



# Dementia Hub & Wellbeing activities May 2024



(In the event of poor weather please contact us for confirmation of outdoor activities)

For further information please contact Michelle/Maria at 0300 10 249 70 or bdh@mhmwales.org

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>COFFEE MORNING</b> 10.00-12.00</p> <p>63 Nolton Street, Bridgend CF31 3AE</p> <p>Mental Health Awareness week</p> <p>“WEAR GREEN” MORNING TEA PARTY 13th May, 10.00-12.00</p>  <p>63 Nolton Street, Bridgend CF31 3AE</p> <p><b>NEW!</b> <b>PENCOED DEMENTIA HUB</b> 13th May 2.00pm to 3.30pm Pencoed Library, Penybont ro, Pencoed, CF35 5RA</p>	<p><b>MAESTEG HUB</b> 2nd, 14th &amp; 28th May</p> <p>10.30 - 12.00 Ty Llwynderw Bridgend road Maesteg CF34 0BA</p> <p><b>ART SESSION</b> 2.00-4.00</p> <p>63 Nolton Street, Bridgend CF31 3AE</p> <div style="border: 2px solid red; padding: 5px; text-align: center;"> <p><b>Please note!</b> We are closed for the bank holidays on Monday 6th &amp; 27th May</p> </div>	<p><b>CARERS GROUP</b> 10.30-12.00</p> <p>MHMW Union Offices, Quarella road, Bridgend, CF31 1JW</p> <p><b>LLYS TON HUB</b> 1st, 15th &amp; 29th May 2.00 - 3.30</p> <p>Llys Ton Extra Care Housing, Waunbant road, Kenfig Hill, CF33 6DE</p> <p><b>TY YNYSAWDRE HUB</b> 8th &amp; 22nd April 1.00 - 2.30</p> <p>Ty Ynysawdre, Heol Y Ysgol, Tondu, CF32 9FE</p>	<p><b>PORTHCAWL HUB</b> 10.00-12.00</p> <p>YMCA, 25 John Street Porthcawl, CF36 3AP</p> <p><b>SARN HUB</b> 2:00 - 3.30</p> <p>(MHMW Dementia Hub Staff attend to provide drop in support &amp; Activities)</p> <p>Sarn Life Long Centre, Merfield Close, Sarn CF32 9SW</p>	<p><b>WELLBEING WALKS</b> 3rd, 10th, 17th &amp; 24th May</p> <p>11.00-1.00</p> <p>Newbridge Fields, Bridgend</p> <p>Meet outside HALO.</p> <p><b>NEW!</b> <b>Porthcawl Wellbeing Walk</b> 31st May 11.00-1.00</p> <p>Porthcawl, meet outside the Pavillion</p> <p><b>MUSIC FOR THE MIND</b> 2-3.30PM</p> <p>63 Nolton Street, Bridgend CF31 3AE</p>



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