



## CWTCH CYNFFIG

*An exciting new project starting on  
Thursday 6<sup>th</sup> October 2016*

*for people from Kenfig Hill and surrounding district  
to meet and engage in activities that will improve their  
physical and mental health, encourage artistic hobbies and  
enhance their well-being.*

- **Every first and third Thursday morning: Art & Crafts in the morning, Well-being in the afternoon**
- **Every second, fourth (and fifth) Thursday morning: Well-being in the morning, Art & Crafts in the afternoon**
- **Morning session commences 10.00 a.m. – 12.30pm (with a tea/coffee break) session cost £5**
- **Afternoon session commences 1.30 p.m. – 4pm for (with a tea/coffee break) session cost £5**
- **Lunch will be provided if required at an additional cost.**
- **The Cwtch Cynffig Club will meet in the Rees Hall (rear of the Talbot Community Centre)**
- **A more detailed monthly schedule will be available shortly**
- **Phone now for more information:**

**01656 749754 or 07792 089394**

**e-mail: [talbotcc@tiscali.co.uk](mailto:talbotcc@tiscali.co.uk) – [www.talbotcc.co.uk](http://www.talbotcc.co.uk)**