Dementia Hwb Social Group List (updated 16/03/2026)

Monday

Activity	Address	Contact	Cost	Website	When	Other Information
Luncheon Club	Ystradowen Community Centre SA9 2YY	01639 830406	Free		9.30am - 2.00pm	
Somatic Yoga with Joanna Rose	The Hall, Swansea Wellbeing Centre	joannaroseyoga.co.uk (contact form)	£10 p/ class		Mondays, 9.30am - 10.30 am	
Swansea Botanical Gardens	Singleton Park Sketty, Swansea SA2 9DU	General enquiries: 01792 205327	Free	Friends of Swansea Botanical Gardens	Jan-Feb: 10:00am-3.30pm March-April: 10:00am - 4.30pm May – Sept: 10:00am – 6:00pm Oct: 10am - 4.30pm Nov –Dec: 10:00am - 3.30pm	
Men's Shed Social Group	Swansea MAD, 216 High Street	07961499012	Free		10:00am – 12:00pm	**Also runs on Fridays**
Age Connects Community Outreach Hub	Neath Community Centre (Orchard Street, Neath), Neath, SA11 1DU	01639 617333	Free	https://www.ageconnectsnpt.org.uk/community-outreach-hubs	10:30am - 12:30pm	Also in Margam on Tuesday's and Pontardawe on Thursday's
Clydach Cockles (Falls	Forge Fach Community Resource Centre	Vicky - 07795295409	Free		10.30am - 12.30pm	

Dementia Hwb Social Group List (updated 16/03/2026)

Prevention Dance Group)	SA6 5BX					
Knitting Group	Baglan Library, Laurel Ave SA12 8PA	01639 813477	Free		10.30 am – 12:00pm	
Sunflower Singers – Singing for Wellbeing	Cwmavon Library, Depot Road, Cwmavon	Joanne 07525485352 Joanne@empowerinspire.co.uk Sunflowerchoirs1@btinternet.com	£3 (intro offer) then £5 pp	www.empowerinspire.co.uk	Mondays, 11:00am-12.30pm	Empower Inspire
One Stop Info Shop	National Waterfront Museum, Swansea	Rhys.thomas@swansea.gov.uk	Free	https://www.swansea.gov.uk/onestopinfoshop	1st Monday of the Month, 11:00am – 1:00pm	Place to find out more info about organisations
Live Balanced Lives Gentle Exercise Group	National Waterfront Museum, Swansea	myles.lewis@actionforelders.org.uk	Free	https://actionforelders.org.uk/swansea/	Every Monday, 11:30am - 12:30pm	Action for Elders
Balanced Lives Social Hub	The Welfare, Brecon Road, Ystradgynlais SA9 1JJ	myles.lewis@actionforelders.org.uk	Free		Every Monday, 12:00pm – 2:00pm	Action for Elders
Balanced Lives SUMMER Social Hub	National Waterfront Museum, Swansea	myles.lewis@actionforelders.org.uk	Free	https://actionforelders.org.uk/swansea/	Every Monday, 1:00pm – 3:00pm	Action for Elders Summer months: June July, September
Ageing Well - Movie and Soup Special	Ocean Room, National Waterfront Museum, Swansea	Myles Lewis – 030 330 30132 Museum - (029) 2057 3600	Free	www.museum.wales/swansea	Every Monday, 1:00pm – 4:00pm	Please bring your own cup to the event if you can

Dementia Hwb Social Group List (updated 16/03/2026)

