Porthcawl
Pop Up Dementia Hub

The YMCA, John Street

Porthcawl

CF36 3AP

bdh@mhmwales.org

Open from 10am to 12pm on Thursdays

Come Join Us

For fun free activities supporting those living with dementia and peer support for carers

The Pop Up Dementia Hub Supports

- People worried about their memory
- People who care about someone with a memory issue
- Those diagnosed with a type of dementia
- Those who care for someone living with dementia

0300 10 249 70

Canolfan Ddementia Pen-y-bont ar Ogwr.
Hyrwyddo annibyniaeth drwy weithgareddau, cyngor a wybodaeth.

MENTAL HEALTH MATTERS WALES

Ariennir gan Lywodraeth Cymru
Funded by Welsh Government

ENDORSED BY THE CWM TAF MORGANNWG REGIONAL PARTNERSHIP BOARD
By your side.

CARER FRIENDLY SILVER AWARD

Bridgend Dementia Hub
Promoting independence through Activities, Advice and Information