



# Porthcawl

## Pop Up Dementia Hub

The YMCA, John Street

Porthcawl

CF36 3AP

[bdh@mhmwales.org](mailto:bdh@mhmwales.org)

**Open from 10am to 12pm on Thursdays**

### Come Join Us

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

### The Pop Up Dementia Hub Supports

- People worried about their memory
- People who care about someone with a memory issue
- Those diagnosed with a type of dementia
- Those who care for someone living with dementia

# 01656 651450



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