Scrabble Club	Gorseinon Institute, 44 Lime Street, Gorseinon, SA4 4AD	N/A	£2/session	N/A	Mondays, 1:00 – 4:00pm	Beginners welcome. £2 weekly fee includes tea/coffee and biscuits.
Warm Space	Canolfan Y Bont 28 Dulais Road, Pontarddulais, Swansea, SA4 8PA	01792 885532	Free	Canolfan y Bont - Swansea	Mondays, 1:00pm – 3.00pm	Operates each winter Warm space provides free soup, tea/coffee.
Sunflower Singers - Singing for Wellbeing	Margam Community Centre, Port Talbot	07525485352 joanne@empowerinspire.co.uk	£5	www.empowerinspire.co.uk	Mondays, 1.30pm–3 pm	Empower Inspire
Sporting Memories	Neath RFC, Gnoll Park Road SA11 3BU	Helen John 07870574174	Free		1.30-3.30pm	
Forget Me Not	Bethany Church Hall, West Cross	01792 448805 – Office 07710453611 - Val Streater	Free		Monday, 2:00pm–4:00pm	
Women Only Yoga	The Hall, Swansea Wellbeing Centre	Emma Evans, 07852 269256	donation basis	www.wellbeingswansea.co.uk	Mondays, 2:00pm–3:00pm	For women who have been carers, experienced trauma, etc.
Balanced Lives Gentle Years Yoga	The Welfare, Brecon Road, Ystradgynlais SA9 1JJ	myles.lewis@actionforelders.org.uk	Free		Every Monday, 2:00pm – 4:00pm	Action for Elders

Dementia Hwb Social Group List (updated 16/03/2026)

Feel Good Cafe Dementia and Carers Group	Coed Gwilym Park Cafe, 79 Pontardawe Rd, Swansea SA6 5NS	01792 636000	Free		Monday, 2:45pm – 4:30pm	Group open to people living with dementia and those who offer support
Living with Long Term Health Conditions	The Studio, Swansea Wellbeing Centre	Beth Cox, 07747 880731	donation	www.daildownyourpain.co.uk/offferings/health-support-group	Monday 2.15pm - 3.15pm	Tips and tools talk
Parkinson's Walking Football	Cefn Hengoed Leisure Centre (Indoor Barn & Cafe) SA1 7JF	Robin@swanseafoundation.org.uk	Free		3:00pm – 4:00pm	
Mumbles Movers (60+ Dance class)	Ostreme Centre, Castle Ave SA3 4BA	01792 362444 Community Coordinator – rebecca.fogarty@mumbles.gov.uk	Free		3:00pm – 5:00pm	
Writing for Wellbeing	The Studio, Swansea Wellbeing Centre	Jan Wigley, 07899 898082	Bursary places available	www.wellbeingswansea.co.uk	Mondays, 3:00pm–4.15 pm (Monthly)	Expressive writing classes
Cuppa with a Coppa	Brynhyfryd Library, 417 Llangyfelach Road SA5 9LH	01792 650953	Free		4:00pm – 5:00pm	
Pilates	The Hall, Swansea Wellbeing Centre	Amy Meredith, 07792 046670 Centre – 07828 150309	Free	www.fiercelyfit.co.uk/timetable	Mondays, 4:30pm – 5:30 pm	

Dementia Hwb Social Group List (updated 16/03/2026)

Yoga with Annie	Trawllwn Community Centre	07967 216245 01792 791641 Clyde.a.hughes@btinternet.com	£7 p/ class	Yoga Classes | Swanseayoga | Swansea	Mondays, 6:30pm Wednesday: 7:30pm Friday: 10:00am	
Zumba, Zumba Toning	Three-Crosses, Swansea, UK	Martina Webber, contact options on provided website	£5	https://www.zumba.com/en-US/class_detail/054e82cf-6740-4580-8f68-6f6e45bef857?lat=51.5946799&lng=-3.784097	6:45pm – 7:45pm	Medium intensity
Soul Flow Yoga	The Hall, Swansea Wellbeing Centre	Kelly Morgan, 07957 714820	Free	www.soulflowyyogaswansea.co.uk	Mondays, 7:00pm – 8:00pm	
Chapter 25 Book Club	Common Meeple, Swansea		£9.99 p/ session	https://www.chapter25bookclub.com/the-book-club-swansea?utm_source=copilot.com	2nd Monday of each month, 7:30pm – 9:30pm	

