



MENTAL HEALTH  
MATTERS WALES

# Wellbeing Activities for December

REGISTRATION REQUIRED Contact [community@mhmwales.org](mailto:community@mhmwales.org) or call (01656) 651 450

Activities may be subject to change.

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Anxiety &amp; Depression Peer Support Group</b></p> <p>11am - 12pm Online on ZOOM</p> <p><b>Breathing Space with Tanio</b></p> <p><i>Weekly sessions for 18-30 year-olds to build confidence and communication through creativity</i></p> <p>1pm - 2:30pm Union Offices, Quarella Rd. Bridgend.</p> 	<p><b>Wellbeing Hub</b></p> <p>12pm - 3pm Nolton Church Hall, Merthyr Mawr Rd. Bridgend. NO REGISTRATION NEEDED</p>	<p><b>Wellbeing Walks</b></p> <p><b>1st Dec 11am - 1pm</b> <b>Newbridge Fields Walk</b> <i>starting from Halo Leisure</i></p> <p><b>8th Dec 10am - 2pm</b> <b>Conservation Day</b> Frog Pond Nature Reserve, (contact for details)</p> <p><b>15th Dec 11am - 1pm</b> <b>River Ogmore Walk</b> <i>starting from Sarn Filco</i></p> <p><b>22nd Dec 11am - 3pm</b> <b>Swansea Christmas Walk</b> (contact for details)</p> <p><b>29th Dec 11am - 2pm</b> <b>Merthyr Mawr Walk</b> <i>starting from Halo Leisure</i></p>	<p><b>Wellbeing Hub</b></p> <p>12:30 - 2:30pm YMCA, John St. Porthcawl. NO REGISTRATION NEEDED</p> <p><b>This Hub will be closed on the 16th, 23rd and 30th of December</b></p> <p><b>16th Dec</b> Christmas Meal</p>	<p><b>breathecreative</b> <i>arts for wellbeing</i> Every Friday</p> <p><b>Creative Connections with Breath Creative</b></p> <p>11am - 12:30pm Union Offices, Quarella Rd. Bridgend. CF31 1JW Or Zoom in with Meeting ID: 924 8411 0560</p> <p><b>3rd, 10th, 17th Dec</b> <b>Creative and Therapeutic Arts With Sara and Dakota</b></p> <p><b>24th Dec 11am - 1pm</b> Christmas Carols and Cakes</p> <p><b>31st Dec 11am - 1pm</b> NYE Celebrations!</p>



**MASKS MUST BE WORN WHEN ENTERING PREMISES!**  
**#KeepWalesSafe**

MHM Wales | Union Offices | Quarella Road | Bridgend | CF31 1JW  
Registered Company Number: 6468412 Charity Number: 1123842



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