

Wellbeing Centre Programme – 2011

Emotional, Wellbeing and Mental Health Centre

Torfaen Mind, 24 George St, Pontypool, Torfaen, NP4 6BY, 01495 759272, wellbeingcentre@torfaenmind.co.uk

	10am	AM 10:30-12:30	lunch 12:00-1:00	PM 12:30-2:30	2:30-5:00
MON	Centre opens	<p><u>Anxiety Management</u> 10:30-12:30 (10 week programme. Ask for next available group)</p> <p><u>MAGMA Newsletter</u> 10:30-12:30 Help with the Newsletter in the IT room</p>	Light lunch	<p><u>Art/Craft Group</u> 1:15-2:15</p> <p>Board games, quiz, etc...</p>	
TUES	Centre opens	<p><u>Nordic Walking Group</u> (weekly) 11.00 - 12.30pm</p> <p>Board games, quiz, etc</p>	Light lunch	<p><u>Craft/Art group</u> 1:00-2:30</p> <p>Board games, quiz, etc</p>	<p><u>IT</u> 2:30-4pm Learn Direct (ongoing)</p>
WED	Centre opens	<p><u>Photographic Group</u> 6 weeks 10:30am - 2pm</p> <p><u>Depression Management</u> 10:30-12:30 (10 week programme. Ask for next available group)</p>	Healthy Eating Lunch Group Meal	<p><u>Photographic Group</u></p> <p>Well Woman Group 1:00-2:00</p> <p><u>Easy Gardening</u> 1:30-2:30pm</p> <p><u>Service-user Group Meeting</u> (Fortnightly)</p>	<p><u>Cooking on a Budget</u> 2:45 - 4:45 6 week course</p>
THUR		<p><u>Centre closed</u> Appointments: 10am-12:30pm</p> <p><u>'Out and About Group'</u> Coffee & chat 10-10:40am at Pontypool leisure</p> <p>Water Aerobics Group Pontypool Leisure 11:00 - 12:00</p>	<p><u>Centre Opens</u> 1230pm</p> <p>Light Lunch</p>	<p><u>Understanding Anger</u> 1:00-2:30 (12 week programme. Ask for next available group)</p> <p>Board games, quiz, etc</p>	<p><u>Motivational Confidence Course</u> 2:30-4pm 6 Week Course</p>
FRI	Centre opens	<p><u>Relaxation Group</u> 10:30-11:30 (Rolling programme. Ask for a referral to the group)</p> <p><u>Stepping Stones</u> <u>Weekly Cycling/Walking Group</u> 11:30-1:30</p> <p><u>Complimentary Therapist</u> 10:30-2:30 (Book to arrange appointment)</p>	Light Lunch	<p>Board games, quiz, etc</p> <p><u>MAGMA Newsletter</u> 1:30-3:30 Help with the Newsletter in the IT room</p> <p><u>Complimentary Therapist</u> 10:30-2:30 (Book to arrange appointment)</p>	

If you would like to attend: Anxiety Management, Depression Management, Understanding Anger, Complimentary Therapies, Cooking On a Budget, CV Writing and Interview Techniques please book. You can also book a Thursday morning appointment to discuss worries with a staff member. Any further inquiries, please ask staff. Tel: 01495 759272