

## Caring Community Cafe



(A social group for people living with dementia and their carers)



Every Wednesday from 10:30-12pm

Mental Health Matters Wales, Quarella road, Bridgend, CF311JW

Come and join us!

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

**Refreshments Provided** 

For more details please contact Michelle/Maria at 0300 10 249 70 or bdh@mhmwales.org











