



This is a members-led music and performance group for adults living with mental ill health.

Meatballs rehearse every other Wednesday from 1pm to 3pm at Mind House, 82 Marsh Road, Rhyl, LL18 2AE

To pre-book or for further information, please contact the team on 01745 351635



Mind Tones are a ukulele band who are supported and run by Vale of Clwyd Mind.

Mind Tones rehearse every other Wednesday from 1pm to 3pm at Mind House, 82 Marsh Road, Rhyl, LL18 2AE

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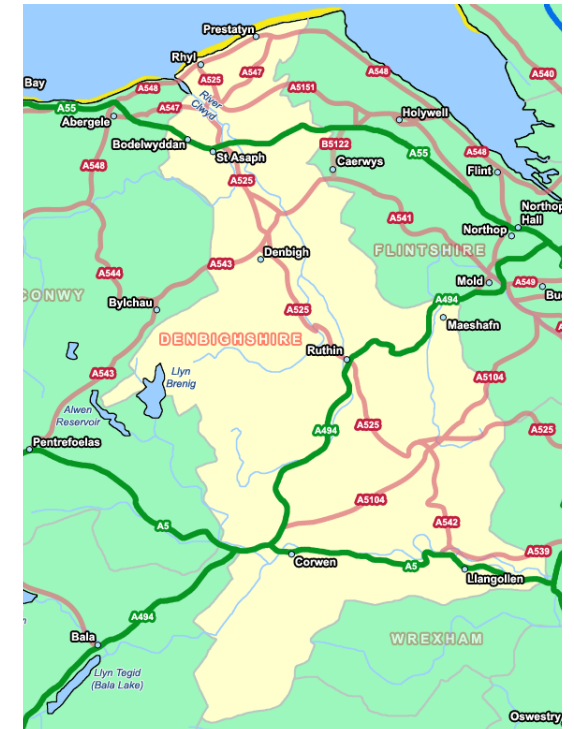
DORIS on Tour is a new and innovative service, the first of its kind in Wales and possibly the UK. The project is set to reach out to people living in rural areas of Denbighshire who need help with their mental wellbeing.

DORIS and her team can be accessed easily by self referral or drop in to see us for a cuppa, a chat and to meet the team!

Our vehicle affectionally known as 'DORIS' will help to support people in mental distress. On board will be a fully trained Social Prescribing practitioner who will provide short term emotional and practical assistance, and provide referrals to other organisations who can help.

mind
Vale of Clwyd
Dyffryn Clwyd

What's On In Denbighshire?



Email: outreach@valeofclwydmind.org.uk

Facebook: www.facebook.com/Valeofclwydmind

Instagram: www.instagram.com/vocmind/

Twitter: @ValeofClwydMind

Website: www.valeofclwydmind.co.uk



82 Marsh Road, Rhyl, LL18 2AE

Contact: 01745 351635

Email: mahoneys@valeofclwydmind.org.uk

Monday: Cooking Group
10.00 am - 11.30 am
12.30 pm - 2.00 pm
(Booking Essential) - £2.00

Tuesday: Monthly diary in place*
10.00 am - 11.30 am
12.30 pm - 2.00 pm
(Booking Essential)

Wednesday: Monthly diary in place*
10.00 am - 11.30 am
12.30 pm - 2.00 pm
(Booking Essential)

Thursday: Monthly diary in place*
10.00 am - 11.30 am
12.30 pm - 2.00 pm
(Booking Essential)

Friday: Health and Wellbeing
10.00 am - 11.30 am
(Booking Essential)

*Please contact us using the details above for information in relation to the groups/activities available in the diary on these days.



Outreach

Contact: 01745 812461

Email: outreach@valeofclwydmind.org.uk

Social Groups

Eirianfa Community Centre
Denbigh, LL16 3TS

Thursday: 'Cuppa and a Chat'
10.00 am - 12.00 noon
(Booking Essential)



Naylor Leyland Centre,
Ruthin, LL15 1AF

Tuesday: 'Cuppa and a Chat'
1.00 pm - 3.00 pm
(Booking Essential)

Canolfan Ni, London Road,
Corwen, LL21 0DP

Thursday: 'Cuppa and a Chat'
10.00 am - 12.00 noon
(Booking Essential)



Welfare House, Market Street,
Llangollen, LL20 8RA

Friday: 'Cuppa and a Chat'
10.00 am - 12.00 noon
(Booking Essential)

*Monthly diary available
Why not ask the team for more details?*

Walking Groups

Contact: 01745 812461

Email: outreach@valeofclwydmind.org.uk

Ruthin

Tuesdays at 1.30 pm
leaving from the Naylor Leyland Centre

Corwen

Tuesdays at 9.30 am
leaving from the Sports Pavilion

Wednesday at 9.30 am
Again leaving from the Sports Pavilion

Denbigh

Thursdays at 10.30 am
leaving from the HWB

Llangollen

Fridays at 9.30 am
leaving from Plas Newydd

*All the walks cover local easy terrain
which is suitable for all abilities*

*(Corwen can be a bit more challenging
due to the terrain in and around the
town).*

The Allotment Projects

Supporting people affected by
mental ill health

Tuesday 10.00 am - 12.00 noon
Denbigh, behind Morrisons

Wednesday 10.00 am - 2.00 pm
Roe Plas Meadow, St Asaph LL17 ORD

Friday 10.00 am - 2.00 pm
Llanfwrog Community Centre
Ruthin LL15 1LE

