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

AUGUST/ AWST 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

Local Schools, working collaboratively on the theme of Summer, during a Taster Day in the College.

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 August edition of Open Events newsletter.

Summer has well and truly shown its face here in Newtown these last few weeks!

In this edition you'll find loads more activities and things to get involved with over the August school holidays and some things to plan ahead for in September.

Please don't forget to head over to the back page for your weekly calendar of what's on locally every day of the week.

We're also asking for your feedback on the newsletter so far so that we can keep improving it, so please take a couple of minutes to fill out our feedback form.

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 openenergy@opennewtown.org.uk

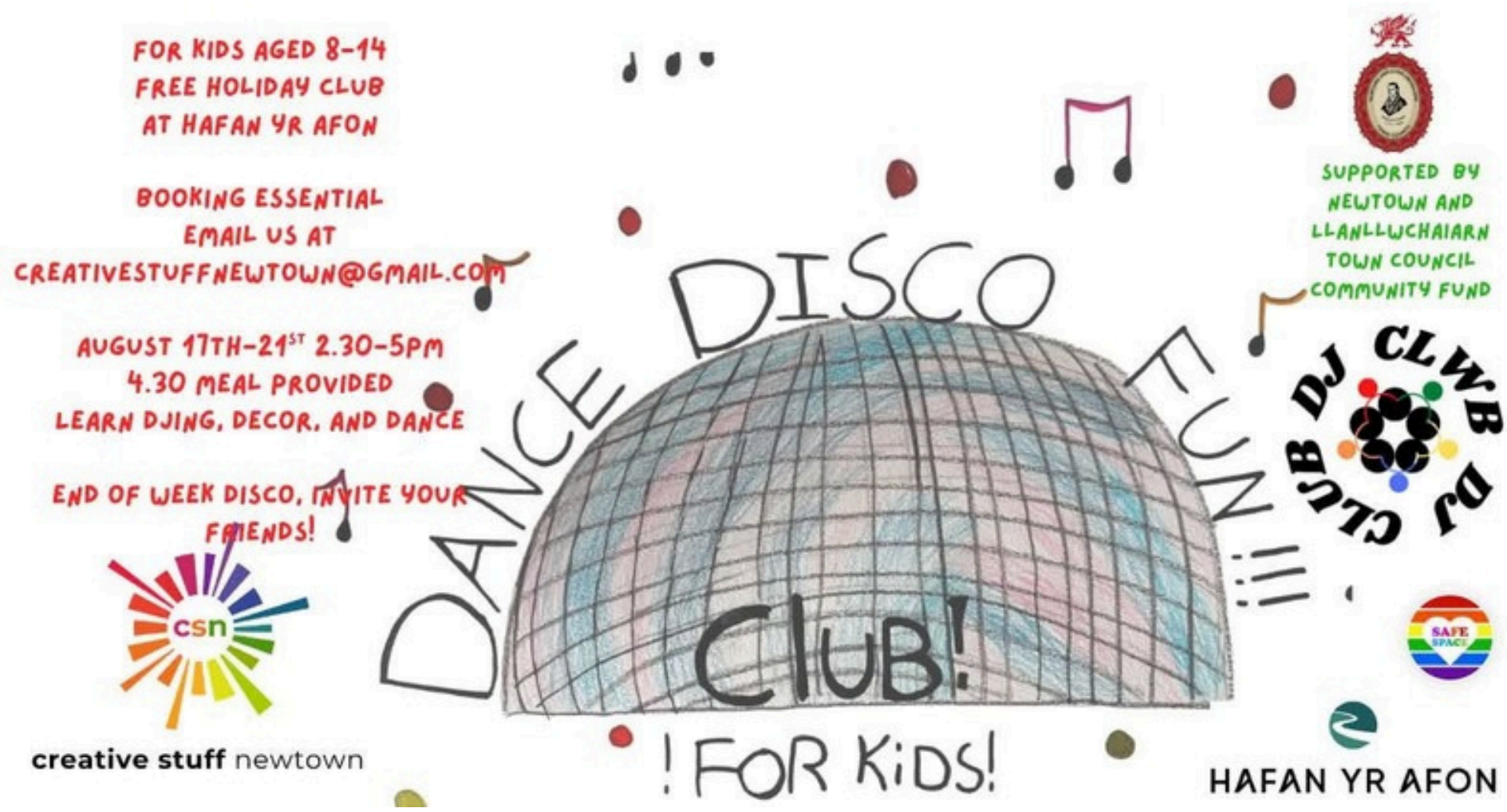


Joanna Houseman

Open Energy, Climate Action Officer

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

openenergy@opennewtown.org.uk



NON PROFIT CRE8 WELLBEING HOST 'FEEL BETTER ALL TOGETHER' COURSE

Non Profit Cre8 Wellbeing are hosting a National Lottery funded 8 week course @Hafan Yr Afon. Here are all the details:

10th, 17th & 24th September, 1st, 8th, 15th & 22nd October, 5th & 12th November 2026. 6.30pm until 8pm at Hafan Yr Afon

Feel Better All Together is an 8-week, lottery-funded, trauma-informed mind–body programme designed for anyone who feels stuck in their head, overwhelmed, exhausted, or disconnected from their body. Across the weeks, you'll learn simple, scientifically supported practices that help you feel calmer, stronger, and more at home in yourself.

Each week blends accessible movement, breathwork, mindfulness, meditation, somatic techniques, and positive mindset tools. You'll explore top 10 chair-based stretches for lifelong mobility, learn how breath and nervous system regulation work, experience guided meditation & mindfulness practices, and build healthier thought patterns with practical coaching techniques.