Tuesday

Activity	Address	Contact	Cost	Website	When	Other Information
Community Farm	2 Pontarddulais Road, Fforestfach SA5 4BA	01792 578384	Free/ donations welcome	Wellbeing | Swansea Community Farm | Swansea	Tuesdays, Thursdays, Saturdays, 10:00am – 4:00pm	City farm where volunteers care for animals, the environment and each other to improve wellbeing and resilience
Swansea Botanical Gardens	Singleton Park Sketty, Swansea SA2 9DU	General enquiries: 01792 205327	Free	Friends of Swansea Botanical Gardens	May – Sept: 10am - 6pm Oct: 10am - 4.30pm Nov –Dec: 10am - 3.30pm	
Age Connects Outreach	Bertha road Community Centre, Margam, Port Talbot	General tel: 01639 617333	£3 donation	https://www.ageconnectsnpt.org.uk/community-outreach-hubs	Tuesdays, 10:30 am – 12:30 pm	Activities for over 50s
Me, Myself & I Friendship Mornings	Giants Grave Road, Briton Ferry, Neath, SA11 2ND	01639 812528	£6 inc. Bottomless refreshments and light snacks	https://mminpt.co.uk/	Tuesdays, 10:30am-12:30pm	
Knitting Group	Gorseinon Library,	01792 516780	Free	Gorseinon Library events - Swansea	Tuesdays, 10:30am – 12:00pm	

	15 West Street, Gorseinon SA4 4AA					
Feldenkrais	The Hall, Swansea Wellbeing Centre	Phillipa 07938 929544 philippa@philippacastell.com	£9 per class drop in	www.breathoflifeyoga.co.uk	Tuesdays, 10:45am – 11:45 am	Gentle movement to enhance posture and flexibility
Community Yoga Class	The Hall, Swansea Wellbeing Centre	Emma Evans, 07825 269256 yogastepswithemma@gmail.com	Free	www.wellbeingswansea.co.uk	Tuesdays, 12:00pm – 1:00pm	
Forget Me Not	Bishopston Community Centre, Murton. SA3 3AT	01792 448805	Free		Tuesday, 1:30pm– 3:30 pm	
Forget Me Not	Llangyfelach Church Hall, Swansea Road	01792 448805	Free		Tuesday, 2:00pm – 4:00 pm	
Empower Inspires Sunflower Cafe	St Theodore's Parish Hall, Talbot Road, Taibach	Joanne, 07525485352 Joanne@empowerinspire.co.uk	£3 pp	www.empowerinspire.co.uk	Tuesdays 2:30pm-4:30pm	Informal group for individuals living with Dementia and their carers
Mindfulness - Meditation	The Studio, Swansea Wellbeing Centre	Paula Davies 07752682320 pauladaviesyoga@gmail.com	First session free then £5 per session		Tuesday, 3.45-4.45pm	
Chess Club	Noah's Yard, Swansea Uplands	Donovan Sipho 07494 474989	Free	https://www.welshchessunion.uk/stores/noahs-yard-chess-club/	Tuesdays, 7.30pm	All levels welcome

Life Drawing	Elysium, 210 Hight Street Swansea		£8	Life Drawing at elysium - Elysium Gallery		See website for timings

Dementia Hwb Social Group List (updated 16/03/2026)

Wednesday

Activity	Address	Contact	Cost	Website	When	Other Information
Friends of Swansea Botanical Gardens Volunteering	Swansea Botanical Garden, Singleton Park	pm.morgan5@gmail.com	Free	https://botanicsswansea.co.uk/volunteer-opportunities-1	Every Wednesday from 9.30 onwards	
Swansea Botanical Gardens	Singleton Park Sketty, Swansea SA2 9DU	01792 205327	Free	Friends of Swansea Botanical Gardens	Jan-Feb: 10:00am-3.30pm March-April: 10:00am - 4.30pm May – Sept: 10:00am – 6:00pm Oct: 10:00am - 4.30pm Nov –Dec: 10:00am - 3.30pm	
Forget Me Not	New Lodge, Alexandra Road, Gorseinon, SA4 4PE	01792 448805	Free		Wednesday, 10:00am–1:00pm	
Walking Group	Gorseinon Library, 15 West Street, Gorseinon SA4 4AA	Peter Jones, 07840 542048, peterlj0nes@yahoo.com.	Free – may be required to pay a bus fare	Get healthy through walking - Swansea	Wednesdays 10.00am	Walking activity approx. 2 hours. The group often go by bus (bring bus pass) to various places and sometimes enjoy a hot drink afterwards.
Musical Memories Choir	Christwell Church, Manselton Road,	01792 403777 Email – helen@redcommunityproject.org.uk	Free	www.musicalmemorieschoir.co.uk	Wednesdays 11:00am – 12.30pm	The power of music for people living with dementia.

