
















Phoenix Project Programme – 2011

Emotional, Wellbeing and Mental Health Centre

Community Centre, Orchard Street, Brynmawr, NP23 4ET, 01495 311445, phoenixproject@torfaenmind.co.uk

	11am	AM 11.30-1.00	lunch 1.00-2.00	PM 2.00-3.30	3.30-5
MON	Centre opens	Puzzles and Board Games Day 	Light lunch	Puzzles and Board Games Day 	Carn -y- Cefn Outreach 4pm - 5pm
TUES	Centre opens	 Healthy Eating Lunch Group (cooking on a budget) 11.15-2.00 South Wales Mental Health Advocacy 11.30 - 2	Healthy eating lunch group	 Did you know? 2.00-3.00 (General knowledge about health, science, etc) Benefits Advice 1:00-3.30	
WED	Centre opens	 Relaxation Group (8 week programme) 10.15am-10.50am (Length of session will vary. Ask for next available group)  GP Exercise Referral programme 12.15-1.15 Come along and have a taster	Light lunch	 Group sing-along 2.00-3.00	
THUR	Centre opens	Art & Craft Group  11.30am-12.30pm Gofal attending project 12.30 pm onwards	Light Lunch	Technology Tasters  2pm	
FRI	Centre opens	 Weekly Swim 12pm walk from the project to leisure centre or meet there.  Alternative Therapist 11.00-3.30 (Book to arrange appointment)	Light Lunch	Board games, Quiz...   Alternative Therapist 11.00-3.30 (Book to arrange appointment)	

If you would like to attend: Relaxation Group or Complimentary Therapies, you will need to book a place. There are further activities that are taking place and activities will change on occasions so please ask staff for further information. We also offer the services of the South Wales Mental Health Advocacy Team, Careers Wales and the Citizens Advice Bureaux, in addition to a range of other specialist services.