

Bereavement FRiendship Group

If you are grieving, join us for a cuppa and a chat with others who know how tough it can be.

We meet on the 1st and 3rd Thursdays of each month from 1 pm to 3 pm at The Heritage Centre, Pontardawe (behind The Dillwyn Hotel)

Inquiries: 07827 167318
mindsetvitality@gmail.com



Charity No 1198750