



**MENTAL HEALTH
MATTERS WALES**



Join us for a cream tea at the launch of our brand new

Blaengarw Wellbeing Hub

Tuesday July 16th 1.30 -3.30

Our wellbeing hub team offers a wide range of services including:

- **Information and advice**
- **Practical ways to increase both physical and emotional wellbeing**
- **Wellbeing and creative peer support groups**
- **Activities and workshops tailored to support people**

William Trigg Community Centre

Nanthir Road, Blaengarw CF32 8AQ

For more information email
community@mhmwales.org or call 01656 767045