

Wellbeing Centres, Community Cafes, Day and Respite Centre

ARC Day Services

Address: Quarella Road, Bridgend, CF31 1JN

Telephone: (01656) 763 176

Fax: (01656) 763 175

E-mail: arc@bridgend.gov.uk

Assisting Recovery in the Community (ARC) provides practical advice, guidance and support to people with mental health issues.

A support worker is allocated to each service user, who meets with the individual to discuss the issues that are affecting their wellbeing and encourages them to feel good, function well and move forward with their lives.

ARC uses a range of approaches and individually tailored support that promotes independence and wellbeing. Service users can also be introduced to service providers such as counselling organisations which offer support more specific to their needs.

ARC can be accessed via referrals from a variety of healthcare professionals including:

- *GPs*
- *Local Primary Care Mental Health Nurse Assessors*
 - *Home Treatment Teams*
 - *Consultant Psychiatrists*
- *Community Mental Health Teams (CMHT)*
 - *Inpatient Services*
 - *Liaison Teams*
- *Community Drugs and Alcohol Teams (CDAT)*

Breaks for Carers- Hafal

Tel: (01656) 732 085

Email: bridgend@hafal.org

Hafal provides high-quality breaks for carers, tailored to individual needs which will enhance the quality of life of a carer and families of individuals with long-term severe mental illness.

Support will be provided to the person being cared for to enable the carer to access a range of social, leisure or educational opportunities including home-sitting, befriending, support groups, carers assessments, leisure and social activities.

Please contact the service by telephone or email.

Coity Clinic Day Hospital

Address: Princess of Wales Hospital, Bridgend, CF31 1RQ

Tel: (01656) 752 267

Coity Clinic is based at the Princess of Wales Hospital site and provides 40 Acute Inpatient beds and 4 Psychiatric Intensive Care beds for Adult Mental Health Services.

Wards provide a high standard of individualised medical and nursing care for all patients and arrange aftercare following discharge.

A 20 place Day Hospital is situated on the first floor of the Acute Mental Health Unit, Princess of Wales Hospital, it shares the first floor with the Mental Health Wellbeing and Outpatient Centre.

Community Services - MHM Wales

Wellbeing Centres

Tel: (01656) 767 045

Email: community@mhmwales.org

Website: www.mhmwales.org

MHM Wales' Wellbeing Centres provide a drop-in community resource where people with emotional health issues can talk to others who may have had similar experiences.

There is a programme of events, activities, speakers and workshops. One to One support is available, and staff can signpost to local health services and facilities.

Bridgend

Tuesdays & Fridays 11:30am - 3:30pm

Nolton Church Hall, Merthyr Mawr Road

CF31 3NH

Kenfig Hill

Wednesdays 1pm - 5pm

Talbot Community Centre, 9 Prince Road

CF33 6ED

Maesteg

Thursdays 12:30pm - 4:30pm

Masonic Hall, Castle Street

CF34 9YL

MHM Wales' Over 50s Community Cafes

Come along to meet new friends, take part in activities and enjoy getting out of the house.

Every Monday and Wednesday

10am - 3pm

Westward Community Centre, Cefn Glas, CF31 4JR

MHM Wales' Over 50s Coffee Groups

Feeling Lonely or Isolated? Come along for a coffee and a chat!

Bridgend Ladies Coffee Group

Thursdays midday - 2pm at a local café (location changes)

Maesteg Mixed Coffee Group

Wednesdays 2pm - 4pm in Maggie Mays Café

Bridgend Men's Coffee Group

Fridays between 10:30am - midday in The Zone, Bridgend

Porthcawl Mixed Coffee Group

Thursdays 10am - midday in The Y Centre, Porthcawl

Call 01656 767 045 for further details