Wedi ei ariannu gan Llywodraeth y DU
Funded by UK Government

PAVO
Powys Association of Voluntary Organisations
Cymdeithas Mudiadau Gwirfoddol Powys

"Ariennir y prosiect hwn gan Lywodraeth y DU drwy Gronfa Ffyniant Gyffredin y DU, a gefnogir gan Gyngor Sir Powys".
Powys
Tyfu Canolbarth Cymru Growing Mid Wales
"This project is funded by the UK Government through the UK Shared Prosperity Fund, supported by Powys County Council".

AGOR EGNI
OPEN ENERGY

CRONFA GYMUNEDOL COMMUNITY FUND

FREE COPY/ AM DDIM

OPEN EVENTS DIGWYDDIADAU AGORED

OCTOBER/ HYDREF 2026



DISCOVER THE UPCOMING COMMUNITY EVENTS AND ACTIVITIES INSIDE!

DARGANFOD Y DIGWYDDIADAU A GWEITHGAREDDAU CYMUNEDOL SY'N DOD Y TU FEWN!

ABOUT THE COVER/ AM Y CLAWR

Coleg Y Drenewydd
Newtown College
RHAN O GRŴP COLEGAU NPTC
PART OF NPTC GROUP OF COLLEGES

Created by Esme Perry:
Accepted to study Graphic Design, Manchester MMU

Newtown College, part of the NPTC Group of Colleges, offers a comprehensive range of full-time Art & Design courses. Supporting various skill levels, including Level 1 to Level 3 and Foundation Diploma L3/4. Specialist pathways include Fashion, Textiles, Photography, Sculpture, Graphic Design, 3D Studies, Fine Art and much more.

If you are interested in qualifications and training for the Creative Industries visit www.nptcgroup.ac.uk for more details.

SHARING OUR EVENTS AS A COMMUNITY



Welcome to the October edition of Open Events newsletter.

As you read this we will have completed the Open Energy project and we're sharing inside a few of the great things we achieved as a community during the three years. **Huge thanks to everyone that took part in any of the events and activities.**

Open Events will continue with a new look from next month, so please look out for the next edition in all the usual places.

As always, this edition of Open Events is full of things to do in and around Newtown this month, and check out the back page for the weekly calendar of local activities.

Please think about leaving us some feedback using the form inside, as this will help us to plan future editions and keep improving on how and where you can find it.

If you would like your event to be included in the next issue, please go to Open Events Newsletter at www.opennewtown.org.uk for more details, and for information about how to become a stockist of the paper please drop us an email at openevents@opennewtown.org.uk



Joanna Houseman

Open Energy, Climate Action Officer

If you're interested in including your event in the next or forthcoming issues please contact us by email

