

# The Mental Health Recovery Hub Groups



The Mental Health Recovery Hub Groups consist of 24 peer-led support groups located at various venues across Birmingham



The Hub Groups consist of up to 300 members who attend the various groups each week.

Group members discuss and decide what discussions and activities take place and what community outings they wish to attend over the year.



There is no cost to attend the groups as BCC cover the rental cost and provide each group with a yearly grant, but some groups take a small donation for refreshments provided and pay for outings and meals out that are planned but attending is optional.



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