Everything is taught in a supportive, inclusive way—adaptable for all bodies, all ages, and all levels of experience. You'll receive short home practices, audio guides, and simple daily habits to help you feel better in everyday life.
This course is for you if you want to move more freely, worry less, sleep better, and reconnect with your body in a safe, encouraging community.





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.


KINDNESS
KIDS
FREE COMMUNITY EVENT!
EVERYONE WELCOME!
FREE FUN FAMILY AFTERNOON!
ON
9TH AUGUST
FROM 12 P.M. TILL 2 P.M.
NEWTOWN OPEN GROUNDS
NEXT TO THE TOWN PARK
250 FREE PACKED LUNCHES!
ICE-CREAM VAN GIVING OUT 250 FREE ICE-CREAMS!
SO MUCH FUN FOR EVERYONE!
INFLATABLE OBSTACLE COURSE
INFLATABLE TWISTER GAME
INFLATABLE BUNGEE RUNNER
BOUNCY CASTLE
SOFT PLAY
TODDLERS CORNER
SPORTS GAMES
A CARICATURE
A FANTASTIC LUCKY DIP!
FREE FUN • COMMUNITY • KINDNESS
Let's make memories together!


RAINY DAYS
STAY&PLAY
Hafan Yr Afon, Newtown
SUMMER HOLIDAYS
STAY & PLAY
JOIN US FOR A SUMMER OF PLAY, IMAGINE AND EXPLORE FOR 0-4 YEAR OLDS. CHILDREN TO BE ACCOMPANIED AND SUPERVISED BY A RESPONSIBLE ADULT AT ALL TIMES
FREE SESSIONS
JULY
Friday 24th
9.30 - 11.30
and
12.00 - 2.00
AUGUST
Friday 7th
9.30 - 11.30
and
12.00 - 2.00
AUGUST
Friday 21st
9.30 - 11.30
and
12.00 - 2.00
Funded by
Prosiect Gwyliau Gwaith Chwarae
Playworks Holiday Project
Limited spaces -
Booking essential
07538494122


RAINY DAYS
STAY&PLAY
PARENT, BABY
& TODDLER GROUP
PLAY, IMAGINE AND EXPLORE FOR 0-4 YEAR OLDS.
FOLLOW OUR SOCIAL MEDIA FOR UPDATES ON WHERE AND WHEN TO FIND US!
07538494122
rainydayssp@gmail.com
Rainydayssp
Rainy Days Stay and Play


oriel DAVIES gallery
Creative Play For Families
FREE Summer holiday sessions
Chwarae Creadigol i Deuluoedd
Sesiynau gwyliau'r Haf AM DDIM
Sessions are suitable for and open to all with Clara Lloyd & Katie Phillips
Mae'r sesiynau'n addas ac yn agored i bawb, gyda Clara Lloyd a Katie Phillips.
Book a FREE place for each family member
Archebwch le AM DDIM i bob aelod o'r teulu.
Thursdays 10.30 - 12 throughout the summer holidays
Dyddiau Iau 10.30 - 12 drwy gydol gwyliau'r haf
Book online - orieldavies.org
Archebwch ar-lein - orieldavies.org
Powys
ARIENNIR GAN Y LOTERI LOTTERY FUNDED


