

## Community Support

We can provide support at our main centre in Brecon or one of our outreach centres during the times listed below. If you require support outside of these times please contact our office on 01874 611529 when we will aim to arrange support at a time and location convenient to you.

### Brecon:

Mon, Wed, Fri: 10am – 5pm  
Tues, Thu: 12pm – 7pm  
Sun: 12.30pm – 4.30pm (social lunch)

### Brecon Community Wellbeing Café

Fri 12pm – 2pm (Ty Croeso)

### Hay Outreach:

Tues 9.30am – 12pm (in Bowls Club)

### Crickhowell Community Wellbeing Café:

Tues 1.30pm – 3.30pm (in CRIC centre)

### Student Support:

Mon 12pm – 1pm, NPTC College, Brecon Campus  
Fri 12pm - 1pm, NPTC College, Brecon Campus

### Talgarth outreach:

Thu 9- 12pm (Talgarth Church Hall)

## Support groups

### Brecon:

Bipolar group operates from Mind on 4<sup>th</sup> Monday in each month (7pm – 9pm)  
Carer's Group (with CREDU) – last Wednesday of the month 10am – 12pm

## Activities

### Brecon:

Tuesday 11am - 3pm	Eco - Volunteering
Tuesday 1pm – 4pm	Healthy Eating (fortnightly)
Tuesday 2pm – 5pm	Eve Project (Women Only)
Wednesday 12pm – 1pm	Mindfulness sessions
Wednesday 1pm – 2pm	Recovery Discussion Group (tbc)
Wednesday 1.30pm - 4pm	Film group
Wednesday 2pm – 4pm	Gardening Group
Thursday 11am – 3pm	Eco-Volunteering
Thursday 11am – 12.30pm	Drama at Mind (Ends 8 <sup>th</sup> of February)
Thursday 1.30pm – 4.30pm	Art in Mind
Friday 1pm – 2pm	Poetry
Friday 2.30pm - 4pm	Crafternoon

### Crickhowell:

Friday 9.30 – 1.30pm Pottery – Arts Alive

## Health & Wellbeing

**Mondays (10am – 3.30pm) in Ty Croeso, Brecon**

Reiki

Indian Head Massage

Reflexology

*All treatments by appointment only – please phone 01874 611529*

**Thursdays (1.30pm – 4.30pm) Talgarth**

Swimming & Walking

*Please ring Carol Coles for information (07890 660722)*

## 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, and Crickhowell for those seeking support and advice. Please contact Neil Hirst or Rachel Williams 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. Please note there is a small charge for this service.

### Active Monitoring:

An early intervention self-management programme delivered through one-to-one sessions through a 5-session programme available through the GP surgeries in Hay, Talgarth, Brecon and Crickhowell – please ask your GP for more information.

### Mum's Matter

An 8-week course providing support and techniques to women in the post-natal period dealing with all the worries and anxieties that motherhood brings. Creche and refreshments provided. Please contact Deborah Wilkie on 01874 611529 for more details.

Brecon & District Mind  
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