



Ponhafren's Wellness & Recovery Learning Centre, Newtown

WHAT'S ON?

OPEN TO ALL • PLEASE CALL IN

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.

Jan' 2018
until
Apr' 2018
Issue 1

MONDAY

Basic Computing

12:00pm - 2:30pm

Health & Wellbeing with Julia

1:30pm - 2:30pm



TUESDAY

Art & Craft Course 10:00am - 1:00pm

Gardening Group 11:00am - 2:30pm

Autism Support Group 1:30pm - 3:30pm

Takes place on the first Tuesday of the month.

ACTIVE AFTERNOONS

at the Crescent Christian Centre

Singing for Well-being Group

12:00pm - 1:30pm. £2 per session.

Yoga 1:30pm - 2:30pm. £1 per session.

Low Impact Exercises Group

3:00pm - 3:30pm. £1 per session.

WEDNESDAY

Smoking Cessation Clinic 9:15am - 2:30pm

Art Course 10:00am - 1:00pm

Gardening Group 11:00am - 2:30pm

Walking Group 1:00pm - 2:00pm

Walks last approx. 1 hour or 2 miles.

Ceramic Sculpture Group 1:00pm - 4:00pm

Music Therapy Group with AJ

4:30pm - 5:30pm, £1 per session.



THURSDAY

Gardening Group 11:00am - 2:30pm

Art Sessions with Brian Jones*

11:00am - 12:00noon,

12:00noon - 1:00pm,

1:00pm - 2:00pm.

*£3 per session, places need to be booked.

Public Relations Group 2:30pm - 4:30pm

(Last Thursday of the month)



FRIDAY

Gardening Group 11:00am - 2:30pm

Art Sessions with Brian Jones*

1:00pm - 2:00pm,

2:00pm - 3:00pm,

3:00pm - 4:00pm.

*£3 per session, places need to be booked.



SATURDAY

Closed until further notice.

SUNDAY

Sunday Lunch 1:00pm - 2:00pm

First Sunday of every month

Closed on all other Sundays

COMING SOON:

Volunteer training, Life skills courses.

Llanidloes Outreach Group

Every Thursday 1:00pm - 3:00pm,
please call 01686 621586 for details.

LATE NIGHT OPENING

Every Monday and Wednesday, 5pm - 9pm

COMING SOON ON MONDAY EVENINGS:

Mindfulness, Origami, Housing Workshops plus other talks and activities.

COMING SOON ON WEDNESDAY EVENINGS:

Monthly Themed Meals, Film Night, Origami and Sewing Skills plus much more.

...or just pop in for a cup of tea and a chat.
Everyone is welcome.

LIFE SKILLS COURSES

To put your name on the waiting list for our life skills sessions, please call 01686 621586 today.

**Emotional Well-being,
Anger Management,
Confidence Building,
Assertiveness Training,
Resilience Skills, Conflict Resolution,
Coping with Change,
Managing Stress, Decision Making,
Time Management.**

NEWTOWN OPENING TIMES

Monday	10am - 9pm
Tuesday	10am - 5pm
Wednesday	10am - 9pm
Thursday	10am - 5pm
Friday	10am - 5pm
Saturday	Closed
Sunday	Closed

FREE COUNSELLING SERVICE

For 18 years old and over

Ponhafren's Counselling Service is only available by appointment.

You can make a referral to Ponhafren's counselling service by calling **01686 621586** or email: **admin@ponhafren.org.uk**

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Recovery Project

What we can offer you: *One-to-One Mental Health, Recovery Support, We can support you and your employer to make sure you get the assistance you need whilst in work, Life Skills Courses, One-to-One Life Skills sessions, One-to-One Peer Mentoring.*

Would you like to find out more?

Call our Newtown office on **01686 621586** or our email us: **admin@ponhafren.org.uk**



Cuppa with a Copper

Dyfed-Powys Police surgery

at Ponhafren Newtown on the first Wednesday of every month at 2pm

Come along and meet a member of your local policing team, discuss any issues you may have with policing and crime in the area or get crime prevention advice.

For more information please contact 01686 621586. Ponhafren Association, Longbridge Street, Newtown, Powys SY16 2DY

www.ponhafren.org.uk

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

Reg Charity No.: 1035326



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