



# Me, Myself & I

## Community friendship

*Supporting the community since 2013*

"Me, Myself, I & I Neath Port Talbot" (MMI) is a registered charity based in Briton Ferry, within the Neath Port Talbot borough of South Wales. Since July 2013, we have been dedicated to providing specialised support for individuals living with dementia, as well as opportunities to foster companionship within our community.

We offer assistance to individuals through the following services:

## Our Services

### Friendship Groups – Briton Ferry

Join our relaxed and welcoming drop-in sessions in Briton Ferry:

When: Tuesday to Thursday

Times:

- Morning: 10:30 am – 12:30 pm
- Afternoon: 2:00 pm – 4:00 pm

Activities include arts and crafts, quizzes, bingo, bowls, and more.

Or just enjoy a cup of tea and a friendly chat.

Cost:

- Guests: £6 (includes light refreshments)
- Relatives/Carers: £2.50

We also have outreach centres running throughout 2025 – contact us for information

### Daybreak Provision – Briton Ferry

A longer-stay experience with tailored care and companionship:

Features:

- Help with personal care and medication support
- Friendly, trained staff and volunteers
- Care plans designed just for you
- A welcoming and social environment

When: Tuesday to Thursday

Pricing options:

- Full Day (9:30 am – 4:00 pm): £75

This includes breakfast, 2-course lunch, afternoon tea, and activities

- Half Day (9:30 am – 1:30 pm or 12:00 pm – 4:00 pm): £50

This includes breakfast or afternoon tea and lunch, and tailored activities.

If you are visiting for the first time and feel nervous, we can come to meet you first. Just give us a call!

### Friendly Faces

For family, carers, and the wider community. Support includes:

- One-to-one sessions (phone, video call or in-person)
- A Care Partner Toolkit – handy reference guide
- Signposting to other services
- Access to MMI services

### Volunteer, Training & Employment

We support both newcomers and current professionals in social care.

- Accredited training courses
- Employment pathways
- Ongoing career development

### Room Hire at the Community Hub

Need a room for a meeting or group activity? We have several spaces to choose from!

### Direct Payments Support

Suitable Persons Service

If you receive direct payments, we can help you:

- Manage paperwork and payments
- Find a suitable personal assistant
- Access guidance and support



Please complete the referral form overleaf if you interested in any of the support we can offer.



**Contact Us**



[www.mminpt.co.uk](http://www.mminpt.co.uk)



01639 812528



[info@mminpt.co.uk](mailto:info@mminpt.co.uk)



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# Referral Form

## Services of Interest

Please tick the boxes below to indicate your interest and whether the service is for you or someone else.

Service	Myself	On behalf of someone
Friendship Groups	<input type="checkbox"/>	<input type="checkbox"/>
Daybreak Provision	<input type="checkbox"/>	<input type="checkbox"/>
Direct Payments Support	<input type="checkbox"/>	<input type="checkbox"/>
Training & Employment	<input type="checkbox"/>	<input type="checkbox"/>
Volunteer Opportunities	<input type="checkbox"/>	<input type="checkbox"/>
Room Hire	<input type="checkbox"/>	<input type="checkbox"/>

## Your Contact Information

First Name:  Last Name:

Address / Organisation:

Phone Number:

Email Address:

Your Relationship to the person (if referring someone):

### If You Are Referring Someone Else

Person's Name:  Known as:

Area Living:

Additional Information (e.g., mobility, personal care, medication needs):