

Wellbeing Centre

The Wellbeing Centre offers an informal service, open to all. We provide information, support, social activities, groups and volunteering opportunities.

LGBTQ+ Support Group

Open to anyone 16+ who identifies as LGBTQ+ and their family and friends.

2nd & last Wednesday of the month 5 to 7pm Wellbeing Centre

Tai Chi Group

Every Monday (apart from Bank holidays) 6pm until 7:30pm at Celf. Each session is £3 and paid at the venue. The sessions are alternately led by the tutor and by peers.

Craft and Art Groups

Craft group runs every Tuesday 10:30 to 12:30 and Art group runs every Thursday 10:30 to 12:30 in Llandrindod.

Thursday Group

Social support group for anyone that has been on any of our courses. In the Wellbeing Centre every other Thursday 2:30 to 4:30.

C – Card Scheme

Mid and North Powys Mind is part of the C-card scheme, offering 16-25 year olds access to free condoms and sexual health advice.

Volunteering

At Mid and North Powys Mind we offer many opportunities to volunteer in a variety of areas

Blended on-line CBT

Regular support on a one to one basis to access and talk through the information and advice contained within Silvercloud (see above). Available in all local GP surgeries by GP referrals, or come and see us direct.

Youth Group

Peer support and opportunities to engage in activities. Open to all those aged 16 to 25. Every Thursday 6:30-8:30

Training

We run training courses on a variety of subjects. Get in touch to find out more.

We can also run all the above training (and more) for

Builth & Llandrindod High School Support

Providing training courses and support groups for pupils 16 & over

Mums Matter

Providing training courses and support groups for Mums in the post-natal period. Groups are run throughout Mid and North Powys.

Side by Side Cymru

A service providing training and small grants to any peer support group. For information on how to sign up and what's involved visit our website.

Mindfulness group

A mindfulness practice sessions - for people with experience of mindfulness - running weekly at Mid and North Powys Mind - contact us for times



Open Minds

A support group for those experiencing Stress / Depression / Anxiety. From October.
1st Monday of the month 3-5
3rd Monday of the month 5-7

Silvercloud

On-line, Do It Yourself, modular, CBT package to help with the symptoms of poor mental health. We can sign you up to the programme, all you need is an email address.

Community Outreach Groups

Mid and North Powys Mind holds informal, social, groups in Builth Wells on a Thursday and Knighton on a Friday.

Counselling

Offering free 1 hour counselling sessions with BACP registered counsellors for a maximum of 12 sessions. Held in Llandrindod Wells

Support workers

We have 5 one to one support workers covering mid and north Powys. They can help with a wide variety of issues around mental health and wellbeing. Appointments can be made at home, in the community or at our building.