Rekindle
Hub/Hwb
SUMMER ACTIVITIES
GWEITHGAREDDAU'R HAF
EVERY THURSDAY
BOB PRYNHAWN IAU
1 - 4PM
For young people aged 16–25
A relaxed weekly space to chill, create, connect and recharge. Join in with activities, play games, or just hang out. Free, friendly and no need to book.
Help with transport may be available.
Ar gyfer pobol ifanc 16-25 oed.
Gofod ymlacio wythnosol i greu, cysylltu ac ailwefru. Ymunwch â'r gweithgareddau, chwarae gemau neu dim ond ymlwng. Dim tâl, cyfeillgar a dim angen archebu. Cymorth hefo trafaelio hwyrach.
2, 3 Ladywell Centre, Newtown SY16 1AF
hello@rekindle.org.uk
01686 722222
Rekindle Ail-ddeffro
REGISTERED CHARITY NO: 1067356
CRONFA GYMUNEDOL COMMUNITY FUND


2, 3 Ladywell Centre, Newtown SY16 1AF
hello@rekindle.org.uk
01686 722222
Every Thursday
Bob Prynhawn
1-4pm
Rekindle Ail-ddeffro
REGISTERED CHARITY NO: 1067356
CRONFA GYMUNEDOL COMMUNITY FUND
June | Mehefin
Imposter Syndrome 4 Syndrom y Ffugiwr
Silencing Your Inner Critic
Gosteg ei'ch Beirniad Mewnol
Confidence Building 11 Adeiladu Hyder
Unlock Your Superpower
Datgloi eich Pwer Mawr
Badminton 18 Badminton
Pride 25 Balchder
Free activities for young people aged 16-25!
Need help with travel? Contact us!
July | Gorffennaf
Sports Quiz 2 Cwis Chwaraeuon
Arts & Crafts 9 Celfyddydau a Chrefftau
Bowling 16 Bowlio
Field Day 23 Diwrnod Maes
Lego & Puzzles 30 Posau a Lego
August | Awst
Board Games 6 Gemau Bwrdd
Pizza & Chill 13 Pizza ac Ymlacio
Music, Movies & Musicals 20 Cerddoriaeth, Ffilmiau a Sioeau Cerdd
End of Summer Picnic 27 Picnic Diwedd yr Haf
Chill, create, connect & recharge. No pressure to join in.
JOIN US AT REKINDLE FOR
Summer Activities!
Gweithgareddau'r Haf!


MONDAYS 5- 8PM
HAFAN YR AFON,NEWTOWN, SY16 2NH
NEWTOWNCHESSCLUB@GMAIL.COM
STARTING JUNE 1ST
NEWTOWN CHESS CLUB est. 2026
FULLY INCLUSIVE CHESS CLUB FOR BEGINNERS TO EXPERTS OF ALL AGES
U14's to be accompanied by an adult


