

One to One support

Available to anyone in Mid and North Powys.
Offering digital and remote support as well as face to face appointments, following government guidance. Please call or email for an appointment.

Support work In schools

Offering support to 16+ students in Builth Wells and Llandrindod Campus' during school time.

Llandrindod Campus

11am to 1pm on Thursdays in the Nurses room.

Builth Campus

11am—1:30pm on Tuesdays in the Pastoral area, booking advised but you can drop in.

Students are also welcome to join the online youth group

Youth Group (16 - 25)

Every Monday & Thursday via Zoom
6.30 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 106804

Other Groups

<https://sidebyside.mind.org.uk/>

is a supportive online community where you connect with others who understand what you are going through. Available through Mind.

PAVO offer a befriending service for anyone in Powys over 50. You can call them on 01597 822494 for more information

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.

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

T: 01597 824411

Text/Call: 07539870010

E: admin@mnpmind.org.uk

W: www.mnpmind.org.uk

Free on-line Training

For details of our training plan please see our website, facebook or get in touch. Our courses are run through Zoom and are free to attend!

We have courses running throughout Spring, please see our website or contact us for details.

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 are looking to set up more online support and activity based groups, please get in touch if you are interested.



Hello! Goodbye...

We were sad to say goodbye to Dawn Clifford in her role as Active Monitoring Practitioner in December, although she is staying with us as a counsellor.

We also said goodbye to Nikki Jones who left her post as Project Administrator in November, and HELLO to Jennie Williams who joined us as our new Project Administrator!

Mums Matter

New courses for the spring:
Online via Zoom course starting on 11th of January 1:30-3:30

(two face to face courses in North Powys see Montgomeryshire support)
For more information on these courses or to book your place please contact Tracy on 07960271696

Counselling

FREE sessions of telephone or in person counselling (when available in Llandrindod). There is a waiting list for this service. For more info, call 01597 82411, or use the contact form on our website.

Montgomeryshire Support

We offer a variety of support in North Powys:

- * 1:1 support from North Powys workers, in face or via the phone
- * Youth Support - access to online zoom peer support group and 1:1 support.
- * Telephone counselling sessions— there is a waiting list for this service, please contact us for more information
- * Access to online Zoom training courses
- * Newtown Walking group!
Mondays at 11am, meet in Brick Lane car park in Newtown for a 1 hour gentle stroll and conversation. This service will not run during lockdown.
- * Mums Matter courses In Person Course at Yr Plas Machynlleth starting 12th January 10:30-12:30, and an in person course at Elephant and Castle in Newtown starting 5th February 5-7pm for more information contact Tracy on 07960271696