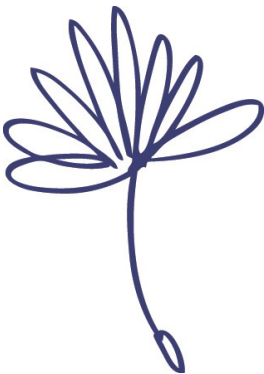


I just want to speak to someone who understands how I feel

If you need information, advice or just someone to talk to.
We are here for you.



Mid Powys Mind

01597 824411

Crescent Chambers

South Crescent

Llandrindod Wells

LD1 5DH

www.midpowysmind.org.uk

Registered Charity Number: 1167840

Our Mission is to improve the mental wellbeing for people in Mid Powys



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Our services are open to anyone who wishes to take care of and improve their wellbeing.



Office Enquiries

9.30 a.m.- 4.00 p.m.
Monday to Friday
Tel: 01597 824411

Website:

www.midpowysmind.org.uk

Email:

admin@midpowysmind.org.uk

Facebook:

facebook.com/midpowysmind

Jo Houlsby
Mary Griffiths
Becca Oakley
Tim Skelcher
Claire Heeley
Caroline Stanley
Lorna Jones
Jo Jones
Tracy Lewis
Anthea Jones
Dawn Clifford
Shaun Griffiths

Operations Manager
Development Manager
Administrator
Recovery and Peer Support Worker
Recovery and Group Support Worker
Wellbeing Co-ordinator
Youth Group Leader
Community Outreach Worker
Mums Matter Facilitator
Active Monitoring Practitioner
Active Monitoring Practitioner
LGBTQ+ Support Worker

Llandrindod Activities

Art Group

Thursdays 10:30 - 12:30pm

Craft Group

Tuesdays 10:30 - 12:30pm

Most materials, skills and lots of encouragement available from experienced and talented volunteers.

LGBTQ+ support Group

A group for anyone who identifies as LGBTQ+.

Meeting 2nd & last Wednesday of the month 5:00-7:00pm at Mid Powys Mind. For more information:

E: lgbtq@midpowysmind.org.uk

F: www.facebook.com/MPMLGBTQ/

REIKI - Complimentary Therapy

Please ring 01597 824411 for free appointments.

Job Centre Drop In

Fortnightly at Job Centre Llandrindod on Tuesdays

Tai Chi

Every Monday (excluding bank holidays) at Celf 5:30 - 7:00

There is a small charge of £3 for each session

The Wellbeing Centre

In Llandrindod Wells

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

The Wellbeing Centre runs activities and a Drop In service which is open to anyone. The Centre is run by trained staff and volunteers who are on hand to help you with anything you need.

For more information about the Wellbeing Centre speak to Caroline on:

Telephone - 01597 824916

Email - vo@midpowysmind.org.uk



Training

Here at Mid Powys Mind we offer a variety of training on anything from Recovery to Anger Management, from Building Self-Worth to Tai Chi. Most of our courses are FREE to attend and are held in our building. If you would like some more information on the courses which are available now, you can email health@midpowysmind.org.uk.

Details of our training course are on the website at www.midpowysmind.org.uk or on our Facebook page (See page 3 for our contact information)



Active Monitoring

Available in all GP surgeries in mid-Powys (Llandrindod, Builth, Knighton, Llanwrtyd, Presteigne and Rhayader). Offering 1:1 support over 5 sessions with a trained practitioner offering CBT based information and support, ask your GP for a referral.

Are things stacking up, are you feeling like it is hard to keep control?

Counselling

We offer 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.

To get on the waiting list just call
01597 824 411

Free 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.

Please ring 01597 824411 to arrange.

Recovery Support

Are you?

- Struggling with your wellbeing
- Feeling like things are piling up and it's hard to take control?
- Feeling stuck?
- Feeling that things could be better?



We are here to help you.

We offer one to one services that can help you:

- Deal with the issues that affect you
- Set goals for the future and plan how to reach them
- Find and access support to help you

We have 2 recovery workers who are available for 1:1 appointments. You can see either Tim or Claire, for a one off appointment or for a series of sessions.

Contact Tim on : 07947106768
Or Claire on : 07949466267
Or email: recovery@midpowysmind.org.uk

There are also recovery drop-ins running in Llandrindod and Rhydyder, please get in touch to find out when these are.

The Memory Cafe

Mid Powys Mind has a weekly service for people with dementia and their carers in the Wellbeing Centre every Tuesday morning 10:30 to 12:30.

The group provides a relaxing space where people can get together and share experiences. We offer a rolling programme of activities, trips and speakers (all decided by the members of the group). We also provide signposting information.

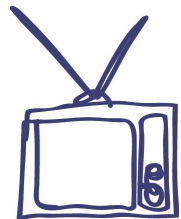
If you would like to get involved in the group please just come along or get in touch with us on 01597 824411 or email vo@midpowysmind.org.uk

16 - 25's Group

Do you feel pressure from your work, education or friends?
Do you feel like you don't fit in?

Do you want to meet young people like yourself in a safe and supportive environment where you can talk about what's bothering you?

Meeting every Thursday, 6:30 - 8:30 in the Wellbeing Centre in Llandrindod.



It is a flexible group so there is no need to commit yourself to anything, if you need some help or just to chat come along! We will be running different activities each week.

www.facebook.com/MindPowysYouth

Activities Beyond Llandrindod!

Come along to our friendly 2 hour sessions for a chance to make new friends and relax whilst taking part in a new activity.

Activities are chosen by members and include cookery, games, arts & craft and trips.

We welcome new participants throughout the year to either of our groups.

Please email outreach@midpowysmind.org.uk if you have any questions.

IN BUILTH WELLS

Thursdays 2:00 - 4:00pm weekly
except on the first Thursday of the month
when we prepare lunch together
from 12.30-2.30pm
Wesley Church Centre
Hospital Road



IN KNIGHTON

THE FRIDAY GROUP

Sponsored by Mid Powys Mind

1:00 - 3:00pm

Every Friday

Held at the Offers Dyke Centre

In Knighton

Do you feel low, anxious or have worrying thoughts and feelings?

Mums Matter can help

We dispel the myths.

We help you manage the everyday.

We help you nurture yourself.

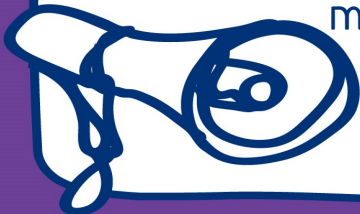
Because being a mum is hard enough.

for women in the perinatal period

To find out more, please
call Tracy on 07960271696

or email

mums@midpowysmind.org.uk



Mums Matter Peer Support Group

A drop-in service for those who have been on the mums matter course. For more information call Tracy on 07960271696.

The drop-in is run by the volunteers from the course. Babies and children are welcome along too.



We're Mind, the mental health charity. We believe no one should have to face a mental health problem alone. We're here for you. Today. Now. We're on your doorstep, on the end of a phone or online. Whether you're stressed, depressed or in crisis. We'll listen, give you support and advice, and fight your corner. And we'll push for a better deal and respect for everyone experiencing a mental health problem.

