



Dementia Hub & Wellbeing activities December_2023

(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>COFFEE MORNING 10.00-12.00 63 Nolton Street, Bridgend CF31 3AE</p> <p> 4th Dec 10.00 - 12.00 63 Nolton Street, Bridgend, CF31 3AE</p>	<p>MAESTEG HUB 5th Dec 11.00-1.00 Ty Llynfi, Llynfi road Maesteg CF34 9DS</p> <p>CAERAU HUB 12th Dec 11.00 - 1.00 Dyffryn Chapel, Bedw Street, Caerau, Maesteg CF34 0TF</p> <p>ART SESSION 2.00-4.00 63 Nolton Street, Bridgend CF31 3AE</p>	<p>WELLBENG ACTIVITIES 10.00-12.00 63 Nolton Street, Bridgend, CF31 3AE</p> <p>LLYS TON HUB 6th & 13th Dec 2.00 - 3.30 Llys Ton Extra Care Housing, Waunbant road, Kenfig Hill CF33 6DE</p> <p>TY YNYSAWDRE HUB 20th December 1.00 - 2.30 Ty Ynysawdre, Heol Y Ysgol, Tondu, CF32 9FE</p>	<p>PORTHCAWL DEMENTIA HUB 7th, 14th & 21st 10.00-12.00 YMCA, 25 John Street Porthcawl, CF36 3AP</p> <p>SARN SOCIAL HUB 7th, 14th & 21st (MHMWales Dementia hub staff attend to pro- vide drop in support & activities) 2:00 - 3.30 Sarn Library, Sarn Life Long Centre, Merfield Close, Sarn, CF32 9SW</p> <p></p>	<p>WELLBEING WALK 1st, 8th & 22nd Dec 11.00-1.00 Newbridge Fields, Bridgend Meet outside HALO. (Walk adapted to meet the needs of those who attend.)</p> <p>MUSIC FOR THE MIND 1st, 8th & 22nd Dec 2-3.30PM 63 Nolton Street, Bridgend, CF31 3AE</p>
<p> Bridgend Dementia Hub Festive Social Gatherings Wed 27th & Fri 29th Dec 11.00 until 2.00 Refreshments & cakes 63 Nolton Street, Bridgend, CF31 3AE</p>				<p>Christmas Celebration Friday 15th Dec 10am til 2pm MHMWales, Union Offices, Quarella road, Bridgend</p> <p></p>
		<p>Please note, we will be closed on 25th & 26th Dec</p>		



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