



PONTAFREN ACTIVITIES

March
2025

MONDAY

Veterans' Hub ●

10:00 – 12:00, Monday 17th March
Ponthafren Newtown, Longbridge Street

Jewellery Making ● ●

11:00 – 13:00, 3rd, 17th, 24th and 31st – Limited spaces
please call to book. Ponthafren Welshpool, the Armoury

Welshpool Litter Pick ● ● ●

13:00 – 14:00 24th March
Meet at the Welshpool Library and lets tidy the community

Gym inductions are available in Welshpool every Monday.

TUESDAY

Men's Group ●

15:00 – 16:15, every Tuesday - details below;

4th March - Indoor Walking Rugby (The Armoury, Welshpool)
11th March - Darts (Longbridge Street, Newtown)
18th March - Table Tennis (The Armoury, Welshpool)
25th March - Board Games (Longbridge Street, Newtown)

Emotional Wellbeing — life skills ● ● **Booking Essential**

10:00 – 13:30, Tuesday 18th March
Ponthafren Newtown, Longbridge Street

Cooking with Katie ● ● **Course currently full but sign up to the next one**

11:00 – 12:30
Ponthafren Newtown, Longbridge Street

Pancake day ●

13:00— 15:00
Join us for a delicious Pancake - made by Nichola. £1.00
per pancake and topping.
Ponthafren Newtown, Longbridge Street

Singing for Wellbeing— Each Tuesday ● ●

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

Choose your activity based on the *Five Ways to Wellbeing*



WEDNESDAY

Newtown Walk ● ● ●

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

Gardening Group ● ● ●

13:30 – 15:30
Ponthafren Newtown, Longbridge Street

Lego Group ● ●

11:00—12:30
Ponthafren Welshpool, The Armoury

THURSDAY

Arty Crafters - Peer Led Craft Group ● ● ●

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

Powis Castle Garden ● ● ●

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

Building Resilience— life skills ● ● **Booking essential**

10:00 – 13:30 , Thursday 27th March
Ponthafren Welshpool, The Armoury

Walk & Talk Rugby Group ● ● ●

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

FRIDAY

Bacon Sandwich & Board Games ●

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



Craft & Chat ● ●

12:00 – 14:00
Ponthafren Newtown, Longbridge Street

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



[/ponthafren](https://www.ponthafren.org.uk) [/ponthafren_](https://www.ponthafren.org.uk)

www.ponthafren.org.uk admin@ponthafren.org.uk



Ponthafren Newtown
Longbridge Street,
Newtown, SY16 2DY
tel: 01686 621586

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



NEW THIS MONTH

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Emotional Wellbeing — life skills

10:00 – 13:30, Tuesday 18th March
Ponhafren Newtown, Longbridge Street

Building Resilience— life skills

10:00 – 13:30 , Thursday 27th March
Ponhafren Welshpool, The Armoury

Pancake day

11:00 – 12:30

Join us for a delicious Pancake - made by Nichola. £1.00 per pancake and topping.
Ponhafren Newtown, Longbridge Street

Welshpool Litter Pick

13:00 – 14:00 24th March

Meet at the Welshpool Library and lets tidy the community

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www.ponhafren.org.uk

admin@ponhafren.org.uk



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