



CARERS CONNECT GROUP

for carers of people living with dementia

This is a 10 week group running at **MHMW Bridgend, Union Offices, Quarella Rd, Bridgend, CF31 1JW**

**Every Wednesday from 15th Oct 2025 - 17th Dec
10:30 - 12:00 p.m.**

A chance to discuss shared experiences and share tips and coping strategies. There will also be some sessions where guest speakers will be discussing subjects such as nutrition, mindfulness, communication changes, loss and grief and many more topics.

We will be running an activity group alongside in a separate room which the person you care for is more than welcome to attend at the same time.

Please secure your place by emailing:

effro@platform.org

or telephoning: **0300 3035918**

or book online at www.effro.eventbrite.co.uk



Changing
perceptions
of dementia
Newid
canfyddiadau
o ddementia



Grwp Cyswllt Gofalwyr

A'r gyfer gofalwyr yn byw gyda dementia

Cwrs 10 wythnos yn rhedeg yn **MHMW Bridgend,**
Union Offices, Quarella Rd, Bridgend, CF31 1JW

Bob dydd Mercher 15 Hydref 2025 - 17 Rhagfyr
10:30 yb - 12:00 yp

Cyfle I rhannu profiadau a thipiau a'r strategeithau dygymod. Bydd rai sesynau gyda siaradwyr gwadd yn trafod pynciau fel ymwybyddiaeth, maeth, galar, dulliau cyfarthrebu a sawl pwnc arall.

Byddwn yn rhedeg y gweithgaredd mewn cyd yn ystafell arall ble bydd croeso i'r person yr ydych yn gofalu amdano fod yna ar yr un amser.

I sicarhau lle ebostwch:
effro@platform.org
neu ffoniwch : 0300 3035918
neu archebu arline: effro.eventbrite.co.uk



Changing
perceptions
of dementia
Newid
canfyddiadau
o ddementia