

## Health & Wellbeing

### Ty Croeso, Brecon:

Mondays

Reiki

Indian Head Massage

Reflexology

Yoga

Fridays

Homeopathy

All treatments by appointment only –  
please phone 01874 611529

### Talgarth

Thursdays (1.30pm – 4.30pm)

Swimming & Walking

Please ring Ty Croeso for information  
(01874 611 529)

### Support Groups

#### Brecon:

Bipolar group operates from Mind on  
4th Mon each month (5pm—8pm)

Carer's group (with CREDU) - last Wed each  
month (10am—12pm)

Brecon and District Mind  
Tŷ Croeso  
St David's House  
48 Free Street  
Brecon LD3 7BN

[www.breconmind.org.uk](http://www.breconmind.org.uk)  
t: 01874 611 529  
e: [info@breconmind.org.uk](mailto:info@breconmind.org.uk)



# Community Wellbeing Support



at a time when you need it, in  
Brecon, in the Community or in  
your home.

## Community Wellbeing Support

Brecon and District Mind supports people in the community affected by mental health issues and emotional distress. We are here to help. We do this by providing professional services in either our centre, a warm, friendly and safe environment or in a community venue or in your home to promote good mental health and wellbeing.

Feel free to come and have a relaxed chat and a cuppa with other people with similar experiences.

## Our Purpose

“help me at a time when I need it to enable me to manage my mental health & wellbeing”

With our purpose at the forefront of what we do, we can provide confidential 1:1 support at our main centre in Brecon or one of our outreach centres during the times listed overleaf. If you require support outside of these times or can not get to us please contact our office on **01874 611529** and we will arrange support at a time and location convenient to you.

## Community Wellbeing Support Hours

### Brecon:

Mon, Wed & Fri: 10am – 5pm

Tue & Thu: 12pm—7pm

Sun: 12.30—4.30pm (social lunch)

### Brecon Community Wellbeing Café:

Fri: 12pm—2pm

### Hay Outreach:

Tue: 9.30am—12pm (The Bowls Club)

### Crickhowell Community Wellbeing Café:

Book-ish (contact centre for further information 01874 611529)

### Student Support:

Mon & Fri: By appt (NPTC College, Brecon)

### Talgarth Outreach:

Thu: 9am—12pm (Talgarth Church Hall)

Start the day with breakfast

## Activities Programme

### Brecon:

Tue 11 - 3pm

Eco- Volunteering

Tue 1 – 4pm

Healthy Eating  
(fortnightly)

Tue 2 – 5pm

Eve Project (Women  
Only)

Wed 12 – 1pm

Mindfulness sessions

Wed 1 – 2pm

Recovery Discussion  
Group

Wed 2– 4pm

Gardening Group

Thu 11 – 3pm

Eco-Volunteering

Thu 1.30 – 4.30pm

Art in Mind

Thu 1.30—4pm

Film Group

Fri 12 – 2pm

Community Wellbeing  
Café

Fri 2.30 – 4pm

Crafternoon

### Crickhowell:

Fri 9.30 – 1.30pm

Pottery – Arts Alive