



# Dementia Hub & Wellbeing activities OCTOBER 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><b>COFFEE MORNING</b> 10.00-12.00</p> <p>63 Nolton Street, Bridgend CF31 3AE</p> <p><b>MORNING HALOWEEN TEA PARTY</b> 28th October, 10.00-12.00</p>  <p>63 Nolton Street, Bridgend CF31 3AE</p> <p><b>PENCOED DEMENTIA HUB</b> 14th &amp; 28th October 2.00pm to 3.30pm</p> <p>Pencoed Library, Penybont ro, Pencoed, CF35 5RA</p>	<p><b>MAESTEG HUB</b> 1st, 15th &amp; 29th Oct 10.30 - 12.00</p> <p>Ty Llwynderw, Bridgend road Maesteg, CF34 0BA</p> <p><b>ART SESSION</b> 2.00-4.00</p> <p>63 Nolton Street, Bridgend CF31 3AE</p> <p><b>BLAENGARW HUB</b> 8th &amp; 22nd Oct 1.30-3.30</p> <p>William Trigg Com Centre, Nanthir Rd, Blaengarw CF32 8AQ</p>	<p><b>CARING COMMUNITY CAFÉ</b> (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><b>Effro 10 week programme running from 16th Oct to Dec 18th</b></p> </div> <p><b>LLYS TON HUB</b> 23rd Oct, 2.00 - 3.30</p> <p>Llys Ton Extra Care Housing, Waunbant road, Kenfig Hill, CF33 6DE</p> <p><b>TY YNYSAWDRE HUB</b> 2nd &amp; 30th Oct, 1.30 - 3.00</p> <p>Ty Ynysawdre, Heol Y Ysgol, Tondu, CF32 9FE</p>	<p><b>PORTHCAWL HUB</b> 10.00-12.00</p> <p>YMCA, 25 John Street Porthcawl, CF36 3AP</p> <p><b>SARN HUB</b> 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><b>WELLBEING WALKS</b> 4th, 11th, &amp; 18th Oct 11.00-1.00</p> <p>Newbridge Fields, Bridgend Meet outside HALO.</p> <p>Porthcawl Wellbeing Walk 25th Oct, 11.00-1.00 meet opposite the Pavilion</p> <div style="border: 2px solid red; padding: 5px; text-align: center;"> <p><b>WORLD MENTAL HEALTH DAY EVENT</b> 11th October 10 -2</p> <p><b>MHMW, Union Offices, Quarella road, Bridgend, CF31 1JW</b></p> </div> <p><b>MUSIC FOR THE MIND</b> 2-3.30PM</p> <p>63 Nolton Street, Bridgend CF31 3AE</p>



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Lywodraeth Cymru  
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