

# MID POWYS MIND Bulletin July-August 2019

## Knighton Friday Group

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

July: 5th	Open Gardens, Knighton	£4 entry
July 12th	Visit from The Flower Box	£2.50
July 19th	Aardvark Books & Cafe	
	Brampton Bryan	pay for own refreshments
July 26th	Impelo (Powys Dance),	£4 TBC
Aug 2nd	Visit to The Mill, New Radnor	£2
Aug 9th	Elan Valley Visitors Centre for lunch,	
	pay for own refreshments	
Aug 16th	Jewellery Making	£3
Aug 23rd	Visit to Oakchurch, Hereford	
	pay for own refreshments	
Aug 30th	Impelo (Powys Dance)	£4 TBC

## Mums Matter

A course for mums in the perinatal period experiencing post-natal depression starting in Presteigne leisure Centre 1pm until 3pm starting Tuesday July 2nd for 8 weeks. For more information or if you would like to attend, please contact Tracy at [Mums@midpowysmind.org.uk](mailto:Mums@midpowysmind.org.uk) or call 07960271696

## Builth Community Group

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

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

July 4th	Lunch (afternoon tea)	£4
	will need to know if you are coming in advance to book food	
July 11th	Pamper Session	£3
July 18th	Visit to Wye Lavendar, Rhayader	£4 TBC
July 25th	No Group (Royal Welsh Show)	
Aug 1st	Lunch	£4
Aug 8th	Garden visit, Beulah	£4
Aug 15th	Jewellery making	£2
Aug 22nd	Visit to Victorian Festival Llandrindod	
	pay for own refreshments	
Aug 29th	Games Session	£2

## Peer Support Training

The next peer support training is Tuesday 16th of July at Radnor YFC 11:30am. Booking essential. Contact [hub@midpowysmind.org.uk](mailto:hub@midpowysmind.org.uk) for details. Grants of £250 are available for group leaders who complete the training.

## 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](http://www.facebook.com/MPMLGBTQ) for details or email [lgbtq@midpowysmind.org.uk](mailto:lgbtq@midpowysmind.org.uk)

## 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](mailto:admin@midpowysmind.org.uk)

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

## Online CBT with Silvercloud

This is an On-line, Do It Yourself, CBT package to help with the symptoms of poor mental health.

We can sign you up to the programme, all you need is an email address.

If you are interested, speak to Caroline in the Wellbeing Centre or call the office on 01597 824411.

We also have a tablet you can use to access the service, available in the Wellbeing Centre if needed.

# MID POWYS MIND Bulletin July-August 2019

## Meet the staff:

Mary Griffiths	Development Manager
Jo Houlsby	Operational manager
Becca Oakley	Administrator
Nikki Jones	Project Administrator
Claire Abson	1:1 Recovery and group support worker
Caroline Stanley	Support Worker & Wellbeing Centre Co-ordinator
Tracy Lewis	Mums Matter Facilitator
Tim Skelcher	1:1 Recovery and Peer Support Worker
Lorna Jones	Youth Worker & Peer Support Hub Worker
Abby Sims	Youth Worker
Jo Jones	Outreach Worker
Janet Henderson & Lizzie Cockle	North Powys Support Workers
Shaun Griffiths	LGBTQ+ Worker
Anthea Jones & Jenny Englefield	Blended on-line CBT Practitioners

## New Staff

Dawn Clifford left her post as Blended on-line CBT practitioner early this year, we wish her all the best and are happy that she will be continuing to volunteer as one of our counsellors. Our new on-line CBT practitioner is Jenny Englefield who started in June. Welcome Jenny. As well as this we also have new admin staff member, Nikki Jones, who will be joining us in July as Project Administrator. Welcome Nikki!

## #Ipledge2talk

A new campaign started by Mid Powys Mind and supported by Eluned Morgan and Neville Southall has been launched to help encourage men to talk about their mental health. For more information, videos of the launch and for copies of the pledge, please see Mid Powys Mind's website or [www.iplead2talk.wales](http://www.iplead2talk.wales)

## Good Grief

A support group for anyone experiencing feelings of grief or loss. 1st Monday of the month 3 till 5pm and 3rd Monday of the month 5 till 7pm In the Wellbeing Centre at Mid Powys Mind.

## Thursday Group

A social support group for people who have been on any of our Training courses. Every other Thursday from 11th July 2:30pm-4:30pm.

## Youth Service (16—25)

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

4th July	American Independence-Hot Dogs and Tom and Jerry
11th July	Collage
18th July	Bring 5 fab songs!
25th July	No Group
1st Aug	Toast and Catch Up
8th Aug	Walk and Talk
15th Aug	Jewellery Making
22nd Aug	Bowls or Boules
29th Aug	Day on a plate!

[www.facebook.com/midpowysyouth](http://www.facebook.com/midpowysyouth)

## Montgomeryshire 1:1 support

Two new members of staff will be starting with us as 1:1 workers for North Powys. Janet and Lizzie. For information on this new service please contact [support@midpowysmind.org.uk](mailto:support@midpowysmind.org.uk)

## Mindfulness Group

1:30—3:00 at Mid Powys Mind every Friday. Open to people who have completed a Mindfulness course. Dates will adjust due to demand. If you would like more information please get in touch.