NEWTOWN AFC
1873
UPCOMING EVENTS
TUESDAY - THURSDAY 9AM - 3PM
4 AUGUST
SUMMER SPORTS CAMP
FUN, FITNESS, FRIENDSHIP & OPPORTUNITIES FOR AGES 5 - 13. £25 PER DAY
SATURDAY 2:30PM KICK OFF
8 AUGUST
PENRHYNOCH
HOME
PREBOOK TICKETS THROUGH FANBASE APP
TUESDAY - THURSDAY 9AM - 3PM
11 AUGUST
SUMMER SPORTS CAMP
FUN, FITNESS, FRIENDSHIP & OPPORTUNITIES FOR AGES 5 - 13. £25 PER DAY
SATURDAY 2PM KICK OFF
15 AUGUST
GUILSFIELD
HOME
PREBOOK TICKETS THROUGH FANBASE APP
TUESDAY - THURSDAY 9AM - 3PM
18 AUGUST
SUMMER SPORTS CAMP
FUN, FITNESS, FRIENDSHIP & OPPORTUNITIES FOR AGES 5 - 13. £25 PER DAY
TUESDAY - THURSDAY 9AM - 3PM
25 AUGUST
SUMMER SPORTS CAMP
FUN, FITNESS, FRIENDSHIP & OPPORTUNITIES FOR AGES 5 - 13. £25 PER DAY
FRIDAY 7:45PM KICK OFF
28 AUGUST
CPD LLANUWCHLYN
HOME
PREBOOK TICKETS THROUGH FANBASE APP
SCAN THE QR CODE TO PURCHASE TICKETS FOR THIS UPCOMING SEASON
SUMMER SPORTS CAMP
Follow us for the latest news & events
NEWTOWN AFC, LATHAM PARK, NEWTOWN, POWYS, SY16 1EN
WWW.NEWTOWNAFC.CO.UK | 01686 626159 | OFFICE@NEWTOWNAFC.CO.UK

August 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 Print Theme £5pp

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 6th: 10:30 - 12:00 Arthritis Peer Support Group
19th & 31st: 18:30-21:00 Men's Listening Circle
Weds 26th: 10:30 - 12:30 Family Crafts: Please book
Rainbow Creations Theme - £5 per family

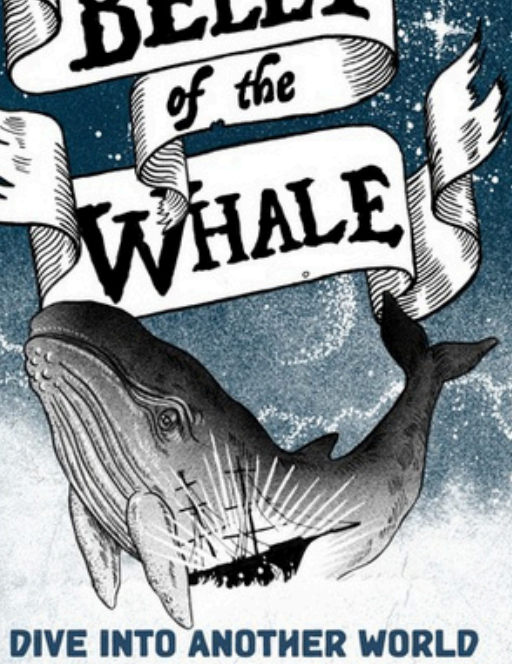
*includes drink & cake

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

PLATFORM 1

PEREGRINE CIRCUS
presents

BELLY of the WHALE



DIVE INTO ANOTHER WORLD

NEWTOWN
GALLERY GREEN
(OUTSIDE ORIEL DAVIES)
6TH - 9TH AUG 2026

PEREGRINECIRCUS.COM

WERN FARM

VEG MARKET

@ Hafan Yr Afon

2nd & 4th Saturdays 9am – 1pm



Hafan Yr Afon

AFTER HOURS

FROM 6PM
EVERY FRIDAY



DRINKS
MUSIC
GOOD PEOPLE

www.hafanyrafon.com

August FOODSHARE DATES 2026

MON	Mon 3rd	Bear Lanes, Newtown 10.30pm-11.15pm
WED	Wed 5th	The Hanging Gardens, Llanidloes 6.30pm-7.15pm
FRI	Fri 7th	Bear Lanes, Newtown 10.30pm-11.15pm
MON	Mon 10th	Bear Lanes, Newtown 10.30pm-11.15pm
WED	Weds 12th	Forden Community Centre 2.45pm-3.30pm
FRI	Fri 14th	Bear Lanes, Newtown 10.30pm-11.15pm
MON	Mon 17th	Bear Lanes, Newtown 10.30pm-11.15pm
WED	Weds 19th	The Hanging Gardens, Llanidloes 6.30pm-7.15pm
FRI	Fri 21st	Bear Lanes, Newtown 10.30pm-11.15pm
MON	Mon 24th	Bear Lanes, Newtown 10.30pm-11.15pm
WED	Weds 26th	Forden Community Centre 2.45pm-3.30pm
FRI	Fri 28th	Bear Lanes, Newtown 10.30pm-11.15pm
MON	Mon 31st	Bear Lanes, Newtown 10.30pm-11.15pm

Bring Shopping Bags

EVERYONE Welcome

No Referral Needed

Free Service

Human Made

Men Shed Newtown @ Platform 1

MEN SHED NEWTOWN

POP IN FOR A CHAT

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



GOGLEDD POWYS Iles

Eisiau gwybod mwy am gynlluniau ar gyfer yr Hyb Iechyd a Lles yn y Drenewydd?

