

Knighton Friday Group

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

November 3rd -	Boccia	£3
November 10th -	Consequences Game (with Bernadine)	£1.50
November 17th -	Jewellery Making	£2.50
November 24th -	Powys Dance	£4
December 1st -	Programme Planning and Christmas Bingo (everyone to bring a small, wrapped prize)	£1.50
December 8th -	Christmas Table Decorations	£3
December 15th -	Christmas Dinner - Meet at The Horse and Jockey Inn, Knighton 12.30pm for 1pm	
December 22nd -	No Group	
December 29th -	No Group	

Trefonnen Drop-In

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

Reiki Sessions

3rd Friday of the Month.
12:00 and 1:00
To book your session
please
call 01597 824411

Builth Community Group

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

November 2nd -	Lunch	£4
November 9th -	Invest in Your Health Course	£1
November 16th -	Christmas crafts	£3
November 23rd -	Invest in Your Health Course	£1
November 30th -	Invest in Your Health Course	£1
December 7th -	Christmas High Tea, everyone bring a plate of food	
December 14th -	Christmas Flower Arranging	£3
December 21st -	Christmas Dinner at the Wellbeing Centre, Llandrindod. Meet at Wesley at 12:00	£5
December 28th -	No group	

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	Drop In
Fri	Drop In Food Pickup	Drama Workshop		

Wellbeing Centre Christmas Meal

on the 21st of December at 12:30, the cost is £5. For more information or to book your meal, please email vo@midpowysmind.org.uk

Mid Powys Mind

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



Mid Powys



Big Lottery Fund

We are very pleased to announce that we have been successful in our bid to the Lottery for three years to enable us to continue to employ Tim Skelcher, and another full time worker, so Mid Powys Mind will be able to continue and expand its one to one support for people within their own homes, at the Wellbeing Centre and in the community. The project will also see more support groups established, a new peer support project and the continuation of our training provision. This new project will start in January - more information in the next bulletin!

Wellbeing Centre Opening Times

Mid Powys Mind will be open the following hours over Christmas:

25th December -	Closed
26th December -	Closed
27th December -	Open from 12:30 - 2:30
28th December -	Open from 12:30 - 2:30 and 5:00 - 8:00
29th December -	Open from 12:30 - 2:30
1st January -	Closed
2nd January -	Usual Opening Hours

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

Embracing Individuality

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 Friday of every month

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 07950271696.

Counselling Service

The opportunity to talk to an experienced counsellor without fear of being judged.

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

Chair of Mid Powys Mind

Thank you so much to Jill Dibling who has been the Chair of Mid Powys Mind's executive board for many years and recently resigned at the AGM where Alistair Reid was then voted as our new Chair. Our Vice Chair is Barbara Warner. Jill remains on the Board along with Isobel Millard, Sian Ledbury and Jane Jarvis.



Changes to Evening Opening

From January there will no longer be an evening service in the Wellbeing Centre on a Thursday. The Tuesday evening service will continue to be open every Tuesday from 5-8pm. So the last Thursday will be 28th December. This is because our current funding for this service has come to an end.

Memory Cafe

The Wellbeing Centre

2.30 - 4.30pm every Thursday

For people with Dementia and their carers

- 2nd Nov - Armchair Exercises and Singing
- 9th Nov - Ashfield Trip, 2:00 until 4:00 (meet at Ashfield)
- 15th Nov- Trip to Gilfach, 2:00 until 4:00 Transport arranged
- 23rd Nov- Plant pot painting and a quiz
- 30th Nov- Planting bulbs and Programme planning
- 7th Dec- Armchair Exercises and Games
- 14th Dec- Trip to Three Cocks Garden Centre Shared transport
- 21st Dec- Christmas lunch at the Wellbeing Centre, at 12:30, cost of £5
- 28th Dec- Closed for Christmas

For further information please just give us a call on 01597 824411
Or email dementia@midpowysmind.org.uk

Intergrated Autism Service

Starting on 10th November there will be a group running every Friday between 11 and 1. The service is aimed at helping the family and carers of those with Autism. For more information call the office or email info@midpowysmind.org.uk

New staff

Caroline Stanley has been employed as our Dementia Worker from the 1st of November, we would like to thank Jane Jarvis for all her commitment and hard work she gave for the group as a volunteer

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

