



# Wellbeing Hub and Group Activities February 2024

For further information please contact: [community@mhmwales.org](mailto: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
<p><b><u>Guitars for Veterans</u></b> with <i>G4V Wales</i> <b>11.00-12.00</b></p> <p>MHM Wales, Union Offices <i>'An innovative programme of lessons and support for veterans'</i></p> <p><b><u>Breathing Space</u></b> with <i>Tanio</i> <b>1.00-2.30</b></p> <p>MHM Wales, Union Offices <i>'Creative arts sessions : building confidence and community through creativity'</i></p>	<p><b><u>Wellbeing Hub + Breathing Space</u></b> with <i>Tanio</i> <b>11.00-1.00</b></p> <p>Wyndham Boys &amp; Girls Club 14-16 Dunraven Place Ogmore Vale</p> <p><b><u>Wellbeing Hub</u></b> <b><u>Feb 6th &amp; 20th</u></b> <b>2.00-4.00</b></p> <p>Employability Hub Ty Llynfi, Llynfi Road Maesteg</p> <p><b><u>Creative Writing</u></b> <b><u>Feb 13th &amp; 27th</u></b> <b>2.00-3.30</b></p> <p>MHM Wales, Union Offices</p>	<p><b><u>Conservation Group</u></b> <b><u>Feb 7th &amp; 21st</u></b> <b>10.00-2.00</b></p> <p>Bedford Park, Cefn Cribwr</p> <p><b><u>Wellbeing Walks</u></b> <b><u>Feb 14th</u></b> <b>11.00-1.00</b></p> <p>Garw Valley (from Pontycymer Co-op)</p> <p><b><u>Melody Makers Choir</u></b> <b><u>Feb 28th</u></b> <b>1.00-2.30</b></p> <p>MHM Wales, Union Offices <i>'Enjoy the wellbeing benefits of group singing ...No experience required!'</i></p>	<p><b><u>Wellbeing Hub</u></b> <b>12.30-2.30</b></p> <p>YMCA, John St. Porthcawl</p>	<p><b><u>Wellbeing Hub + Art Matters</u></b> <b>10.00-2.00</b></p> <p style="text-align: center;">+</p> <div style="border: 2px solid red; padding: 5px; text-align: center;"> <p><b><u>Yoga</u></b> with <i>Eloise</i> <b><u>Feb 9th &amp; 23rd</u></b> <b>1.00-2.00</b></p> </div> <p>MHM Wales, Union Offices</p>

