



**Do you live in mid Wales?  
Could you join our Board  
of Directors and help us  
to continue to make a  
difference in mid and  
north Powys?**

## Who we are

Mid & North Powys Mind is known as a place to go for information and support for those with mental health needs, their families and friends. We promote mental wellbeing in the wider community. We respond to local, individual and community needs with up to date proven methods, working closely with other voluntary and statutory organisations.



## Our purpose

Our purpose is to meet the needs and ambitions of individuals at a time when they need it, to enable them to manage their mental health and wellbeing.

## Objectives of Mid and North Powys Mind

To promote and protect the wellbeing of all persons, primarily but not exclusively residing in Radnorshire, north Brecknock and Montgomeryshire:

- By enabling and empowering everyone experiencing mental health problems or those at risk of developing them, to live full lives and move forward on their recovery pathway.
- By providing facilities, services and activities designed to promote good mental health and wellbeing and to support recovery, learning and independence.
- By increasing understanding of mental health, raising awareness and challenging stigma and discrimination.





# What we do:

Our organisation has been in existence 30 years. During the 22/23 financial year, we supported 1068 different people with their mental health and wellbeing. Over the last quarter we have delivered over 300 hours of support groups and training courses. People consistently rate our services very highly and quality is at the heart



## 1:1 support - to help you deal with the barriers you face and plan small steps forward to recovery.

We also have evening appointments available. No referral needed.

## Cognitive Behavioural Therapy (CBT)

CBT workbooks and information with phone support - either on-line or postal.

This supported self-help service will give you the tools to understand and improve your mental health.



## Bereavement Support Service

Weekly One-to-One support sessions that focus on listening and helping you work through your grief with our highly trained Bereavement Supporters.

## Online and In-person training courses - exciting programme of self-help courses. See website for more details

## Wellbeing Centre Llandrindod

Drop in sessions and Warm Space - Monday 1pm - 4pm and Thursday 10am - 1pm Board Games - Thursdays 10am - 1pm

Stitch 'n' Bitch Crafts Fridays 12pm - 3pm Plus 1:1 Support Sessions, bitesize training and workshops - see website/facebook for updates

## Knighton and Builth Outreach support groups. Meeting in person on 2nd & 4th Thursday or Friday in the month with phone support outside meeting times.

Builth group - Meeting on Thursdays 2-4pm at Wesley Church Centre.

Knighton group - Meeting on Fridays 1-3pm at Knighton Community Centre.

## Mums Matter

A service for mums in the perinatal period - online and in-person courses

## Youth Support (High school aged young people 11 - 15 yrs) and (16 - 25 yrs)

11 - 15 yrs 1:1 Support & weekly Zoom activity based peer support group - Tuesday from 5pm - 6pm

16 - 25 yrs 1:1 Support & twice weekly activity based peer support groups - Mon & Thurs @ 6.30pm. On Zoom and in-person

1:1 Support Sessions for ages 16+ only available at Ysgol Calon Cymru, Builth (Tuesdays) & Llandrindod (Thursdays) and Llanidloes Campus Fridays 11-1pm. Online & phone by appointment.

## Counselling

Up to twelve 1hr sessions over twelve weeks over the phone. There is a waiting list for this service please contact us for details.

## In person groups

Tai Chi - Meeting Mondays 5.30pm - 7pm at Celf, Tremont Road, Llandrindod Wells

Walk & Talk Groups -

Llandrindod - Meeting Mondays at 10am for a gentle walk around the lake.

Builth Wells - Meeting on Wednesdays at 6pm at the Circle in the Groe.

Newtown - Meeting on Wednesdays at 11am at the cinema end of Longbridge.

Art Group Llandrindod - Every Thursday morning 10:30 - 12.30. Booking essential.

Contact [claire@mnpmind.org.uk](mailto:claire@mnpmind.org.uk) or 07949466267

Craft Group Llandrindod - Every Tuesday morning 10.30 - 12.30. Booking essential

contact [caroline@mnpmind.org.uk](mailto:caroline@mnpmind.org.uk) or 07506 114469

Join us on Facebook  
(@mnpowysmind) for  
videos on self help and  
wellbeing.

**Contact & Booking details:**  
**Call or Whatsapp 01597 824411,**  
**message us on Facebook,**  
**or Email: [admin@mnpmind.org.uk](mailto:admin@mnpmind.org.uk)**



# The Qualities needed to be a Director?

Below are some of the qualities we would be looking for. Obviously we do not expect all of these in one person, but it might give you some idea of the characteristics we would be looking for in a new Director:

- A commitment to Mid and North Powys Mind and the charity's aims and values
- A willingness to devote the necessary time and make a positive contribution to the working of the organisation
- The ability to think creatively
- An understanding of the legal duties and responsibilities of being a Director
- The ability to work effectively as part of a team to achieve collective goals
- Personal integrity, accountability and honesty
- The enthusiasm to commit to the working of the Board to further the charity's goals
- Business and/or financial skills



## Thinking of applying?

There is no such thing as the perfect Director. You will bring your own qualities and attributes to the Board and, where specific needs are identified, training can be provided.

Get in touch with us for an informal discussion:

Tel: 01597 824411

Email: [mary@mnpmind.org.uk](mailto:mary@mnpmind.org.uk)

Web: [www.mnpsmind.org.uk](http://www.mnpsmind.org.uk)

Or visit our centre:

Crescent Chambers, South Crescent,  
Llandrindod Wells, LD1 5DH



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