



Sandville
Self Help Foundation

If you, a family member or friend
have been diagnosed with a life limiting
or life changing condition...

Come and join our many support days!



Supporting people with life limiting and life changing conditions

The Sandville Self Help Foundation is a charity overlooking the Porthcawl coastline. You can meet people from across Wales who are going through similar experiences. It is a safe place where you can make positive changes to your physical, psychological and emotional well-being.

We offer set days for specific conditions and would like to offer a warm welcome to those individuals who have been diagnosed with life limiting and life changing conditions including but NOT limited to:

Parkinson's

When? Tuesdays @ 9am - 4pm

Cancers

When? Wednesdays @ 10am - 4pm

Multiple Sclerosis, Motor Neurone Disease, Muscular Dystrophy, Stroke, Brain Injuries, Complex Pain, Respiratory Conditions & more

When? Thursdays @ 10am - 4pm

Dementia & Frail Older Person's Cafe

When? Fridays @ 11am - 2pm

The trained and experienced team at the Sandville Self Help Foundation aim to:

- Provide individuals and family members with an opportunity to meet and give mutual support around a diagnosis and treatment.
- Provide an opportunity for individuals to attend sessions within the Gym & Mobility Suite and Wellbeing Studio including Yoga, Relaxation, Tai Chi, Pilates, Chair Exercises, Circuits and Sandville's Parkinson's Warrior Classes.
- Provide individuals with an opportunity to use the Hydrotherapy Pool to assist in rehabilitation, improving mobility and maximising independence.
- Provide individuals with an opportunity to access Complementary Therapies including Reflexology, Reiki, Acupuncture and Hypnotherapy used in the management of pain, anxiety, difficulty in sleeping and more.
- Provide hairdressing and beauty advice pre and post chemotherapy and other treatments.
- Provide safe access to our Sensory Garden and gardening opportunities.
- Share practical information and signpost to other support services.

Evening Support Groups



Please contact the Sandville Self Help Foundation for more information on any of our services.

You don't need an appointment or a referral,
we will assess your needs and offer services to
those who meet the charity's criteria.

We do not receive any government funding
and rely on your generous donations.

Make a
difference
today!



Scan me!
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@SandvilleSelfHelpFoundation

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Registered with
FUNDRAISING
REGULATOR

Registered charity no: 517899