



**Wellbeing Centre**  
Nolton Church Hall, Bridgend  
**Programme of Activities**  
**July 2010**

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

**Everyone welcome!**



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