

**“I just want to speak to
someone who
understands how I feel”**

We are here for you



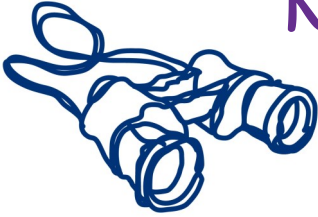
**Mid and North Powys
Canolbarth a Gogledd Powys**

01597 824411

www.mnppmind.org.uk

Registered Charity Number: 1167840

Our Mission is to improve the mental wellbeing for people in Mid and North Powys



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Office Opening Hours

9.30 a.m.- 4.00 p.m Monday to Friday
Crescent Chambers
South Crescent
Llandrindod Wells
LD1 5DH
01597 824411

Website: www.mnpsmind.org.uk

Email: @mnpsmind.org.uk

Facebook: facebook.com/mnpsowysmind

Twitter: @mnpsowysmind

Instagram: @mnpsowysmind

We provide support and advice throughout Mid and North Powys. You do not need a referral to speak to us.

If you have any questions, or would like more information on any of our services - please ring the office and we will be happy to help.

We aim to support people so they can get to a place where they feel they have recovered.



“To help, respect, value, listen to and reassure me so I can learn and get better”

Llandrindod Activities

Art group: Thursdays 10:30 - 12:30pm.

Craft Group: Tuesdays 10:30 - 12:30pm.

Most materials, skills and lots of encouragement FREE!

LGBTQ+ support Group

A group for anyone who identifies as LGBTQ+.

Meeting 2nd & last Wednesday of the month 5:00-7:00pm at

Mid Powys Mind. For more info email:

lgbtq@mnpmind.org.uk

Tai Chi

Every Monday (excluding bank holidays) at Celf 6:00 - 7:30pm. There is a small charge of £3 for each session

Mindfulness practice group

For people with previous experience of mindfulness practice. Every Tuesday 6—7:30pm at the Wellbeing Centre

Thursday Group

Open to anyone who has attended a course through Mid Powys Mind. Informal chats with coffee! Every other week: 2:30 to 4:30 at the Wellbeing Centre

Open Minds

A group for anyone who is dealing with Anxiety, Depression or Stress. 1st Monday of the month 3:00-5:00pm and 3rd Monday of the month 5:00-7:00 pm at the Wellbeing Centre

The Wellbeing Centre

In Llandrindod Wells

	10:30 - 12:30	12:30 - 2:30
Mon	Drop In	Creative Writing
Tues		
Wed	Lunch £3 Drop In	Computer info and help
Thurs	Drop In	Music Group
Fri	Drop In	Drama Workshop

The Wellbeing Centre runs activities and a Drop In service which is open to anyone. The Centre is run by trained staff and volunteers who are on hand to help you with anything you need.

For more information about the Wellbeing Centre speak to Caroline on:

Telephone - 01597 824916
Email - Caroline@mnpmind.org.uk



Silvercloud (on-line CBT)

Access CBT in your own time with Silvercloud online!

Available through self referral for Powys residents: www.nhswales.silvercloudhealth.com/signup/

CBT is a talking therapy looking at the links between thoughts, feelings and actions.



For more information see our website for details.

Blended on-line CBT

Work through the online CBT information with the help of regular face to face meetings with one of our trained workers.

Available in all GP surgeries in mid-Powys (Llandrindod, Builth, Knighton, Llanwrtyd, Presteigne and Rhayader). By GP referral only.

Training Courses

We offer training on a variety of mental health issues: from Stress and Anxiety management to Assertiveness and lots more! Most of our courses are FREE to attend and open to everyone over 16.

Details of our training course are on the website at www.mnppmind.org.uk or on our Facebook page

Are things stacking up, are you feeling like it is hard to keep control?

Counselling

We offer the opportunity to talk to an experienced counsellor without fear of being judged.

The sessions are held in Llandrindod Wells, 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.

To get on the waiting list just call
01597 824 411

Walk and Talk

Talk to an experienced professional about the issues you face at the same time as slowly building your fitness with short, guided, local walks, on a one to one basis.

From Llandrindod GP surgery only.

Ask your GP for a referral

Recovery Support

Are you?

- Struggling with your wellbeing
- Feeling like things are piling up and it's hard to take control?
- Feeling stuck?
- Feeling that things could be better?



We are here to help you.

Contact Tim on : 07947106768
Or Claire on : 07949465267
Or Caroline on : 07506114469
Or email: recovery@mnpmind.org.uk

This service is for Mid Powys only—see below for North Powys

North Powys Support

Support for people who are struggling with their wellbeing, offering support and advice through face to face appointments in your own home or in the community. Lizzie and Janet are able to support anyone living in North Powys.

No referral needed! If you are finding things difficult or feeling like things could be better then contact :

Contact Lizzie on : 07506114451
Or Janet on : 07506114397
Or email: support@mnpmind.org.uk

Side by Side Cymru

If you're part of a community group, club or society or are thinking about starting one – we can help!

Free training sessions covering issues such as mental health, effective group management, self care, etc.

We're also offering grants up to **£250** for things like venue hire, speakers, or materials for activities!

This service covers all of Mid and North Powys.

For more information contact Lorna:
hub@mnpmind.org.uk or call 01597 824411



Peer support in your community

Do you feel low, anxious or have
worrying thoughts and feelings?

Mums Matter can help

A 6 week course for women in the perinatal period It is a safe and supportive environment aimed at helping mums and giving them the tools they need to deal with the challenges of motherhood. There is also a creche provided.

This service covers all of Mid and North Powys.

To find out more, please call Tracy on 07960271696
or email mums@mnpmind.org.uk

16 - 25's Group

Do you feel pressure from your work, education or friends?

Do you feel like you don't fit in?

Do you want to meet young people like yourself in a safe and supportive environment where you can talk about what's bothering you?

Meeting every Thursday, 6:30 - 8:30 in the Wellbeing Centre in Llandrindod.

There is no need to book! If you need some help or just to chat come along!
www.facebook.com/MindPowysYouth



C-Card Scheme

Free condoms for 16- 25 year olds

Providing a safe and confidential environment to provide people aged 16—25 with **free condoms**. We are able to sign you up for the C-Card Scheme as well.

The C-Card is a free service aimed at promoting safe sex among young people in Powys. It is run by the Local Health Board.



High school Drop ins.

A service for people aged 15+ at Ysgol Calon cymru campus' - rotating between the two every Thursday.

We offer both 'drop in's' during lunch time and tutor time. As well as 1:1 sessions if people want to talk in private, about any issues related to mental health.

There will also be short courses around mental health.

For more information email abby@mnpmind.org.uk or call 07539870010

Weekly drop in Groups:

IN BUILTH WELLS

Thursdays 2:00 - 4:00pm weekly

Except on the first Thursday of the month when we prepare lunch together from 12.30-2.30pm

Wesley Church Centre
Hospital Road

IN KNIGHTON

THE FRIDAY GROUP

Sponsored by Mid Powys Mind

1:00 - 3:00pm

Every Friday

Held at the Offers Dyke Centre
In Knighton



Please email outreach@mnpmind.org.uk if you have any questions.



Mid and North Powys
Canolbarth a Gogledd Powys

We're Mind, the mental health charity. We believe no one should have to face a mental health problem alone.

Whether you're stressed, depressed or in crisis. We'll listen, give you support and advice, and fight your corner.

And we'll push for a better deal and respect for everyone experiencing a mental health problem.

