



MENTAL HEALTH
MATTERS WALES

Wellbeing Hub and Group Activities June 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 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>Tai Chi & Qigong</u> June 4th & 18th 2.00-3.30</p> <p>MHM Wales, Union Offices <i>'Relaxing, gentle exercise for body and mind'</i></p> <p><u>Creative Writing</u> June 11th & 25th 2.00-3.30</p> <p>MHM Wales, Union Offices <i>'Improving wellbeing through creativity and self-expression'</i></p>	<p><u>Conservation Group</u> June 5th 10.00-2.00</p> <p>Bedford Park, Cefn Cribwr</p> <p><u>Wellbeing Walk</u> June 12th 11.00-1.00</p> <p>Porthcawl (from Grand Pavilion)</p> <div style="border: 2px solid orange; padding: 10px;"> <p><u>'Hope Rescue' Open Day</u> June 19th 1.00-4.00</p> <p>MHM Wales, Union Offices <i>'Support for dog owners struggling with their pet's welfare and their own wellbeing'</i></p> </div> <p><u>'Melody Makers' Choir</u> June 26th 1.00-2.30</p> <p>MHM Wales, Union Offices</p>	<p><u>Wellbeing Hub</u> June 6th & 20th 12.30-2.30</p> <p>YMCA, John St. Porthcawl</p> <div style="border: 2px solid orange; padding: 10px;"> <p>New Group!</p> <p><u>Conservation and Bushcraft</u> June 13th & 27th 10.00-2.00</p> <p>Merthyr Mawr Warren National Nature Reserve (From Candleston car park)</p> <p>Please contact us for further details</p> </div>	<p><u>Wellbeing Hub + Art Matters</u> 10.00-2.00</p> <p>MHM Wales, Union Offices + <u>Yoga</u> with Eloise June 7th & 28th 1.00-2.00</p>

