

# Wellbeing Hubs

## March 2020

**Bridgend** Tuesdays and Fridays 11.30am - 3.30pm Nolton Church Hall, Merthyr Mawr Road, Bridgend CF31 3NH  
**Cefn Glas** Wednesdays and Mondays 10am - 3pm Westward Community Centre, Llangewydd Road, Cefn Glas, CF31 4JR  
**Maesteg** Thursdays 11am– 1pm Halo Maesteg Sports Centre, Old Forge Site, Nant-y-Crynwydd, Maesteg, CF34 9EB  
**Porthcawl** Over 50s Wellbeing & Friendship & Better Together Thursdays 10.30am-1.30pm YMCA Centre, John Street, Porthcawl, CF36 3AP

### Bridgend Hub

#### Tuesday 3rd

12pm GROWING TOGETHER MEETING—HUB  
 MHMWales SERVICE UPDATE AND PLANS FOR THIS MONTH!

#### Friday 6th

PHYSICAL FRIDAY—HUB or Pen Y Fan Hike with SHARE/SORTED  
 Get fit Friday with fun exercise activities or join the SORTED/SHARE groups for a hike to Pen Y Fan, Brecon to raise awareness for Self Injury Day! Book if interested with Donna. Bus departing from main office. Ask the team for more info.

#### Tuesday 10th BRITISH SCIENCE WEEK

TREE AMBASSADOR MEETING—12.15pm—Hub  
 Final chance to get involved with this exciting orchard planting project working in partnership with Llais Y Goedwig & Bridgend Town & Borough Councils. Chat and info with John!  
 ANXIETY & DEPRESSION GROUP—1.30—3pm—Nolton St Office  
 Open access peer support group—just call in for support & advice. (Singing For Wellbeing group 2.30-3pm)

#### Friday 13th

BEFRIENDING & ADVOCACY DROP IN—All Session—Hub  
 Mental health Wellbeing Advice. No appointment needed –just call in!

#### Tuesday 17th

ST PATRICKS DAY FUN ACTIVITIES—Hub  
 Celebrate with Irish music, arts & crafts!

#### Friday 20th

MOTHERS DAY CRAFTS—All Session—Hub  
 Floral arts & craft session remembering Mother's Day.

#### Tuesday 24th

ANXIETY & DEPRESSION GROUP—1.30—3pm—Nolton St Office  
 Open access—just call in for support & advice. (Singing For Wellbeing group 2.30-3pm)

#### Friday 27th

BEFRIENDING & ADVOCACY DROP IN—All Session—Hub  
 Mental health Wellbeing Advice. No appointment needed –just call in!

#### Tuesday 31st PRINTING PROJECT CLASS— CARNEGIE HOUSE

Departing Hub at 11.30am. Class duration 12-2pm.  
 Join us for a visit to Claire Hiatt in Carnegie House for an Exclusive Spring themed FREE class on printing using their new press! Numbers limited so please register your interest!

### Cefn Glas Hub

#### Monday 2nd

12pm GROWING TOGETHER MEETING—HUB  
 MHMWales SERVICE UPDATE AND PLANS FOR THIS MONTH!

#### Wednesday 4th

EATING DISORDER AWARENESS WEEK  
 Info and advice fighting the myths and misunderstandings that surround anorexia, bulimia, binge eating disorder and EDNOS

#### Monday 9th

CRAFTY CORNER—ALL SESSION  
 Relaxing tree themed arts & crafts session.

#### Wednesday 11th BRITISH SCIENCE WEEK

TREE AMBASSADOR MEETING—10.30PM—UNION OFFICES  
 We are so pleased to offer the chance to get involved with this exciting eco project working in partnership with Llais Y Goedwig & Bridgend Town & Borough Councils. Pre-site meeting and brief at the office followed by visit to Newbridge Fields and orchard site.

Monday 16th  
 ST PATRICKS DAY FUN ACTIVITIES—Hub  
 Celebrate with Irish music, arts & crafts!

#### Wednesday 18th

MOTHERS DAY CRAFTS—All Session—Hub  
 Floral arts & craft session remembering Mother's Day.

#### Monday 23rd

BEFRIENDING & ADVOCACY DROP IN—All Session—Hub

#### Wednesday 25th

BEFRIENDING & ADVOCACY DROP IN—All Session—Hub

#### Monday 30th

Find out about our visit to Carnegie House tomorrow from Nolton for a printing class!

### Maesteg Hub

#### Thursday 5th

12pm GROWING TOGETHER MEETING—HUB  
 MHMWales SERVICE UPDATE AND PLANS FOR THIS MONTH!  
 Find out about our new services in your area and meet the Halo Team!

#### Thursday 12th

ST PATRICKS DAY FUN ACTIVITIES—Hub  
 Celebrate with Irish music, arts & crafts!

#### Thursday 19th

ADVOCACY DROP IN—All Session—Hub  
 Mental health Wellbeing Advice. No appointment needed –just call in!

#### Thursday 26th

ADVOCACY DROP IN—All Session—Hub  
 Mental health Wellbeing Advice. No appointment needed –just call in!  
 WELLNESS & COMMUNITY CONNECTIONS  
 11am-1pm Cuppa and a chat with MHMWales's Wellbeing team to find out about our services throughout Bridgend. Meet Rhodri, Community Navigator from BAVOs and Laura Semmens, Local Community Coordinator to find help you access support services.



### British Science Week 6th—15th March 2020

MHM Wales is working in partnership with Llais Y Goedwig, Bridgend Town Council and Bridgend Borough Council to develop a 'Tree Ambassador' project which will be sustainable and ongoing. Join us for a workshop on 11th March at Union Offices for a workshop focusing on local ecology followed by a visit to Newbridge Fields in Bridgend to view the designated site for our Heritage Apple Orchard. To find out more how you can get involved call John on 01656 651 450 or email john.crockett@mhmwales.org



### Porthcawl Hub

#### Thursday 5th

10.30am-12.30pm Over 50s Friendship & Wellbeing Group  
 GROWING TOGETHER MEETING—HUB  
 Mhmwales service Update and plans for this month!  
 12.30-1.30pm Better Together Group  
 An informal fun activity session for anyone suffering with memory loss and/or support partners.

#### Thursday 12th St Patricks Day Fun

10.30am-12.30pm Over 50s Friendship & Wellbeing Group  
 Feeling lonely or isolated—call in for a cuppa and a chat!  
 12.30-1.30pm Better Together Group  
 An informal fun activity session for anyone suffering with memory loss/and or support partners.

#### Thursday 19th Mother's Day Activities

10.30am-12.30pm Over 50s Friendship & Wellbeing Group  
 Feeling lonely or isolated—call in for a cuppa and a chat!  
 12.30-1.30pm Better Together Group  
 An informal fun activity session for anyone suffering with memory loss/and or support partners.

#### Thursday 26th

10.30am-12.30pm Over 50s Friendship & Wellbeing Group  
 Feeling lonely or isolated—call in for a cuppa and a chat!  
 12.30-1.30pm Better Together Group  
 An informal fun activity session for anyone suffering with memory loss/and or support partners.

#### New Changes to Porthcawl Hub

10.30-12.30pm Over 50s Wellbeing Group  
 12.30-1.30pm Better Together Group—new activity session supporting those with memory loss and care partners.