




# Dementia Hub & Wellbeing activities August 2024



(In the event of poor weather please contact us for confirmation of outdoor activities)

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b><u>COFFEE MORNING</u></b> 10.00-12.00</p> <p>63 Nolton Street, Bridgend CF31 3AE</p> <p><b>MORNING TEA PARTY</b> 5th August, 10.00-12.00</p>  <p>63 Nolton Street, Bridgend CF31 3AE</p> <p><b><u>PENCOED DEMENTIA HUB</u></b> 5th &amp; 19th August 2.00pm to 3.30pm</p> <p>Pencoed Library, Penybont ro, Pencoed, CF35 5RA</p> <p><b>We are closed for the bank holiday on Mon 26th Aug</b></p>	<p><b><u>MAESTEG HUB</u></b> 6th &amp; 20th August 10.30 - 12.00</p> <p>Ty Llwynderw, Bridgend road Maesteg, CF34 0BA</p> <p><b><u>ART SESSION</u></b> 2.00-4.00</p> <p>63 Nolton Street, Bridgend CF31 3AE</p> <div style="border: 2px solid red; padding: 5px;"> <p><b>NEW!</b></p> <p><b><u>BLAENGARW HUB</u></b> 13th &amp; 27th August 1.30-3.30</p> <p>William Trigg Com Centre, Nanthir Rd, Blaengarw CF32 8AQ</p> </div>	<p><b><u>CARING COMMUNITY CAFÉ</u></b> (Peer Support, Information and activities for people living with dementia and their carers) 10.30-12.00</p> <p>MHMW, Union Offices, Quarella road, Bridgend, CF31 1JW</p> <p><b>Advocacy Talk 14th Aug 11-12</b></p> <p><b><u>LLYS TON HUB</u></b> 14th &amp; 28th August, 2.00 - 3.30</p> <p>Llys Ton Extra Care Housing, Waunbant road, Kenfig Hill, CF33 6DE</p> <p><b><u>TY YNYSAWDRE HUB</u></b> 7th &amp; 21st August, 1.30 - 3.00</p> <p>Ty Ynysawdre, Heol Y Ysgol, Tondu, CF32 9FE</p>	<p><b><u>PORHCRAWL HUB</u></b> 10.00-12.00</p> <p>YMCA, 25 John Street Porthcawl, CF36 3AP</p> <p><b><u>SARN HUB</u></b> 2:00 - 3.30 (MHMW Dementia Hub Staff attend to provide drop in support &amp; Activities)</p> <p>Sarn Life Long Centre, Merfield Close, Sarn CF32 9SW</p>	<p><b><u>WELLBEING WALKS</u></b> 2nd, 9th, 16th &amp; 23rd August 11.00-1.00</p> <p>Newbridge Fields, Bridgend Meet outside HALO.</p> <p>Porthcawl Wellbeing Walk 30th August 11.00-1.00</p> <p>Porthcawl, meet outside the Pavilion</p> <p><b><u>MUSIC FOR THE MIND</u></b> 2-3.30PM</p> <p>63 Nolton Street, Bridgend CF31 3AE</p>



Ariennir gan Lywodraeth Cymru  
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