



# Wellbeing Hub and Group Activities August 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
<div style="border: 2px solid red; padding: 5px; margin-bottom: 10px;"> <p><b>Closed for bank holiday</b> <b>August 26th</b></p> </div> <p><b><u>Guitars for Veterans</u></b> with <b>G4V Wales</b> <b>11.00-12.00</b> MHM Wales, Union Offices <i>'An innovative programme of lessons and support for military veterans'</i></p> 	<p><b><u>Wellbeing Hub</u></b> <b>11.00-1.00</b> Wyndham Boys &amp; Girls Club 14-16 Dunraven Place Ogmore Vale</p> <p><b><u>Wellbeing Hub</u></b> <b>August 6th &amp; 20th</b> <b>2.00-4.00</b> MHM Wales, Union Offices</p> <p><b><u>Wellbeing Hub</u></b> <b>August 13th &amp; 27th</b> <b>1.30-3.30</b> William Trigg Community Centre Nanthir Rd, Blaengarw</p>	<p><b><u>Conservation Group</u></b> <b>August 7th</b> <b>10.00-2.00</b> Bedford Park, Cefn Cribwr</p> <p><b><u>Wellbeing Walks</u></b> <b>August 14th</b> <b>11.00-1.00</b> Porthcawl (from Grand Pavilion)</p> <p><b>August 21st</b> <b>11.00-1.00</b> Ogmore Valley (from Blackmill Fox &amp; Hounds pub)</p> <p><b><u>'Melody Makers' Choir</u></b> <b>August 28th</b> <b>1.00-2.30</b> MHM Wales, Union Offices <i>'Enjoy the wellbeing benefits of group singing ...No experience required!'</i></p>	<p><b><u>Wellbeing Hub</u></b> <b>August 1st &amp; 15th</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>August 8th &amp; 22nd</b> <b>10.00-2.00</b> Merthyr Mawr Estate Please contact us for further details</p> 	<p><b><u>Wellbeing Hub + Art Matters</u></b> <b>10.00-2.00</b> MHM Wales, Union Offices</p>