

MID POWYS MIND Bulletin January - February 2019

Knighton Friday Group

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

Jan 4th	Games and cards Bring any games you'd like to play	£1.50
Jan 11th	Quiz with Bernadine	£1.50
Jan 18th	Help with smart phones or tablets Please bring along your phone/tablet	£1.50
Jan 25th	Powys Dance	£4
Feb 1st	Talk from Power Up	£1.50
Feb 8th	Craft session TBC	£2
Feb 15th	Pamper Session	£3
Feb 22nd	Powys Dance	£4

Builth Community Group

In Wesley Church Centre, Hospital Rd 2 - 4pm every Thursday *EXCEPT 12.30 - 2.30pm on 1st Thursday of the month

Jan 3rd	No Group	
Jan 10th	Scone Making	£2.50
Jan 17th	Talk from Power Up	£1
Jan 24th	Box making out of old cards	£1
Jan 31st	Pamper Session	£3
Feb 7th	Lunch	£4
Feb 14th	Valentine biscuits	£2
Feb 21st	Games session	£1.50
Feb 28th	Pancake making	£2

Wellbeing Centre Opening times

	10:30 - 12:30	12:30 - 2:30
Mon	Drop In	Creative Writing
Tues		
Wed	Lunch £3 Drop In	Photography/ Computer Help
Thurs	Drop In	Music Group
Fri	Drop In	Drama Workshop



Wellbeing Centre Events

On the 20th Feb 11.30am there will be a talk by Power up! who will be talking about the work they do with helping people with their energy bills.

Complimentary Therapies

Reiki is available via appointment, you will be offered a block of 3 sessions once a week, one after the other. If you would like an appointment please contact the office, Suggested donation £5.

Email: Admin@midpowysmind.org.uk
or call 01597 824411

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

! 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.

Creative Therapies

We will be running two new courses starting from February; Mosaic Making and Atmosphere in Painting. For more information on these, please get in touch. These courses have a small cost of £4 per session.

T: 01597 824411

E: admin@midpowysmind.org.uk

W: www.midpowysmind.org.uk

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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
In The Wellbeing Centre at Mid Powys Mind

In the new year!

From January our Wellbeing Centre will be used by the Syrian refugees on Tuesday afternoons where they will be supported by specialist workers.
In the new year Mid Powys Mind will be raising awareness through pledges that individuals can take in order to prevent suicide and promote better mental health

Craft group

Every Tuesday in the training room at Mid Powys Mind: 10:30 - 12:30

Art group

Every Thursday in the training room at Mid Powys Mind: 10:30 - 12:30



Youth Service

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

3rd of January - No Group.

10th January - New Year Resolutions and Catch Up

17th January - Art Night

24th January - Karaoke

31st January - Pottery

7th February - Games & Quiz Evening

14th February - Art Night

21st February - Team Building

28th February - TBC

www.facebook.com/mindpowysyouth

Drop In Evenings

As discussed with members on members day, due to the low attendance at the evening drop ins on a Tuesday, we are closing the group from January. The Wellbeing centre will be open as usual during the day and if you need support, please call:
the office on 01597 824411 or either
Tim 07947 106768 or
Claire 07949 456267



Training Support 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

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

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.