













# The Mental Health & Wellbeing Hubs

## Birmingham Wellbeing Hub Timetable: May 2025

Grand central Second Floor, Link Street, Birmingham B5 4BS

**BULLRING**  
& GRAND CENTRAL

Day	Session	Frequency	Type	Time
Tuesday	Mental Health & Wellbeing Drop-in	WEEKLY		10:30 - 11:30
	Unravel... Crochet & Knitting Group	WEEKLY		12:00 - 2:00
	Cranstoun housing Advice	ALTERNATIVE WEEKS		2:00 - 3:30
Wednesday	Employment & Volunteering Support with Shaw Trust	WEEKLY		11:00 - 1:00
	Wellbeing Workshop	WEEKLY		1:30 - 3:30
Thursday	Mental Health & Wellbeing Drop-in	WEEKLY		10:30 - 1:00
	Men's Group	WEEKLY		2:00 - 3:30
	Men's Domestic Abuse Support 1 <sup>st</sup> Thursday of the month	MONTHLY		5:30 - 7:00
Friday	Women's talk and support	WEEKLY		10:30 - 12:30
	Mental Health & Wellbeing Drop-in	WEEKLY		1:30 - 3:30