

THURSDAY: GRWP CYMRAEG/WELSH

Informal Welsh lessons, all abilities welcome.

FRIDAY: MUSIC JAM

Informal music making. Bring your own instrument or choose from our selection.

FRIDAY: POETRY GROUP

Suitable for all abilities, write and record poetry.

URGENT SUPPORT

Call NHS 111 option 2 - 24/7

Contact your GP

call Samaritans on 116 123

text SHOUT to 85258

call C.A.L.L. on 0800 132 737

**IN AN EMERGENCY CALL 999 OR
VISIT YOUR LOCAL A&E**

Other support

Mind has online information and helplines:

Mind's A to Z of mental health

www.mind.org.uk/A-Z

- InfoLine: Mon-Fri 9am-6pm
0300 123 3393 info@mind.org.uk
- Welfare benefits line: 0300 222 5782
- Legal Line: 0300 466 6463

Side by Side: Mind's online community

Side by Side is an online peer support community where you can connect with others who understand what you are going through.

How to get involved

We welcome offers to help Brecon & District Mind help more people. You may find that getting involved in something you care about helps improve your mental health & wellbeing too!

DONATE OR FUNDRAISE

We are an independent charity serving our local area. To support local please make sure you donate/fundraise for 'Brecon & District Mind' Charity number 1145211.

We can provide items e.g. tins/forms/Tshirts to help your fundraising efforts and we have a JustGiving page for online donations which are automatically Gift Aided.

VOLUNTEER

We have a range of volunteering opportunities available from practical tasks such as keeping our Brecon Wellbeing Centre neat and welcoming, listening support, raising awareness and events and fundraising.

You may have a special interest, talent or skill you'd like to offer. We also host placement opportunities for people who need experience to complete a qualification e.g. Counselling or NVQ Health & Social Care.

Volunteering can be regular or ad hoc. Some roles require a DBS (police check) or qualifications.

JOIN OUR TRUSTEES

Our Trustees are volunteers who govern the organisation and strategic direction of the Charity.



Mind
Brecon
and District



Here when you need
us to help you
manage your mental
health & wellbeing

01874 611529

support@breconmind.org.uk
www.breconmind.org.uk

**St David's House, 48 Free Street,
Brecon. LD3 7BN**
Registered Charity No. 1145211

Who we are & what we do

Brecon & District Mind is an independent Charity. We are part of the national Mind network of about 100 Local Minds across England & Wales, national Mind (including Mind Cymru) and Mind Retail (Charity shops).

Brecon & District Mind provides a range of services and opportunities to people in the communities based in south Powys, Mid Wales. This is defined as people living in the area or registered with a GP practice in Brecon, Sennybridge, Haygarth & Crickhowell.

We support people to help maintain good mental health and those experiencing mild to moderate mental health and wellbeing problems.

Services available

WELLBEING

(Ages 18+) Our one-to-one support – available face to face in our Brecon Wellbeing Centre, or telephone / video calls (Zoom or teams). We will understand ‘What matters’ and find a way forward together with your bespoke plan.

MUMS MATTER

(18+) Available to Mums from pregnancy up to child(ren) up to 2 years old. The perinatal support project includes one to one support, Mums Matter course with creche and a Mums Social Group in term times.

CHILDREN AND YOUNG PEOPLE (CYP)

(18+) Wellbeing support at Brecon High School including workshops and break time activities.

FAMILY SUPPORT

(18+) Our worker provides one to one listening support and practical tips to parents and guardians worried about their child’s mental health and wellbeing.

GREEN MINDS

(18+) Our nature based activities include one off workshops and events, Tuesday morning gardening group at Brecon Cathedral and allotment group on Wednesday afternoons (Mar-Oct).

COUNSELLING

(18+) Qualified counsellors provide 50 minute sessions. There is usually a charge for this service, however funding may be available.

POWYS IN WORK SUPPORT SERVICE

(16+). Brecon & District Mind are a partner in this new project providing support to anyone in Powys who is employed or self-employed. We provide one to one, free counselling.

BEREAVED BY SUICIDE

(18+) A group for people experiencing grief and loss from suicide bereavement. 6pm-8pm on the last Wednesday of each month at Kensington Baptist Church, Brecon.

BLENDED CBT

(16+) Our support worker provides telephone guidance alongside the NHS Silvercloud online CBT programmes.

BRONLLYS WALK & SWIM

(18+) Thursday afternoons in partnership with Ty Illtyd, our local Community Mental Health Team.

POTTERY CRICKHOWELL

(18+) Potter Martin Craddock hosts a morning and an afternoon pottery session on Fridays at Peak in Crickhowell. All materials provided. There is a charge towards materials.

Drop ins & outreach

Have a cuppa, find out about our support and what’s on, peer support & chat. Available to people aged over 18.

BRECON DROP IN: MON-FRI 1PM TO 4PM

Ty Croeso Community Wellbeing Centre, St Davids House, Free Street. Near to short stay (Morrisons Car Park) and long-stay (Bus Station) pay & display parking.

HAY ON WYE: TUESDAY MORNINGS

Alternates each week between a Drop in group in Hay on Wye Bowling Centre or walk followed by a cuppa.

TALGARTH: THURSDAY MORNINGS

Drop in group at the Community Hall.

Brecon groups

Regular groups held in our wellbeing centre are below, other workshops and courses are offered from time to time. Available to people aged over 18.

MONDAY: CRAFT AFTERNOON

Card making, jewellery making and more! Materials supplied or bring your own.

TUESDAY: ART IN MIND

Led by a local artist. Choose from the suggested topic or something you’d like to try. Materials supplied or bring your own.