

THURSDAY

10.45am-11.45am	Chair Exercises (LIFT) & Boccia	Mental Health Matters Wales Union Offices, Quarella road Bridgend, CF31 1JW
10am-12pm	Wellbeing Activities & Information	Porthcawl Dementia Hub YMCA, 25 John Street Porthcawl, CF36 3AP
2pm-3.30pm	Wellbeing Activities & Information	Sarn Dementia Hub, Sarn Library, Sarn Life Long Centre, Merfield Close, Sarn, Bridgend CF32 9SW

FRIDAY

11am-12.30pm	Wellbeing Walk	Newbridge Fields, meeting outside HALO, Leisure Centre, Bridgend
2pm-3.30pm	Music for the Mind	Bridgend Dementia Hub 63 Nolton Street, Bridgend CF31 3AE

Information Sessions

Every Fortnight, commencing on 22nd May 23	Princess of Wales Hospital Coity Road, Bridgend CF31 1RQ
Every 2nd Mon 11am-12pm	Westward Community Centre, Llangewydd Road, Cefn Glas CF31 4JR
Every 4th Wed 1:30pm -3:30pm	Wyndham Boys & Girls Club, Ogmores Vale Bridgend, CF32 7ET

