

Torfaen and
Blaenau Gwent



Wellbeing Centre-Pontypool

Activity Timetable February 2020

Contact:
Tel: 01495 757393

Monday

3rd

Basic cooking skills 11am—1pm (please see staff if interested)

free bowling at the Vue @12.00

Tuesday

4th

Make and Mend 12-3pm

Wednesday

5th

Walking with Dean 10am-12
Arts and Craft with Paul 1pm-3pm
Books Aloud 1.30pm

Thursday

6th

Social Hub 10.30am -2.00 pm
at Pontypool
Understanding Anger group

Friday

7th

Help for the homeless
Confidence building course
(referral)

10th

Basic cooking skills 11am—1pm (please see staff if interested)

free bowling at the Vue @ 12.00

11th

Make and Mend 12-3pm

12th

Arts and Craft with Paul 1pm-3pm
Books Aloud 1.30pm

13th

Social Hub 10.30am -2.00 pm
at Pontypool
Understanding Anger group

14th

Help for the homeless
Confidence building course
(referral)

17th

Basic cooking skills 11am—1pm (please see staff if interested)

free bowling at the Vue 12.00

18th

Make and Mend 12-3pm

19th

Walking with Dean 10am-12
Arts and Craft with Paul 1pm-3pm
Books Aloud 1.30pm

20th

Social Hub 10.30am -2.00 pm
at Pontypool
Understanding Anger group

21st

Help for the homeless
Confidence building course
(referral)

24th

Basic cooking skills 11am—1pm (please see staff if interested)

free bowling at the Vue @ 12.00

25th

Make and Mend 12-3pm

26th

Arts and Craft with Paul 1pm-3pm
Books Aloud 1.30pm

27th

Social Hub 10.30am -2.00 pm
at Pontypool
Understanding Anger group

28th

Help for the homeless
Confidence building course
Cinema club