



MENTAL HEALTH  
MATTERS WALES

# Wellbeing Hub and Group Activities April 2024

For further information please contact: [community@mhmwales.org](mailto:community@mhmwales.org) or (01656) 767045 / 651450

In the event of poor weather please contact us for confirmation of outdoor activities

<p><b>Monday</b> Closed April 1st</p>	<p><b>Tuesday</b></p>	<p><b>Wednesday</b></p>	<p><b>Thursday</b></p>	<p><b>Friday</b></p>
<p><b>Guitars for Veterans</b> with <i>G4V Wales</i> 11.00-12.00 MHM Wales, Union Offices <i>'An innovative programme of lessons and support for veterans'</i></p> <p><b>Breathing Space</b> with <i>Tanio</i> April 15th, 22nd &amp; 29th 1.00-2.30 MHM Wales, Union Offices <i>'Creative arts sessions: building confidence and community through creativity'</i></p>	<p><b>Wellbeing Hub + Breathing Space</b> with <i>Tanio</i> 11.00-1.00 Wyndham Boys &amp; Girls Club 14-16 Dunraven Place Ogmore Vale</p> <p><b>Wellbeing Hub</b> April 2nd &amp; 16th 2.00-4.00 Employability Hub Ty Llynfi, Llynfi Road Maesteg</p> <p><b>Creative Writing</b> April 9th &amp; 23rd 2.00-3.30 MHM Wales, Union Offices</p>	<p><b>Conservation Group</b> April 3rd &amp; 17th 10.00-2.00 Bedford Park, Cefn Cribwr</p> <p><b>Wellbeing Walks</b> April 10th 11.00-1.00 Porthcawl (from Grand Pavilion)</p> <p><b>Melody Makers Choir</b> April 24th 1.00-2.30 MHM Wales, Union Offices <i>'Enjoy the wellbeing benefits of group singing ...No experience required!'</i></p>	<p><b>Wellbeing Hub</b> 12.30-2.30 YMCA, John St. Porthcawl</p>	<p><b>Wellbeing Hub + Art Matters</b> 10.00-2.00</p> <p>+</p> <p><b>Yoga</b> with <i>Eloise</i> April 19th &amp; 26th 1.00-2.00 MHM Wales, Union Offices</p>



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Registered Company Number: 6468412 | Charity Number: 1123842



Bwrdd Iechyd Prifysgol  
Cwm Taf Morgannwg  
University Health Board