



Wellbeing Activities Calendar

Fun free wellbeing & group activities supporting those living with dementia and peer support for carers

For further information please contact:

0300 10 249 70 or bdh@mhmwales.org

MONDAY		
10am-12pm	Coffee Morning & Information	Bridgend Dementia Hub 63 Nolton Street Bridgend CF31 3AE
1pm-3pm	Carers Luncheon Group	Mental Health Matters Wales, Union Offices Quarella road, Bridgend CF31 1JW
TUESDAY		
11am-1pm	Wellbeing Activities & Information	Maesteg Dementia Hub, Ty Llynfi, Maesteg Every Fortnight starting on 23rd May 2023
11am-1pm	Wellbeing Activities & Information	Maesteg Dementia Hub, Dyffryn Church, Caerau, CF34 0TF Every Fortnight starting on 30th May 2023
2pm-4pm	Creative Art Session	Bridgend Dementia Hub 63 Nolton Street Bridgend CF31 3AE
WEDNESDAY		
10am-12pm	Wednesday Wellbeing Activities	Bridgend Dementia Hub 63 Nolton Street Bridgend , CF31 3AE
2pm-4pm	Workshops Available (Contact us for more Info) Carers Rights/ digital sessions and more	Bridgend Dementia Hub, 63 Nolton Street Bridgend CF31 3AE