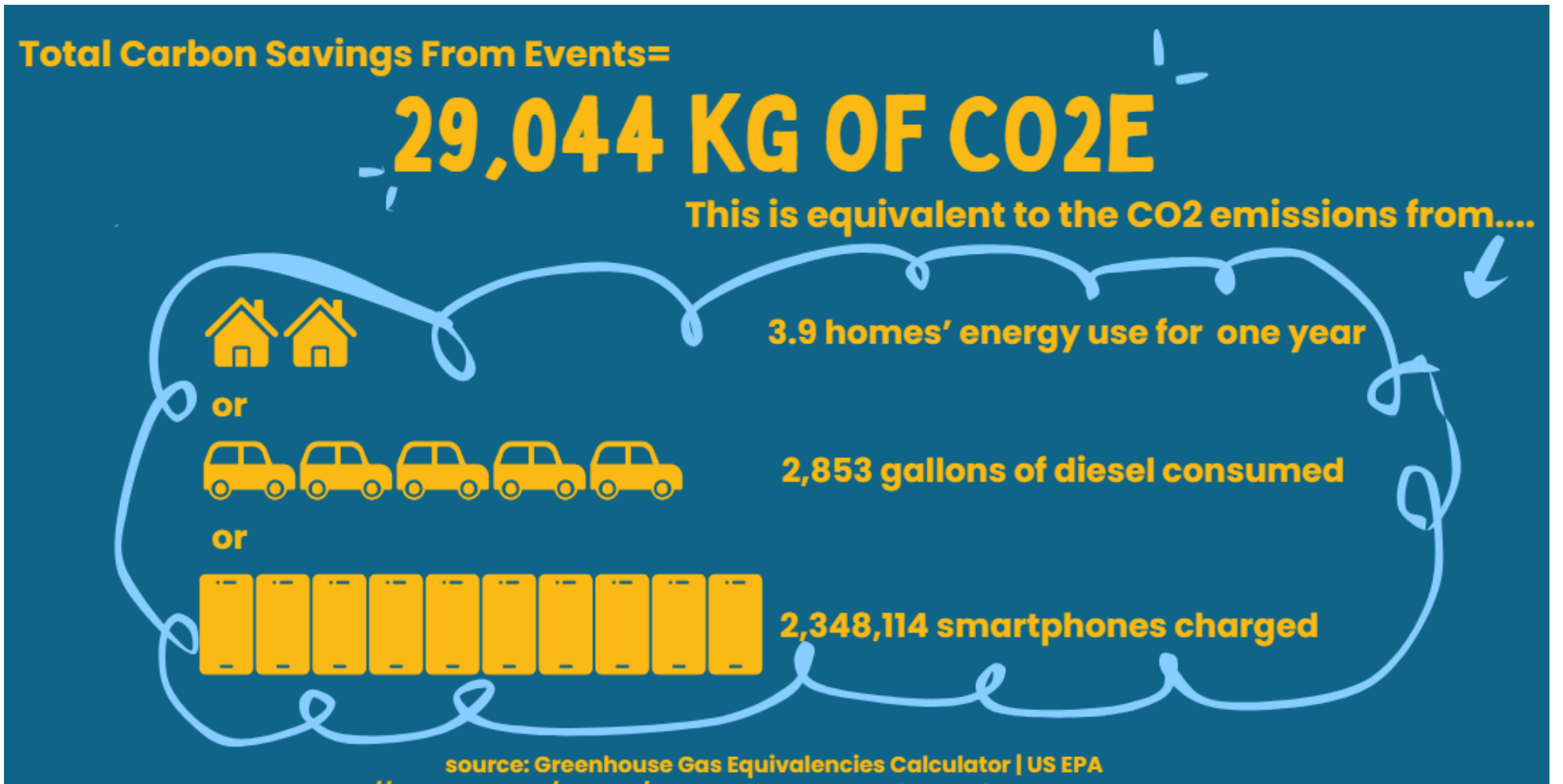
openevents@opennewtown.org.uk





Celebrating the success of the Open Energy project

Open Energy was a three year National Lottery funded project with the aim of helping and encouraging the residents of Newtown to save energy through events, education, and household interactions. Together we strengthened Newtown's circular economy with Swapshops and Repair Cafes, learned through educational workshops, had conversations about energy, and saved more than a whopping 29 tons of CO2e!





WE WANT TO HEAR FROM YOU!



Take part in our reader feedback survey

It's important to us that we're providing the information you would like to see. Can you spare just one minute to share your feedback?

Name (optional)

Are you local to Newtown?

- ◯ Yes, I live in Newtown
- ◯ Newtown is my nearest town
- ◯ No, I do not live locally

How do you usually discover information about local events?

- ◯ Social Media (Facebook/ Instagram)
- ◯ 'Open Events' newspaper
- ◯ Word of mouth
- ◯ Local newspapers e.g. County Times

Have you found 'Open Events' to be a useful way of discovering information about events and activities in Newtown?

- ◯ Yes
- ◯ No
- ◯ Somewhat useful

Do you have any suggestions on how we could improve 'Open Events'?

Are there any additional locations where you believe 'Open Events' should be stocked?

We currently deliver copies to: Hafan Yr Afon, the Town Council Office, Waste Not Shop, NPTC College, Cultivate, Platform 1, Royal Welsh Warehouse, Newtown Community Café, Ponthafren, Plas Dolerw, the Doctor's Surgery, Integrated Family Centre, Newtown Library and more.

Any further comments

thank you!

Please hand in your completed survey at Hafan Yr Afon or scan the QR code with your smart phone to take part.

Cultivate
I Gymunedau Tyfu
For Growing Communities

APPLE DAY
& LOCAL PRODUCERS FAIR

SATURDAY 17TH OCTOBER
11AM TO 3PM

Hafan Yr Afon, Back Lane, Newtown SY16 2NH

- Local apple variety tasting
- Apple pressing & bottling
- Apple activities & crafts
- Local food producers
- Local cider makers
- Biochar demonstration
- Fire, music & folk tales
- Plant sales & orchard advice

Also available: Lunch, cakes and hot drinks available to purchase from the Hafan Yr Afon Cafe

CRONFA GYMUNEDOL COMMUNITY FUND

SPOOK IN THE BOOT

Saturday 31st October

Event 7 - 8pm

Set up from 6pm

Back Lane Car Park



Sign up your car for **FREE** at
SPOOKINTHEBOOT.COM

October at Platform 1 Cafe

Drink ~ Eat ~ Create
Newtown Railway Station

A Creative Cafe & Community Hub.
Set up by & Supporting Volunteers

Mondays:
10:30 - 12:00 Monday Watercolour Social £4pp*
14:00 - 16:00 Slow Stitch Mondays £4pp*

Tuesdays:
10:30 - 14:00 Men Shed
10:00 - 11:30 Craft & Chat with Maggie
14:00 - 16:00 Tuesday Sketch Club £4pp*
18:00 - 20:00 Hen Shed ~ £5pp inc drink Please Book

Wednesdays: 12:30 - 14:30 Well~being Craft Session ~ Beginner friendly creativity

Thursdays:
10:30 - 12:30 Senior Socials £6pp inc lunch
16:00 - 18:00 Men Shed
18:30 - 19:30 ALN Parent peer support group

Fridays:
10:00 - 12:00 Hooked on Platform 1 £4pp*
14:00 - 16:00 Crafternoon ~ bring your own crafts

