

Knighton Friday Group

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

1st March	St David's Day Craft	£2
8th March	Planting spring bulbs Everyone bring a plant pot	£3
15th March	Boccia	£2.50
22nd March	Decorated Easter Boxes Bring some old birthday cards to cut up	£2
29th March	Powys Dance	£4
5th April	Easter Needle Felting	£3
12th April	Trip to be confirmed	
19th April	Good Friday – No Group	
26th April	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

7th March	Lunch	£4
14th March	Pampering session	£3
21st March	Games Session	£1.50
28th March	Easter Craft	£2
4th April	Lunch at the Three Cocks Pay for own meal	
11th April	Movement Session with Rosie	£2
18th April	Easter Craft	£2
25th April	Scone 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

T: 01597 824411

E: admin@midpowysmind.org.uk

W: www.midpowysmind.org.uk

Mums Matter

Are you a new mum? Do you feel anxious or have worrying thoughts or feelings?

Mums Matter is 6 weekly sessions in a relaxed and friendly environment with new mums experiencing similar feelings. There is a crèche provided.

2 new courses starting soon:

7th May in Builth 1:30 till 3.30

At the Strand Hall

10th May Llanidloes 10-12 held at the function room.

For more information or if you would like to attend, please contact Tracy at Mums@midpowysmind.org.uk or call 07960271696

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

Buddying

Would you like to get out more and connect with others?

This could include meeting for a chat, share activities or learn something new.

We match people to others with similar interests, and support you to meet safely.

To find out more, contact Tim Skelcher on 01597 824411 or 07947106768 or email tim@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
In The Wellbeing Centre at Mid Powys Mind

Complimentary Therapies

Unfortunately we have had to stop the Reiki service we were recently providing.

If you are interested in volunteering for us and you have skills and qualifications as a complimentary therapist, please get in touch with us at the office on 01597 824411.

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

7th March	No Group
14th March	Lost at Sea!
21st March	Monopoly with Friends!
28th March	Peer Support Launch MRC 6 p.m.
4th April	Film Night
11th April	Tipp It and other games
18th April	Painting and Easter
25th April	Walk Out and About.

www.facebook.com/mindpowysyouth

Side by Side Cymru

Launch Event on Thursday 28th March at 6 p.m. in the MRC Llandrindod Wells. To book your place please contact Lorna on hub@midpowysmind.org.uk
07947 105804

Side by Side Cymru is a project set up to support new or existing community groups both large and small where peer support takes place. We are offering free training/workshops and grants to help your group provide this peer support.

Training Support Group

A group for people who have attended any of our training courses to come together once a fortnight to 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

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.