingham  
B17-9PU

Manager: Grace McDougall  
Tel: 0121 476 4349

At the session space:  
Great spaces for group activities.

Harborne Session Space, 343 High Street is here



## Courses

Each of the Recovery Hubs offer a wide variety of courses, each designed to support your wellbeing and recovery. The courses focus on particular dimensions of your recovery journey, and you can tailor which ones you attend to help you meet your personal goals.

To make it easier to identify which courses might be useful to you, we have given them a colour code on each page as follows:

**Mental Health Self-care**



**Physical Health**



**Life Skills**



**Meaningful Activities**



**Social Wellbeing Groups**



**Employment and Training**



To apply for any of our courses please contact your local hub or session space.

Our timetables are available online:

<https://betterpathways.org.uk/recovery-employment-timetables/>

**Mental Health Self-care**  
**Change The Way You Think**  
**Duration: 6 weeks**



Participants will be encouraged to identify and reflect on the triggers that cause them to think in a certain way, and to adopt a range of strategies and techniques to build their own 'toolkit' of wellness techniques.



**Mental Health Self-care**  
**Confidence and Self-esteem**  
**Duration: 6 weeks**

This course will delve into how confidence and self-esteem can impact your overall wellbeing. You will identify ways to enhance your confidence and self-esteem through developing assertive communication skills, challenging negative thoughts and behaviour modification.

**Mental Health Self-care**  
**Coping and Staying Well**  
**Duration: 6 weeks**



Participants will explore a range of reflective and coping skills to examine and improve their resilience, eventually building a toolkit to use at any time.



**Mental Health Self-care**  
**Five Ways to Wellbeing**  
**Duration: 6 weeks**

Five Ways to Wellbeing will look in to how small improvements in your lifestyle can help to promote positive mental health and help people to flourish. This course will cover the principles of Connecting, Being Active, Taking Notice, Keep Learning and Giving.

**Mental Health Self-care**  
**Managing Stress and Wellbeing**  
**Duration: 6 weeks**



Through this course you will be able to identify signs of stress and burnout as well as develop ways to manage stress and burnout in everyday life.



**Mental Health Self-care**  
**Identity After Diagnosis**  
**Duration: 6 weeks**

Participants will use a range of reflective and practical skills to explore their own identity, identifying the tools and strategies to stay strong and develop a stronger sense of wellbeing.

**Mental Health Self-care**  
**Learn How to Relax**  
**Duration: 2.5 hour Workshop**



Our Learn How to Relax session consists of weekly guided relaxation. Drop-in to any session if you are having a stressful week to explore a variety of meditations and learn some new relaxation techniques.



**Mental Health Self-care**  
**Managing Anxiety**  
**Duration: 6 weeks**

Our 6 week Managing Anxiety course will cover the causes, signs and symptoms of anxiety. During the 6 weeks you will be exploring what triggers anxiety, coping strategies and how to challenge negative thinking.

## **Mental Health Self-care**

### **Mindfulness**

**Duration: 6 weeks**



Learn Mindfulness practices that help to reduce mental distress by exploring the principles of being present, acceptance and compassion. This 6 week course will be guided by an interactive handout with a CD provided to allow you to continue practicing Mindfulness in your own time.



## **Mental Health Self-care**

### **Mood and Motivation**

**Duration: 6 weeks**

Participants will use a range of reflective and practical techniques to take stock of their mood and levels of motivation, building a personal wellness toolkit for use anywhere.

## **Mental Health Self-care**

### **Self-Harm and Alternative Coping**

**Duration: 2.5 hour Workshop**



Participants will be able to explore their own self-harm experiences, in a safe non-judgemental environment, discussing and learning about alternatives which may be less invasive, building a self-care toolkit to use anytime.



## **Mental Health Self-care**

### **Wellness and Health Planning**

**Duration: 2.5 hour Workshop**

Wellness and Health Planning is a 3 week course which will explore a variety of different plans to suit the needs of all individuals. This course gives you the opportunity to involve your friends and family in creating a personalised plan to allow you to gain insight into your own mental health.

## Physical Health

Get Fit, Stay Fit!

Duration: 12 weeks



Fun group exercise with personal supervision, and easy, accessible nutrition advice from a personal trainer to support you towards your health goals.



