



Wellbeing Hub and Group Activities July 2024

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 G4V Wales July 8/15/22/29th 11.00-12.00</p> <p>MHM Wales, Union Offices <i>'An innovative programme of lessons and support for military veterans'</i></p> <p><u>Breathing Space</u> with Tanio 1.00-2.30</p> <p>MHM Wales, Union Offices <i>'Music based creative arts sessions for all'</i></p>  	<p><u>Wellbeing Hub + Breathing Space</u> with Tanio 11.00-1.00</p> <p>Wyndham Boys & Girls Club 14-16 Dunraven Place Ogmore Vale</p> <p><u>Wellbeing Hub</u> July 9th & 23rd 2.00-4.00</p> <p>MHM Wales, Union Offices</p> <p><u>Wellbeing Hub</u> July 16th & 30th 1.30-3.30</p> <p>William Trigg Community Centre Nanthir Rd, Blaengarw</p>	<p><u>Conservation Group</u> July 3rd 10.00-2.00 Bedford Park, Cefn Cribwr</p> <p><u>Wellbeing Walks</u> July 10th 11.00-1.00 River Ogmore (from Union Offices)</p> <p>July 17th 11.00-1.00 Garw Valley (from Pontycymer Co-op)</p> <p><u>'Melody Makers' Choir</u> July 31st 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 Hub</u> July 4th & 18th 12.30-2.30 YMCA, John St. Porthcawl</p> <p><u>Reconnecting Nature</u> <i>'Conservation Wellbeing Days'</i> July 11th & 25th 10.00-2.00 Merthyr Mawr Estate Please contact us for further details</p>  <p>MERTHYR MAWR ESTATE</p>	<p><u>Wellbeing Hub + Art Matters</u> 10.00-2.00 MHM Wales, Union Offices</p> <p>+ <u>Yoga</u> with Eloise July 12th 1.00-2.00</p> 