




# Wellbeing Hub and Group Activities **September 2024**

For further information please contact: [community@mhmwales.org](mailto: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><b><u>Guitars for Veterans</u></b> with <b>G4V Wales</b> <b><u>Sept 9th &amp; 30th</u></b> <b>11.00-12.00</b></p> <p>MHM Wales, Union Offices <i>'An innovative programme of lessons and support for military veterans'</i></p> <p><b><u>Breathing Space</u></b> with <b>Tanio</b> <b><u>Sept 9th, 16th, 23rd &amp; 30th</u></b> <b>1.00-2.30</b></p> <p>MHM Wales, Union Offices <i>'Fun, music based creative arts sessions for all'</i></p>	<p><b><u>Wellbeing Hub + Breathing Space</u></b> with <b>Tanio</b> <b><u>Weekly</u></b> <b>11.00-1.00</b></p> <p>Wyndham Boys &amp; Girls Club 14-16 Dunraven Place Ogmore Vale</p> <p><b><u>Wellbeing Hub</u></b> <b><u>Sept 3rd &amp; 17th</u></b> <b>2.00-4.00</b></p> <p>MHM Wales, Union Offices</p> <p><b><u>Wellbeing Hub</u></b> <b><u>Sept 10th &amp; 24th</u></b> <b>1.30-3.30</b></p> <p>William Trigg Community Centre Nanthir Rd, Blaengarw</p>	<p><b><u>Conservation Group</u></b> <b><u>Sept 4th</u></b> <b>10.00-2.00</b> Bedford Park, Cefn Cribwr</p> <p><b><u>Wellbeing Walks</u></b> <b><u>Sept 11th</u></b> <b>11.00-1.00</b> Bryngarw Country Park (from café)</p> <p><b><u>Sept 18th</u></b> <b>11.00-1.00</b> River Ogmore (from Union Offices)</p> <p><b><u>'Melody Makers' Choir</u></b> <b><u>Sept 25th</u></b> <b>1.00-2.30</b> MHM Wales, Union Offices</p> <p><i>'Enjoy the wellbeing benefits of group singing ...no experience required!'</i></p>	<p><b><u>Wellbeing Hub</u></b> <b><u>Sept 5th &amp; 19th</u></b> <b>12.30-2.30</b> YMCA, John St. Porthcawl</p> <p><b><u>Reconnecting Nature</u></b> <i>'Conservation Wellbeing Days'</i> <b><u>Sept 12th &amp; 26th</u></b> <b>10.00-2.00</b> 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><b><u>Wellbeing Hub + Art Matters</u></b> <b>10.00-2.00</b> <b><u>Weekly</u></b> MHM Wales, Union Offices</p>