










Birmingham Wellbeing Hub Timetable: Autumn 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 & Volunteering Support with Shaw Trust - APPOINTMENT ONLY	WEEKLY		11:00 - 1:00
	NEW Art 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
Friday	Women's Talk and Support	WEEKLY		11:00 - 12:30
	Mental Health & Wellbeing Drop-in	WEEKLY		1:30 - 3:30

Birmingham Wellbeing Hub Timetable: August 2025

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Weekend & Evening Drop in

Day	Session	Date	Type	Time
Saturday	Mental Health & Wellbeing Drop-in	27th September		10:00 - 2:00