



# PONTAFREN ACTIVITIES

October  
2024

## MONDAY

### Veterans' Hub ●

10:00 – 12:00, Monday 21st October '24  
Ponhafren Newtown, Longbridge Street

### Jewellery Making ● ●

11:00 – 13:00, every Monday for 6 weeks from 7th  
October.

Ponhafren Newtown, Longbridge Street

### Creative Writing ● ●

13:45 – 16:45, every Monday  
Ponhafren Welshpool, The Armoury

*Gym inductions are available in Welshpool every  
Monday.*

## THURSDAY

### Arty Crafters - Peer Led Craft Group ● ●

11:00 – 14:00, every Thursday  
Ponhafren Welshpool, The Armoury

### Powis Castle Garden ● ● ●

11:00 – 15:00 every Thursday  
Powis Castle Walled Garden, Welshpool - contact  
for further details.

### Confidence Building ● ●

Thursday 17th October, 10:00 – 14:30  
Ponhafren in Welshpool, The Armoury

*Lunch provided*

### Walk & Talk Rugby Group ● ●

18:00 – 19:00, every Thursday  
Welshpool Rugby Club

### World Mental Health Day - 10th October ●

10:00 – 12:00  
Join us for a delicious cooked breakfast and a chat.  
No charge, donations welcome.



## TUESDAY

### Men's Group ●

15:00 – 16:15, every Tuesday  
Ponhafren Newtown, Longbridge Street  
8th October Wii  
15th October Darts  
22nd October Catch up  
29th October Pool

### Confidence Building Course ● ●

Tuesday 15th October  
10:00 – 14:30  
Ponhafren Newtown, Longbridge Street  
*Lunch provided*

### Singing for Wellbeing ● ●

14:30 – 15:30 Ponhafren in Welshpool, The Armoury  
16:15 – 17:15 Ponhafren Newtown, Longbridge Street

## FRIDAY

### Bacon Sandwich & Board Games ●

11:00 – 13:00, every Friday  
Ponhafren Newtown, Longbridge Street  
Cost of £1.50 per sandwich



### Craft & Chat ● ●

12:00 – 14:00, every Friday  
Ponhafren Newtown, Longbridge Street

Our drop in service is available from 11:00—  
15:00 Monday to Friday in each of our centres.

## WEDNESDAY

### Newtown Walk ● ● ●

11:00 – 12:00, every Wednesday  
Meet opposite the cinema by the bridge.

### Lego Group ● ●

11:00 – 13:00, every Wednesday  
Ponhafren Welshpool, The Armoury



Choose your activity based on the Five Ways to  
Wellbeing

- KEEP LEARNING ● BE ACTIVE ● CONNECT
- TAKE NOTICE ● GIVE & CREATE



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Ponhafren Welshpool  
The Armoury, Brook Street,  
Welshpool, SY21 7NA  
tel: 01938 552770



# NEW THIS MONTH

October  
2024

## *Jewellery Making* ● ●

11:00 – 13:00, every Monday  
Ponhafren Newtown, Longbridge Street

## *Confidence Building Course*

Tuesday 15th October  
10:00 – 14:30  
Ponhafren Newtown, Longbridge Street

*Lunch provided*

Thursday 17th October, 10:00 – 14:30  
Ponhafren in Welshpool, The Armoury

## *Imposter Syndrome Workshop*

TownSq invite you to Ponhafren in Welshpool for an empowering workshop dedicated to overcoming Imposter Syndrome. Designed for small business owners, startups and freelancers, this event will help you stop letting self-doubt stand in the way of your business success.

Use the link below to reserve a spot

<https://www.eventbrite.co.uk/e/imposter-syndrome-workshop-world-mental-health-awareness-day-tickets-952584956247>

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[www.ponhafren.org.uk](http://www.ponhafren.org.uk)    [admin@ponhafren.org.uk](mailto:admin@ponhafren.org.uk)



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