

Drop in Sessions					Activities	
	Brecon	Hay	Crickhowell	Talgarth	<b>Brecon:</b>	
<b>Monday</b>	10am – 12pm				Tuesday 10-12pm	Tea & Chat Dementia Group
<b>Tuesday</b>	5 – 7pm	9.30– 12.30 (Bowls Club)	1.30 – 3.30pm (CRIC centre)		Tuesday 10- 2pm	Eco- Volunteering
<b>Thursday</b>	12 – 2pm			9am -12pm (Church Hall)	Tuesday 1pm – 4pm	Cookery / Healthy Eating (fortnightly)
<b>Friday</b>	12 – 2pm				Tuesday 2pm – 4pm	Eve Project (Women Only)
<b>Sunday</b>	12.30 – 4.30 pm				Wednesday 10- 12pm	Neuro café (fortnightly)
					Wednesday 12 – 1pm	Mindfulness course
					Wednesday 1pm – 2pm	Recovery Discussion Group
					Wednesday 2.30 – 4.30pm	Peer Support Group
					Thursday 1.30 – 4.30pm	Art in Mind
					Thursday 10 – 12pm	Eco-Volunteering
					Thursday tbc	Film Group
					Friday 12.30 – 2.30pm	Creative Writing/ Poetry
					Friday 10 – 12pm	Men's Space
					Friday 2.30 – 4.30pm	Social Activities for the older person
					<b>Hay/ Talgarth:</b>	
					Wednesday 2-4pm	Eco-Volunteering
					<b>Crickhowell:</b>	
					Thursday 2.30- 4.30pm	Eco-Volunteering
					Friday 9.30 – 1.30pm	Pottery – Arts Alive
Health & Wellbeing					Support Groups	
<b>Mondays (10am – 3pm) in Ty Croeso, Brecon</b> Reiki Indian Head Massage Reflexology Acupressure <i>All treatments by appointment only – please phone 01874 611529</i>					<b>Brecon:</b>	Anxiety & Depression Support Group
<b>Thursdays (1.30pm – 4.30pm) Talgarth</b> Swimming & Walking <i>Please ring Carol Coles for information (07890 660722)</i>					Dates to be advised	Hearing Voices Support Group
						Eating Disorders Support Group
						Youth Group (18 – 25 years)
					<b>Hay/ Talgarth:</b>	Anxiety & Depression Support Group
					<b>Crickhowell:</b>	Anxiety & Depression Support Group

## Other Projects and Services

### Stepping Stones:

A service for those thinking of taking steps back into work or needing support to remain in employment. One to one sessions are available at our job clubs in Brecon, Hay, Talgarth and Crickhowell for those seeking support and advice. Please contact Neil Hirst or Clare Searle on 01874 611529 for further details.

### Volunteering

Our Volunteer Co-ordinator is running some exciting projects to promote well-being through volunteering in the community, including Eco-volunteering, a Film Group, The Eve Project and an allotment. Please contact Matthew Sowerby on 01874 611529 for more information.

### Counselling Service:

Our counselling service can help with a wide range of mental health issues including stress, depression, anxiety and bereavement. Self-referral is possible by contacting the centre in Brecon on 01874 611529 or you can be referred by another agency such as a GP or nurse.

### Active Monitoring:

An early intervention self-management programme delivered through one-to-one sessions for up to 8 weeks available through the GP surgeries in Hay and Talgarth – please ask your GP for more information.

### Coming Soon!!!

Mum's Matter – a service geared towards providing support and advice to those suffering from perinatal mental health issues.