



# Pop Up Dementia Hwb

The YMCA, John Street

Porthcawl

CF36 3AP

dementiahwbbridgend@mhmwales.org



**Open from 10am to 12pm on Thursdays**

**Come Join Us**

**For fun free activities supporting those living with dementia and peer support for carers**

**The Pop Up Dementia Hwb Supports**

- People worried about their memory
- People who care about someone with a memory issue
- Those diagnosed with a type of dementia
- Those who care for someone living with dementia

**0300 10 249 70**



Aidwrir gan  
Llywodraeth Cymru  
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