



MHM Wales

Supporting people affected by
mental health through

Wellbeing Hubs

Bridgend Tuesdays and Fridays 11:30 - 15:30 Nolton Church Hall, Merthyr Mawr Rd. Bridgend. CF31 3NH

Kenfig Hill Wednesdays 13:00 - 17:00 Talbot Community Centre, 9 Prince Road, Kenfig Hill. CF33 6ED

Maesteg Thursdays 12:30 - 16:30 Masonic Hall, Castle Street, Maesteg. CF34 9YL

Everyone is welcome and no referral is needed - just drop in!

Friday 1st September

Arts & Crafts 12:00 - 15:00
Sports Activities 12:00 - 15:00
Better Together Meeting 14:30 - 15:00

Tuesday 5th September

Knitting, Sewing & Crafts 12:30 - 15:30
Reading/Creative Writing 14:00 - 15:00

Wednesday 6th September

Better Together Meeting 13:30 - 14:00
Arts & Crafts 14:00 - 16:00
Bingo 15:00 - 16:00

Thursday 7th September

Arts & Crafts 13:00 - 16:00
Bingo 14:30 - 15:30

Friday 8th September

Community Information with Karen 11:30 - 12:30
Arts & Crafts 12:00 - 15:00
Sports Activities 12:00 - 15:00
Music Workshop 14:00 - 15:00

Tuesday 12th September

Knitting, Sewing and Crafts 12:30 - 15:30
Reading/Creative Writing 14:00 - 15:00

Wednesday 13th September

Community Info with Karen 13:00 - 14:00
Arts & Crafts 13:00 - 16:00
Sports Activities 13:00 - 16:00
Quiz 15:00 - 16:00

Thursday 14th September

Community Info with Karen 12:30 - 13:00
Arts & Crafts 13:00 - 16:00
Sports Activities 13:00 - 16:00
Better Together Meeting 13:30 - 14:00
Quiz 14:30 - 15:30

Friday 15th September

Arts & Crafts 12:00 - 15:00
Sports Activities 12:00 - 15:00

Tuesday 19th September

Knitting, Sewing & Crafts 12:30 - 15:30
Reading/Creative Writing 14:00 - 15:00

Wednesday 20th September

Arts & Crafts 14:00 - 16:00
Bingo 15:30 - 16:00

Thursday 21st September

Arts & Crafts 13:00 - 16:00
Bingo 14:30 - 15:30

Friday 22nd September

Arts & Crafts 12:00 - 15:00
Sports Activities 12:00 - 15:00
Music Workshop 14:00 - 15:00

Tuesday 26th September

Knitting, Sewing & Crafts 12:30 - 15:30
Reading/Creative Writing 14:00 - 15:00

Wednesday 27th September

Arts & Crafts 14:00 - 16:00
Sports Activities 14:00 - 16:00
Quiz 15:00 - 16:00

Thursday 28th September

Arts & Crafts 13:00 - 16:00
Sports Activities 13:00 - 16:00
Quiz 14:30 - 15:30

Friday 29th September

Arts & Crafts 12:00 - 15:00
Sports Activities 12:00 - 15:00