

## Wellbeing Centre

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

## 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.

## 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.

## LGBTQ+ Support Group

Open to anyone 16+ who identifies as LGBTQ+ and their family and friends.

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

## Volunteering

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



## 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.

## Support Group for those who have been on training

In the Wellbeing Centre every other Thursday 2:30 to 4:30. Starting October 4th

## Good Grief

A group for those experiencing or who have experienced grief or loss.

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

## 1:1 peer support

A new service supporting people to find people with similar issues and interests to support each other with help from Mid Powys Mind.

## Reiki

Appointments via booking. Set of 3 appointments available one every week on Fridays

## 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 Bwlth Wells on a Thursday and Knighton on a Friday.

## 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.

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