



#CTMArYMaes Cwm Taf Morgannwg on the Maes



Sign up, explore all festival zones, turn the map green, and enter our daily raffle **getfit** wales

Look out for Cwm Taf Morgannwg talks in the Science and Technology Village

What's on This Week



Saturday - 3/8/24
Welsh language at Cwm Taf Morgannwg: It belongs to us all

10am: **A welcome from Cwm Taf Morgannwg University Health Board**
12noon: **Da Iawn:** Cwm Taf Morgannwg's Confidence Raising Scheme. A recognition ceremony for our first staff cohort (in partnership with Learn Welsh Glamorgan)
2pm: **Join CTM:** Make Cwm Taf Morgannwg Your Future: Meet our staff, learn about the 200+ professions we offer and find out what it's like to work for us. We're looking for people who can help us make a difference



Sunday - 4/8/24
Living well for you and your family

10am: **Movement on the Maes:** Fun 60 second activity challenges for all the family
12noon: **Nutrition Awareness:** Interactive activities exploring the amount of sugar in food and drinks
2pm: **Your Wellbeing:** Activities encouraging the **5 Ways to Wellbeing**
3pm: **Your Sexual Health Matters:** Come along and talk to our team

Our Public Health Team will be available all day to discuss a range of topics including nutrition, Help Me Quit smoking support and immunisations, to keep you and your family healthy and happy



Monday - 5/8/24
Staying well while waiting for treatment

Working with You for Better Health Outcomes: What Matters Most to You?
10am: **An introduction to meditation with Dr Liza**
1pm: **Organ Donation in South Wales - Leave them Certain:** 2 minutes now could save up to 9 lives, Come and talk to us
2pm: **Join CTM:** Make Cwm Taf Morgannwg Your Future
Expert advice, tips and tools to support with:
• Pain Management
• Stress Management
• Physical Activity
Talk to our health professionals and wellness coaches



Tuesday - 6/8/24
Supporting families right from the start 0-18 years: Help for early years and school aged children

10am: **Baby Massage demonstration**
11am: **Managing child hazards, including choking**
12noon: **Feeding your baby**
1pm: **Ask the experts:** Midwives, Health Visitors and School Nurses
2pm: **Let's Talk Teeth with the Designed to Smile Team:** Oral health support for your child, and the wider family (demonstrations on teething, tooth brushing, weaning, dummies and bottles, healthy snacks for your teeth, visiting the dentist)

Selfies with Dewi the Dragon, the national mascot, and receive a free dental pack!



Wednesday - 7/8/24
Developing well as children

All day: **Build your knowledge of supporting your child's health and development.** From learning about physical activity and healthy eating, to oral healthcare and communication – information and interactive activities for your family.

Talk to our experts



Thursday - 8/8/24
Living well as adults

All day: **A day dedicated to the tools for living well and thriving in life:** What to eat to stay healthy, mental health and wellbeing, physical activity... and so much more!

Put your questions to our experts. Our specialists will be offering FREE cardiovascular advice on our stand as well!



Friday - 9/8/24
Beat the bugs

Test your knowledge of how bacteria spreads during these interactive sessions for all the family
10am: **Super Sneezes**
12noon: **Horrid Hands**
2pm: **Microbe Mania**

Talk to our Infection Prevention experts



Saturday - 10/8/24
Ageing well with confidence

All day: **Falls prevention:** How to spot and deal with a hazard, foods to stay strong. **Are you worried about Dementia?** Would you like to know more? We're here to help.

Talk to our Therapies experts

