



# Wellbeing Centre

Nolton Church Hall, Bridgend

## Programme of Activities July 2010

<b>Friday, 2<sup>nd</sup> July</b>	12.30 – 13.00	In-house meeting to discuss days out
	13.00 – 14.00	Reading group with Steve
	14.00 – 15.00	Writing with Val – expressive and fun!
<b>Tuesday, 6<sup>th</sup> July</b>	12.30 – 13.30	Information service with June
<b>Friday, 9<sup>th</sup> July</b>	12.00 – 13.00	Reading Group with Steve
	13.00 – 15.00	Artist Group (Paint like a pro!)
	14.00 – 15.00	Writing with Val – expressive and fun!
<b>Tuesday, 13<sup>th</sup> July</b>		
<b>Friday, 16<sup>th</sup> July</b>	12.00 – 13.00	Garden with Sue
	13.00 – 14.00	Reading group with Steve
	14.00 – 15.00	Writing with Val – expressive and fun!
<b>Tuesday, 20<sup>th</sup> July</b>	12.00 – 13.00	Garden with Sue
	13.30 – 14.30	Valley & Vale Drama Group
<b>Friday, 23<sup>rd</sup> July</b>	13.00 – 14.00	Reading group with Steve
	13.00 – 14.00	Advocacy Service with Desni or Karen
	14.00 – 15.00	Writing with Val – expressive and fun!
<b>Tuesday, 27<sup>th</sup> July</b>	12.00 – 13.00	Service User and Carer Participation Officer – Sian from Hafal
	13.30 – 14.30	Valley & Vale Drama Group
	14.00 – 15.00	Writing with Val – expressive and fun!
<b>Friday, 30<sup>th</sup> July</b>	13.00 – 14.00	Reading group with Steve
	14.00 – 15.00	Writing with Val – expressive and fun!

## Everyone welcome!