	Manselton, SA5 8PW					A warm welcome awaits you.
Man Made	Volcano Theatre, High Street, Swansea	**e:** laura@volcanotheatre.co.uk **t:** 07756581733	Free	https://www.mensshedscymru.co.uk/find-a-shed/?ls=swansea&utm_source=copilot.com#man-made-volcano-theatre	Wednesdays, 10:30am–12.30 pm	Creative and practical elements as well as social and wellbeing activities
LGBTQ+ Coffee Morning	Coast Café, Trawler Road		free	https://www.swansea.gov.uk/article/32413/Ageing-Well---LGBTQ-coffee-morning	Wednesday 10.30am-12.30pm	
Women's Well-being Circle	The Studio, Swansea Wellbeing Centre	Lucy Heavens, 07833 232272	Drop-in, £6 Block of 4, £20	www.wellbeingswansea.co.uk	Wednesdays, 12:00pm – 2:00pm	Safe space for women to discuss and support each other
Aches and Lanes Bowling	Tenpin, Parc Tawe		£7.50 for two games includes hot drinks	https://www.swansea.gov.uk/article/32415/Ageing-Well---Aches-and-lanes-bowling	Every Wednesday 1:00pm – 3:00pm	
Forget Me Not	Siloam Church Hall, 458 Gower Road, Killay, SA2 7AL	01792 448805	Free		Wednesday, 2:00pm – 4:00pm	
Wellbeing Book Club	The Studio, Swansea Wellbeing Centre	Lucy Haines – 07725 852920 Centre@wellbeingswansea.co.uk	£4	www.wellbeingswansea.co.uk	Monthly book club, 5.30pm-6.30pm	
Neurodiversity Support Group	Swansea Wellbeing Centre (The Studio)	Centre@wellbeingswansea.co.uk	Free	https://www.wellbeingswansea.co.uk/classes	Wednesday 5.30pm - 7.10pm (monthly)	Connect with others who think differently, express your

Dementia Hwb Social Group List (updated 16/03/2026)

						neurodivergent mind
Restore & More	The Hall, Swansea Wellbeing Centre	Kelly Morgan, 07957 714820	£12	www.soulflowyogaswansea.co.uk https://www.wellbeingswansea.co.uk/classes	Wednesdays, 7:00pm – 8:00pm	Yoga adapted for those with mobility issues
Relaxation & Meditation	KMC Swansea Uplands	Kadam Paul Jenkins	£7 per class	www.swanseabuddhistcentre.org.uk	Wednesdays, 7:30pm –8:45pm	Meditation techniques to promote relaxation
Yoga with Annie	Trawllwn Community Centre	07967216245 01792 791641 Clyde.a.hughes@btinternet.com	Please contact	Yoga Classes | Swanseayoga | Swansea	Wednesdays, 7.30pm	
u3a Gourmet History Lectures	Swansea University, Sketty	memsec@u3aswansea.org.uk	Membership required after first 2 visits	https://swanseau3a.wildapricot.org/page-18631	Wednesdays in the afternoon, subject to change	
Drum Circle with One Heart Drummers	St Cathrine's Church Hall		Free	https://www.oneheartdrummers.org/copy-of-corporate-sessions	1st and 3rd Wednesday of every month	Also available to book for free for care settings 'echos for care settings'
Me, Myself & I Friendship Friendly Faces Forum for Carers	(Former Brynhyfryd Primary School) Giant's Grave Rd, Briton Ferry, Neath SA11 2ND	01639 812528	Free	https://mminpt.co.uk/	Last Wednesday of the month	Carers for people living with dementia support and friendship group

