PONTHAFREN ACTIVITIES

November 2026

MONDAY

Community Mental Health Team Support Hub
11:30 – 14:00
Ponthafren Welshpool

Emotional Life Skills Group
14:00 - 15:30, every Monday
Ponthafren Newtown
Booking essential

Mindfulness
10:00 - 11:00, 2nd November
Ponthafren Welshpool

Men's Group in Ponthafren Newtown
15:00 – 16:15
9th November - Board Games
23rd November - Quiz

TUESDAY

Woodland Visit
12:00 - 15:00, 24th November
Meeting at Coed Esgair
Booking essential

Singing for Fun!
11:00— 12:30, every Tuesday
Ponthafren Welshpool

Self - Discovery Group
14:00 - 15:00, 3rd November
Ponthafren Welshpool
Booking essential

Cooking with Katie - Learn to make Lasagna
11:00 - 12:30 17th November
Ponthafren Newtown
Booking essential

SUNDAY

Sunday Lunch
12:30 - 14:00, 8th November
£5.00 per person payable at time of booking
Booking essential

WEDNESDAY

Newtown Walk
11:00 – 12:00, every Wednesday
Meet opposite the cinema by the bridge, Newtown.

Gardening Group
13:00 – 15:00, Every Wednesday
Ponthafren Newtown

Men's Group in Ponthafren Welshpool
15:00 – 16:15, every Wednesday
4th November - Quiz
11th November - Boccia
18th November - indoor football
25th November - table tennis

EFT - Emotional Freedom Technique
11:00 - 12:30 - 18th November
Ponthafren Newtown
Booking essential

Cuppa with a Copper
11:30 - 12:30, 18th November
Ponthafren Newtown

THURSDAY

Arty Crafters - Peer Led Craft Group
11:00 – 13:00, every Thursday
Ponthafren Welshpool

Powis Castle Garden
11:00 – 15:00, every Thursday
Powis Castle Walled Garden, Welshpool - contact for further details.

Walk & Talk Rugby Group
18:00 – 19:00, every Thursday
Welshpool Rugby Club

FRIDAY

Bacon Sandwich & Board Games
11:00 – 13:00, every Friday
Ponthafren Newtown
Cost of £1.50 per sandwich

Women's Group
12:00 – 13:30, every Friday
Ponthafren Newtown

Our drop in service is available from 11:00 – 15:00 Monday to Friday in each of our centres.

Choose your activity based on the *Five Ways to Wellbeing*
- KEEP LEARNING
- BE ACTIVE
- CONNECT
- TAKE NOTICE
- GIVE & CREATE

To visit our website, scan the QR code

/ponthafren /ponthafren_
www.ponthafren.org.uk admin@ponthafren.org.uk

Ponthafren Newtown
Longbridge Street,
Newtown, SY16 2DY
tel: 01686 621 586

Ponthafren Welshpool
The Armoury, Brook Street,
Welshpool, SY21 7NA
tel: 01938 552 770

NEW & FEATURED

November 2026

Cooking with Katie - Learn to make Lasagna

11 - 12:30 Tuesday 17th November
Ponthafren Newtown
Booking essential

Sunday Lunch

12:30 - 14:00, Sunday 8th November
£5.00 per person payable at time of booking
Booking essential

Woodland Visit

12:00 - 15:00, Tuesday 24th November
Meeting at Coed Esgair
Booking essential

Ponthafren's drop-in service is available from 11:00 – 15:00 Monday to Friday in each of our centres.

Come and socialise, ask for support, or join an activity.

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