Saturdays: "Pay as you feel" Art: All day in the cafe

Thurs 1st: 10:30 - 12:00 Arthritis Peer Support Group
Sat 3rd: 09:00 - 11:00 Veterans Breakfast Free Bacon Bap *pay for drink
Fri 23rd: 15:30-17:00 Family Cooking: Please book
Sat 31st: 10:30 - 12:30 Family Crafts: Please book
Spooky Theme - £5 per family

*Includes cake & drink

01686 639913
Facebook: Platform1
www.menshednewtown.com
Instagram: platform1_newtown

Newtown Cafe Art Shed Museum PLATFORM 1

COUNTRY & WESTERN NIGHT

THE GAME CHANGE PROJECT

17TH OCTOBER 2026

LLANIDLOES RUGBY CLUB

7PM UNTIL LATE

LINE DANCING
TIN CAN ALLEY
BAR

★ SPECIAL GUEST LIVE BAND ★

ROOTS & WINGS

★ FOR CHARITY ★
IN AID OF
THE GAME CHANGE PROJECT
HELPING YOUNG PEOPLE, CHANGING LIVES

LOOK AGAIN

See differently. Connect. Create.



A **FREE** 8-week creative mindful photography course for young people aged 16-25 in Newtown and surrounding areas.

Would you like to:

- Try photography in a way that boosts wellbeing, confidence, resilience and hope?
- Spend time outdoors and connect with nature?
- See your everyday world differently?
- Meet and create alongside other young people?
- Explore ideas about yourself, your community and your future?

No photography experience is needed.
You can use your **smartphone or a camera.**

What's involved?

- 8 weekly 2–2.5 hour sessions + an exhibition
- Oriel Davies Gallery, Newtown with guided photography walks around Dolerw Park, the river and the town
- October 2026 – January 2027 Exact dates and times to be confirmed.
- The course will finish with a public exhibition of your photographs, giving you the opportunity to share your creativity and perspective with family, friends and the wider community.

Interested?

Contact Donna Jenkins,
Powys Together Community Co-ordinator (Newtown)

01686 614031

or email
donna.jenkins@powys.gov.uk

Look Again · Meddylgarwch Cymru Mindfulness Wales · Oriel Davies Gallery · Powys Together / Powys Ynghyd · Powys · The Ashley Family Foundation · Community Foundation Wales

BWYD DROS BEN Y DRENEWYDD NEWTOWN FOOD SURPLUS

October 2026

FOODSHARE & COMMUNITY DATES

BEAR LANES FOODSHARE

- 15 Bear Lanes, Newtown
- Mondays: 5th · 12th · 19th · 26th
  Fridays: 2nd · 9th · 16th · 23rd · 30th
- 10.30am–11.15am

THE HANGING GARDENS

- Llanidloes
- Wednesdays 7th & 21st
- 6.15pm–7pm

Please check their Facebook page before travelling

FORDEN COMMUNITY CENTRE

- First share: TBC
- Confirmed: Wednesday 28th
- 2.45pm–3.30pm

RAZEM–TOGETHER COFFEE MORNINGS

- 15 Bear Lanes, Newtown
- Saturdays: 3rd · 10th · 17th · 24th · 31st
- 10am–12 noon

Tea, coffee, pastries — often crafts & activities too

Everyone welcome · No referral needed · Please bring shopping bags
Food is free; donations are always welcome

Family Crafts

Newtown Cafe Art Shed Museum · Platform 1



Volunteer-run, creativity-filled family arts & crafts time!

10:30am-12:30pm

£5 per family

Message to book a space

26th August ~ Rainbow Theme
Think bright, bold & colourful

26th September ~ Nature Theme
Be creative using a range of natural materials

31st October ~ Spooky Art Theme
Where will your imagination take you.

28th November ~ Winter Woodland
Mixed media scenes - snow, animals, trees





SCAN ME

Where?

Platform 1 Art Shed
Railway Station
Newtown
01686 639913
Facebook: Platform1
www.menshednewtown.com
Instagram: platform1_newtown

Meddylgarwch Cymru Mindfulness Wales

Who are we?
Mindfulness Wales is a central hub for mindfulness across Wales. We're a charity working with partners to make mindfulness part of everyday life, study, work, and communities across Wales.

Why mindfulness?
Mindfulness is proven to boost mental health and wellbeing. It helps to manage thoughts and emotions and increases feelings of calm, kindness and connection.

Our vision
Making Wales a more compassionate, kind, fair, and sustainable place, one mindful moment at a time.

We do this by:

- Hosting welcoming online and in-person mindfulness events
- Running daily online drop-in sessions for calm, connection, and support
- Creating mindfulness projects with partners across Wales
- Growing a national network for sharing ideas and support
- Sharing real stories that show how mindfulness can make a difference

For more information: https://mindfulness-wales.org
Get in touch: info@mindfulness-wales.org

Hafan Yr Afon

AFTER HOURS

FROM 6PM
EVERY FRIDAY

DRINKS
MUSIC
GOOD PEOPLE

www.hafanyrafon.com

Men Shed Newtown

MEN SHED NEWTOWN

POP IN FOR A CHAT

@ Platform 1

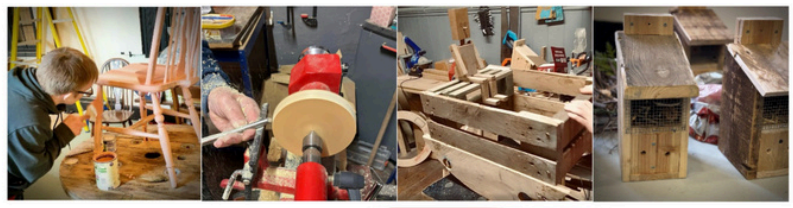
Newtown Railway Station

Who we are:

As a registered shed with the UK Men's Shed Association, we began in 2018 supporting men experiencing isolation encouraging connection & engagement, we focus on conversation, creativity, and community, improving wellbeing, reducing loneliness & social isolation.

