

# Birmingham Wellbeing Hub

## January - February 2024

	MON	TUE	WED	THU	FRI	SAT	SUN
	DROP IN 10AM - 4PM	DROP IN 10AM - 4PM	DROP IN 10AM - 4PM	DROP IN 10AM - 4PM	DROP IN 10AM - 4PM		
<b>MORNING</b>	DROP IN FROM 10AM	10:30-12:00  UNRAVEL: CROCHET & KNITTING GROUP	10:00-12:00  EMPLOYMENT SUPPORT  WITH THE SHAW TRUST BI WEEKLY	DROP IN FROM 10AM	10:30-15:30  FUNDRAISING FRIDAY  FIND OUT HOW YOU CAN SUPPORT THE WORK OF BIRMINGHAM MIND  (ONCE A MONTH)		11:00-13:00  ASSOCIATE GROUP ACTIVITY  JOIN OUR ANTI - STIGMA CAMPAIGN GROUP FOR WALKS AND TALKS
<b>AFTERNOON</b>	DROP IN TILL 4PM	DROP IN TILL 4PM	15:00 - 16:00 MEN ONLY HEALTH SESSIONS  DROP IN FOR MENS MENTAL AND PHYSICAL HEALTH PEER SUPPORT	12:30-15:30  WELLBEING HUBS  FIND OUT ABOUT OUR 4 RECOVERY HUBS AND WELLBEING POP UPS	10:30-15:30  VULNERABLE ADULTS SERVICE  FIND OUR ABOUT SUPPORT AT HOME AND SUPPORTED HOUSING		
<b>EVENING</b>				18:30- 19:30 PREGNANCY SUPPORT AFTER LOSS  BETHAL DOULA SERVICE 1ST THURS EVERY MONTH			