

Session Type	Details	Duration	Max attendees	Cost	Extras
Mental Health Awareness	A very brief look at what is mental health, common symptoms and treatment and support options	2.5 hours	10	£300 Including tea & coffee (Our venue is provided free of charge)	Optional lunch @ £6.50 per head
Mental Health First Aid	A comprehensive course which teaches people to recognise & understand a range of symptoms of common mental health conditions and learn how to support people in distress, signposting onto appropriate services	2 days (9:30 - 4:30)	1 Tutor = 14 2 Tutors = 28	£750 £1500 Including venue, materials & tea & coffee	Optional lunch @ £6 .50 per head, per day
THRIVE workshop	A brief introduction to THRIVE: A set of self-management tools to help people manage their mental health and move forward to recovery.	2.5 hours	10	£300 Including tea & coffee (Our venue is provided free of charge)	Optional lunch @ £6.50 per head
THRIVE	This is a comprehensive course covering a set of self-management tools to help people manage their mental health and move forward to recovery.	5 x 3 hour sessions	10 (2 Tutors)	£1500 Including venue, materials & tea & coffee	Optional lunch @ £6 .50 per head, per day Mid Powys Mind are the only trained facilitators of THRIVE in Powys.
Mindfulness	Practice simple Mindfulness techniques, proven to help with stress, anxiety and depression and can have a positive effect on physical health	2.5 hours	10	£300 Including tea & coffee (Our venue is provided free of charge)	Optional lunch @ £6.50 per head

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Assertiveness & Positivity	Learn how to communicate clearly and confidently as a positive way of being listened to	2.5 hours	10	£300 Including tea & coffee (Our venue is provided free of charge)	Optional lunch @ £6.50 per head
Building Self-worth	Understanding self-perception and building self-esteem.	2.5 hours	10	£300 Including tea & coffee (Our venue is provided free of charge)	Optional lunch @ £6.50 per head
Confidence Building	Gaining self-awareness, better communication skills and looking at toxic relationship habits and destructive behaviours.	2.5 hours	10	£300 Including tea & coffee (Our venue is provided free of charge)	Optional lunch @ £6.50 per head
Stress & Anxiety Management	This course teaches ways to avoid stress, build resilience and feel calmer. These simple techniques will also help increase your energy and improve your concentration.	2.5 hours	10	£300 Including tea & coffee (Our venue is provided free of charge)	Optional lunch @ £6.50 per head
Anger Management	Looking at ways to avoid stress, building resilience and ways of promoting both anger free thoughts and anger-freeing actions	2.5 hours	10	£300 Including tea & coffee (Our venue is provided free of charge)	Optional lunch @ £6.50 per head

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Dementia Friends Information Session	Dementia Awareness training	1 hour	10	£150 Including tea & coffee (Our venue is provided free of charge)	Optional lunch @ £6.50 per head
Dementia Carers Peer Support Facilitated Group	A space for carers of people with Dementia to come together to talk about the challenges involved in the role, share stories & support each other.	2.5 hours	10	£150 Including tea & coffee (Our venue is provided free of charge)	Optional lunch @ £6.50 per head
Tai Chi	Guided Tai Chi session with a trained tutor	1.5 hours	10	£200 Including tea & coffee (our venue is provided free of charge)	Optional lunch @ £6.50 per head
Yoga	Guided Yoga session with a trained tutor.	1.5 hours	10	£200 Including tea & coffee (Our venue is provided free of charge)	Optional lunch @ £6.50 per head
Relaxation	Guided Relaxation session with a trained tutor	1.5 hours	10	£200 Including tea & coffee (Our venue is provided free of charge)	Optional lunch @ £6.50 per head
Creative Writing	Learn and explore different skills and techniques for self-expression through writing in this tutor led group	1.5 hours	10	£200 Including tea & coffee (Our venue is provided free of charge)	Optional lunch @ £6.50 per head
Craft	Learn new craft skills and create your own unique item to take home (eg needle felted corsage, fairy lantern etc)	2.5 hours	10	£250 Including materials & tea & coffee (Our venue is provided free of charge)	Optional lunch @ £6.50 per head

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Art	Eg. Introduction to watercolours; Exploring self-expression through abstracts; Encaustic wax art; Exploring contemporary art & developing an individual style	2.5 hours	10	£250 Including materials & tea & coffee (Our venue is provided free of charge)	Optional lunch @ £6.50 per head
Cookery	Cook and eat a meal Together around a chosen theme (World cookery; food & mood; cookery on a budget etc)	2.5 hours	10	£250 Including materials & tea & coffee (Our venue is provided free of charge)	
Pamper Day	3 Therapists offering Massage, Reiki & Reflexology (half hour slots all day); Rolling cooking workshop, rolling hand / foot cream workshop.; 1 x 45 minute Mindfulness session	1 Day (6 hours. eg 9:30 - 3:30)	20 @ Mid Powys Mind 30 @ External venue	£1000 £1400 Including venue, materials & tea & coffee	Optional lunch @ £6.50 per head