Our members socialise over light woodworking, while also contributing to the local community through gardening projects, workshops, and events.

At its heart, our shed is about connection, bringing men together in a welcoming space to share skills, experiences, build confidence and friendships.



Sessions:

Tuesdays:
10am - 2pm
Thursdays:
4pm - 6pm

Lathe Sessions:

We are kindly joined by Carno Wood Turners the first Tuesday of the month for learning Lathe skills.

Contact details

menshednewtown@gmail.com
www.menshednewtown.com
Facebook: MenshedNewtown
01686 639913

Can you help?

We are looking for a Shed Leader. Someone with woodwork skills, spare time & excellent people skills. Pop in for a chat & cuppa

UK Member of MEN'S SHEDS ASSOCIATION

Friends of Ysgol Robert Owen

Together for Brighter Futures

Stronger Together

AGM

Annual General Meeting

Thursday 8th October

Ysgol Robert Owen
At the school

6:30pm

All Welcome!

Please come and share ideas and support our charity for the children of Ysgol Robert Owen

SUPPORT ♡ IDEAS ♡ COMMUNITY ♡ BRIGHTER FUTURES

Small Actions ♡ Big Differences ♡ Happier Children

N-EX-T

NEW EXPERIMENTAL TONES

September 11th 7:30pm

Eternal Triangle :
Trevor Watts
Veryan Weston
Jamie Harris



October 15th 7:30pm

ELDA
+
Marcel Holdys



November 1st 6:30pm

Christoph Gallio
Dominic Lash
Mark Sanders



Hafan Yr Afon, Newtown, Powys
Tickets / info - www.hafanyrafon.com
Free parking from 6pm - bar at the venue
All tickets £8/£10/£12 (you choose your price)

TRAFNIDIAETH CYMRU TRANSPORT FOR WALES
STRATEGIC RESEARCH & INSIGHT
NEW YDRENEWYDD NEWTOWN

HAVE YOUR SAY ON WALKING, WHEELING AND CYCLING IN NEWTOWN



We want to hear your views on walking, wheeling and cycling in Newtown.

WALKING CYCLING WHEELING



Your feedback will help shape the future of walking, wheeling and cycling in your area.

TAKE THE SURVEY ONLINE TODAY!

Scan me!

- It only takes about **10 minutes** to complete the survey
- Your answers are **anonymous**
- Complete the survey for a chance to win a **£50 Love2Shop voucher**

Cleaner air
Healthier places
Brighter journeys

Take the survey now at:
online1.snapsurveys.com/tfw-online-2026
Survey closes: 18 October 2026

TRAFNIDIAETH CYMRU TRANSPORT FOR WALES
STRATEGIC RESEARCH & INSIGHT
NEW YDRENEWYDD NEWTOWN

DWEUD EICH DWEUD AR GERDDED, OLWYNO A BEICIO YN Y DRENEWYDD



Rydym am glywed eich barn ar gerdded, beicio ac olwyno yn y Drenewydd.

CERDDED BEICIO OLWYNO



Bydd eich adborth yn helpu i lunio dyfodol teithio egnïol yn eich ardal.

CWBLHEWCH YR AROLWG AR-LEIN HEDDIW!

Sganiwch fi!

- Dim ond tua **10 munud** y mae'r arolwg yn ei gymryd
- Fe fydd eich ymateb yn **ddienw**
- Cwblhewch yr arolwg am gyfle i ennill taleb **Love2Shop gwerth £50**

Aer glanach
Mannau iachach
Teithiau mwy disglair

Cwblhewch yr arolwg nawr yn:
online1.snapsurveys.com/tfw-online-2026
Mae'r arolwg yn cau: 18 Hydref 2026

Rekindle Hub/Hwb

AUTUMN ACTIVITIES

GWEITHGAREDDAU'R HYDREF

BOB DYDD IAU
PRYNHAWN
1 - 4PM

For young people aged 16–25

Anice,chilled outarea for youngpeople aged 16-25, to connect, recharge, and gain confidence around others. Join in with activities, play games, or simply relax - everybody's welcome! Free, friendly and no need to book. Help with transport may be available.

Ar gyfer pobol ifanc 16-25 oed.

Manbraf achamddenol i boblifanc rhwng 16 ac 25 oed I gysylltu, ailwefru a magu hyder yng nghwmni eraill. Gallwch gymryd rhan mewn gweithgareddau, chwarae gemau neu ymlacio'n unig - mae croeso i bawb. Mae'n rhad ac am ddim ac yn gyfeillgar, ac nid oes angen archebu lle.
Gallai cymorth gyda chludiant fod ar gael.