Dementia Hwb Social Group List (updated 16/03/2026)

Thursday

Activity	Address	Contact	Cost	Website	When	Other Information
Pregnancy Yoga	Urban Zen, Swansea		£11per session	https://www.familyflowyoga.co.uk/book-your-spot/#/	Thursdays, 1pm – 2.15pm	
Yoga for anyBODY	The hall, Swansea Wellbeing Centre	Carol Shephard wellbengcarol@gmail.com, 07815 096678		https://www.wellbeingswansea.co.uk/classes	Thursdays, 10:00am - 11.30 am	Friendly accessible hatha yoga class
Community Farm	2 Pontarddulais Road, Fforestfach SA5 4BA	01792 578384	Free	Wellbeing | Swansea Community Farm | Swansea	Tuesdays, Thursdays, Saturdays, 10:00am-4:00pm	City farm where volunteers care for animals, the environment and each other to improve wellbeing and resilience
Swansea Botanical Gardens	Singleton Park Sketty, Swansea SA2 9DU	01792 205327	Free	Friends of Swansea Botanical Gardens	Jan-Feb: 10:00am-3.30pm March-April: 10:00am - 4.30pm May – Sept: 10:00am – 6:00pm Oct: 10:00am - 4.30pm Nov –Dec: 10:00am - 3.30pm	
Walking Group	Meet at The Swigg	Myles Lewis – myles.lewis@actionforelders.org.uk 030 330 30132	Free	https://www.swansea.gov.uk/article/32417/Ageing-Well---Swansea-Marina-social-walk	Thursdays, 10.15am–12.15pm	Gentle walk along Swansea Marina in partnership with Action for Elders
Forget Me Not	Siloam Church Hall, 458 Gower Road, Killay, SA2 7AL	01792 448805	Free		Wednesday, 10.30am-12.30 pm	

Dementia Hwb Social Group List (updated 16/03/2026)

Sunflower Singers – Singing for Wellbeing	Cwmgwrach Miner's Welfare Hall, Heol y Felin, Cwmgwrach, NPT	Joanne 07525485352 Joanne@empowerinspire.co.uk	£5	www.empowerinspire.co.uk	Thursdays 11.30am-1:00pm	Empower Inspire
Functional Fitness	Swansea Leisure Centre, Main Gym	Kristian Savickis Jared Lake	£8.70	https://www.freedom-leisure.co.uk/centres/lc-swansea/timetables/	Fridays 12.30pm - 1.15pm 6:00pm-6.45pm	High-energy class for all levels
Dementia Support Group	Sunnybank Workmen's Club, 132-134 Lone Road, Clydach, Swansea, SA6 5JB	Sunnybank Workmen's Club: sbwmci@outlook.com 01792 849364	Free	SunnybankClub on Facebook	Thursdays 12:30pm-3pm	For those living with dementia, family members/carers and those over 50 or living by themselves.
Age Connects Community Outreach Hub	Pontardawe Library	01639 617333	Free	https://www.ageconnectsnpt.org.uk/community-outreach-hubs	1:00pm-3:00pm	Also in Neath on Monday's and Margam on Tuesday's
Scrabble Club	Vivian Hall, Mumbles Road, Blackpill	Dilys Kinnear: 01554 755670 Or Robert Johnston: 07776 080834	Free	https://www.vivianhall.org/activities/scrabble-club?utm_source=copilot.com	Every Thursday afternoon from 1.30 pm	Beginners welcome
Brew Time Men's Club	The Cwtch, Swansea.com stadium, Morfa	tony.sharpe@swanstrust.co.uk or robin@swansfoundation.org.uk	free	https://www.swanseacity.com/news/swansea-city-afc-foundation-projects-help-andrew-open-about-mental-health#:~:text=Since%20I've%20been%20coming,It%20really%20has%20changed%20me.%E2%80%9D	Thursdays, 6:00pm-8:00pm	A place for men to talk, listen and seek to improve mental health

