

HHNNS Men's Free Health and Wellbeing Drop-in

A free event for local Men, pop along for health and wellbeing advice from NHS UHB services, sports and fitness groups, income support services and men only activity groups

Advice and Support from:

UHB – NHS services
Sport Birmingham
Age Concern
Local Community Groups
Act On Energy
Citizen's Housing
Help Harry Help Others
Mental Health and Addiction Services
And many more

Join us at:

Saltley Wellbeing Centre
120 Broadway Ave, Birmingham, B8 3LT

On: Tuesday 25th November 2025
10am – 2.00pm

Free tea, coffee, and cake will be provided
Free car park – leave your registration number at reception



Hodge Hill
Neighbourhood Network
Scheme (NNS)



For more information
email: HodgeHillNNS@pohwer.net
or call: 0121 726 8577