

What's on at Mardy Park?

Activities and Services



monmouthshire
sir fynwy

Updated version for April 2024

All week (Monday -
Friday)

Mardy Park community cafe

Our community cafe is open to the public from 12-2pm, Monday to Friday.

Here, you can enjoy hot and cold meals and snacks, at reasonable prices.

Our food is freshly prepared on-site, and can be eaten in or taken away.

We also offer a Sunday lunch service for those who are unable to get this provided for them.

This service requires a referral from either a social worker or care worker.

Contact us for more information on:



01873 853706

All week (Monday -
Friday)

Growing Space gardening group

Growing Space is a horticultural project, based on the grounds of Mardy Park Resource Centre.

Participants will partake in horticultural therapy and training, which takes place in the open ground, our commercial poly-tunnel or inside our log cabin.

You will also be able to see the beehive and different kinds of insect houses.

Growing Space also hosts classroom activities which include accredited and non-accredited training, such as: horticulture, art, craft, music, vocational and employability skills.



Contact:

jim@growingspace.org.uk

Monday

Community activities

1pm-3pm: Growing Space
art group
jim@growingspace.org

6pm-9pm: The lifeboat project
In the community lounge.

Includes:

- Counselling
- Creative sessions
- Therapeutic massage

All services delivered by
professional therapists

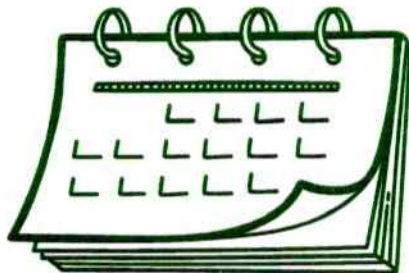
Contact:

lifeboatproject@outlook.com

Clinic appointments

9am-1pm: Memory clinic - in
consulting room 1 & 2

All day: Respiratory
clinic - in clinic room



Tuesday

Community activities

10:30am-12:30pm - Community conversations

Fortnightly in the community lounge.

10:30am-12:30pm - Stroke support group

Support for stroke survivors to share experiences, and
access resources

10am-2pm - Day Centre group

Contact - mariathomas@monmouthshire.gov.uk

Clinic appointments

9am-3pm - Dr Griffin -

Consultant - Consulting room 2

9am-3pm - Dr Zheng -

Consultant - Consulting room 1



Wednesday

10am-12pm: Wild Tots - Mardy Park grounds

Outdoor learning playgroup for toddlers. Ideal for those wanting to try something different with their children.

Contact Zoe and Sarah: wildtots@gmail.com

10am-2pm: Day Centre group

Contact - mariathomas@monmouthshire.gov.uk

13:00-14:30pm: Amblers weekly group - Group session to work on physical skills. A physio assessment is imperative before joining.

Contact Emma Morgan or Paul Cox:

emmamorgan@monmouthshire.gov.uk

paulcox@monmouthshire.gov.uk

01873853706

1-3pm: Chatting club

A conversational group for Falls service users. Hosted in the community lounge

Contact Germaine Tritarelli 01873853706



Thursday

Community services

2-4pm: Afternoon tea -

In community lounge

A social group for elderly isolated people, hosted by
Mandy.

Contact Karen Richards - 07765 282523
karen.richards@bridgescentre.org.uk

Fish N' Chips night

On the last Thursday of the month.

Contact Maria for more information
mariathomas@monmouthshire.gov.uk

Clinic appointments

9-1 PM: Dr Zheng -

Consultant

Consulting room 1

9-5 PM Memory Clinic -

Consulting room 1 & 2



Friday

Community activities

10:30am-12:30pm: BATCH cooking group

Bringing Adults Together Cooking Healthily

A cooking group for those who would not normally cook at home, often due to living alone. Please contact our duty team on 01873 735885 or speak to your lead worker if interested.

2-4pm: Mardy Makers craft group

Craft-based social group for elderly, isolated people. Hosted by Mandy

Contact Karen -

karen.richards@bridgescentre.org.uk

07765 282523



Sunday

Community activities

2pm-3:30pm Reading group (every other week) -
in the community lounge

Likeminded people, grouped together to share
the joys of reading.

Contact Sandi: 07913127724



Other services

Community Laundry Service

A professional and
discreet laundry service,
suited to all needs

2kg - £4

4kg - £6

6kg - £8

8kg - £10

Washing can be dropped
off anytime, with arranged
collection.

This service is available to those
who have difficulty in doing
their own laundry, and requires
a referral.

Please contact us for more
information.

Mardy Park Resource centre
01873 853706

Contact information

Mardy Park Resource Centre,
Hereford Rd, Abergavenny, NP7 6HU

Telephone: 01873 853706

Deborah Jones - Office Manager
email: deborahjones2@monmouthshire.gov.uk



Mardy Park Resource Centre,
Mardy,
Hereford Rd,
Abergavenny
NP7 6HU

www.monmouthshire.gov.uk

