

Torfaen and
Blaenau Gwent



Wellbeing Centre-Pontypool

Activity Timetable March 2020

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Monday	Tuesday	Wednesday	Thursday	Friday
2nd Basic cooking skills 11am—1pm (please see staff if interested) free bowling at the Vue @12.00	3rd Make and Mend 12-3pm	4th Walking with Dean 10am-12 Arts and Craft with Paul 1pm-3pm Books Aloud 1.30pm	5th Social Hub 10.30am -2.00 pm at Pontypool Understanding Anger group	6th Help for the homeless Confidence building course (referral)
9th Basic cooking skills 11am—1pm (please see staff if interested) free bowling at the Vue @ 12.00	10th Make and Mend 12-3pm	11th Arts and Craft with Paul 1pm-3pm Books Aloud 1.30pm	12th Social Hub 10.30am -2.00 pm at Pontypool Understanding Anger group	13th Help for the homeless Confidence building course (referral)
16th Basic cooking skills 11am—1pm (please see staff if interested) free bowling at the Vue 12.00	17th Make and Mend 12-3pm	18th Walking with Dean 10am-12 Arts and Craft with Paul 1pm-3pm Books Aloud 1.30pm	19th Social Hub 10.30am -2.00 pm at Pontypool Understanding Anger group	20th Help for the homeless Confidence building course (referral)
23rd Basic cooking skills 11am—1pm (please see staff if interested) free bowling at the Vue @ 12.00	24th Make and Mend 12-3pm	25th Arts and Craft with Paul 1pm-3pm Books Aloud 1.30pm	26th Social Hub 10.30am -2.00 pm at Pontypool Understanding Anger group	27th Help for the homeless Confidence building course Cinema club
30th Basic cooking skills 11am—1pm (please see staff if interested) free bowling at the Vue @ 12.00	31st Make and Mend 12-3pm			