



Dementia Hub & Wellbeing activities NOVEMBER 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</p> <p>63 Nolton Street, Bridgend CF31 3AE</p> <p>TEA PARTY 25th Nov, 10.00-12.00</p>  <p>63 Nolton Street, Bridgend CF31 3AE</p> <p><u>PENCOED DEMENTIA HUB</u> 11th & 25th November 2.00pm to 3.30pm</p> <p>Pencoed Library, Penybont ro, Pencoed, CF35 5RA</p>	<p><u>MAESTEG HUB</u> 12th & 26th Nov 10.30 - 12.00</p> <p>Ty Llwynderw, Bridgend road Maesteg, CF34 0AJ</p> <p><u>ART SESSION</u> 2.00-4.00</p> <p>63 Nolton Street, Bridgend CF31 3AE</p> <p><u>BLAENGARW HUB</u> 5th & 19th Nov 2.00-4.00</p> <p>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</p> <p>MHMW, Union Offices, Quarella road, Bridgend, CF31 1JW</p> <div style="border: 2px solid red; padding: 5px; text-align: center;"> <p>Effro 10 week programme running from 16th Oct to Dec 18th</p> </div> <p><u>LLYS TON HUB</u> 6th & 20th Nov, 2.00 - 3.30</p> <p>Llys Ton Extra Care Housing, Waunbant road, Kenfig Hill, CF33 6DE</p> <p><u>TY YNYSAWDRE HUB</u> 13th & 27th Nov, 1.30 - 3.00</p> <p>Ty Ynysawdre, Heol Y Ysgol, Tondu, CF32 9FE</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><i>(MHMW Dementia Hub Staff attend to provide drop in support & Activities)</i></p> <p>Sarn Life Long Centre, Merfield Close, Sarn CF32 9SW</p>	<p><u>WELLBEING WALKS</u></p> <p><u>BRIDGEND</u> 1st, 8th, 15th & 22nd Nov 11.00-1.00</p> <p>Newbridge Fields, Bridgend Meet outside HALO.</p> <p><u>PORTHCAWL</u> 29th Nov, 11.00-1.00 meet opposite the Pavilion</p> <p><u>MUSIC FOR THE MIND</u> 2-3.30PM</p> <p>63 Nolton Street, Bridgend CF31 3AE</p>



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