



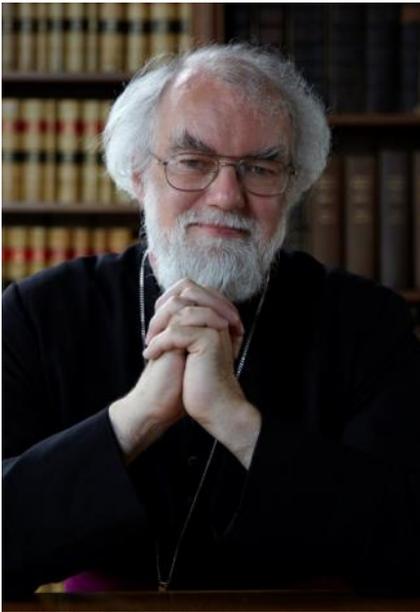
# Ponthafren News

*Promoting positive mental health*

Reg Charity No. 1035326

Spring / Summer 2015

## New Patron



Rt Revd Dr Rowan Williams, now Lord Williams of Oystermouth and former Archbishop of Canterbury, is Ponthafren's Patron.

Dr Williams said that "The health of any community is bound up with how it regards and relates to its most vulnerable members; and in this sense Ponthafren is doing something not just for a vulnerable group but for the well-being of everyone. Given the disturbing inequalities and injustices that affect people with mental health challenges, I feel privileged to be associated with Ponthafren."

## June Jones runs Marathon

The amazing June Jones ran the London Marathon, 26th April 2015, in aid of Ponthafren Association. Her time of 4 hours 30 minutes and 4 seconds was excellent, especially considering that this was her very first marathon.

Before running the full distance of 26 miles and 385 yards, June had said "As a small charity, Ponthafren does not get a lot of support like the bigger charities so that is why I have decided to fundraise for them".

We would like to thank June for the wonderful amount of money raised for our funds.



## Top Award for Sisters



Sisters Shakira and Billie Jo Rogers won awards for volunteering at Ponthafren. Shakira was given the Young Citizen Award by Newtown Rotary Club and Billie Jo, the Young Volunteer of the Year 2015 by Newtown Town Council.

The sisters and other young volunteers are an inspiration to us all. It just shows that volunteering has no age limit.



Phone: 01686 621586 [www.ponthafren.org.uk](http://www.ponthafren.org.uk)

## A Close Shave



Laura Evans' had a close shave... **for charity!**

Laura had her head shaved at Ponthafren's Newtown Resource Centre on Saturday 14th March 2015. She was raising money for Ponthafren and Macmillan Cancer Support. If you would like to add to her sponsorship we have a pot in the centre.

A big **thank you** goes to Laura for her amazing gesture and to Vicki Upson for shaving Laura's hair.

## Jan on the Expert Reference Group to Review Parts of the Mental Health Code of Practice for England



When I was asked to put my name forward to be a member of the Expert Reference Group, working with Health board on reviewing the Mental Health Code of Practice for England, I accepted. I was excited but panicked. I wasn't sure how professionals would react to somebody like me. However, I felt accepted for who I am from the first meeting and this meant so much to me.

To be able to play a small part in reviewing the Mental Health Code of Practice for England is unbelievable and

a great personal journey and has led to other things. I feel I have learnt so much. When I first looked at the Code, I was totally confused, but now I feel that, albeit a small step, the Code will be much easier for people, users, carers, and professionals to use and understand.

This will better safeguard people that could be affected by the codes use. As much as our Lived experience views helps professionals, I also feel it's helping me on my journey to living instead of existing.

## Fundraising News

A Pie and Pudding evening at the Waggon & Horses raised £472. We also raised £3,253, which included match funding by Wales and West Utilities following a successful ladies' day. This money was shared between Ponthafren & Marie Curie Care.



We'd like to thank to everyone who attended and Julia for organising such enjoyable events.

*Julia Gorman and her daughter Caitlin are seen (left) presenting a cheque for £1,000 to Marie Curie Care.*

The PR group was recently asked to go along to Llanidloes Rotary club to give a presentation about Ponthafren. They were very impressed and amazed with the amount of workshops and courses that go on within the 2 centres and Llanidloes outreach. We would like to thank them for their generous donation.