2-3 Ladywell Centre,
Newtown SY16 1AF
hello@rekindle.org.uk
01686 722222



Rekindle Ail-ddeffro
REGISTERED CHARITY NO: 1067356

2, 3 Ladywell Centre, Newtown SY16 1AF
hello@rekindle.org.uk
01686 722222

Every Thursday
Bob Dydd Iau
Prynhawn
1-4pm

Rekindle Ail-ddeffro
REGISTERED CHARITY NO: 1067356

September		Medi
Pool Tournament	3	Twrnamaint Pwll
A Thursday of Puzzles	10	Dydd Iau o Bosau
All About Disney	17	Popeth am Disney
DIY Craft Sessions	24	Sesiynau Crefft DIY

Free activities for young people aged 16-25!

Everybody's Welcome!

Help with Transport Available

October		Hydref
Singing Jam	1	Sesiwn Canu
Let's Cook	8	Dewch I Goginio
Building Confidence through LEGO	15	Adeiladu hyder trwy LEGO
Halloween Quiz	22	Cwis Calan Gaeaf
Halloween Celebration	29	Dathliad Calan Gaeaf

November		Tachwedd
Bonfire Art	5	Celf Tân Gwyllt
Hit a Strike	12	Sgorio "Stricio"
Clay Day	19	Diwrnod Clai
Video Games	26	Gemau Fideo

Connect, recharge, and gain confidence around others. No pressure to join in

JOIN US AT REKINDLE FOR

AUTUMN ACTIVITIES

GWEITHGAREDDAU'R HYDREF



WERN FARM

VEG MARKET

@ Hafan Yr Afon

2nd & 4th Saturdays 9am – 1pm





Cultivate
I Gymunedau Tyfu
For Growing Communities

Ein Sesiynau gwirfoddoli

Rydym yn cynnig amryw o brosiectau sydd wedi'u hanelu at ymgysylltu â'r gymuned a hyrwyddo byw'n gynaliadwy. Mae ein sesiynau gwirfoddoli wedi'u rhestru isod:



Dydd Mawrth: Meithrin Cegin

Dechrau Coginio - Clwb coginio gyda Ged
Dysgu sgiliau coginio, cadw a phobi 10-12.30
Cinio cymunedol a rennir 12.30-1.00



Dydd Mawrth: Meithrin gardd gymunedol

Dechrau Tyfu - Clwb garddio gydag Ashleigh
Dysgu amrywiaeth o sgiliau garddio 10-12.30
Cinio cymunedol a rennir 12.30-1.00



Dydd Mercher: Meithrin gardd gymunedol

Sgiliau Cael - Clwb cynnal a chadw gerddi gydag Ashleigh
Dysgu amrywiaeth o sgiliau cynnal a chadw gerddi 10-12.30
Cinio cymunedol a rennir 12.30-1.00



Dydd Iau: Meithrin gardd gymunedol

Sgiliau Cael - Clwb compostio gyda Rhiwena
Dysgu sgiliau compostio ac iechyd pridd 10-12.30
Cinio cymunedol a rennir 12.30-1.00



Dydd Gwener: Canol y Dref

Ymgysylltu â Stephanie (Ebrill-Hydref)
Anfonwch e-bost at admin@cultivate.uk.com am ragor o wybodaeth
Darperir cinio i wirfoddolwyr ar ôl y sesiwn



Dyddiau'r berllan: Meithrin perllannau cymunedol

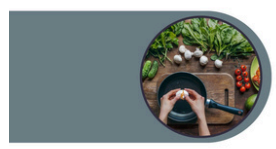
Sgiliau Cael - Cynnal a chadw perllannau gyda Rhiwena
Edrychwch ar ein cyfryngau cymdeithasol am ddyddiadau sydd ar ddod
Darperir cinio i wirfoddolwyr ar ôl y sesiwn

Â diddordeb mewn dod yn wirfoddolwr?
Mynegwch eich diddordeb drwy sganio'r cod QR a llenwi ffurflen gyflym neu anfonwch e-bost at: admin@cultivate.uk.com

Cultivate
I Gymunedau Tyfu
For Growing Communities

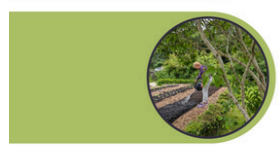
Our Volunteer sessions

We offer various projects aimed at engaging the community and promoting sustainable living. Our volunteering sessions are listed below:



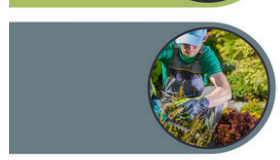
Tuesday: Cultivate Kitchen

Get Cooking - Cookery club with Ged
Learn cooking, preserving and baking skills 10-12.30
Shared community lunch 12.30-1.00



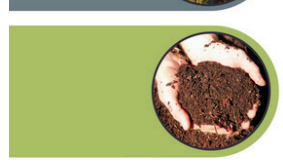
Tuesday : Cultivate Community garden

Get Growing- Gardening club with Ashleigh
Learn a range of gardening skills 10-12.30
Shared community lunch 12.30-1.00