Gallwch gael y wybodaeth ddiweddaraf drwy danysgrifio i'n cylchlythyr e-bost.

Sganiwch y cod QR isod i gofrestru neu ewch i 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



NORTH POWYS Wellbeing

Want to know more about plans for the Health and Wellbeing Hub in Newtown?

You can stay up to date by subscribing to our email newsletter.
Scan the QR code below to sign up
or visit 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

DUBBIN PRESENTS

Reggae In The Park

SUNDAY
16TH AUGUST 2026
12PM – 6PM

★

NEXT TO HAFAN YR AFON
NEWTOWN

LIVE REGGAE • ROOTS • DUB • SKA

LEBANESE FLATBREAD PIZZA SERVED OUTSIDE

★

FREE EVENT
EVERYONE WELCOME

AUG PROGRAMME

WEDNESDAYS	**BITCH & STITCH** **1-3pm** Sewing Social
THURSDAYS	**BITCH & STITCH** **6-8pm** Sewing Social
THUR 6TH AUG	**CIRCULAR SEWING SCHOOL** **10-12pm** Make a pair of shorts. 4 week course
THUR 13TH AUG	**CIRCULAR SEWING SCHOOL** **10-12pm** Make a pair of shorts. 4 week course
THUR 20TH AUG	**CIRCULAR SEWING SCHOOL** **10-12pm** Make a pair of shorts. 4 week course
THUR 27ST AUG	**CIRCULAR SEWING SCHOOL** **10-12pm** Make a pair of shorts. 4 week course

Contact us for bespoke festival and event programmes, craft birthday parties, hen nights, and corporate events. Available at your venue or ours.
📩 Get in touch to start planning!

The Dressmaker's Daughter
16, Severn Street, Newtown, Powys, SY16 2AQ
Tel: 01686610888
info@textilejunkies.com
www.textilejunkies.com

Hafan Yr Afon

OPEN MIC

1st Sunday of the month
2pm-6pm
www.hafanyrafon.com

Repair Cafes 2026

Fourth Saturday, every month

at the waste not TOWARDS A CIRCULAR ECONOMY **Shop**

REPAIR CAFE WALES

3-4, Broad St. Newtown, SY16 2LU

July 25th
August 22nd
September 26th

Our volunteer Fixperts can repair a range of goods including tools, ceramics, glassware, textiles, furniture, mechanical, and electrical goods etc...

Goods for repair can be booked in from the Monday before until 12.00 on the day.

This is a FREE SERVICE, we just ask customers to pay for any parts needed.





Get Growing

Tuesdays- Gardening Club: 10-12.30

@ Cultivate Community Garden



Get Cooking

Tuesdays- Cooking Club: 10-12.30

@ Cultivate Community Kitchen



Get Skills

Wednesdays- Garden Maintenance: 10-12.30

Thursdays- Compost Club: 10-12.30

@ Cultivate Community Garden

Hosted by Cultivate, this three-year initiative funded by the Lottery Community Fund, operates in Newtown to transform residents from "food consumers" to "active food citizens."

Through sessions, workshops and shared community meals, the project provides local people with the skills, confidence, and resources to grow and cook fresh, nutritious food.

As a volunteer you are invited to join us for a Community lunch from 12.30-1 after each session

Cultivate Community Garden,
Pendinas, Llanidloes Road, Newtown SY16 4HX

Cultivate

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



Rekindle Ail-ddeffro

Free support for young people aged 16-25

NEWTOWN • WELSHPOOL • REMOTE SUPPORT

Empowering Young People to Live Well

Mid Wales – Shropshire Borders

COUNSELLING • WELLBEING SUPPORT • ART THERAPY • GROUPS & ACTIVITIES

Need a boost for your mental health or wellbeing?
If you're aged **16-25**, Rekindle offers free, friendly and confidential support from our centres in Newtown & Welshpool. You can refer yourself, or someone supporting you can refer you with your permission.

