



MHM Wales

Supporting people affected by
mental health through

Wellbeing Hubs - October

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

Kenfig Hill Wednesdays 1pm - 5pm Talbot Community Centre, 9 Prince Road, Kenfig Hill CF33 6ED

Maesteg Thursdays 12.30pm - 4.30pm Masonic Hall, Castle Street, Maesteg CF34 9YL

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

Bridgend Hub

Arts and Crafts at every session

Wii Sports Activities at every session

FREE Internet Access

Tuesday 3rd

Cerys Jenkins, Research Interviews 12.30pm

Friday 6th

Let's Get Fizzical

Tuesday 10th

Food & Nutrition 1pm

WMHD Information with Karen

Tai Chi / Lift with John

Friday 13th

Let's Get Fizzical

Tuesday 17th

Deaf Blind Awareness Talk 12.30pm

Friday 20th

Food & Nutrition 1pm

Tuesday 24th

Daniel St. John, NEST - Fuel Poverty Talk 12.30pm

Food & Nutrition 1pm

Friday 27th

Let's Get Fizzical

Tuesday 31st

Halloween Karaoke / Party

Kenfig Hill Hub

Arts and Crafts at every session

Wii Sports Activities at every session

FREE Internet Access

Wednesday 4th

Food & Nutrition 1pm

Wednesday 11th

Deaf Blind Awareness Talk 1pm

Wednesday 18th

Boccia 1pm

Wednesday 25th

Board Game afternoon 1pm

Maesteg Hill Hub

Arts and Crafts at every session

Wii Sports Activities at every session

Thursday 5th

Daniel St. John, NEST - Fuel Poverty Talk 12.30pm

Thursday 12th

Deaf Blind Awareness Talk 12.30pm

Thursday 19th

Boccia 12.30pm

Thursday 26th

Board Game afternoon 12.30pm

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.