

Torfaen and  
Blaenau Gwent



# Wellbeing Centre-Pontypool

## Activity Timetable February 2020

Contact:  
Tel: 01495 757393

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3rd</b> Basic cooking skills 11am—1pm (please see staff if interested) free bowling at 12	<b>4th</b> <b>Make and Mend 12-3pm</b>	<b>5th</b> Walking with Dean 10am-12 Arts and Craft with Paul 1pm-3pm Books Aloud 1.30pm	<b>6th</b> Social Hub 10.30am -2.00 pm at Pontypool Understanding Anger group	<b>7th</b> <b>Help for the homeless</b> <b>Confidence building course</b> <b>(referral)</b>
<b>10th</b> Basic cooking skills 11am—1pm (please see staff if interested) free bowling at 12	<b>11th</b> <b>Make and Mend 12-3pm</b>	<b>12th</b> Arts and Craft with Paul 1pm-3pm Books Aloud 1.30pm	<b>13th</b> Social Hub 10.30am -2.00 pm at Pontypool Understanding Anger group	<b>14th</b> <b>Help for the homeless</b> <b>Confidence building course</b> <b>(referral)</b>
<b>17th</b> Basic cooking skills 11am—1pm (please see staff if interested) free bowling at 12	<b>18th</b> <b>Make and Mend 12-3pm</b>	<b>19th</b> Walking with Dean 10am-12 Arts and Craft with Paul 1pm-3pm Books Aloud 1.30pm	<b>20th</b> Social Hub 10.30am -2.00 pm at Pontypool Understanding Anger group	<b>21st</b> <b>Help for the homeless</b> <b>Confidence building course</b> <b>(referral)</b>
<b>24th</b> Basic cooking skills 11am—1pm (please see staff if interested) free bowling at 12	<b>25th</b> <b>Make and Mend 12-3pm</b>	<b>26th</b> Arts and Craft with Paul 1pm-3pm Books Aloud 1.30pm	<b>27th</b> Social Hub 10.30am -2.00 pm at Pontypool Understanding Anger group	<b>28th</b> <b>Help for the homeless</b> <b>Confidence building course</b> <b>(referral)</b>