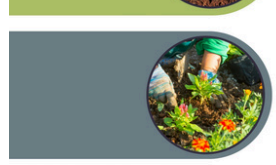
Wednesday: Cultivate Community garden

Get Skills- Garden maintenance club with Ashleigh
Learn a range of garden maintenance skills 10-12.30
Shared community lunch 12.30-1.00



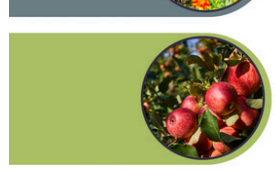
Thursday : Cultivate community garden

Get Skills- Composting club with Rhiwena
Learn composting and soil health skills 10-12.30
Shared community lunch 12.30-1.00



Friday : Town Centre

Branching Out- with Stephanie (April-October)
Please email admin@cultivate.uk.com for more information
Lunch is provided for volunteers after the session



Orchard days : Cultivate community orchards

Get Skills- Orchard maintenance with Rhiwena
Please check on our social media for upcoming dates
Lunch is provided for volunteers after the session

Interested in becoming a volunteer?
Express your interest by scanning the QR code and filling out a quick form or email: admin@cultivate.uk.com



NORTH POWYS Wellbeing

The proposed Health and Wellbeing Hub in Newtown will bring more health and wellbeing services together under one roof, making it easier for you and your family to get the care and support you need, closer to home.

Find out more at
www.powyswellbeing.wales

Powys | PAVO Powys Association of Voluntary Organisations Cymdeithas Mudiadau Gwirfoddol Powys | GIG CYMRU NHS WALES Bwrdd Iechyd Addysgu Powys Powys Teaching Health Board





GOGLEDD POWYS Lles

Bydd y Ganolfan Iechyd a Lles arfaethedig yn y Drenewydd yn dod â mwy o wasanaethau iechyd a lles at ei gilydd o dan un to, gan ei gwneud hi'n haws i chi a'ch teulu gael y gofal a'r gefnogaeth sydd eu hangen arnoch, yn agosach at adref.

Dysgwch fwy yn
www.powyswellbeing.wales

Powys | PAVO Powys Association of Voluntary Organisations Cymdeithas Mudiadau Gwirfoddol Powys | GIG CYMRU NHS WALES Bwrdd Iechyd Addysgu Powys Powys Teaching Health Board



NEED SUPPORT TO GET INVOLVED?

PAVO **Community Connectors** and **Social Prescribers** can link you to local activities and help you get out into your community

Get in touch:

community.connectors@pavo.org.uk
01597 828 649

PAVO Registered CharityNo:1069557ACompanylimitedbyguarantee3522144.RegisteredinWales

Powys

Beth sy'n digwydd ym Mhowys



Beth sy'n digwydd ym Mhowys



Chwarae ym Mhowys

Ydych chi wedi ymweld â'n hadran **'Beth sydd ymlaen'** ar **Wefan Powys**?

Sganiwch y cod i gael gwybod mwy

YMWELD



Dod o hyd i Barciau ac ardaloedd chwarae

Darganfod gweithgareddau i blant a phobl ifanc ar **wefan Powys** i gael gwybod pa weithgareddau am ddim ac am gost isel sydd ar gael drwy gydol y flwyddyn!

LOOK AGAIN

Gweld yn Wahanol. Cysylltu. Creu.



Cwrs ffotograffiaeth meddwlgarwch creadigol 8 wythnos **AM DDIM** i bobl ifanc rhwng 16 a 25 oed yn y Drenewydd a'r ardaloedd cyfagos.

Hoffech chi:

- Rhoi cynnig ar ffotograffiaeth mewn ffordd sy'n rhoi hwb i les, hyder, gwytnwch a gobaith?
- Treulio amser yn yr awyr agored a chysylltu â natur?
- Gweld eich byd bob dydd yn wahanol?
- Cwrdd a chreu ochr yn ochr â phobl ifanc eraill?
- Archwilio syniadau amdanoch chi'ch hun, eich cymuned a'ch dyfodol?

Nid oes angen unrhyw brofiad o ffotograffiaeth.

Gallwch ddefnyddio'ch **ffôn clyfar** neu gamera.

Diddordeb?

Cysylltwch â Donna Jenkins, Cydlynydd Cymunedol Powys Ynghyd (Y Drenewydd), Cyngor Sir Powys ar

01686 614031

neu e-bostiwch

donna.jenkins@powys.gov.uk

Beth y byddwch yn ei wneud?

- 8 sesiwn wythnosol 2–2.5 awr + arddangosfa
- **Oriel Davies, Y Drenewydd** gyda theithiau cerdded ffotograffiaeth wedi'u tywys o amgylch Parc Dolerw, yr afon a'r dref
- Hydref 2026 – Ionawr 2027 Bydd y dyddiadau ac amseroedd yn cael eu cadarnhau.
- Bydd y cwrs yn gorffen gydag arddangosfa gyhoeddus o'ch ffotograffau, gan roi cyfle i chi rannu eich creadigrwydd a'ch persbectif gyda theulu, ffrindiau a'r gymuned ehangach.

