



# Dementia Hub & Wellbeing activities JANUARY 2025

(In the event of poor weather please contact us for confirmation of outdoor activities)

For further information please contact Michelle/Maria at 01656 651450 or bdh@mhmwales.org



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b><u>COFFEE MORNING</u></b> 10.00-12.00 63 Nolton Street, Bridgend CF31 3AE</p> <p><b>MORNING TEA PARTY</b> 6th Jan, 10.00-12.00</p>  <p>63 Nolton Street, Bridgend CF31 3AE</p> <p><b><u>PENCOED DEMENTIA HUB</u></b> 6th &amp; 20th Jan 2.00pm to 3.30pm Pencoed Library, Penybont ro, Pencoed, CF35 5RA</p>	<p><b><u>MAESTEG HUB</u></b> 7th &amp; 21st Jan 10.30 - 12.00 Ty Llwynderw, Bridgend ro, Maesteg CF34 0BA</p> <p><b><u>ART SESSION</u></b> 2.00-4.00 63 Nolton Street, Bridgend, CF31 3AE</p> <p><b><u>BLAENGARW HUB</u></b> 14th &amp; 28th 2.00 - 4.00 William Trigg Community Centre, Nanthir Rd, Blaengarw CF32 8AQ</p>	<p><b><u>CARING COMMUNITY CAFÉ</u></b> (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><b><u>LLYS TON HUB</u></b> 15th &amp; 29th Jan, 2.00 - 3.30 Llys Ton Extra Care Housing, Waunbant road, Kenfig Hill, CF33 6DE</p> <p><b><u>TY YNYSAWDRE HUB</u></b> 8th &amp; 22nd Jan, 2.00 - 3.00 Ty Ynysawdre, Heol Y Ysgol, Tondu, CF32 9FE</p>	<p><b><u>PORTHCAWL HUB</u></b> 9th, 16th, 23rd &amp; 30th Jan 10.00-12.00 YMCA, 25 John Street Porthcawl, CF36 3AP</p> <p><b><u>SARN HUB</u></b> 2:00 - 3.30 (MHMW Dementia Hub Staff attend to provide drop in support &amp; activities) Sarn Life Long Centre, Merfield Close, Sarn CF32 9SW</p>	<p><b><u>WELLBEING WALKS</u></b> 3rd, 10th, 17th &amp; 24th January 11.00-1.00 Newbridge Fields, Bridgend Meet outside HALO.</p> <p><b><u>PORTHCAWL WELLBEING WALK</u></b> 31st Jan 11.00-1.00 Porthcawl, meet outside the Pavilion</p> <p><b><u>MUSIC FOR THE MIND</u></b> 2-3.30PM 63 Nolton Street, Bridgend CF31 3AE</p>



Funded by MHM Wales and public donations



MHM Wales | Union Offices | Quarella Road | Bridgend | CF31 1JW  
Registered Company Number: 06468412  
Charity Number: 1123842