



Dementia Hub & Wellbeing activities June 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 3rd June, 10.00-12.00</p>  <p>63 Nolton Street, Bridgend CF31 3AE</p> <p>NEW! <u>PENCOED DEMENTIA HUB</u> 10th June 2.00pm to 3.30pm Pencoed Library, Penybont ro, Pencoed, CF35 5RA</p>	<p><u>MAESTEG HUB</u> 11th & 25th June 10.30 - 12.00</p> <p>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>CARING COMMUNITY CAFÉ</u> (Peer Support, Information and activities for people living with dementia and their carers) 10.30-12.00 Dementia Friends Session 12th June 11-12</p> <p>MHMW, Union Offices, Quarella road, Bridgend, CF31 1JW</p> <p><u>LLYS TON HUB</u> 12th & 26th June, 2.00 - 3.30 Llys Ton Extra Care Housing, Waunbant road, Kenfig Hill, CF33 6DE</p> <p><u>TY YNYSAWDRE HUB</u> 5th & 19th June, 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 sup- port & Activities)</p> <p>Sarn Life Long Centre, Merfield Close, Sarn CF32 9SW</p>	<p><u>WELLBEING WALKS</u> 7th, 14th & 21st June 11.00-1.00 Newbridge Fields, Bridgend Meet outside HALO.</p> <p>NEW! Porthcawl Wellbeing Walk 28th June 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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