

MID POWYS MIND Bulletin July - August 2018

Knighton Friday Group

At the Offa's Dyke Centre

1 - 3pm every Friday

July 6th -	Talk from Care and Repair	£1
July 13th -	Tea and cake at Milebrook House, Knighton (pay for own)	
July 20th -	Cake Decorating with Lou's Baked Treats	£2.50
July 27th -	Powys Dance	£4
August 3rd -	Paint a Poppy for Centenary Remembrance	£1.50
August 10th -	Decoupatch £2.50 Bring your chalk painted item or alternative for the base	
August 17th -	Trip to Shobdon Airfield, buy own refreshments	
August 24th -	Powys Dance (TBC)	£4
August 31st -	Quiz	£4

Welcome!

We would like to say a big welcome to new staff members Shaun Griffiths (LGBTQ+ support worker) and Dawn Clifford (Active Monitoring Practitioner) who have both been volunteers with us for a while. Welcome to the team guys!

Legal advice service

- available to all -

Free half hour slots with Geraint Jones & Co. on any matter for basic advice with no obligation to take the matter further or use the same solicitor.

Call 01597 824411 for an appointment.

Builth Community Group

In Wesley Church Centre, Hospital Rd

2 - 4pm every Thursday *EXCEPT 12.30 - 2.30pm on first Thursday of every month

July 5th -	Lunch	£4
July 12th -	Talk from the Police and Fire Service	£1.50
July 19th -	Visit from Care and Repair	£1.50
July 26th -	No Group	
August 2nd -	Bring and Share Lunch at Cynthia's, Everyone to bring a plate of food to share	
August 9th -	Visit to Llandrindod Bowls Club, Pay for own refreshments	
August 16th -	Poppy Painting for the Royal British Legion Pictures to be donated to the Royal British Legion	£1.50
August 23rd -	Visit Llandrindod Victorian Festival, Pay for own refreshments	
August 30th -	Game Session	£1.50

LGBTQ+ Group

Open to anyone who identifies as LGBTQ+ and their family and friends. With guest speakers, trips and other activities.

Meeting on the 2nd and last Wednesday of every month 5:00-7:00 in the Wellbeing Centre.

www.facebook.com/MPMLGBTQ for details or email lgbtq@midpowysmind.org.uk

Wellbeing Centre Opening times

	10:30 - 12:30	12:30 - 2:30	5:00 - 8:00
Mon	Drop In		
Tues	Memory Cafe		Drop In
Wed	Lunch £3 Drop In	Photography/ Computer Help	
Thurs	Drop In	Music Group	
Fri	Drop In Food Pickup	Drama Workshop	

Mums Matter Peer Support

A support group for mums who have completed the Mums Matter course.

Running on the first Tuesday of every month in the Wellbeing Centre, 10 until 12.

Ring the office for more information

Radnor Fringe Festival

For the second year in a row, Mid Powys Mind members from the Wellbeing Centre performed at the Radnor Fringe Festival. There was comedy, drama, music and more comedy from our incredibly talented members, volunteers and staff. The performance was a big hit last year and didn't disappoint this year! This years performance was dedicated to Tracey Lambert.

Recovery Drop In

1:1 sessions available with our recovery workers on a Drop-In basis. Every Thursday 10:30-12:30, and every Tuesday 5:00 to 8:00.

Also there is a recovery Drop in on every 3rd Monday of the month from 1:00 - 3:30 at the Arches in Rhayder.

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Youth Service

A weekly group for those aged between 16 and 25. Every Thursday 6:30 to 8:30 in the Wellbeing Centre. Please see: www.facebook.com/midpowysyouth for more up to date information.

Mums Matter

New courses will be starting in September please email mums@midpowysmind.org.uk

Memory Cafe

The Wellbeing Centre

10:30 - 12:30 every Tuesday

For people with Dementia and their carers

- 3rd July- Tennis, meet at the courts near the Indoor bowling club at 10.30
- 10th July- A talk on the Welsh Ambulance Service by Matthew James
- 17th July- Ellan Valley meet at the visitors centre 10.30 till 12.30
- 24th July- Programme Planning & a cuppa
- 31st July- A talk from Heather Wenban Powys Teaching Health Board
- 7th August- Indoor Bowling Club meet there at 10.30am
- 14th August-Trip to Gilfach 10.30 till 12.30 transport arranged from Mind wear suitable foot wear and clothing
- 21st August-Driving Range at the Golf Club meet there at 10.30am
- 28th August-A walk around the Rock Park & cuppa at the cafe

For further information please just give us a call on 01597 824411

Or email vo@midpowysmind.org.uk

Craft group

Every Tuesday in the training room at Mid Powys Mind: 10:30 - 12:30

Art group

Every Thursday in the training room at Mid Powys Mind: 10:30 - 12:30

Mid Powys Mind

T: 01597 824 411

E: admin@midpowysmind.org.uk

W: www.midpowysmind.org.uk

My Generation

A new FREE course for those over 50 to look after their Wellbeing, and an introduction to some of the groups already running. Starting in Presteigne in September.

Counselling Service

The sessions are held at Mid Powys Mind in a private and quiet room. Each session lasts 1 hour. There is maximum of 12 sessions per person. It is FREE but we welcome donations. Our experienced counsellors are either working as professionals or finishing their studies and are registered with the BACP.

Ring 01597 824411 for an appointment

Training

Our Training for the Spring/Summer has now come to an end, new courses will be available in the Autumn/Winter

Tai Chi

5.30 to 7
Every Monday

Celf, Tremont Rd
Llandrindod Wells
£3 per session payable
at venue

Complimentary Therapies

Reiki is available via appointment, there are 4 sessions a month available. Two on the first Friday of the month, and two on the third Friday of the month. Available for both one off bookings and reoccurring treatments.

If you would like to make an appointment please contact the office. Email:

Admin@midpowysmind.org.uk or call 01597 824411

Art and Craft Groups

A new program of courses will be released soon, we will be running the courses throughout the year.

Job Centre Drop-In

Every 2 weeks between 9:30 - 10:30am
Check with the office for dates.