*If you belong to an organisation or group and would like us to come along and give a presentation, please contact our Newtown centre on 01686 621586 or email us at [admin@ponthafren.org.uk](mailto:admin@ponthafren.org.uk)*

For volunteering opportunities: [www.ponthafren.org.uk](http://www.ponthafren.org.uk)

## Nick Clegg & Jane Dodds visit Ponthafren



We were delighted to have welcomed the then **Deputy Prime Minister, Nick Clegg** and PPC for Montgomeryshire, **Jane Dodds** to Ponthafren in April. During his visit to Ponthafren he spoke to members,

planted some flowers in our garden and gave interviews from our pontoon. Alongside the great work that our Association does, we recognise the need to extend mental health services both locally and nationally.

## New Mini Garden at Ponthafren's Welshpool resource centre



Over the past couple of weeks, Fraser, Michelle and one of our members Adam, have all been very busy making some benches and flower beds to have at the back of our building.

We have already planted some flowers in them, and hope to add more as the

weather brightens up! As we only have a little car park with no grass or garden in sight, it was decided by the members, to make some benches for our members to enjoy the sunshine, and also have something that would make our Centre look a little more "homely".

## Welshpool Summer Open Day July 2015

On Saturday 25th July, between 11am and 3pm, we will be having our first Open Day of 2015!

Come along and join us for a barbecue, raffles, cake and craft sales, and if you've never been to our Welshpool Centre before, then this is your perfect opportunity.

Try out our new benches, have a mini tour of the building or take a look at what activities we have running. We are always looking for new people to know about our Welshpool Centre, because so many people don't even know we exist! Fingers crossed the sun will be shining and more of our flowers will be in full bloom to welcome new members and potential volunteers...



*Above is an example of the delicious healthy food we have been providing for members during Health and Wellbeing every Friday.*

## Susan Kilgour's Sarn Sabrina Challenge



Susan Kilgour (*wife of our Chair of Trustees, Peter Bayliss*) walked Sarn Sabrina in aid of Ponthafren Association in May and raised over £1000.

Based on the Celtic myth of Sabrina, a water nymph said to inhabit the waters of the River Severn.

The Sarn Sabrina is a walk of 25 miles (approx. 40km) that leads out of Llanidloes following the national trail of Glyndwr's Way.

## Up and coming Courses & Groups

### NEWTOWN & WELSHPOOL

▶ What's on your Plate:

▶ *A fun goal identifying group*

▶ Learn Direct Drop-in

▶ Health and Well-being:

▶ *Learn about Nutrition, exercise and losing weight.*

▶ Free Counselling available by appointment

▶ One to One Support

### NEWTOWN

▶ Volunteer Training

▶ Anger Management Training

▶ Peer led Singing Group

▶ Wire Figure making workshop

▶ So you think you can't run?

### WELSHPOOL

▶ Monthly Take-away nights

▶ Fortnightly quiz & snack night

▶ Peer-led walking group

## YAPS Mentor Training



Our **Young Adult Peer Support** Team have been very busy in recent weeks. They've just finished their four week course of Mentor Training, which means they now have 5 more excellent young mentors ready to pass on the life skills and experience.

The YAPS group are also currently learning to cook in their 'Get Cooking Training' too. They're learning to cook

simple, healthy meals which is a much underestimated life skill.

The YAPS team have also had a Mindfulness Taster session. Mindfulness teaches you to pay more attention to the present moment, it can allow you to concentrate more on your own thoughts and feelings, and to the world around you. It can be a great way to improve your mental wellbeing.

## Glyn Davies M.P.

Glyn is a regular visitor to our open days. A keen gardener himself he is always amazed that there is something different to see in each part of the gardens at Ponthafren.



*Glyn Davies M.P. attended Ponthafren's Open Day and was shown around by some of our young volunteers.*



*Ponthafren Association Manager, Nicky Morris, being presented with Newtown Town Council's Volunteer of the Year Award by Glyn Davies, M.P. We are all proud of her wonderful achievement.*