

# Session Timetable

## Yardley Hub

11<sup>th</sup> January 2021 – 4<sup>th</sup> April 2021

	Name		Time	Facilitator	Session Type
Monday	Managing Anxiety		11:30am– 12:30pm	Anne	<b>Skype</b> Sign Up – 6 weeks
	Coffee & Chat (social group)		1:30pm – 2:30pm	Anne	<b>Face-to-Face</b> Weekly sign up for a place
Tuesday	Total Relaxation & Seated Yoga		10:00am – 11:00am	Mariya	<b>Skype</b> Weekly sign up for a place
	Social Isolation Wellbeing Group		11.30am – 12.30pm	Mariya	<b>Face-to-Face</b> Weekly sign up for a place
	Positive Thinking		1:00pm – 2:00pm	Lavinia	<b>Skype</b> Sign up – 6 weeks
	Mindful Creativity		3:00pm – 4:00pm	Lavinia	<b>Skype</b> Weekly sign up for a place
Wednesday	Wellbeing planning for 2021		10.30am-11.30am	Anne	<b>Skype</b> Weekly sign up for a place
	Socially Distanced Walk – Oaklands Park		12:00pm – 1:00pm	Anne	<b>Face-to-Face</b> Weekly – call for details of meeting place
	Asian Men’s Wellbeing Group		3:00pm – 4:00pm	Zaf	<b>Face-to-Face</b> Weekly sign up for a place
Thursday	Attitude of Gratitude (Journaling)		11:00am – 12:00pm	Mariya	<b>Skype</b> Weekly sign up for a place
	Exploring Positive Self-Talk		12.00pm – 1.00pm	Shams	<b>Skype</b> Sign up – 6 weeks
	Healthy Diet & Lifestyle		1:00pm – 2:00pm	Zaf	<b>Skype</b> Sign up – 6 weeks
	One-Off Workshops – See Below for Dates		1:30pm – 2:30pm	All Staff	<b>Skype</b> Sign up - weekly
	Men’s Wellness Support Group		2:30pm – 3:30pm	Zaf	<b>Face-to-Face</b> Weekly sign up for a place
Friday	Creative Writing		10.00am – 11.00am	Mariya	<b>Skype</b> Weekly sign up for a place
	Coffee & Chat (social group)		11.00am – 12.30pm	Lavinia / Shams	<b>Face-to-Face</b> Weekly sign up for a place
	Quiz!		1:00pm – 2:00pm	Mariya	<b>Skype</b> Sign up weekly for a place

If you would like to take part in any of these groups, please [call 0121 389 0213](tel:01213890213) for more details. Most groups will be hosted over [Skype](#) during this period unless otherwise specified. Details on how to access the group will be given when you call the Hub.

Please note, for face-to-face groups at the Hub, you will be required to complete a temperature check on arrival.

Workshops (One-Off Sessions):				
Name:		Date/Time:	Facilitator:	Session Type:
Understanding Schizophrenia		Thursday 14 <sup>th</sup> January 1:30pm – 2:30pm	Mariya	<b>Skype</b> Sign up – one-off
Diagnosis- Does it help or hinder you?		Thursday 28 <sup>th</sup> January 1:30pm – 2:30pm	Shams	<b>Skype</b> Sign up – one-off
The power of your words		Thursday 11 <sup>th</sup> February 1:30pm – 2:30pm	Shams	<b>Skype</b> Sign up – one-off

## Telephone Session Timetable

Monday	Social Catch-Up		11:00am – 11:30pm	Zaf
Tuesday	Relaxation		11:00am – 11:30pm	Lavinia
Wednesday	Social Catch-Up		2:00pm – 2:30pm	Lavinia

If you do not have access to Skype and would prefer one of our [Teleconference](#) sessions, please [call 0121 389 0213](tel:01213890213) for more details. Details on how to take part in the sessions will be given when you call the Hub.

Course Categories:



Mental Health Self-care



Life Skills



Social Groups



Meaningful Activities



Employment and Training



Physical Health