

## Wellbeing Centre

The Wellbeing Centre offers an informal service, open to all. We provide information, support, social activities, groups and volunteering opportunities.

## LGBTQ+ Support Group

Open to anyone 16+ who identifies as LGBTQ+ and their family and friends. Offers discreet and confidential peer support and advice, as well as activities and opportunities in a no pressure support group.

2nd & last Wednesday of the month 5 to 7pm Wellbeing Centre

## Tai Chi Group

Every Monday (apart from Bank holidays) 5:30 to 7pm at Celf. Each session is £3 and paid at the venue. The sessions are alternately led by the tutor and by peers.

## Craft and Art Groups

Craft group runs every Tuesday 10:30 to 12:30 and Art group runs every Thursday 10:30 to 12:30 in Llandrindodd.

## Legal Advice

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

## Volunteering

At Mid Powys Mind we offer many opportunities to volunteer in a variety of areas

## Active Monitoring

Offering 1:1 support over 5 sessions with a trained practitioner offering CBT based information and support, ask your GP for a referral. It is available by GP referral in mid-Powys surgeries.

## Youth Group

Peer support and opportunities to engage in activities that will bring about more positive wellbeing. Open to all those aged 16 to 25. Every Thursday 5:30-8:30 at the Wellbeing Centre.

## Training

Recently we have run courses in:

- Managing Stress & Anxiety
- Anger Management
- Mental Health First Aid
- Confidence Building
- Assertiveness
- Mental Health Awareness.

We can also run all the above training (and more) for organisations.



T: 01597 824411

E: [admin@midpowysmind.org](mailto:admin@midpowysmind.org)

W: [www.midpowysmind.org.uk](http://www.midpowysmind.org.uk)

Registered Charity: 1167840

## Dementia Service - Memory Cafe

A weekly service supporting people with dementia and their carers. Including monthly speakers, information & signposting, activities, refreshments and support.

Tuesdays 10:30 to 12.30 at the Wellbeing Centre.

## Counselling

Offering free 1 hour counselling sessions with BACP registered counsellors for a maximum of 12 sessions. Held in Llandrindod Wells

## Community Outreach Groups

Mid Powys Mind holds informal, social, groups in Builth Wells on a Thursday and Knighton on a Friday.

The sessions offer an opportunity to meet other local people and engage in a creative activity, talk, enjoy an excursion to a local place of interest or cook together.

## Mums Matter

Providing training courses and support groups for Mums in the post-natal period. Groups are run throughout Mid Powys.

## Recovery 1:1 Support

Our Recovery Workers, Tim and Claire, provide 1:1 support to those who are facing difficulties and need short term intensive support to take control of their lives. They can see people at Mid Powys Mind, within peoples own homes or in the community.

They also operate the Tuesday evening Drop in, and a drop in service for 1:1 on Thursday mornings 10:30 to 12:30 at Mid Powys Mind.