

Knighton Friday Group

At the Offa's Dyke Centre

1 - 3pm every Friday

Sept 7th	'Building Better Health' Session with Powys Health	£1
Sept 14th	Beetle Drive	£2
Sept 21st	Knighton Museum and Tower House Gallery (pay for own refreshments)	
Sept 28th	Powys Dance	£4
Oct 5th	Glass Painting (bring a jar or glass to paint)	£1.50
Oct 12th	Bring and Buy (please bring any unwanted items, cakes etc to sell. All proceeds to the Group)	
Oct 19th	Lunch at the Discovery Centre, Craven Arms (pay for own lunch)	
Oct 26th	Powys Dance	£4

Are you interested in forming a support group for people coming off psychiatric medication?

We are looking into setting up a support group, if you feel this is something you may be interested in or would like to get involved, please email Mary at health@midpowysmind.org.uk

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.

Builth Community Group

In Wesley Church Centre, Hospital Rd

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

Sept 6	Lunch	£4
Sept 13	Pamper Session	£3
Sept 20th	Visit to Gilwern Garden, Beulah (meet outside Wesley Chapel at 1.30pm)	£5
Sept 27th	Poppy Badge Making	£2.50
Oct 4th	Lunch and Programme Planning	£4
Oct 11th	Visit from Care and Repair	£1.50
Oct 18th	Decorated Jars	£2
Oct 25th	Halloween Biscuits	£2.50

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 Wednesday of every month 5:00-7:00 in the Wellbeing Centre.

www.facebook.com/MPMLGBTQ for details or email

lgbtq@midpowysmind.org.uk

Wellbeing Centre Opening times

	10:30 - 12:30	12:30 - 2:30	5:00 - 8:00
Mon	Drop In	Creative Writing	
Tues	Over 60's Group (from October)		Drop In
Wed	Lunch £3 Drop In	Photography/ Computer Help	
Thurs	Drop In	Music Group	
Fri	Drop In Food Pickup	Drama Workshop	

Mindfulness Walk

Monday 24th Sept at 2.30pm
Meet At Lakeside Cafe for a quick talk on what to expect before the walk. Tea and cake & more mindfulness info at the Wellbeing Centre afterwards.
Free and open to all - Just turn up
Dogs welcome but not in the centre after sorry

!: peer support service

Means you can spend time with someone who also has a mental health difficulty, to do activities, learn new skills or simply talk. Mid Powys Mind will help you to find someone with similar interests and needs, and will help you both to feel safe and supported. Call Tim on 07947106768 or email tim@midpowysmind.org.uk for more information.

AGM and Members day

Our AGM (Annual General Meeting) will be on the 18th of October 2:30 to 6:30 at the Wellbeing Centre, with afternoon tea All are welcome to come and find out about what we have been doing. We want your feedback! What would make you come to members day? What would you like to see? We want to hear from you!

Mid Powys Mind

T: 01597 824 411

E: admin@midpowysmind.org.uk

W: www.midpowysmind.org.uk

Recovery Drop In

Every 3rd Monday of the month from 1:00 - 3:30 at the Arches in Rhayder.

MID POWYS MIND Bulletin September-October 2018

Good Grief

A new group to help people through their feelings of loss and bereavement, providing a safe space with support from others with similar experiences.

1st Monday of the month 3:00 - 5:00
3rd Monday of the month 5:00 - 7:00

Youth Service

6:30 - 8:30 every Thursday in the Wellbeing Centre

6th September - Tye Dye T shirts
13th September - No Group
20th September - Doodle Fun Art
27th September - Group Quiz and Mindfulness
4th October - Giant Games
11th October - Open Night
18th October - Members meeting followed by a movie and a takeaway
25th October - Craft evening and out and about
www.facebook.com/mindpowysyouth

Mums Matter

Rhayader, Carad : Starting on 11th September
Knighton, Leisure Centre: Starting on 12th September.
Contact Tracy on 07960271696 for more information and bookings.

Creative Therapies

Screen Printing 1 Jane Mason	Tuesday 4th September 10:00-1:00	Looking at Artistic and commercial applications of screen printing, we will see how flexible this medium can be
Charcoal Drawing 1 Sorell Matei	Thursday 13th September 10:00-1:00	Learning charcoal drawings techniques
Screen Printing 2 Jane Mason	Tuesday 25th September 10:00-1:00	Design a piece of work and begin the process of breaking down ideas/images into layers and cutting stencils
Screen Printing 3 Jane Mason	Tuesday 9th October 10:00-1:00	Finally the works will come to completion. The base layers laid down from the previous week will be dry and layering can continue
Charcoal Drawing 2 Sorell Matei	Thursday 1 11th October 10:00-1:00	Learning how to draw landscape/townscapes in charcoal
Charcoal Drawing 3 Sorell Matei	Thursday 8th November 10:00-1:00	Learning how to draw portraits in charcoal

Booking is essential

These are sets of progressive workshops, so all workshops in the series must be attended. There is a charge of £4 for each session, all materials are provided by the tutor. Limited to 8 places per course

My Generation

A new FREE course for those over 50 to look after their wellbeing, and an introduction to some of the groups and activities already running. Starting in Presteigne in September.

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

Training Courses

Anger Management	5th, 12th, 19th September 12.30 - 3.30pm Wednesdays 3 week course	Mid Powys Mind Llandrindod Wells Free
My Generation A programme for over 50's to improve wellbeing	7th, 14th, 21st, 28th September, 5th, 12th, 19th, 26th October 10am - 12.00 Fridays 8 sessions	Memorial Hall, Presteigne Free
Tai Chi	Mondays 5.30 - 7pm (except bank holidays) On-going course	Celf, Tremont Rd Llandrindod Wells £3 per session payable at venue
Budgeting Skills	Monday 10th September 9.30 - 3.30 Lunch Provided	Mid Powys Mind Llandrindod Wells Free

For these courses booking is essential.

Building Self Worth	26th Sept, 3rd, 10th October 5 - 8pm Wednesdays 3 week course	Mid Powys Mind Llandrindod Wells Free
Mental Health Awareness	Monday 24th September 9.30 - 1.00	Mid Powys Mind Llandrindod Wells Free
Stress & Anxiety Management	17th, 24th, 31st October 12.30 - 3.30pm Wednesdays 3 week course	Offa's Dyke Centre Knighton
THRIVE	2nd, 9th, 23rd 30th November & 7 December 10 - 1pm Fridays 5 week course	Mid Powys Mind Llandrindod Wells Free

Complimentary Therapies

Reiki is available via appointment, you will be offered 3 sessions, one after the other, each week on a Friday. If you would like to make an appointment please contact the office. Suggested donation £5

Over 60's group

The Dementia group is now no longer running, in its place there will be a new group starting in October for the over 60's. Tuesday mornings 10:30 to 12:30. Ring the office for more information.

Craft group

Every Tuesday in the training room 10:30 - 12:30

Art group

Every Thursday in the training room 10:30 - 12:30