



MENTAL HEALTH MATTERS WALES

Wellbeing Hub and Group Activities May 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

<p>Monday Closed: May 6th & 27th</p>	<p>Tuesday</p>	<p>Wednesday</p>	<p>Thursday</p>	<p>Friday</p>
<p>Guitars for Veterans with <i>G4V Wales</i> 11.00-12.00 MHM Wales, Union Offices <i>'An innovative programme of lessons and support for veterans'</i></p> <p>Breathing Space with <i>Tanio</i> 1.00-2.30 MHM Wales, Union Offices <i>'Creative arts sessions: building confidence and community through creativity'</i></p>	<p>Wellbeing Hub + Breathing Space with <i>Tanio</i> 11.00-1.00 Wyndham Boys & Girls Club 14-16 Dunraven Place Ogmore Vale</p> <p>Wellbeing Hub May 7th & 21st 2.00-4.00 Employability Hub Ty Llynfi, Llynfi Road Maesteg</p> <p>Creative Writing May 14th & 28th 2.00-3.30 MHM Wales, Union Offices <i>'Improving wellbeing through creativity and self-expression'</i></p>	<p>Conservation Group May 1st 10.00-2.00 Bedford Park, Cefn Cribwr</p> <p>Wellbeing Walks May 15th 11.00-1.00 Bridgend (from Union Offices)</p> <p>May 22nd 11.00-1.00 Bryngarw Country Park (from café)</p> <p>Melody Makers Choir May 29th 1.00-2.30 MHM Wales, Union Offices</p>	<p>Wellbeing Hub May 2nd, 9th, 23rd, 30th 12.30-2.30 YMCA, John St. Porthcawl</p> <p>New Group! Conservation and Bushcraft May 16th 10.00-2.00 Newton Beach and Dunes</p>	<p>Wellbeing Hub + Art Matters May 3rd, 10th, 24th & 31st 10.00-2.00 MHM Wales, Union Offices + Yoga with Eloise May 10th 1.00-2.00</p> <p>May 17th 10.00-2.00 Wellbeing Activity Day (see MHAW poster for details)</p>

See our website & posters for
Mental Health Awareness Week
activities
May 13th–17th



MHM Wales | Union Offices | Quarella Road | Bridgend | CF31 1JW
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GIG CYMRU NHS WALES
Bwrdd Iechyd Prifysgol Cwm Taf Morgannwg University Health Board