

WELLBEING HUBS

November 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
 Porthcawl Over 50s Wellbeing & Friendship Thursdays 11am-1pm YMCA Centre, John Street, Porthcawl, CF36 3AP

Bridgend Hub

Friday 1st

12pm Growing Together Meeting

NEW MHMWales CHOIR—1pm—Hub

Join us for choir practice session with John.

Tuesday 5th

MHMWales CHOIR PRACTICE—12-1.30pm—Nolton St Office

Join us for a practice session with John.

HUB CENTRE VISIT & TALK—COMMUNITY NAVIGATOR 1.30PM

Meet Geraint and find out how BAVO's new project can help you access support services.

Friday 8th

REMEMBRANCE DAY POPPY ART

Please join us to make as many poppies as possible to create an art piece which will decorate the outside of our Head Office for Remembrance Day!

ADVOCACY DROP IN— All session —Hub

Mental Health Wellbeing Advice. No appointment needed.

Tuesday 12th—Nolton Street Office

MHMWales CHOIR PRACTICE—12-1.30pm

Join us for a practice session with John.

MINDFUL JOURNALING—1.30- 2.30pm

Create your own art journal with Kate from The Craft Junction. £2.50 per session. Booking in advance to secure place.

NEW ANXIETY & DEPRESSION SUPPORT GROUP— 1.30-3pm

Open access group. Just call in!

Friday 15th

BEFRIENDING & ADVOCACY DROP IN—HUB

Mental health wellbeing advice. No appointment needed.

Tuesday 19th

CHRISTMAS ART CLASS—1.30-2.30pm -Nolton Hub.

Start crafting early with Claire making Xmas gift tags with your own prints. £2.50 charge with all materials, refreshments & biscuits included. Booking required.

Friday 22nd

BEFRIENDING SESSION & ADVOCACY DROP IN

Mental Health Wellbeing Advice. No appointment needed.

Tuesday 26th—Nolton Street Office

NEW ANXIETY & DEPRESSION SUPPORT GROUP— 1.30-3pm

Open access group. Just call in!

Friday 29th-Nolton

NEW MHMWales CHOIR—12 –1.30pm-Hub

Join us for the choir practice session with John.

Cefn Glas Hub

Monday 4th

12am Growing Together Meeting

DIWALI CELEBRATIONS—One of the most popular dates on the Hindu calendar. The Festival of Light art session and activities.

Wednesday 6th

REMEMBRANCE DAY POPPY ART

Please join us to make as many poppies as possible to create an art piece which will decorate the outside of our Head Office for Remembrance Day!

Monday 11th

REMEMBRANCE DAY POPPY MAKING—

Commemorate and celebrate by making your own red poppy today!

Wednesday 13th

BEFRIENDING GROUP—Feeling lonely or Isolated? Call in for a cuppa & a chat!

Monday 18th

CHRISTMAS CARDS OF KINDNESS CAMPAIGN— All session

Brighten up Christmas day of MHM Wales' Dementia Hub residents at St Davids Hospital by sending a special Christmas card. Each card will be sent with a gift from MHMWales' 2019 Shoebox Appeal.

Wednesday 20th

CHRISTMAS CORNER— 12.30pm—Christmas card making session.

Monday 25th

CHRISTMAS CORNER— 12.30pm—Christmas card making session.

Wednesday 27th

THANKSGIVING DAY - American day of Celebrations with food and art activities.

Maesteg Hub

Thursday 7th

11am Growing Together Meeting

'MOVING ON' BEFRIENDING GROUP

11am—12pm 'Moving On' Befriending Group
 Feeling lonely or isolated—call in to see us!
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12-1PM MEET THE HALO TEAM!

Find out what's on, where & when at Halo Leisure Sports Hall.

Thursday 14th

SORTED EATING DISORDER GROUP –11-12PM

Share our recovery through eating disorders. Help, advice & information.

SHARE SELF HARM SUPPORT GROUP– 12-1PM

Self harm awareness, recovery & education.

Thursday 21st

HELP YOURSELF WORKSHOP

11am-1pm An insight into Anxiety & Depression. Call to book on 01656 767045 or for more info.

Thursday 28th

WELLNESS & COMMUNITY CONNECTIONS

11am-1pm Cuppa and a chat with MHMWales's Wellbeing team to find out about our services throughout Bridgend. Meet Rhodri, Community Navigator from BAVOs and Laura Semmens, Local Community Coordinator to find help you access support services.

2019 Dementia Shoebox Appeal

Help MHM Wales make a difference this Christmas to hospital patients at our Dementia Hub at St Davids Hospital by donating a gift. Gift suggestions are simple craft activities that inspire reminiscing, sensory stimulating gifts such as fluffy blankets and twiddle mats, dolls, teddy bears, photo albums or toiletries. Drop off at any of our hubs. Many thanks.

Porthcawl Hub

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

CASPA NEW TIME CHANGES —DAYTIME

Peer Support Group

Monday, 11th November

MHMWales, Union Office, Quarella Road, Bridgend - 10AM-12PM



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