


# Wellbeing Activities for October

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> 12pm - 1pm Online on ZOOM</p> <p><b>Breathing Space with Tanio</b> <i>Weekly sessions for 18-30 year-olds to build confidence and communication through creativity</i> 1pm - 2:30pm Union Offices, Quarella Rd. Bridgend.</p> 	<p><b>Wellbeing Hub</b> 12pm - 3pm Nolton Church Hall, Merthyr Mawr Rd. Bridgend. NO REGISTRATION NEEDED</p>	<p><b>Wellbeing Walks</b> <u>6th Oct 11am - 1pm</u> <b>River Ogmore Walk</b> <i>starting from MHM Wales office with World Mental Health Day Open Day</i> <u>13th Oct 11am - 1pm</u> <b>Maesteg</b> <i>starting from Halo Leisure Centre</i> <u>20th Oct 11am - 1pm</u> <b>Blackmill, Ogmore Valley</b> <i>starting at memorial (near Fox &amp; Hounds)</i> <u>27th Oct 10:30am - 2:30pm</u> <b>Conservation Day</b> <i>Meadow Management with Rob and Sasha - Frog Pond Nature Reserve, Pyle (contact for details)</i></p>	<p><b>Wellbeing Hub</b> 12:30 - 2:30pm YMCA, John St. Porthcawl. NO REGISTRATION NEEDED</p>	<p><b>breathecreative</b> <i>arts for wellbeing</i> <b>Every Friday</b> <b>Creative Connections with Breath Creative</b> <i>A project to improve wellbeing, connect with others and be creative</i> 11am - 12:30pm Union Offices, Quarella Rd. Bridgend. CF31 1JW Or Zoom in with Meeting ID: 924 8411 0560 <u>1st/8th/15th/29th Oct</u> <u>1pm - 2:30pm</u> Tai Chi with John <u>22nd Oct 1pm - 2:30</u> Mindfulness &amp; Yoga with Ceri</p>



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