Counselling
A safe, confidential space to explore your thoughts and feelings. Our counsellors support you to talk things through and recognise your own strengths.



Wellbeing Support
Personalised one-to-one support to help you tackle challenges in your life. We'll work with you to set goals, build confidence and take practical steps forward.



Art Therapy
A creative form of therapy using materials like paint, clay, pens and collage to help you express thoughts and feelings - especially when words feel difficult.



Groups + Activities
A relaxed weekly space to meet other young people, join activities, get creative, play games, have a cuppa or just spend time in a supportive environment.



NEWTOWN HUB
EVERY THURSDAY
1pm - 4pm
2-3 Ladywell Centre
Newtown, SY16 1AF

Free refreshments, Wi-Fi, games, activities, and workshops. **No pressure to join in** - you can take part, chill out, or just come along and be around others.

WELSHPOOL HUB
EVERY TUESDAY
1pm - 4pm
Feathers, Howell Rd,
Welshpool SY21 7AT

HOW TO GET HELP

Refer yourself through our online form, call us, email us or pop in.

A referral can also be made by someone supporting you, such as a friend, family member, social worker, doctor, college, care team member or other professional, with your permission.

Appointments available:
In person, by phone or by video call.

Registered Charity: NO. 1067356

Scan to refer

hello@rekindle.org.uk
01686 722222
www.rekindle.org.uk
2-3 Ladywell Centre, Newtown, SY16 1AF
Welshpool Integrated Family Centre, Oldford Cl, Welshpool SY21 7SX

You don't have to manage everything on your own, Rekindle is here to help.



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

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


Chwarae ym Mhowys

sganiwch y cod i gael gwybod mwy

YMWELD

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!


Dod o hyd i Barciau ac ardaloedd chwarae





Dechrau Tyfu

Dydd Mawrth - Clwb Garddio: 10-12.30
@ Cultivate Gardd Gymunedol



Dechrau Coginio

Dydd Mawrth - Clwb Coginio: 10-12.30
@ Cultivate Cegin Gymunedol



Cael Sgiliau

Dydd Mercher - Cynnal a Chadw'r Ardd: 10-12.30
Dydd Iau - Clwb Compost: 10-12.30
@ *Cultivate Gardd Gymunedol*

Wedi'i chynnal gan Cultivate, mae'r fenter tair blynedd hon a ariennir gan Gronfa Gymunedol y Loteri, yn gweithredu yn y Drenewydd i drawsnewid trigolion o "ddefnyddwyr bwyd" i "ddinasyddion bwyd gweithredol."

Trwy sesiynau, gweithdai a phrydau cymunedol a rennir, mae'r prosiect yn rhoi'r sgiliau, yr hyder a'r adnoddau i bobl leol dyfu a choginio bwyd ffres a maethlon.

Fel gwirfoddolwr, fe'ch gwahoddir i ymuno â ni am ginio Cymunedol o 12.30-1 ar ôl pob sesiwn

Cultivate- Pendinas,
Ffordd Llanidloes, Y Drenewydd SY16 4HX

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



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

Rekindle Ail-ddeffro

Cymorth am ddim i bobl ifanc **16-25** oed.

NEWTOWN • WELSHPOOL • REMOTE SUPPORT

Rhoi Grym i Bobl Ifanc i Fyw'n Dda

Y Canolbarth Cymru – Ffiniau Swydd Amwythig

CWNSELA • CEFNOGAETH LLESIANT • THERAPI CELFYDDYD • GRWPIAU A GWEITHGAREDDAU

Oes angen hwb yn eich iechyd meddwl neu lesiant arnoch? Mae Ail-ddeffro yn rhoi cefnogaeth gyfeillgar a chyfrinachol i bobol ifanc 16-25oed o'u canolfan yn Y Drenewydd & Trallwng. Gallwch gyfeirio eich hunan neu, gyda'ch caniatâd chi, gall rhywun sydd yn eich cefnogi eich cyfeirio.

