



MENTAL HEALTH
MATTERS WALES





Wellbeing Hub and Group Activities January 2025



Bwrdd Iechyd Prifysgol
Cwm Taf Morgannwg
University Health Board

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
<p><u>Guitars for Veterans</u> with <i>G4V Wales</i> 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 <i>Tanio</i> 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>Breathing Space</u> with <i>Tanio</i> 11.00-1.00 Wyndham Boys & Girls Club 14-16 Dunraven Place Ogmore Vale</p> <p><u>Wellbeing Hub</u> <u>Jan 7th & 21st</u> 2.00-4.00 MHM Wales, Union Offices</p> <p><u>Wellbeing Hub</u> <u>Jan 14th & 28th</u> 2.00-4.00 William Trigg Community Centre Nanthir Rd, Blaengarw</p>	<p><u>Conservation Group</u> <u>Jan 8th</u> 10.00-2.00 Bedford Park, Cefn Cribwr</p> <p><u>Melody Makers Choir</u> <u>Jan 15th & 29th</u> 1.00-2.30 MHM Wales, Union Offices</p> <p><i>'Enjoy the wellbeing benefits of group singing... No experience required!'</i></p> <p><u>Wellbeing Walks</u> <u>Jan 22nd</u> 11.00-1.00 Porthcawl (from Grand Pavilion)</p>	<p><u>Wellbeing Hub</u> <u>Jan 16th & 30th</u> 12.30-2.30 YMCA, John St. Porthcawl</p> <p><u>Reconnecting Nature</u> <u>Jan 9th</u> 10.00-2.00 Merthyr Mawr Estate <i>'Conservation Wellbeing Days'</i> Please contact us for further details</p>    <p>New! <u>Connecting Carers</u> with <i>Tanio</i> 10.00-12.00 <u>Jan 23rd & 30th</u> <i>'A time out for those with caring responsibilities: creative arts and social support'</i> MHM Wales, Union Offices</p>	<p><u>Wellbeing Hub + Art Matters</u> 10.00-2.00 MHM Wales, Union Offices</p> 