



Mental Health &
Wellbeing Hubs

The Mental Health & Wellbeing Hubs

Birmingham Wellbeing Hub Timetable: Jan-Mar 2026

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

Day	Session	Frequency	Type	Time
Monday	1-2-1 Support - Booking's only	WEEKLY		10:30 - 11:30
	Art Together	WEEKLY		12:00 - 1:30
	Mental Health & Wellbeing Drop-in	WEEKLY		2:00 - 3:00
Tuesday	Mental Health & Wellbeing Drop-in	WEEKLY		10:30 - 11:30
	Unravel... Crochet & Knitting Group	WEEKLY		12:00 - 2:00
	Relaxation and Mindfulness Session / Cranstoun Housing Advice	ALTERNATIVE WEEKS		2:00 - 3:30
Wednesday	Mental Health & Wellbeing Drop-in	WEEKLY		11:00 - 1:00
	Art/Wellbeing Workshop	WEEKLY		1:30 - 3:30
Thursday	Mental Health & Wellbeing Drop-in	WEEKLY		11:00 - 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

Saturday Drop in

Day	Session	Date	Type	Time
Saturday	Mental Health & Wellbeing Drop-in	31 st Jan 28 th Feb 28 th Mar		10:00 - 2:00

Session Types:



Social Groups



Life Skills



Mental Health & Self Care



Physical Health



Creative Opportunities



Admin & Service Involvement