

## Wellbeing Centre

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

## 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

## 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.

## 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

## Volunteering

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

## Youth Group

Peer support and opportunities to engage in activities. Open to all those aged 16 to 25. Every Thursday 6:30-8:30

## Blended online CBT

Offering 1:1 support over 6 sessions with a trained practitioner offering CBT based information and support via Silvercloud online, ask your GP for a referral.

## 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

## Mums Matter

Providing training courses and support groups for Mums in the post-natal period. Groups are run throughout Mid & North Powys

## Side by Side Cymru

A service, covering Mid and North Powys, providing training and small grants to peer support groups. For information on how to sign up and what's involved visit our website

## 1:1 Support

We have 5 workers who can provide 1:1 support to those who are facing difficulties and need short term intensive support to take control of their lives. Covering Mid and North Powys, they can see people at our offices, within peoples own homes or in the community

T: 01597 824411

E: [admin@midpowysmind.org](mailto:admin@midpowysmind.org)

W: [www.midpowysmind.org.uk](http://www.midpowysmind.org.uk)

Registered Charity: 1167840



## 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

## Buddying

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

## Community Outreach Groups

Mid Powys Mind holds informal, social, groups in Builth Wells on a Thursday and Knighton on a Friday.

## Counselling

Offering free 1 hour counselling sessions with BACP registered counsellors for a maximum of 12 sessions. Held in Llandrindod Wells