Meddylgarwch Cymru Mindfulness Wales · Powys Together / Powys Ynghyd · Powys · Ashley Family Foundation · Sefydliad Cymunedol Cymru



ANGEN CYMORTH I GYMRYD RHAN?

Gall**CysylltwyrCymunedol** a **Phresgripsiynwyr Cymdeithasol** PAVO eich cysylltu efo gweithgareddau lleol a'ch helpu i fynd allan i'ch cymuned

Cysylltwch â ni:

cysylltwyr.cymunedol@pavo.org.uk

01597 828 649

Rhif Elusen Gofrestredig: 1069557. Cwmni Cyfyngedig drwy warant 3522144. Wedi ei gofrestru yng Nghymru

Meddylgarwch Cymru Mindfulness Wales

Pwy ydym ni?

Mae Meddylgarwch Cymru yn ganolfan ganolog ar gyfer meddylgarwch ledled Cymru. Rydym yn elusen sy'n gweithio gyda phartneriaid i wneud meddylgarwch yn rhan o fywyd bob dydd, astudio, gwaith, a chymunedau ledled Cymru.

Pam feddylgarwch?

Mae meddylgarwch wedi'i phrofi i hybu iechyd meddwl a lles. Mae'n helpu i reoli meddyliau ac emosiynau ac yn cynyddu teimladau o dawelwch, caredigrwydd a chysylltiad.

Ein gweledigaeth

Gwneud Cymru yn lle mwy ystyriol, caredig, teg, a chynaliadwy, un foment ymwybodol ar y tro.

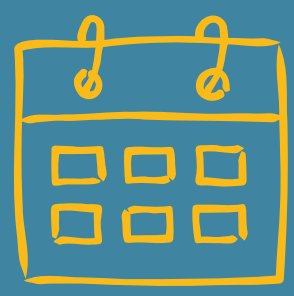
Rydym yn gwneud hyn drwy:

- Gynnal digwyddiadau meddylgarwch croesawgar ar-lein ac wyneb yn wyneb
- Rhedeg sesiynau galw heibio ar-lein dyddiol ar gyfer tawelwch, cysylltiad, a chefnogaeth
- Creu prosiectau meddylgarwch gyda phartneriaid ledled Cymru
- Tyfu rhwydwaith cenedlaethol ar gyfer rhannu syniadau a chefnogaeth
- Rhannu straeon go iawn sy'n dangos sut y gall meddylgarwch wneud gwahaniaeth

Am ragor o wybodaeth: https://mindfulness-wales.org

Cysylltwch â ni: info@mindfulness-wales.org

WHAT'S HAPPENING IN NEWTOWN



Monday
- Newtown Food Surplus, Food Share, Bear Lanes, 10:30am – 11:15am
- Platform 1, Watercolour social 10:30-12pm (£4)
- 2nd Mon, Dementia Singing, Newtown Library, 1:30 – 2:30pm (term time only)
- 1st Mon, Book Club, Newtown Library, 2pm – 3:30pm
- Platform 1, Slow Stitch 2pm-4pm (£4)
- 3rd Mon, Poetry Group, Newtown Library, 2:30 – 4:30pm
- Hafan Yr Afon, Warm Space, Cwtch a Chawl, 4pm – 6pm
- 1st Mon, Book Club, Hafan yr Afon, 7pm
- Show Choir 4-5pm, Hafren Theatre, Up to 18, all abilities Contact nypacademy@outlook.com
- Dance & Creative 5-6.30pm (Hafren) Contact nypacademy@outlook.com
- Chess Club, Hafan yr Afon, 5pm - 8pm
- Newtown Youth Club, Integrated Family Centre, 6:30pm – 8:30pm (£1)
- 1st Monday, Bereavement Cafe, All Saints Church, 6:30pm, 01597 824411
- Hafren Community Choir 6.45 – 8.45pm All ages, all abilities. Free to join.
- Walk for Wellness, 7pm, open to all, meet outside Hafan yr Afon
- Amateur Dramatics Society, Powys Theatre, 7:30pm, 01686 623463

Tuesday
- Cultivate, Get Growing - Gardening Club, 10am-12.30pm
- Cultivate, Get Cooking - Cooking Club 10am-12.30pm
- Coffee Morning, Methodist Church, 10am – 12pm
- Platform 1, craft & chat, 10-11:30am
- 4th Tuesday of the month, Hearing Aid Clinic, Newtown Library, 10am-1pm
- Men Shed @ Platform 1, 10:30am-2pm
- N-able Adult Multisports (ages 16+), Maldwyn Leisure Centre, 10.30am - 11.30am (term time only), 07927 220410
- Soup Lunch, All Saints Church, 12-1pm, donations welcome
- Well-Fed meals collection and ordering, All Saints Church, 12 - 2pm
- Cultivate Lunch at 12:30pm
- Digital Support Sessions, Newtown Library, call to book 01686 626934
- Platform 1, sketch club, 2pm-4pm (£4)
- Children Sing Classes, Hafren Theatre, 4.30pm & 5.15pm
- Hen Shed @ Platform 1, 6pm-8pm (£5)
- Board Games night, Monty Club, 6:30pm, text 07506 999826 (16+)
- Newtown Male Voice Choir, Crescent Chapel, 7:30pm – 9:30pm

