

Knighton Friday Group

At the Offa's Dyke Centre 1 - 3pm every Friday

Nov 2nd - Poppy Craft - bring a 2L plastic bottle	£2
Nov 9th - Quiz	£1.50
Nov 16th - Games and bingo, bring any games	£1.50
Nov 23rd - Powys Dance	£4
Nov 30th - Christmas Door Wreath demo	£2
Dec 7th - Encaustic Art Christmas Cards	£2.50
Dec 14th - Christmas songs and mince pies	£1.50
Dec 21st - Christmas Meal at the Oak, Presteigne	
Dec 28th - No group, but Offa's Dyke Centre is open	
Group will start again on the 4th of January	

Builth Community Group

In Wesley Church Centre, Hospital Rd 2 - 4pm every Thursday

*EXCEPT 12.30 - 2.30pm on 1st Thursday of the month

Nov 1st - Lunch	£4
Nov 8th - Making Christmas baubles	£2.50
Nov 15th - Making Christmas decorations	£2
Nov 22nd - Xmas Card Making	£2
Nov 29th - Xmas Table Posies with Sue Parry	Cost TBC
Dec 6th - Christmas Lunch	
Dec 13th - Visit Festival of Christmas Trees, Llandrindod	
Dec 20th - Christmas songs and mince pies	£1.50
Dec 27th - No Group	
Group will start again on Thursday 10th January 2018	

Wellbeing Centre Opening times

	10:30 - 12:30	12:30 - 2:30	5:00 - 8:00
Mon	Drop In	Creative Writing	
Tues	Older Members Cafe		Drop In
Wed	Lunch £3 Drop In	Photography/ Computer Help	
Thurs	Drop In	Music Group	
Fri	Drop In Food Pickup	Drama Workshop	



Library bus

Caroline will be on the library bus once a month with advice and information. Next tours: 13th of November and 11th December

Christmas Opening hours

Our office and our groups will be closed with the Wellbeing centre being open on the following hours

Monday 24th December:
12:00 - 2:00

Tuesday 25th December:
Closed

Wednesday 26th December:
Closed

Thursday 27th December:
12:00 - 2:00

Friday 28th December:
12:00 - 2:00

Monday 31st December:
12:00 - 2:00

Tuesday 1st January:
Closed

Wednesday 2nd January:
Open as usual

LGBTQ+ Group

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

!:l peer support service

Mid Powys Mind will help you to find someone with similar interests and needs, and will help you both to feel safe and supported while supporting each other. Call Tim on 07947106768 or email tim@midpowysmind.org.uk for more information.

T: 01597 824411

E: admin@midpowysmind.org.uk

W: www.midpowysmind.org.uk

Good Grief

A group to help people through their feelings of loss and bereavement, providing a safe space with support
 1st Monday of the month 3:00 - 5:00
 3rd Monday of the month 5:00 - 7:00

Merry Christmas and a Happy New Year from all of us here at Mid Powys Mind!



Creative Therapies

Upcycling Clothes 1 Jane Mason	Tuesday 27th November 10:00-1:00	Looking at different sewing techniques, darning, embroidery and appliqué. We will also look at the different ways to use old favourites, making new clothes or bags or
Mandalas 1 Sorell Matei	Thursday 6th December 10:00-1:00	Create your own mandala based on geometry, numbers, and signs, or color a mandala as a meditative process to tap into your creativity and intuition.
Upcycling Clothes 2 Jane Mason	Tuesday 11th December 10:00-1:00	We will either make new clothes out of old, finding the best way to combine the pieces brought in or look at other options like a tote bag or cushion
Upcycling Clothes 3 Jane Mason	Tuesday 15th January 10:00-1:00	Finishing off. Great style is all in the detail.
Mandalas 2 Sorell Matei	Thursday 10th January 10:00-1:00	Progression from session 1

Training Courses

THRIVE A 5 week course every Friday 10am-1pm November 2nd to 7th Dec at Mid Powys Mind
Managing Depression. A 3 week course 12:30 to 3:30 every Wednesday Nov 14th to 28th at Mid Powys Mind.
 Booking for these courses is essential, please ring the office to book.

New Group

A group for people who have attended any of our training courses to come together once a fortnight to share your stories and help support each other with mental health recovery.
 Meeting in the Wellbeing centre every other Thursday afternoon from 2:30 until 4:30 starting on November 15

Booking is essential

£4 for each session, all materials are provided by the tutor. Limited to 8 places

Youth Service

6:30 - 8:30 every Thursday in the Wellbeing Centre
 1st Nov: All Hallows' Wear and lateral thinking/puzzles
 8th Nov: T'ai Chi
 15th Nov: Christmas decorations craft
 22nd Nov: Film or Christmas decorations
 29th Nov: Indoor bowls £3.00
 6th Dec: Giant/Board games
 13th Dec: Five ways to Well being
 20th Dec: Christmas games and prep.
www.facebook.com/mindpowysyouth

Curry and Quiz night

At the Herb Garden for Mid Powys Mind.
 Friday 9th of November at 7pm for 7:30.
 Please ring the Herb Garden to book 01597 823082. Cost is £12.

Christmas Variety Performance

21st of December in the Wellbeing Centre, times are yet to be confirmed. There will be performances from a variety of Mid Powys Minds groups including the Music group amongst others.

Craft group

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

Art group

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



Christmas Dinner

20th December 12:00-1:00,
 £5 per person pay in advance and put your name on the list in the Wellbeing Centre.