Dementia Hwb Social Group List (updated 16/03/2026)

Salsa with Emma	Albert Hall, Craddock st, Swansea, SA1 3EP	07507 782904	£7.50	https://eu.jotform.com/app/260152451325346	Thursdays at 7:00pm (Complete Beginner) 8:00pm (Foundation 1) For 45 mins each	For beginner and foundation level salsa
Swansea Astronomy Society Talks	Swansea Astronomy, UWTSD IQ building and online	01792 112233	Free	https://www.swanastro.org.uk/index.php	Thursdays, starting at 7.15pm	Thursday evening lectures, for stargazing please refer to the website
SCVS Forgetful Friends Dementia and Carer Group	Clydach Community Hall, Vardre Road, Clydach, SA6 5LP	Daisy McGlashan: 07908 742718 or email dementiasupport@scvs.org.uk	Free	Swansea Dementia and Carer Project | Swansea CVS	Every 4th Thursday of the month	Cuppa, chat and activities.

Dementia Hwb Social Group List (updated 16/03/2026)

Friday

Activity	Address	Contact	Cost	Website	When	Other Information
Walking Football	Sports Hall A, Swansea Leisure Centre	01792 466500	£3.00	https://www.freedom-leisure.co.uk/centres/lc-swansea/timetables/	Fridays 9.30am	
Swansea Botanical Gardens	Singleton Park Sketty, Swansea SA2 9DU	01792 205327	Free	Friends of Swansea Botanical Gardens	Jan-Feb: 10:00am-3.30pm March-April: 10:00am - 4.30pm May – Sept: 10:00am – 6:00pm Oct: 10:00am - 4.30pm Nov –Dec: 10:00am - 3.30pm	Swansea Botanical Gardens
Yoga with Annie	Trallwn Community Centre	07967216245 01792 791641 Clyde.a.hughes@btinternet.com		Yoga Classes | Swanseayoga | Swansea	Fridays, 10:00am	
Community Cafe	Penyrheol Community Church, Llannant Road, Gorseinon, SA4 4GD	N/A	Free	www.penyrheolchurch.org.uk	Fridays, 10:00am	A warm welcome to join for a cuppa and chat.
Macmillan Coffee Mornings	Cwmafan RFC Football Club	Elaine Davies 07791 768709	Free	https://macmillan-org.enthuse.com/porttalbot/profile	Last Friday of every month 10.30am–12:00 pm	
Tea & Chat Social Group	The Swigg 1b, National Waterfront Museum, Swansea	myles.lewis@actionforelders.org.uk	Free	https://actionforelders.org.uk/swansea/	Every Friday, 11:00am – 1:00pm	Action for Elders

Dementia Hwb Social Group List (updated 16/03/2026)

Friday Nature Dog Walk	Penllergare Valley Woods, Car park		Free	https://www.swansea.gov.uk/healthywalking	Fridays 11:00am	Shorter walk, less challenging
Virtual Musical Memories Choir	Online	01792 362122	Free	https://www.musicalmemorieschoir.co.uk/	Fridays, 11:10am - 12pm	Weekly sessions, pre-recorded videos also available online
Food and Friendship Fridays	Port Tennant Community Centre	Marie Leclerc, 07829 453210	Free	https://www.swansea.gov.uk/porttennantcommunitycentre	Fridays, 12:00pm–3:00 pm	Fun, friendly environment where we will be providing food, refreshments, and some activities
Inclusive Fitness	LC Swansea, Inclusive Fitness Studio	Sarah Morgan, 01792 873210	£4/session	www.swansealifestylecentre.co.uk	Fridays, 12:00pm–1:00 pm	Adapted fitness class for all abilities
Knit and Natter Group	Canolfan Y Bont 28 Dulias Road, Pontarddulais, Swansea, SA4 8PA	01792 885532	£1.00 per week	Canolfan y Bont - Swansea	Fridays, 12.30pm - 3.30pm	Knit and Natter Group
Forget Me Not	Sketty Community Church, Carnglas Road, SA2 9BP	01792 448805	Free		Friday, 1.30pm–4:00 pm	
Family Friday Night	LC Swansea	Reception, 01792 466500	Adult + Juniors 4+	https://thelcswansea.digitickets.co.uk/category/45714	Fridays, 4:00pm – 8:00pm	Fun for families, all ages welcome

