



# PONTHAFREN ASSOCIATION'S EVENING ACTIVITIES

Ponhafren Association is an organisation for people with Mental Health issues or those who are socially isolated or excluded.  
We have Centres in Newtown & Welshpool, plus a weekly group in Llanidloes.

**Ponhafren has late night openings every Monday & Wednesday, 5pm – 9pm**

*All Welcome, if you don't want to join in the activities, just come along for a cuppa and to socialise with others.*



## What's On?

### NOVEMBER

- 9th Chill out
- 14th Housing Advice with Aidan Ackerman
- 16th Film Night  
The Plank
- 21st Chill Out Monday
- 23rd Tales from Rod -  
Welsh Castles of King Edward 1st
- 28th Chill out Monday
- 30th Informal creative writing

### DECEMBER

- 5th Chill Out Monday
- 7th Monthly Meal Deal  
Chicken Stew  
Vegan chickpea, lime and coconut Korma
- 12th Chill Out Monday
- 14th A Memory Jar with Jackie
- 19th Chill Out Monday
- 21st Winter solstice—  
The importance of light
- 26th Beetle Drive  
and supper
- 28th Just for fun  
Bingo night

### JANUARY

- 2nd Closed
- 4th Monthly meal deal  
Cottage Pie or  
Cauliflower cheese
- 9th Chill out Monday
- 11th Ponhafren Variety Show with your host AJ
- 16th Chill out Monday
- 18th Film Night
- 23rd Chill out Monday
- 25th An evening with Rory (TBC)
- 30th Chill out Monday

If you'd like more information on any of the courses or about the Centre, then please ring; 01686 621586 and speak to Nicky, Robin or Becky or email: [admin@ponthafren.org.uk](mailto:admin@ponthafren.org.uk)

For further info check out our website [www.ponthafren.org.uk](http://www.ponthafren.org.uk)

**Ponhafren Association, Longbridge St, Newtown, Powys, SY16 2DY.**

*If you would like to request this flyer in an alternate format, please contact Ponhafren Association*

Reg Charity No: 1035326



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