

MID POWYS MIND Bulletin January - February 2018

Knighton Friday Group

New venue - Offers Dyke Centre
1 - 3pm every Friday

Jan 5th -	Encaustic Art	£2.50
Jan 12th -	Painting with Chalk	£2.50
Jan 19th -	Visit from Healthy Friendships Boccia and other games	£2.50
Jan 25th -	Powys Dance	£4
Feb 2nd -	Decoupage and Program planning (Bring a jar or container)	£2.50
Feb 9th -	Meal at the Horse and Jockey	
Feb 16th -	Powys Dance	£4
Feb 23th -	Jayne from Tesco visit	£1

Builth Community Group

In Wesley Church Centre, Hospital Rd
2 - 4pm every Thursday *EXCEPT 12.30 - 2.30pm
on first Thursday of every month

Jan 11th -	Beetle Drive	£2
Jan 18th -	Hand Massage	£3
Jan 25th -	Nail painting and reflexology Decoupage	£2
Feb 1st -	Lunch and Program planning	£3
Feb 8th -	Bingo	£3
Feb 15th -	Jayne from Tesco visit	£1
Feb 22th -	Salt Dough	£2

Wellbeing Centre Opening times

	10:30 - 12:30	12:30 - 2:30	2:30 - 4:30	5:00 - 8:00
Mon	Drop In	Creative Writing		
Tues				Drop In
Wed	Lunch £3 Drop In	Photography/ Computer Art		
Thurs	Drop In	Music Group	Memory Cafe	Drop In
Fri	Drop In Food Pickup	Drama Workshop		

Stand up for Wellbeing

A PAVO event giving people an opportunity to engage with, and influence decision makers about mental health in Powys. For more information, contact PAVO directly. This event will be in the Wellbeing Centre on the 6th of February 1:00-3:00.

Mid Powys Mind

Tel: 01597 824 411
Email: admin@midpowysmind.org.uk
www.midpowysmind.org.uk



Mid Powys

Trefonnen Drop-In

Every Tuesday morning from 11:00 to 12:30 at Trefonnen community school.

New Staff

we would like to welcome Claire Heeley as the Recovery & Group support wokrr starting in January

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.

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 Tuesday of every month,

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

Thank You!

Mid Powys Mind would like to say thank you to all who supported and raised funds for us throughout the year, as well as a thank you to Tescos for supplying the turkey for the Wellbeing centre Christmas lunch.

Art Workshops with Sorrel 10-1

18th Jan - Six Must Know Painting Techniques
22nd Feb - Mixed Media - With Sorrel

Craft Workshops with Alex Allpress 10-1

13th Feb - Clay workshop - Alex Allpress

There is a charge of £4 for each workshop payable when booking onto the course.

Integrated Autism Service

This service is no longer running from Mid Powys Mind, and will instead be running at Trefonnen Community School.

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Embracing Individuality

Now running twice a month!

A group for adults on the autistic spectrum or who think they might be. Meeting in Mind Powys Mind's Training Room
10.30 - 12.30pm.

Second and forth Friday of every month,
For more details email
health@midpowysmind.org.uk

Mums Matter

We are running two courses for mums in the perinatal period this January, one in Builth and one in Llandrindod, for further information, please email mums@midpowysmind.org.uk or call Tracy on 07960271696.

Memory Cafe

The Wellbeing Centre

2.30 - 4.30pm every Thursday

For people with Dementia and their carers

January 4th- Cuppa and chat after the festive season.

January 11th- A talk with Anne Clarke and Armchair Exercises.

January 18th- A talk from Barbara Brown and program planning.

January 25th- Jayne from Tesco with a tasting session.

February 1st- Skittles at the British Legion meet there.

February 8th- A talk from Lisa from Healthy Friendships.

February 15th- A walk around the lake and a drink in Lakeside.

February 22nd- Hand massage and footbath with Lucy A'Bear.

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

Hearing Voices Peer Support Group

Running every 2nd and 4th Thursday of the month from 2-4pm at Mid Powys Mind. Offering a safe and supportive environment for those who hear voices or have visions.

Please call 01597 824411 for more information

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

Spring/Summer Training

LGBTQ+ awareness talk	1 February 1.30 - 3.30pm One session	Mid Powys Mind Llandrindod Wells Free
Mental Health Awareness	Monday 5 February 10am to 1.30pm One session	Mid Powys Mind Llandrindod Wells Free
Tai Chi	Starting Mon 19 February 5 - 8pm On-going course	Celf, Tremont Rd Llandrindod Wells £3 per session payable at venue
Anger Management	21, 28 Feb & 7 March 1 - 4 pm Wednesdays 3 week course	Mid Powys Mind Llandrindod Wells £5 refunded booking deposit
Managing Depression	14, 21 & 28 March 1 - 4pm Wednesdays 3 week course	Mid Powys Mind Llandrindod Wells £5 refunded booking deposit
Building Self Worth	11, 18 & 25 April 1 - 4pm Wednesdays 3 week course	Mid Powys Mind Llandrindod Wells £5 refunded booking deposit
Mums Matter - tools to help with post natal depression & anxiety	May 2 six week courses	Builth & another area TBC Free
Stress & Anxiety Management	9, 16 & 23 May 1 - 4pm Wednesdays 3 week course	Mid Powys Mind Llandrindod Wells £5 refunded booking deposit
Managing Depression	4, 11 & 18 June 5 - 8pm Mondays 3 week course	The Meeting Room Presteigne Assembly Rooms, Presteigne
THRIVE	4, 11, 18, 25 June & 2 July 1 - 4pm Mondays 5 week course	Mid Powys Mind Llandrindod Wells £5 refunded booking deposit
Mental Health First Aid	3 & 4 July 9.15am to 4pm 2 day course	Presteigne Assembly Rooms Free

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.

Admin@midpowysmind.org.uk
01597 824411