


**Birmingham Mental Health  
Recovery & Employment Service  
HANDSWORTH Timetable  
April—June 2019**

9 Park Avenue, B18 5ND Tel: 0121 262 3540

**Drop-in sessions**

**You can just turn up to these sessions.  
You don't need to book a place.**

**MONDAY**

1.30–4  **Assessment / Signposting / Information Afternoon**  
You only need to come to this once to sign up to the service

1.30–4  **Employment Advice Drop-In**

1–3  **Volunteer Led Drama Group** at Lozells Methodist Church 163 Gerrard St, Birmingham B19 2AH 20th May–24th June

10–12  **Art for recovery** 9th April–25th June

**TUESDAY**

\*2–3.30  **Yoga for Health** 9th April–28th May (Please register your interest with the staff) at Zen-shin Martial Arts Academy, Rear Of 176 Soho Hill, Birmingham B19 1AL

3–4  **Learn How to Relax** 9th April–25th June

4–7:45  **Social Drop-In**

**WEDNESDAY**

\*1–3  **Social Drop-In at Lozells Methodist Church** 163 Gerrard St, Birmingham B19 2AH (ask staff for directions and a poster)

2–4  **Music Project** 10th April–26th June  
Sing-alongs and Song-writing skills

**THURSDAY**

2–4  **Workshop / Taster** (Please see separate timetable)  
4–7:45  **Social Drop-In**

12–2  **Patio Gardening** 12th April–28th June

**FRIDAY**

\*2–4  **Social Drop-In at Laurel Road community centre.** Laurel Road, Birmingham B21 9PB. 3rd May–28th June (Ask staff for directions and a poster)

2–4  **Coping Creatively** 12th April–28th June  
Alternative coping techniques

3–4  **Learn How to Relax** 12th April–28th June

**SATURDAY**

10–1:45  **Social Drop-in**

**SUNDAY**

10–1:45  **Social Drop-in**

**Course KEY:**

Mental Health Self-care 

Life Skills 

Social Wellbeing Groups 

Physical Health 

Meaningful Activities 

Employment and Training 



**BETTER PATHWAYS**  
Positive about mental health



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**Courses**

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



MONDAY

- 1.30—4  **Assessment / Signposting / Information Afternoon**  
You only need to come to this once to sign up to the service
- 1.30—4  **Understanding Your Recovery workshop**  
22nd April; 20th May; 17th June

TUESDAY

- 12.30—2.30  **Managing Anxiety and Depression** 9th April—14th May  
Learning new coping skills to manage anxiety and depression- 6 week course
-  **Confidence & Self Esteem** 21st May—25th June  
Learn how to better accept yourself - 5 week course


WEDNESDAY

- 10.30—12.30  **Managing Stress and Wellbeing** 10th April—15th May  
Learn new coping skills to manage stress- 6 week course
-  **Five Ways to Wellbeing** 22nd May—19th June  
Discover ways to improve your wellbeing - 5 week course

THURSDAY

- 10.30—1  **Mindfulness for Recovery** 11th April—16th May  
an effective way to reduce stress & low mood. 5 week course

FRIDAY

- 11—12  **Non-cook Cookery Group** 12th April—17th May; 24th May—28th June  
Learn how to prepare a range of simple, balanced and tasty dishes - 6 week course

Course KEY:

-  Mental Health Self-care
-  Physical Health
-  Life Skills
-  Meaningful Activities
-  Social Wellbeing Groups
-  Employment and Training



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Positive about mental health