Cwnsela
Gofod cyfrinachol a diogel i archwilio eich meddyliau a'ch teimladau. Bydd ein cwnselwyr yn eich cefnogi i 'siarad pethau trwodd' ac i adnabod eich cryfderau.



Cefnogaeth Llesiant
Cefnogaeth bersonol wyneb-yn-wyneb ('one-to-one') i'ch helpu i ymgymeryd â'r heriau yn eich bywyd. Gweithiwn hefo chi i osod goliau, adeiladu hunanhyder a chymryd camau ymarferol i'ch galluogi i symud ymlaen.



Therapi Celfyddyd
Math creadigol o therapi gan ddefnyddio paent, clai, ysgrifbinnau a gludlun i'ch helpu i fynegi eich meddyliau a'ch teimladau yn enwedig pan mae geiriau yn anodd.



Grwpiau a Gweithgareddau
Gofod ymlacio wythnosol i gyfarfod pobl ifanc eraill, cymryd rhan mewn gweithgareddau, bod yn greadigol, chwarae gemau, mwynhau paned neu dim ond treulio amser mewn amgylchedd cefnogol.



HYB Y TRALLWNG
BOB DYDD MAWRTH
1pm - 4pm
Feathers, Howell Rd, Welshpool SY21 7AT

Iuniaeth am ddim, Wi-Fi, gemau, gweithgareddau a gweithdai. **Dim pwysau i ymuno** - gallwch gymryd rhan, ymlacio neu dim ond dod yma i fod gyda eraill.

HYB Y DRENEWYDD
POP DYDD IAU
1pm - 4pm
2-3 Ladywell Centre Newtown, SY16 1AF

SUT I GAEL CYMORTH

Cyfeiriwch eich hunan ar ein ffurflen ar lein, gyrrwch ebost inni, ffoniwch neu galwch mewn.

Gyda'ch caniatâd chi, gall rhywun sydd yn eich cynnal eich cyfeirio hefyd ee. ffrind, aelod o'ch teulu, gweithiwr cymdeithasol, meddyg, athro coleg, aelod o dîm gofal new unrhyw weithiwr proffesiynol.

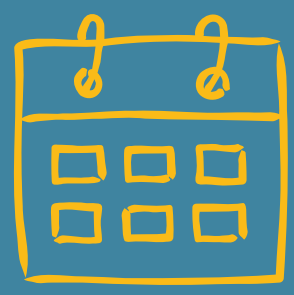
Mae apwyntiadau ar gael yn bersonol, ar y ffôn neu trwy alwad fideo.

Sganiwch i gyfeirio

hello@rekindle.org.uk
01686 722222
www.rekindle.org.uk
2-3 Ladywell Centre, Newtown, SY16 1AF
Welshpool Integrated Family Centre, Oldford Cl, Welshpool SY21 7SX

Nid oes rhaid i chi reoli popeth ar eich pen eich hun, mae Rekindle yma i helpu.

WHAT'S HAPPENING IN NEWTOWN



Monday

- Newtown Food Surplus, Food Share, Bear Lanes, 10:30am – 11:15am
- 2nd Mon, Dementia Singing, Newtown Library, 1:30 – 2:30pm (term time only)
- 1st Mon, Book Club, Newtown Library, 2pm – 3:30pm
- 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 10-12.30
- Cultivate, Get Cooking - Cooking Club 10-12.30
- Coffee Morning, Methodist Church, 10 – 12pm
- 4th Tuesday of the month, Hearing Aid Clinic, Newtown Library, 10-1pm
- 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
- Children Sing Classes, Hafren Theatre, 4.30pm & 5.15pm
- 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 10-12.30
- 1st Weds, Newtown U3A, 10am – 12pm, 01686 688043
- 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 10-12.30
- N-able Stroke and Neuro Club, Hafan yr Afon, 10.30am - 12.20pm
- 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)
- Textile Junkies, Bitch & Stitch Sewing Social, 6pm – 8pm (term time only), Dressmaker's Daughter, £5 contribution
- 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
- 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
- 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
- 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

openenergy@opennewtown.org.uk

WE WANT TO HEAR FROM YOU!



Take part in our reader feedback survey