



Mid and North Powys
Canolbarth a Gogledd Powys

One to One support

Over the last few months we have been doing nearly all 1:1 appointments over the phone (except for crisis situations). As we are now moving out of lockdown, where we can, we are starting to take more of a mixed approach and holding some sessions in-person outside at a 2m social distance and some remotely (phone, WhatsApp, text etc). If you would like support, please get in touch.

Active Monitoring

This is a new service, using Cognitive Behavioural Therapy (CBT) workbooks and information tailored to your health and wellbeing needs.

Workbooks are posted to your home address for you to work through, with up to 5 sessions of telephone support to help you talk through the issues you are facing, get the most out of CBT and provide encouragement and motivation.

9/10 people say they have successfully applied programme techniques to everyday situations

LGBTQ+

Our LGBTQ+ support group is now meeting fortnightly via zoom 5-7pm. For details and invites to the group email Shaun at lgbtq@mnpmind.org.uk

Outreach Community Groups

These groups are currently postponed, however a phone service is operating in its absence. Our outreach worker Jo is calling all members of the groups and would like to thank the volunteers - Margaret, Jackie, Julia, Christine and Gillian who are also making calls to those in the groups.

Blended Online CBT

One to one support over the phone with one of our Practitioners to support you with using SilverCloud. Blended offers someone to talk to about the SilverCloud platform, how it can work best for you and provide encouragement and motivation.

What is SilverCloud?

SilverCloud is an online space which offers a range of programmes based on Cognitive Behavioural Therapy (CBT) to help you to develop skills to manage your wellbeing with more confidence from the convenience of your own location and in your own time.

CBT looks at the links between thoughts, feelings and actions and is about coping with things here and now, rather than looking at past traumas.

T: 01597 824411

Text/Call: 07539870010

E: admin@mnpmind.org.uk

W: www.mnpmind.org.uk



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Online activities and videos

Our facebook lives are still running every week, we have videos from the team on CBT, 5 ways to Wellbeing, Tai Chi and Mindfulness. You can also view these videos now through our youtube channel.

We have also set up a Facebook group called "Mid and North Powys Mind wellbeing group" in which we are encouraging positivity and social connection whilst isolating - join us!

Mums Matter

Our Mums Matter courses are now available online using Zoom, in the afternoons or evenings. If you would like to know more, please get in with Tracy Lewis, our mums Matter facilitator.
Tel: Tracy on 07960271696

Youth Service (16 - 25)

Every Monday & Thursday via Zoom
5.30 p.m. to 9 p.m. You can join anytime during the group!

1:1 Telephone chats and texts offered if you need extra support. Call Lorna on 07947 105804

During lockdown we have worked hard to make sure our services remain open and accessible whilst still remaining safe, that is why we made the difficult choice to close down most of our face to face services and move to offering telephone and digital support.

Our services have been in high demand, not surprising considering the uncertainty and the anxiety surrounding current events. However, even through all of this we have managed to maintain working with the people who need us, welcomed new people and even started new services. We want to assure you that this remains our top priority - to be there for you.

We are working towards getting our groups back meeting face to face and we are listening to those who would like this, whilst also respecting that there are many people who feel anxious about it. We have busy ensuring compliance with government guidance and putting risk assessments and safety measures in place. If we are unable to ensure the safety of a group, we will not move to open it in-person at this time. Every choice we have made has been to keep people safe, our staff, our users and our volunteers. The most important thing to us is the safety of our communities. In some ways our services are more accessible now than ever, as offering telephone and digital services has meant that we have been able to extend our reach to people who were physically not able to attend our services previously.

We understand how difficult it has been for many of you. We understand that there is still so much uncertainty out there even though we are no longer in lockdown - but our services will always be available when you need them and we want to assure you that this remains our top priority. You can phone us, email or send us a message through our website or social media.

We are here for you.