



# Creative Art Sessions

## Every Tuesday 2pm-4pm

63 Nolton Street  
Bridgend CF31 3AE

To find out more contact Michelle or Maria on 01656 651450 or  
[bdh@mhmwales.org](mailto:bdh@mhmwales.org)

**Come Join Us!**

**Sessions are for people living with Dementia and their carers**

Our Arts and craft activities focus upon maintaining an existing or creating a new sense of identity and purpose.

Providing a safe, friendly and adaptable community network of support using evidence-based approaches:

- Validation
- Creativity
- Activity
- Reality Orientation
- Socialisation
- Physical Exercise



Funded by MHM Wales and public donations



Mental Health Matters Wales (Charity Number 1123842, Company Number 6468412).

Promoting Independence through Activities, Advice and Information