			years, £12 Under 4 years, £6.50			Includes family pool entre and play area entre

Dementia Hwb Social Group List (updated 16/03/2026)

Saturday

Activity	Address	Contact	Cost	Website	When	Other Information
Parkrun	The Secret Beach Bar and Kitchen	swanseabay@parkrun.com	Free	https://www.parkrun.org.uk/swanseabay/	Saturday, 9:00am	5 km timed run for all abilities, register online
Community Farm	2 Pontarddulais Road, Fforestfach SA5 4BA	01792 578384	Free	Wellbeing | Swansea Community Farm | Swansea	Tuesdays, Thursdays, Saturdays, 10:00am-4:00pm	City farm where volunteers care for animals, the environment and each other to improve wellbeing and resilience
Swansea Botanical Gardens	Singleton Park Sketty, Swansea SA2 9DU	01792 205327	Free	Friends of Swansea Botanical Gardens	Jan-Feb: 10:00am-3.30pm March-April: 10:00am - 4.30pm May – Sept: 10:00am – 6:00pm Oct: 10:00am - 4.30pm Nov –Dec: 10:00am - 3.30pm	
Local History Talks	Y Storfa, Swansea City Centre	01792 637366	Free	https://www.swansea.gov.uk/centrallibraryevents#:~:text=Saturday%207%20February%2C%202.00pm,May%2C%202.00pm%20%2D%203.00pm	2:00pm start	Discover Swansea's fascinating history
Sound Bath Journey	The Hall, Swansea Wellbeing Centre, Swansea	Gail Stewart 07726 360 584	£10	https://www.wellbeingswansea.co.uk/classes	Saturdays (once a month) 6:00pm	

Dementia Hwb Social Group List (updated 16/03/2026)

Crystal Vibrations Sound Bath	The Hall, Swansea Wellbeing Centre, Swansea	Francesca on 07581089692 Book on-line at skininthewild.com/wild-events www.instagram/skininthewilds	£20	https://www.wellbeingswansea.co.uk/classes	Saturdays (once a month) 6.30pm - 7.30pm	

Dementia Hwb Social Group List (updated 16/03/2026)

Sunday

Activity	Address	Contact	Cost	Website	When	Other Information
Swansea Botanical Gardens	Singleton Park Sketty, Swansea SA2 9DU	01792 205327	Free	Friends of Swansea Botanical Gardens	Jan-Feb: 10:00am-3.30pm March-April: 10:00am - 4.30pm May – Sept: 10:00am – 6:00pm Oct: 10:00am - 4.30pm Nov –Dec: 10:00am - 3.30pm	
Feldenkrais (Movement Therapy)	The Hall, Swansea Wellbeing Centre, Swansea	Philippa (07938 929544)	£9	https://wellbeingswansea.co.uk	Sunday once a month, 10:30am-12:00pm	
Tre, Somatic and Nidra Masterclass	The Hall, Swansea Wellbeing Centre, Swansea	Julie Copp (juliecopp@hotmail.co.uk)	£30	https://wellbeingswansea.co.uk	Sunday once a month, 2:00pm-4:00pm	
Restorative Yoga	The Hall, Swansea Wellbeing Centre, Swansea	Karen MacKinnon 07792 698852 ; Karenmackinnon@hotmail.co.uk	Free	https://wellbeingswansea.co.uk	Sundays, 5.30pm-7:00pm	