



Ponhafren's Wellness & Recovery Learning Centre, Newtown

WHAT'S ON?

Sept' 2017
until
Dec' 2017
Issue 1

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.

MONDAY

Online Learning Drop-in Session

10:00am - 12:00noon

Basic Computing 12:30pm - 3:00noon

Health & Wellbeing with Julia 1:30pm - 2:30pm



TUESDAY

Calligraphy Course 10:00am - 11:30am

Craft Course 11:30am - 1:00pm

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 - 1:00pm.

£2 per session. (starting 18th September 2017).

Tai Chi Group 1:00pm - 1:45pm. £1 per session.

Low Impact Exercises Group

2:00pm - 2:30pm. £1 per session.

Pilates 2:45pm - 3:30pm. £2.50 per session.

WEDNESDAY

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

Art with Esther 10:00am - 11:30am

Gardening Group 11:00am - 2:30pm

Sculpture Course 11:30am - 1:00pm

Meditation & Relaxation Group

Every first Wednesday of the month starting at

11.30am. Holistic therapies are also available.

Call 07415 462034 to book.

Walking group 1:00pm - 2:00pm

Walks last approx. 1 hour or 2miles.

Ceramic Sculpture Group 1:30pm - 3:00pm

Music Therapy Group with AJ

4:30pm - 6:00pm, £1 per session.



THURSDAY

Art Sessions with Brian Jones*

11:00am - 12:00noon,

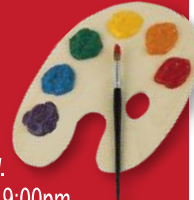
12:00noon - 1:00pm,

1:00pm - 2:00pm.

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

Public Relations Group 7:00pm - 9:00pm

(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

(Starting 29th October 2017 and will take place on the last Sunday of every month)

Closed on all other Sundays.

COMING SOON:

Volunteer training, Life skills courses,

Being in the moment with Amanda.

Llanidloes Outreach Group

Every Thursday 1pm - 3pm, please call

01686 621586 for details.

LATE NIGHT OPENING

Every Monday and Wednesday, 5pm - 9pm

CHILL OUT MONDAY

Monday evenings are Chill Out Mondays.

A chance for you to chill and enjoy a chat.

COMING SOON ON WEDNESDAY EVENINGS:

Monthly Themed Meals, Film Night, Origami,

Tai Chi and Sewing Skills.

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



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.

LIFE SKILLS COURSES

To put you name on the waiting list for our life skills sessions are available now, 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

ONE TO ONE

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: one-to-onenh@ponhafren.org.uk



The 'In Safe Hands' Befriending Project

This aims to reduce isolation and improve wellbeing. We match volunteers and clients through community based activities. This service is for anyone aged 18-50 experiencing mental health issues as well as those who are socially isolated.

Call us on 01686 621586 or 07387 430 395 or email us: befriending@ponhafren.org.uk



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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