



Dementia Hub & Wellbeing activities February 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><u>COFFEE MORNING</u> 10.00-12.00 63 Nolton Street, Bridgend CF31 3AE</p> <p>MORNING TEA PARTY 5th Feb 10.00-12.00</p> <p>63 Nolton Street, Bridgend CF31 3AE</p>	<p>NEW</p> <p><u>MAESTEG HUB</u> 6th & 20th Feb 10.30 - 12.30 Ty Llwynderw Bridgend road, Maesteg CF34 0BA</p> <p><u>ART SESSION</u> 2.00-4.00 63 Nolton Street, Bridgend CF31 3AE</p>	<p><u>CARERS CONNECT GROUP</u> With Effro 10.30-12.00 MHMW Union Offices, Quarella road, Bridgend, CF31 1JW</p> <p><u>LLYS TON HUB</u> 7th & 21st Feb 2.00 - 3.30 Llys Ton Extra Care Housing, Waunbant road, Kenfig Hill, CF33 6DE</p> <p><u>TY YNYSAWDRE HUB</u> 14th & 28th Feb 1.00 - 2.30 Ty Ynysawdre, Heol Y Ysgol, Tondu, CF32 9FE</p>	<p><u>PORHCAWL POP UP HUB</u> 10.00-12.00 YMCA, 25 John Street Porthcawl, CF36 3AP</p> <p><u>SARN HUB</u> 2:00 - 3.30 <i>(MHM Dementia Hub Staff attend to provide drop in support & activities)</i></p> <p>Sarn Library, Sarn Life Long Centre, Merfield Close, Sarn CF32 9SW</p>	<p><u>WELLBEING WALK</u> 11.00-1.00 Newbridge Fields, Bridgend Meet outside HALO in Bridgend <i>(Walk adapted to meet the needs of those who attend.)</i></p> <p><u>MUSIC FOR THE MIND</u> 2-3.30PM 63 Nolton Street, Bridgend CF31 3AE</p>



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Lywodraeth Cymru
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MHM Wales | Union Offices | Quarella Road | Bridgend | CF31 1JW
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