

MID POWYS MIND Bulletin March - April 2018

Knighton Friday Group

At the Offers Dyke Centre
1 - 3pm every Friday

March 2 -	Pamper session	£3
March 9 -	Easter Bingo	£2
March 16 -	Decorated Eggs	£2.50
March 23 -	Lunch at the Burton, Kington	
March 30 -	NO GROUP (Good Friday)	
April 6 -	Encaustic art and Programme Planning	£2
April 13 -	Quiz	£1.50
April 20 -	Painting with Chalk (everyone to bring a wooden box, photo frame, mirror etc to be painted)	£2.50
April 27 -	Powys Dance	£4

Builth Community Group

In Wesley Church Centre, Hospital Rd

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

March 1 -	Lunch	£4
March 8 -	Crocheting	£2
March 15 -	Decorated Stain Glass Eggs	£2
March 22 -	Speaker (to be arranged)	
March 29 -	Decorated Eggs	£2.50
April 5 -	Lunch and Programme Planning	£4
April 12 -	Cards and Games	£2
April 19 -	Decoupatch	£3
April 26 -	Bring an old box, photo frame etc to cover Food Demonstration at Ashfield, Leaving Wesley at 1.45pm	

New Staff

We would like to Welcome Lorna Jones as our new Youth Worker! Please keep an eye on the Youth Group's Facebook page for further updates.

<https://www.facebook.com/MindPowysYouth>

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

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	
Fri	Drop In Food Pickup	Drama Workshop		

Mindfulness

A peer support group for people who have previously attended a mindfulness course.

Thursday Evenings 5:30-7:00pm

Sessions are held at the Quaker Meeting House, Llandrindod Wells.

£2:00 suggested donation per session.

Tea and coffee will be available.

Bring your own mat/blanket/cushion if required.

For more information or to register for the course please contact:

Mid Powys Mind on 01597 824 411 or claire@midpowysmind.org.uk



Mid Powys

Mid Powys Mind

Tel: 01597 824 411

Email: admin@midpowysmind.org.uk

www.midpowysmind.org.uk

Mums Matter Peer Support

A new peer support group starts in the well being centre first Tuesday of the month 10 till 12 from 6th march.

For mum's that have attended the mums matter course.

Recovery Drop In

1:1 sessions available with our recovery workers on a Drop-In basis. Every Thursday 10:30-12:30 at the Wellbeing Centre.

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Embracing Individuality

Every 2nd Friday of the 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.

Mums Matter

New groups for Mums in the Perinatal period running soon, please email mums@midpowysmind.org.uk or call Tracy on 07960271696 for more information.

Memory Cafe

The Wellbeing Centre

2.30 - 4.30pm every Thursday

For people with Dementia and their carers

1st March

Hand massage & footbath with Lucy A'Bear

8th March

Visit to Tesco for tea & cake meet there at 2.30

15th March

Card Making and Exercise

22nd March

Talk from Carol Hay from PAVO Health and Social Care

29th March

Programme Planning and Board Games April 2018

5th April

Trip to Llandrindod Wells Museum 2 till 4 meet there

12th April

Singing with Instruments and Exercises

19th April

Large games Connect 4, Jenga and Dominoes

26th April

Trip to Ashfield food demonstration meet there 2 till 4

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

Or email vo@midpowysmind.org.uk

Job Centre

Drop-In

Every 2 weeks from the 6th of March 9:30 - 10:30

Check with the office for dates.

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

Tai Chi	5:30 to 7 Every Monday	Celf, Tremont Rd Llandrindod Wells £3 per session payable at venue
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
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

Booking Essential

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

Tai Chi

We have a new tutor - Lisa Gardener leading the sessions starting from the 5th March. She will be leading the sessions every other week, with volunteers leading the sessions in between. The sessions cost £3 and are held at Celf every Monday 5:30 to 7. Everyone is welcome to join.

