

Birmingham Mental Health Recovery & Employment Service

Beechcroft Timetable, April– June 2019

501 Slade Road, B23 7JG Tel: 0121 237 3761

Drop in / Peer lead sessions

MONDAY

11-1  Carer's Wellbeing & Resilience Sessions

12-4  5/10 Women's Social Group

5/10 Community centre, 510 Kingstanding Rd, B44 9SH

12:30-3:30  IT/Computer Skills Session

1-4  Eco Therapies @ Court Lane Allotments

4-7:45  Wellbeing Sessions & Social Support

Movie Night—(1st Monday of every month)

TUESDAY

10.30-12.30  Peer Lead - Women's Group

1:30-4  Information, Assessment & Signposting Afternoon

1.30-4  Employment Advice Drop-in

10:30-12  Peer Lead - Learn Fine Art Techniques

12:30-2  Peer Lead - Music Practice Group

2-4  Peer Lead - Drama Group

4-7:45  Wellbeing Sessions & Social Support

WEDNESDAY

10:30-12  Peer Lead - Knitting & Crochet

10-12  Peer Lead - Ex Services Coffee Morning

12-2  Peer Lead - Men's Group

12-2  Peer Lead - Art Session

1:00-3:30  Karaoke

1-3  Walk and Talk/Gym Group

1-2  Peer Lead - Relaxation Session

1-4  Employment Advice Drop-in

THURSDAY

12:30-4  Friday Friendship Club Social Group

Sutton Methodist Church, 16 South Parade, B72 1QY

1-4  Wellbeing Sessions & Social Support

3-4  Guided Relaxation Session— drop-in

10-1:45  Wellbeing Sessions & Social Support & fortnightly Men's Group

10.30-1  Workshop / Taster

SATURDAY

10-1:45  Wellbeing Sessions & Social Support

SUNDAY

Birmingham Mental Health Recovery & Employment Service

Beechcroft Timetable, April– June 2019

501 Slade Road, B23 7JG Tel: 0121 237 3761

Courses

There are limited places so please talk to a member of staff to book a place on these sessions.

MONDAY

10-12.00  Cooking Skills / Nutritious Food - 6 weeks (8th april, 20th may)

11-1  Managing Anxiety – 6 weeks (8th april, 20th may)

2-4  Voices Support Group @ Health room, Birmingham Settlement, 359-361 Witton Road, Aston, Birmingham, B6 6NS

2:30-4  Coping Creatively—ongoing creative sessions

TUESDAY

11.30-1.30  Workshop/ Taster

WEDNESDAY

12.15-2  Five ways to wellbeing 6weeks (3rd April, 22nd May)

2.30-4  Confidence & Self-Esteem—6 weeks (3rd April, 22nd May)

THURSDAY

2-4  Mindfulness 6 Weeks (4th April, 23rd may)

FRIDAY

10—12  The Music Project
Ongoing music sessions, includes singing and song-writing

10—12  Art for Recovery—6 weeks (5th april, 24th may)

11-1  Workshop/Taster

12-2  Managing Stress & Wellbeing—6 weeks (5th april, 24th may)

Course KEY:



BETTER PATHWAYS
Positive about mental health

