



# Dementia Hub & Wellbeing activities DECEMBER 2024

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

For further information please contact Michelle/Maria at 01656 651450 or bdh@mhmwales.org



Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>COFFEE MORNING</u> 10.00-12.00</p> <p>63 Nolton Street, Bridgend CF31 3AE</p> <p>CHRISTMAS PARTY 23rd Dec, 10.00-12.00</p>  <p>63 Nolton Street, Bridgend CF31 3AE</p> <p><u>PENCOED DEMENTIA HUB</u> 9th &amp; 23rd Dec 2.00pm to 3.30pm</p> <p>Pencoed Library, Penybont ro, Pencoed, CF35 5RA</p>	<p><u>MAESTEG HUB</u> 10th Dec 10.30 - 12.00</p> <p>Ty Llwynderw, Bridgend road Maesteg, CF34 0AJ</p> <p><u>ART SESSION</u> 3rd, 10th &amp; 17th 2.00-4.00</p> <p>63 Nolton Street, Bridgend CF31 3AE</p> <p><u>BLAENGARW HUB</u> 3rd &amp; 17th Dec 2.00-4.00</p> <p>William Trigg Com Centre, Nanthir Rd, Blaengarw</p>	<p><u>CARING COMMUNITY CAFÉ</u> (Peer Support, Information and activities for people living with dementia and their carers)</p> <p>10.30-12.00</p> <p>MHMW, Union Offices, Quarella road, Bridgend, CF31 1JW</p> <p>Effro: 4th, 11th &amp; 18th Dec</p> <p><u>LLYS TON HUB</u> 4th &amp; 18th Dec, 2.00 - 3.30</p> <p>Llys Ton Extra Care Housing, Waunbant road, Kenfig Hill, CF33 6DE</p> <p><u>TY YNYSAWDRE HUB</u> 11th Dec 1.30 - 3.00</p> <p>Ty Ynysawdre, Heol Y Ysgol, Tondu, CF32 9FE</p> <p><b>Closed: 25th &amp; 26th Dec</b></p>	<p><u>PORTHCAWL HUB</u> 10.00-12.00</p> <p>YMCA, 25 John Street Porthcawl, CF36 3AP</p> <p><u>SARN HUB</u> 2:00 - 3.30</p> <p>(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><u>WELLBEING WALKS</u> <u>BRIDGEND</u> 6th &amp; 13th Dec 11.00-1.00</p> <p>Newbridge Fields, Bridgend Meet outside HALO.</p> <p><u>MUSIC FOR THE MIND</u> 2-3.30PM</p> <p>63 Nolton Street, Bridgend, CF31 3AE</p> <p><b>Festive Social Gatherings</b> Fri 20th &amp; Tues 24th Dec 10.00 until 2.00 <b>Refreshments &amp; cakes</b></p> <p>MHMW, Union Offices, Quarella road, Bridgend, CF31 1JW</p>



Funded by MHM Wales and public donations



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