



Dementia Hub & Wellbeing activities July 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><u>MORNING TEA PARTY</u> 1st Jul, 10.00-12.00</p>  <p>63 Nolton Street, Bridgend CF31 3AE</p> <p><u>PENCOED DEMENTIA HUB</u> 8th & 22nd July 2.00pm to 3.30pm</p> <p>Pencoed Library, Penybont ro, Pencoed, CF35 5RA</p>	<p><u>MAESTEG HUB</u> 9th & 23rd July 10.30 - 12.00 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>NEW! <u>BLAENGARW HUB</u> 16th & 30th 1.30-3.30 William Trigg Com Centre, Nanthir Rd, Blaengarw CF32 8AQ</p>	<p><u>CARING COMMUNITY CAFÉ</u> (Peer Support, Information and activities for people living with dementia and their carers) 10.30-12.00 MHMW, Union Offices, Quarella road, Bridgend, CF31 1JW</p> <p><u>LLYS TON HUB</u> 10th & 24th July, 2.00 - 3.30 Llys Ton Extra Care Housing, Waunbant road, Kenfig Hill, CF33 6DE</p> <p><u>TY YNYSAWDRE HUB</u> 3rd & 17th July, 1.30 - 3.00 Ty Ynysawdre, Heol Y Ysgol, Tondu, CF32 9FE</p>	<p><u>PORHCRAWL HUB</u> 10.00-12.00 YMCA, 25 John Street Porthcawl, CF36 3AP</p> <p><u>SARN HUB</u> 2:00 - 3.30 (MHMW Dementia Hub Staff attend to provide drop in support & Activities)</p> <p>Sarn Life Long Centre, Merfield Close, Sarn CF32 9SW</p>	<p><u>WELLBEING WALKS</u> 5th, 12th & 19th July 11.00-1.00 Newbridge Fields, Bridgend Meet outside HALO.</p> <p>Porthcawl Wellbeing Walk 26th July 11.00-1.00 Porthcawl, meet outside the Pavillion</p> <p><u>MUSIC FOR THE MIND</u> 2-3.30PM 63 Nolton Street, Bridgend CF31 3AE</p>



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