

Wellbeing Hub and Group Activities **October 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>'Fun, 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> <u>Oct 1st & 15th</u> 2.00-4.00</p> <p>MHM Wales, Union Offices</p> <p><u>Wellbeing Hub</u> <u>Oct 8th & 22nd</u> 1.30-3.30</p> <p>William Trigg Community Centre Nanthir Rd, Blaengarw</p>	<p><u>Conservation Group</u> <u>Oct 2nd</u> 10.00-2.00</p> <p>Bedford Park, Cefn Cribwr</p> <p><u>Wellbeing Walks</u> <u>Oct 9th</u> 11.00-1.00</p> <p>Porthcawl (from Grand Pavilion)</p> <p><u>Oct 23rd</u> 11.00-1.00</p> <p>Newbridge/Merthyr Mawr (from Halo Leisure Centre, Bridgend)</p> <p><u>Melody Makers Choir</u> <u>Oct 16th & 30th</u> 1.00-2.30</p> <p>MHM Wales, Union Offices</p> <p><i>'Enjoy the wellbeing benefits of group singing... No experience required!'</i></p>	<p><u>Wellbeing Hub</u> <u>Oct 3rd & 17th</u> 12.30-2.30</p> <p>YMCA, John St. Porthcawl</p> <p><u>Reconnecting Nature</u> <i>'Conservation Wellbeing Days'</i> <u>Oct 10th & 24th</u> 10.00-2.00</p> <p>Merthyr Mawr Estate Please contact us for further details</p>  <p>MERTHYR MAWR ESTATE</p>  <p>Cronfa Treftadaeth Heritage Fund</p>  <p>Mewn Partneriaeth â Llywodraeth Cymru In Partnership with Welsh Government</p>	<p><u>Wellbeing Hub + Art Matters</u> 10.00-2.00</p> <p>MHM Wales, Union Offices</p> <div style="border: 2px solid red; padding: 10px;"> <p>Join us as we celebrate</p>  <p>WORLD MENTAL HEALTH DAY</p> <p>Oct 11th 10.00-2.00</p> <p><i>'Arts & crafts, relaxing & gentle exercise, music and much more....'</i></p> </div>