



Wellbeing Hubs June 2019

Bridgend Tuesdays and Fridays 11.30am - 3.30pm Nolton Church Hall, Merthyr Mawr Road, Bridgend CF31 3NH
Cefn Glas Wednesdays and Mondays 10am - 3pm Westward Community Centre, Llangewdd Road, Cefn Glas, CF31 4JR
Maesteg Thursdays 11am– 1pm Halo Maesteg Sports Centre, Old Forge Site, Nant-y-Crynwydd, Maesteg, CF34 9EB

Bridgend Hub

Tuesday 4th

11am Growing Together Meeting
1pm Zumba Gold —Fun 30 min chair exercise class with Gigi!
Its National Growing for Wellbeing Week! Join our Gardening Club with Gary & Anne. Planting Sunflowers!
All session Board Games Galore with Angela

Friday 7th

12pm Gardening Club with Gary & Anne!
2pm Advocacy Drop In—Mental Health Wellbeing Advice. No appointment needed.

Tuesday 11th

National Mens Health Week /Womens Health - Information session on how to keep well!
12pm Gardening Club with Gary & Anne! Growing tomatoes!
All session Board Games Galore with Angela

Friday 14th

12pm Gardening Club with Gary, Louisa & Anne! Growing Vegetables & Salads
2pm Advocacy Drop In—Mental Health Wellbeing Advice.

Tuesday 18th

1pm Steve, Carers Trust—Centre Visit & Talk for Carers information and support.
PICNIC DAY! Bring a packed lunch and blanket and enjoy the outdoors. Strawberries & Cream and lemonade for sale.

Friday 21st

12pm Gardening Club with Gary, Anne & Louisa! Growing Flowers for Butterflies & Bees
2pm Advocacy Drop In—Mental Health Wellbeing Advice.

All session Board Games Galore with Angela

Tuesday 25th

1pm South Wales Fire Home Safety Talk—Marlene Thomas Centre Visit and talk.

Friday 28th

12pm Gardening Club with Gary & Louisa! Growing Flowers
12-1pm Mental health & wellbeing
Information with Donna Drop in for advice.

Cefn Glas Hub

Monday 3rd

11am Growing Together Meeting
It's National Growing for Wellbeing Week!
Join our Gardening Club with Gary & Louisa!

Wednesday 5th

12pm Crafty Corner Project Art & Artists
12.30pm Gardening Club with Gary & Louisa

Monday 10th

12pm Crafty Corner— Project Art & Artists
12.30pm Gardening Club with Gary & Louisa

Wednesday 12th

12.30pm Crafty Corner— Project Art & Artists
12pm Gardening Club with Gary & Louisa

Monday 17th

1pm Steve, Carers Trust—Centre Visit & Talk for Carers information and support.

Wednesday 19th

12pm Crafty Corner— Project Art & Artists
12.30pm Gardening Club with Gary & Louisa

Monday 24th

World Wellbeing Week—Keep your body & mind active.
12pm Lift Armchair Exercise session

Wednesday 26th

12-1pm Mental health & wellbeing
Information with Donna Drop in for advice.
No appointment needed

“Well-being, wellbeing, or wellness is the condition of an individual or group. A high level of well-being means that in some sense the individual's or group's condition is positive.”

Maesteg Hub

Thursday 6th

Help Yourself Workshop
11am-12pm Insight into Anxiety & Depression Workshop. Booking required. Call 767045.12-1pm Mental health & wellbeing advice.
No appointment needed, just call in!

Thursday 13th

11am—12pm ‘Moving On’ Befriending Group
Feeling lonely or isolated—call in to see us!
12-1pm Mental health & wellbeing advice—No appointment needed, just call in!

Thursday 20th

Eating Disorder Support Group
11am-12pm SORTED Eating Disorder Support Group—Share our recovery through eating Disorders

12-1pm Mental health & Wellbeing Advice
No appointment needed, just call in.

Thursday 27th

11-12pm Qigong & Tai Chi with John
Look after your body & mind with traditional Chinese meditate movement exercises. FREE

12-1pm Meet your Local Community Coordinator and find out what's on in your area!
Mental health & Wellbeing Advice
No appointment needed, just call in.

Porthcawl Hub

Thursday 6th

11am Growing Together Meeting
12pm CAD Development Trust— Centre Visit & Talk - Employment & Volunteering Advice
‘Moving On’ Befriending Group—Feeling lonely or isolated? Call in a cuppa and a chat.

Thursday 13th

11am ‘Moving On’ Befriending Group—Feeling lonely or isolated? Call in a cuppa and a chat.
Closed 12pm for group meal.

Thursday 20th

Loneliness Awareness Week

11am ‘Moving On’ Befriending Group—Feeling lonely or isolated? Call in a cuppa and a chat.
Gardening with Gary— Growing Salads

Thursday 27th

12pm Steve, Carers Trust—Centre Visit & Talk for Carers information and support.

Activities are subject to change, please contact MHM Wales office for details to confirm if an activity you are interested in is still taking place on 01656 767045.

MHM Wales, Union Offices, Quarella Rd, Bridgend CF31 1JW Registered Company Number: 6468412 | Charity Number: 1123842

Art & Artists! This month we focus on Wellbeing with National Growing for Wellbeing Week and World Wellbeing Week. Our project themes continue as ‘Art & Artists’ and we look forward to our gardening sessions together. We also welcome Gigi to Nolton Hub who is kindly returning for a fun packed session of Zumba Gold. Our Hub visitors include South Wales Fire Service, Carers Trust, CADDT, Local Community Coordinators. If you would like to take part in our 1 workshop - Insight into Depression & Anxiety training—please call. Our SORTED Eating Disorder support group will be having their monthly meet up too. Another busy month ahead!