Who are we... Me, Myself and I is a ‘Community Friendship Club’ and was formed in July 2013 to provide emotional support, reassurance and opportunities for the person and or their family living with memory loss to socialise in a relaxed and friendly setting.

At our charity venue based in Briton Ferry our Community Friendship Club offers companionship, along with a variety of different activities such as painting, art group, music, singing, crotchet, quizzes, jigsaws, home cooking, table top games, karaoke, bingo or a popular, gentle, fun session called ‘Sit and Stretch’ to music.... or some people simply just enjoy sitting and relaxing in our cozy sofa area having Coffee, Cake and a Chat.

We have our own small library corner with an assortment of local Neath Port Talbot books and different people kindly come along to give small talks on different local topics and areas which have proved to be very interesting for all.

For the more adventurous we offer in our sports hall a variety of fun activities such as indoor bowls, skittles, badminton or you may even like to try our indoor bicycle with our Happy Heart - Friendship Group

Or take part in our Wednesday Walking Group which is popular for some people especially the afternoon tea and cakes on return......

Whatever you choose to do you we offer friendship and reassurance along with fun and laughter. We understand that for the family and person living with memory loss attending for the first time can be a big step to take and be anxious for all concerned. If you would like a member of our volunteer group to come out to meet you first, please ring us and let us know as this often is the first step that people need to feel welcome and feel part of our Community Friendship Club. We look forward to hearing from you....

Community Friendship Club offers a drop-in club every Tuesday and Wednesday 2pm -5 pm. Cost £ 5 which includes light refreshments

Thursday Day Break 10 am – 4.30 pm offers ‘Day Break’ support provision which also includes return transport to charity base, lunch menu and refreshments.

All-inclusive cost for the ‘Thursday Day Break’ support - £49.00

Journeys that exceed 12 miles each way to ‘Thursday Day Break’ support will incur an extra 43 p per mile.

If you would like further information:

Please complete and return your details for us to contact you
# Details of person attending

First Name ______________________ Last Name ______________________
Address _______________________________________________________________________
Contact Telephone number ________________________________________________

# Alternative contact details

First Name ______________________ Last Name ______________________
Relationship ________________________________________________________________
Address _______________________________________________________________________
Contact Telephone number ________________________________________________

Please complete the attached and return to:

Me, Myself & I Club  
Parc Newydd,  
Briton Ferry  
Neath  
SA11 2UP

Or alternatively contact via telephone or email.

Ring 01639 812528 on Tuesdays, Wednesdays or Thursdays only or 07970318115 to speak to Anita or email us at: info@me-myself-and-i-club.co.uk

For urgent communication either email us or Facebook message us and we will aim to come back to you within 24 hours