



Dementia Hub & Wellbeing activities September 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>MORNING TEA PARTY 2nd Sept, 10.00-12.00</p>  <p>63 Nolton Street, Bridgend CF31 3AE</p> <p><u>PENCOED DEMENTIA HUB</u> 2nd, 16th & 30th September 2.00pm to 3.30pm</p> <p>Pencoed Library, Penybont ro, Pencoed, CF35 5RA</p>	<p><u>MAESTEG HUB</u> 3rd & 17th September</p> <p>10.30 - 12.00 Ty Llwynderw, Bridgend road Maesteg, CF34 0BA</p> <p><u>ART SESSION</u> 2.00-4.00</p> <p>63 Nolton Street, Bridgend CF31 3AE</p> <p><u>BLAENGARW HUB</u> 10th & 24th Sept 1.30-3.30</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)</p> <p>10.30-12.00</p> <p>MHMW, Union Offices, Quarella road, Bridgend, CF31 1JW</p> <p>Lasting Power of Attorney (LPA) Talk 4th Sept 11-12</p> <p><u>LLYS TON HUB</u> 11th & 25th Sept 2.00 - 3.30</p> <p>Llys Ton Extra Care Housing, Waunbant road, Kenfig Hill, CF33 6DE</p> <p><u>TY YNYSAWDRE HUB</u> 4th & 18th Sept, 1.30 - 3.00</p> <p>Ty Ynysawdre, Heol Y Ysgol, Tondu, CF32 9FE</p>	<p><u>PORHCRAWL 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 (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> 6th, 13th, & 20th September 11.00-1.00</p> <p>Newbridge Fields, Bridgend Meet outside HALO.</p> <p>Porthcawl Wellbeing Walk 27th September 11.00-1.00</p> <p>Porthcawl, meet opposite the Pavilion</p> <p><u>MUSIC FOR THE MIND</u> 2-3.30PM</p> <p>63 Nolton Street, Bridgend CF31 3AE</p>



Ariennir gan
Lywodraeth Cymru
Funded by
Welsh Government

ENDORSED BY THE CWM TAF
MORGANNWG REGIONAL
PARTNERSHIP BOARD
By your side.

