



MHM Wales

Supporting people affected by
mental health through

Wellbeing Hubs - December

Bridgend Tuesdays and Fridays 11.30am - 3.30pm Nolton Church Hall, Merthyr Mawr Road, Bridgend CF31 3NH

Kenfig Hill Wednesdays 1.30pm - 4.30pm Talbot Community Centre, 9 Prince Road, Kenfig Hill CF33 6ED

Maesteg Thursdays 12pm - 3pm Masonic Hall, Castle Street, Maesteg CF34 9YL

Everyone is welcome (18+) and no referral is needed - just drop in!

Bridgend Hub

Friday 1st

Choir practice

Xmas Arts & Crafts

Tuesday 5th

Xmas Craft Fayre

Choir Practice

Friday 8th

Choir Practice

Tuesday 12th

Xmas Wreath Making

Choir Practice

Friday 15th

Xmas Craft Fayre

Tuesday 19th

Xmas Service, Choir & Buffet

Friday 22nd

Xmas Karaoke & Mince Pies

Tuesday 26th

Boxing Day - CLOSED

Friday 29th

CLOSED

Kenfig Hill Hub

Wednesday 6th

Xmas Arts & Crafts

Wednesday 13th

Xmas Arts & Crafts

Wednesday 20th

Centre **CLOSED** for Xmas meal—All welcome

Wednesday 27th

CLOSED

Maesteg Hill Hub

Thursday 7th

Xmas Arts & Crafts

Thursday 14th

Xmas Arts & Crafts

Thursday 21st

Xmas Buffet and Carols

Thursday 28th

CLOSED

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.