## Physical Health

Yoga for Health

Duration: 6 weeks

Participants will learn a range of techniques and postures which can be used anywhere when you need to work out and relax.

## Life Skills

Accessing Words and Numbers

Duration: 6 weeks



Participants will work at their own pace to build confidence and skills with numbers and words. After attending the course, there will be opportunities to take on further community based courses.



## Life Skills

Assertiveness and Communicating

Duration: 6 weeks

Using group discussion and self-reflection, participants will build a toolkit of effective communication techniques, while increasing awareness of effective communication in their relationships.

## Life Skills

Cooking Skills - Nutritious Food

Duration: 4 weeks



Information and tips on choosing the best food for your wellbeing, along with the essential cooking skills and techniques.



## Life Skills

### Decision Making and Positive Risk Taking

Duration: 6 weeks

Using group discussion and personal reflection, participants will learn to examine their own approach to decision making and risk, whilst building a toolkit of approaches to make decisions more confidently.

## Life Skills

### Living on a Budget

Duration: 6 weeks



Practical support and tips to make the most of your money.



## Life Skills

### Time Management

Duration: One-off Workshop

Participants will learn how to reflect honestly on their time keeping skills and develop a range of tools and techniques to manage their time more effectively.

## Life Skills

### Understanding Relationships

Duration: 6 weeks



Participants will gain greater insight into the relationships which are important to them and learn how reflection and emotional intelligence can enhance both understanding and the quality of our relationships.



## Life Skills

### Understanding Your Recovery Journey

Duration: 2.5 hour Workshop

Participants will use self-reflection and practical skills to explore SMART goal setting, identifying opportunities to develop their skills and social networks.

## Meaningful Activities

### Art for Recovery

Duration: **12 weeks**



Art for Recovery provides an introduction to different art forms and styles. Use your new knowledge and techniques to create a unique piece of art work with the opportunity to showcase your final piece in a public setting.



## Meaningful Activities

### Bake and Chat

Duration: **Weekly, ongoing**

A warm atmosphere, good company and great cake!

## Meaningful Activities

### Coping Creatively!

Duration: **6 weeks**



Learn alternative ways to cope through arts and crafts. This session runs weekly so you are welcome to join at any time. Let your creativity run wild.



## Meaningful Activities

### The Music Project

Duration: **Weekly, ongoing**

Our Music Project offers a therapeutic outlet to socialise and express yourself. It provides an opportunity to play a variety of instruments while working together to produce great music.

## Meaningful Activities

### The Gardening and Allotment Group

Duration: **Weekly, ongoing**



The opportunity to try some eco-therapy in a relaxed supportive group.

## Meaningful Activities

### Introductory Taster Sessions and Workshops

Duration: **One Off, ongoing**

Handsworth and Erdington Hubs offer one off taster sessions and workshops as a way of introducing courses or for those who need a top up after attending a 6 week course.



**These workshops and tasters are:**

Time Management	Identifying Your Skills
Healthy Relationships	Communication
Relaxation and Sleep	Mindfulness
Self-Harm and Alternative Coping	
Positive Risk Taking or Decision Making	
WRAP- Wellness Recovery Action Plan	
Managing Anxiety and Depression	



## Meaningful Activities

**Drop-ins**

Duration: **Weekly, ongoing**

### Beechcroft Drop-ins

**Monday:** 4.00 pm to 7.45 pm

**Wednesday:** 4.00 pm to 7.45 pm

**Friday:** 1.00 pm to 4.00 pm

**Saturday & Sunday:** 10.00 am to 2.00 pm

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### Handsworth Drop-ins

**Tuesday:** 4.00 pm to 7.45 pm

**Thursday:** 4.00 pm to 7.45pm

**Saturday & Sunday:** 10.00 am to 2.00 pm

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### Community Drop-ins

**610 Women's Social Group**

**Monday:** Midday to 4.00 pm

**610 Youth and Community Centre, 610 Kingstanding Road B44 9SH**

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### Friendship Club

**Friday:** 12.30 pm to 3.30pm

**Sutton Methodist Church, 16 South Parade, Sutton Coldfield B72 1QY**

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**St. Andrew's Sports & Community Centre, 2 College Road, Birmingham B20 3HX**

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**Lozells Methodist Church, 163 Gerrard Street, Birmingham B19 2AH**

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## Social Wellbeing Groups



### Lozells Social Wellbeing Group Wednesdays: 13.00 - 15.00

Lozells Methodist Church, 163 Gerard Street, Lozells B19 2AH

Relax with friends at this inclusive and friendly group, great refreshments are available to buy.

