

# Cream Tea for Carers

## What's going on in Porthcawl?

Are you looking for information and support with your caring role?

Come along for useful information and advice and try taster sessions in Tai Chi, stress control techniques, confidence building and more.

Take part in as much or as little as you like!



**Community Navigators**

Bridgend County Borough



Working together to connect you to information and activities in your community to help improve your health and wellbeing

**BAVO**

Friday 6 March 2020 from 12.30 – 3.30pm  
**Stage Door, Grand Pavilion**  
The Esplanade, Porthcawl CF36 3YW

Pop in for a quick chat about what is going on in Porthcawl, whilst enjoying a spot of **FREE** afternoon tea

For further details contact Jodie Williams:  
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As part of building resilient and coordinated communities with Bridgend County Borough Council and Cwm Taf Morgannwg University Health Board.