



The Mental Health & Wellbeing Hubs

Birmingham Wellbeing Hub Timetable: August 2025

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

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 support with Shaw Trust - Appointment Only	WEEKLY		11:00 - 1:00
	Wellbeing Workshop with Better Pathways	WEEKLY		1:30 - 3:30
Thursday	Mental Health & Wellbeing Drop-in	WEEKLY		10:30 - 1:00
	Men's Group	WEEKLY		2:00 - 3:30
Friday	Women's Talk and Support	WEEKLY		10:30 - 12:30
	Mental Health & Wellbeing Drop-in	WEEKLY*		1:30 - 3:30

*Excluding 12th July

Weekend & Evening Drop in

Day	Session	Date	Type	Time
Tuesday	Mental Health & Wellbeing Evening Drop-in	12 th August		4:00 - 6:00
Saturday	Mental Health & Wellbeing Drop-in	30 th August		10:00 - 2:00

Session Types:



Social Groups



Life Skills



Mental Health & Self Care



Physical Health



Creative Opportunities



Admin & Service Involvement