



# Bridgend

## Dementia Hub

### 63 Nolton Street

### Bridgend

### CF31 3AE

Open Monday to Friday, opening times vary, to find out more please contact Michelle/Maria at 0300 10 249 70 or [bdh@mhmwales.org](mailto:bdh@mhmwales.org)

## Come Join Us

For fun free activities supporting those living with dementia and peer support for carers

## The Dementia Hwb Supports

- People worried about their memory
- People who care about someone with a memory issue
- Those diagnosed with a type of dementia
- Those who care for someone living with dementia



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



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