Wednesday
- Cultivate, Get Skills- Garden Maintenance Club 10am-12.30pm
- 1st Weds, Newtown U3A, 10am – 12pm, 01686 688043
- Platform 1, well-being craft session, beginner friendly, 12:30-2:30pm
- 2nd and 4th Wednesday, Warm Welcome Wednesdays, All Saints Church, 1:30pm
- 4th Wed of the month, coffee morning, Mochdre Old School, 10am – 12pm
- Ponthafren, Newtown Walk, opposite cinema, 11am – 12pm
- Newtown Community Café, Bowling Club, 3 course lunch from 11:30am
- Hope Church - Homemade Soup and hot pudding, 12 – 2pm
- Newtown Home Ed group, Aberhafesp Community Centre, 12pm-3pm
- Textile Junkies, Bitch & Stitch sewing social, 1pm – 3pm, Dressmaker's Daughter, £5 contribution
- Ponthafren, Gardening Group, 1pm – 3pm
- N-able Wheelchair Basketball (ages 9+), Maldwyn Leisure Centre, 4.30pm - 6pm (term time only), 07927 220410
- Musical Theatre group, Hafren Theatre, 4-5.30pm Juniors, 4-7pm all ages, Contact nypacademy@outlook.com
- Pilates, Aberhafesp Community Centre, 6.30 - 7.30pm (term time only)

Thursday
- Cultivate, Get Skills- Composting Club 10am-12.30pm
- N-able Stroke and Neuro Club, Hafan yr Afon, 10.30am - 12.20pm
- Senior Social @ Platform 1, 10:30am-12:30pm (£6 inc lunch)
- Newtown Community Café, Bowling Club, souper lunch from 11:30am
- Rekindle Weekly Hub, 2-3 Ladywell Centre, 1pm – 4pm
- Newtown Knit and Natter, Methodist Church, 1:30 – 3:30pm (£2)
- Men Shed @ Platform 1 4pm-6pm
- Textile Junkies, Bitch & Stitch Sewing Social, 6pm – 8pm (term time only), Dressmaker's Daughter, £5 contribution
- ALN parent peer support group @ Platform 1, 6:30-7:30pm
- Newtown Youth Club, Integrated Family Centre, 6:30pm – 8:30pm (£1)
- 1st Thurs, Newtown WI, Methodist Church, 7pm
- 2nd Thurs, Newtown Garden Club, Methodist Church, 7:30pm
- Amateur Dramatics Society, Powys Theatre, 7:30pm, 01686 623463

Friday
- Sing With Your Little One (Hafren) 9.30 – 11.15am £5 adult £2 child
- Rainy Days Stay and Play, Hafan yr Afon, 9.30 - 11.30 am, £5 per child £2.50 for each additional sibling
- Coffee Morning, Crescent Christian Centre, Milford Road, 10am – 12pm
- Coffee Morning, Mill Close Community Hall, 10am – 12pm
- Hooked on Platform 1 (crochet), 10am-12pm (£4)
- 1st Fri of the month, coffee morning, Evangelical Church, 10am – 12pm
- 2nd & 4th Fri, Pop up Coffee Morning, Aberhafesp Community Centre, 10am-12pm
- 3rd Friday of the month, pre-school story time, Newtown Library, 10:15am
- Cultivate, Branching Out Gardening Club, Town Centre 10:30 – 2pm, contact admin@cultivate.uk.com for info
- Community Art Class, Hafren Theatre, 10.30-12.30, £5 per person, includes all materials and refreshments
- Newtown Food Surplus, Food Share, Bear Lanes, 10:30am – 11:15am
- Ponthafren, Bacon Sandwich and Boardgames, 11am – 1pm (£1.50)
- Singing and Laughter for Health (Hafren) 12-1.30pm £5 per person
- Ponthafren, Craft and Chat, 12pm – 2pm
- 2nd and 4th Fri, Pop-up Coffee Morning, Aberhafesp Community Centre, 10am-12pm
- Platform 1 Crafternoon, (bring your own crafts), 2pm-4pm
- Wander-Inn Pop-up bar at the Aberhafesp Community Centre, 6pm-11.55 pm
- Newtown Otter Swimming Club, Maldwyn Sports Centre, 8-9pm

Saturday
- Newtown Park Run, Dolerw Park Bridge, 9am
- Platform 1 'Pay as you Feel' Art, all day in the cafe
- 2nd & 4th Saturday of the month, Fferm Wern Farm veg market, Hafan Yr Afon, 9am – 1pm
- 2nd Saturday of the month, DJ Cafe, Hafan yr Afon, 2pm - 6pm

Sunday
- Junior Park Run, Hafan, Yr, Afon, 9am
- Breakfast with Salvation Army, Hafan Yr Afon, 9:30 – 10:30am, Free
- 1st Sunday, Open Mic, Hafan Yr Afon, 2pm - 6pm

If you're interested in including your event in the next or forthcoming issues please contact us by e-mail

openevents@opennewtown.org.uk

WE WANT TO HEAR FROM YOU!



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