

# MID POWYS MIND Bulletin September– October 2019

## Knighton Friday Group

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

Sept 6th	Decorated Bottles	£3
Sept 13th	Decoupage, bring a wooden item to decorate	£2
Sept 20th	Craft Session with Joan Annetts	£2
Sept 27th	Powys Dance/Impelo	£4
Oct 4th	Pamper Session	£3
Oct 11th	Bring and Buy Coffee Morning	£1
Oct 18th	Cinema Session 'Dark Horse'	£4
Oct 25th	Powys Dance/Impelo	£4

## Mums Matter

Welshpool course: September 10th at the Cowshacc from 1.30 till 3.30

Newtown course: October 1st at Plas Dolerw from 9.30 till 11.30

Llandrindod October 30th times and place to follow.

For more information contact [mums@midpowysmind.org.uk](mailto:mums@midpowysmind.org.uk) or ring 07947106804

## Builth Community Group

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

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

Sept 5th	Lunch	£4
Sept 12th	Relaxation Session with John-Paul	£2
Sept 19th	Making Flapjacks	£2
Sept 26th	John the Magician	£3
Oct 3rd	Lunch	£4
Oct 10th	Visit to Rhayader Crystal Factory, pay for own refreshments	
Oct 17th	Craft Session with Joan Annetts	£2
Oct 24th	Making Chutney - bring a jar	£3
Oct 31st	Decorating Tea Light Holders	£2



## 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. You can also refer yourself to the system via the Silvercloud website.

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.

## Autumn Training 2019

<b>Building Self Worth</b>	4, 11 & 18 Sept 5 – 8pm Wednesdays 3 week course	Mid Powys Mind Llandrindod Wells Free
<b>Managing your Emotions</b>	20, 27 Sept & 4 Oct 10 – 1pm Friday 3 week course	Mid Powys Mind Llandrindod Wells Free
<b>Assertiveness Skills</b>	25 Sept, 2 & 9 Oct 12 – 3pm Wednesdays 3 week course	Mid Powys Mind Llandrindod Wells Free
<b>Hypnosis for relaxing, recharging and healing</b>	1, 8, 15 & 22 Oct 11 – 12:30 Tuesdays 4 week course	Mid Powys Mind Llandrindod Wells Free
<b>CBT for the Symptoms of the Menopause</b>	4, 11 & 18 Oct 10 – 12:30 Fridays 3 week course	Mid Powys Mind Llandrindod Wells Free
<b>Keeping Mentally Fit</b>	16 & 23 Oct 12 – 3pm Wednesdays 2 week course	Mid Powys Mind Llandrindod Wells Free
<b>Supporting People with Mental Health Issues</b>	30th October 5 – 8pm Wednesday One Session	Community Centre Knighton Free
<b>Building Self Worth</b>	6, 13 & 20 Nov 12 – 3pm Wednesdays 3 week course	Mid Powys Mind Llandrindod Wells Free
<b>Mental Health First Aid</b>	12 & 13 November 9.15am to 4pm 2 day course Lunch Provided	Wesley Church Centre Builth Wells Free
<b>Stress &amp; Anxiety Management</b>	27 Nov, 4 & 11 Dec 12 – 3pm Wednesdays 3 week course	Mid Powys Mind Llandrindod Wells Free
<b>Drink and Drug Awareness</b>	17th December 10 – 3pm Tuesday 1 session	Mid Powys Mind Llandrindod Wells Free
<b>Tai Chi</b>	Monday evenings (Time to be confirmed) Just turn up On-going course	Celf, Tremont Rd Llandrindod Wells £3 per session payable at venue



### Booking Essential

Contact: Mid Powys Mind on 01597 824411  
Email: [admin@midpowysmind.org.uk](mailto:admin@midpowysmind.org.uk)

Registered Charity Number: 1167840



Mid Powys

### Good Grief

Due to low demand, this group will finish in Mid September. It will be replaced by the new “Open Minds” Group.

### Youth Service (16 – 25)

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

5th Sept	Walking and Chips!
12th Sept	Let's get crafty
19th Sept	Wii games
26th Sept	Fiddler on the Roof
3rd Oct	Yoga night
10th Oct	Bring a mug night!!
17th Oct	5 Ways to Wellbeing
24th Oct	No Group
31st Oct	Pumpkin carving

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

### Side by Side

Peer Support Showcase Event Friday 11th October at Caer Beris Manor, starting at 12.30 pm with lunch included. Please RSVP to [hub@midpowysmind.org.uk](mailto:hub@midpowysmind.org.uk)

### #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)

### 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.

### Stress. Depression. Anxiety.

Have you beaten these in the past and want to make sure they stay away or stays manageable?

Open Minds is a new group starting on the 7th October for people who are suffering with any of these.

We hope to combine socialising with some practical tips and exercises where everyone is welcome to contribute.

1st Monday of the month 3pm till 5pm  
3rd Monday of the month 5pm till 7pm  
In the Wellbeing Centre at Mid Powys Mind

### 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.