



# Dementia Hub & Wellbeing activities April 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><b>MORNING TEA PARTY</b> 8th April 10.00-12.00</p>  <p>63 Nolton Street, Bridgend CF31 3AE</p> <p><b>Please note we are closed for the bank holiday on Monday 1st April</b></p>	<p><b>MAESTEG HUB</b> 2nd, 16th &amp; 30th April</p> <p>10.30 - 12.00</p> <p>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>	<p><b>CARERS CONNECT GROUP</b> 10.30-12.00</p> <p>MHMW Union Offices, Quarella road, Bridgend, CF31 1JW</p> <p><b>LLYS TON HUB</b> 3rd &amp; 17th April</p> <p>2.00 - 3.30</p> <p>Llys Ton Extra Care Housing, Waunbant road, Kenfig Hill, CF33 6DE</p> <p><b>TY YNYSAWDRE HUB</b> 10th &amp; 24th April</p> <p>1.00 - 2.30</p> <p>Ty Ynysawdre, Heol Y Ysgol, Tondu, CF32 9FE</p>	<p><b>PORHCRAWL POP UP 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>(MHM Dementia Hub Staff attend to provide drop in support &amp; activities)</p> <p>Sarn Library, Sarn Life Long Centre, Merfield Close, Sarn CF32 9SW</p>	<p><b>WELLBEING WALKS</b> 5th, 12th &amp; 19th April</p> <p>11.00-1.00</p> <p>Newbridge Fields, Bridgend Meet outside HALO.</p> <p><b>NEW!</b> 26th April 11.00-1.00</p> <p>Porthcawl, meet outside the Pavillion 11.00-1.00</p> <p><b>MUSIC FOR THE MIND</b> 2-3.30PM</p> <p>63 Nolton Street, Bridgend CF31 3AE</p>



Ariennir gan Lywodraeth Cymru  
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