

# Are you concerned about your health and wellbeing?



The ASH

Adult Support Hub

You can find our information, advice and guidance team in the following places:

Open Door Friendship Centre, 388 Green Ln, B9 5QJ. Monday 10:30am -1pm (fortnightly)	St Luke's Church, Great Colmore Street, B15 2AT. Thursday 9:30am - 12 noon (fortnightly)	SIFA Fireside, Support Centre, Liverpool St, Birmingham B9 4DS. Thursday 10:30am – 1pm (every week)	Summer Hill Rd Job Centre, Unit 4, 50 Summer Hill Rd, B1 3RB. Friday 10am -3pm (every week)
St Germain's Wellbeing Hub, City Rd, B17 8LR. Monday 11:30am – 2.30pm (fortnightly)	St Barnabas Church Centre, High Street Erdington, B23 6SY. Thursday 1:30pm- 3:30pm (fortnightly)	Alma House, 15 Newtown Shopping Centre, B19 2SA. Thursday 10am - 12pm (fortnightly)	Nechells Pod, 28 Oliver St, B7 4NX. Friday 9:30 am - 12 noon (fortnightly)



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