



PONTAFREN ASSOCIATION'S

LLANIDLOES OUTREACH GROUP

Ponthafren 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.

Llanidloes Outreach meets every Thursday, 1pm – 3pm

The Outreach Group is based at The Trinity Church, Shortbridge Street, Llanidloes, but activities take place elsewhere regularly. 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?

June '17
until
Sept '17
Issue 1

JUNE

- 1st Craft with Freda.
- 8th Llanidloes Community Garden.
- 15th Music with AJ.
- 22nd Cooking with Lavinia at Llanidloes Methodist Chapel.
- 29th Outing to Ponthafren Newtown & Newtown Textile Museum.



AUGUST

- 3rd Craft with Freda.
- 10th Llanidloes Community Garden.
- 17th Meal at The Red Lion, Llanidloes.
- 24th Trip to Montgomery Castle.
- 31st Craft with Freda.



JULY

- 6th Craft with Freda.
- 13th Llanidloes Community Garden.
- 20th Talk by Rod Evans.
- 27th Make Food and Eat it.



SEPTEMBER

- 7th Craft with Freda.
- 14th Llanidloes Community Garden.
- 21st Talk by Bronwen.
- 28th Shark 'n' Chips.
A presentation about loan sharks by Powys CAB. Followed by a Fish 'n' chip meal

For more information please contact 01686 621586 or email: admin@ponthafren.co.uk
Ponthafren Association, Longbridge Street, Newtown, Powys, SY16 2DY

www.ponthafren.org.uk



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This poster is also available in other formats, such as large print. If you would like a copy of this in another format please contact us.
Phone (via Text Relay): 18001 01686 621586, this will enable someone who is deaf to call up and have the info translated