



Dementia Hub Carers Connect Group with Effro

Mental Health Matters Wales,
Quarella road, Bridgend
CF31 1JW

Every Wednesday from
16th Oct 24 to 18th Dec 24
10:30-12pm

Come and join us!

For fun free activities supporting those living with
dementia and a peer support group for carers

Refreshments Provided

For more details please contact Michelle/Maria at
0300 10 249 70 or bdh@mhmwales.org



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