### Handsworth Friendship Group Tuesdays: 13.00 - 15.00



St Andrews Community Centre, College Road, Handsworth B20 2HX

Join friends at this friendly group, hot drinks and biscuits are provided.



### Kings Norton Friendship Group Tuesdays: 10.00 - 12.30

Saint Nicolas Place, 81 The Green, Kings Norton B38 8RU

Join friends at this friendly group, hot drinks and biscuits are provided.

### Kitts Green Friendship Group Thursdays: 18.00 - 21.00



St Richard's Church, Hallmoor Road, Kitts Green B33 9QY

A friendly inclusive evening group meeting. For a small contribution, enjoy a range of refreshments.



### Niche Café Group Mondays: 14.00 - 16.00

Niche Café, 198 Warstone Lane, Jewellery Quarter B18 6JR

Join friends for a coffee in this cosy Jewellery Quarter café.

### Northfield Knit and Natter

Thursdays: 13.00 - 14.30



Northfield Baptist Church, Bristol Road South, Northfield B31 2NQ  
Knit to relax, knit to create with like-minded company.



### Tinkers Farm Gardening Group

Thursdays: 14.30 - 16.00

Lower Tinkers Farm Allotments, Lockwood Road, Northfield B31 1QD  
Exercise outdoors and enjoy the delicious fruits of your labour. No experience needed, just join in.

### Harborne Women's Group

Wednesdays: 10.00 - 12.00



Grove Hall, 99 Grove Lane, Harborne B17 0QT  
A warm supportive group for women, meeting in Grove Community Hall.



### Cotteridge Friendship Group

Tuesdays: 18.00 - 21.00

The Cotteridge Church, 24 Pershore Road, Cotteridge B30 3EJ  
A welcoming group to meet new and old friends in the evening.

### Longbridge Friendship Group

Saturdays: 11.00 - 14.00



Longbridge Heath and Community Centre, 10 Park Way,  
Birmingham Great Park, Rubery, B45 9PL  
Join friends at this welcoming group. A great start to the weekend, hot drinks and biscuits.



### Yardley Mental Health Support Group

Fridays: 11.00 - 15.00

St Edburgha's Trust School, Church Road, Yardley B33 8PD  
Relax with friends at this inclusive friendly group, take part in activities like arts and crafts, play a game of snooker or just have a chat. Refreshments are available for a small fee.

## **Employment and Training**

### **Employability Workshops – Make Your Mark**

**Duration: 4 workshops**



A rolling programme of interactive workshops to help you explore your options for entering the workplace. The sessions are designed to be fully accessible, whether you've not worked before, or you are looking to return to work.

### **Workshop 1 - Team Building**

Understanding what team building means and ways in which you can work collaboratively with others to reach goals. Identifying the importance of your role in a team, and what makes a good team? Take part in some group work activities to practice these skills.

### **Week 2 – Deciding on the Right Job for You**

Recognising some of the barriers to employment and ways to overcome these. Identifying suitable job roles and matching your skills, strengths and abilities to these. How you can identify your transferable skills to match with job roles.

### **Week 3 – Your Responsibilities as an Employee**

Learn the importance of good communication, skills and 'in work etiquette' such as housekeeping and building good relationships with others, and the unwritten rules to build a healthy working environment. Health and safety including signs and symbols.

### **Week 4 – Interview Preparation**

Learning how to prepare yourself for interviews and the Do's and Don'ts of the process. Preparing suitable questions and answers during an interview and the importance of body language. What is a "STAR" and how to use it during an interview.

Our timetables for all hubs are available on our website:

<https://betterpathways.org.uk/recovery-employment-timetables/>

For more information, please get in touch:

 0121 296 5948

 [hello@betterpathways.org.uk](mailto:hello@betterpathways.org.uk)

Birmingham Mental Health Recovery and Employment Service is a joint partnership between Better Pathways, Creative Support and Birmingham Mind.

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