








For further information please contact: community@mhmwales.org or (01656) 767045 / 651450

In the event of poor weather please contact us for confirmation of outdoor activities

Monday	Tuesday	Wednesday	Thursday	Friday Closed Dec 27th
<p><u>Guitars for Veterans</u> with G4V Wales <u>Dec 9th, 16th, 23rd & 30th</u> 11.00-12.00 MHM Wales, Union Offices</p> <p><i>'An innovative programme of lessons and support for military veterans'</i></p> <p><u>Breathing Space</u> with Tanio <u>Dec 2nd & 9th</u> 1.00-2.30 MHM Wales, Union Offices</p> <p><i>'Fun, music based creative arts sessions for all'</i></p>  	<p><u>Wellbeing Hub</u> <u>Dec 3rd, 10th, 17th & 31st</u> 11.00-1.00 Wyndham Boys & Girls Club 14-16 Dunraven Place Ogmore Vale</p> <p><u>Wellbeing Hub</u> <u>Dec 3rd & 17th</u> 2.00-4.00 William Trigg Community Centre Nanthir Rd, Blaengarw</p> <p><u>Wellbeing Hub</u> <u>Dec 10th</u> 2.00-4.00</p> <div style="border: 2px solid green; padding: 5px;"> <p>Plus... Christmas Eve at the Hub <u>Dec 24th</u> 10.00-2.00 <i>'Relax and enjoy some festive refreshments in good company!'</i></p> </div> <p>MHM Wales, Union Offices</p>	<p><u>Conservation Group</u> <u>Dec 4th</u> 10.00-2.00 Bedford Park, Cefn Cribwr</p> <p><u>Wellbeing Walk</u> <u>Dec 11th</u> 11.00-1.00 Margam Country Park (from turnstile entrance)</p> <p><u>Melody Makers</u> <u>Dec 18th</u> 1.00-2.30 MHM Wales, Union Offices</p> <p><i>'Enjoy the wellbeing benefits of group singing...popular songs you'll know and no experience required!'</i></p>	<p><u>Wellbeing Hub</u> <u>Dec 5th & 19th</u> 12.30-2.30 YMCA, John St. Porthcawl</p> <p><u>Reconnecting Nature</u> <u>Dec 12th</u> 10.00-2.00 Merthyr Mawr Estate</p> <p><i>'Conservation Wellbeing Days'</i> Please contact us for further details</p>  <p>MERTHYR MAWR ESTATE</p>   <p>Mewn Partneriaeth a Llywodraeth Cymru In Partnership with Welsh Government</p>	<p><u>Wellbeing Hub + Art Matters</u> 10.00-2.00</p> <div style="border: 2px solid green; padding: 10px; text-align: center;"> <p>Wellbeing Christmas Party <u>Dec 20th</u> <i>'Fun, food and festive cheer!'</i></p> </div> <p>MHM Wales, Union Offices</p> <p>Merry Christmas 2024!</p> 