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

MAY/ MAI 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

The Level 3/4 Foundation Diploma in Art & Design at NPTC Group Newtown College is a full-time, one-year course designed to prepare students for higher education or careers in the creative arts industry. It covers diverse specialisms—including fashion, graphics, photography, textiles, 3D design and fine art—culminating in a final portfolio and is suitable for those progressing from A Levels or equivalent and mature learners with appropriate experience. Cover image by Leo Dorrell-Barret currently studying the Foundation Diploma in Art & Design, following a pathway in Photography.

Visit www.nptcgroup.ac.uk for more details.

SHARING OUR EVENTS AS A COMMUNITY

Welcome to the May Issue of Open Events newsletter the free newspaper for all community events in Newtown and the surrounding area.

The focus this month is 'A Message of Hope', sometimes life is easy and feels positive and light, at other times it can get tough and feel a lot heavier.

"When you do nothing you feel overwhelmed and powerless. But when you get involved you feel the sense of hope and accomplishment that comes from knowing you are working to make things better."
– Maya Angelou

As well as the usual selection of events details we have some extra information from Ponthafren and Powys Teaching Health Board about activities and services available locally. And check out the calendar on the back page for all the regular weekly listings.

If you would like your event to be included in the next issue please go to www.opennewtown.org.uk/open-events-newsletter/ for more details, and for information about how to become a stockist of the paper please drop us an email openenergy@opennewtown.org.uk







Joanna Houseman
Climate Action Officer, Open Energy

If you're interested in including your event in the next or forthcoming issues please contact us by email
openenergy@opennewtown.org.uk



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:
unity.connectors@pavo.org.uk
828 649



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

MEET YOUR COMMUNITY MENTAL HEALTH TEAM

The NHS 111, press 2 service provides 24/7 mental health support and may refer people to their local Community Mental Health Team (CMHT). But what does a CMHT do?

Newtown CMHT manager Kim Pearce explains: “We provide assessment, treatment and ongoing support for adults with moderate to severe or complex mental health needs. Our aim is to help people stay well in the community and avoid hospital admission.

“Most people are assessed within four weeks, although in urgent cases we can respond within 24 hours. From there, we develop a personalised, co-ordinated care and treatment plan based on the individual’s goals - what they feel would improve their life.

“Support can include medication and psychological therapies, but we also look at wider factors such as housing, education and parenting responsibilities. It’s about treating the whole person, not just their symptoms.

“We help people build confidence and gain independence in everyday situations too - whether that’s managing anxiety on a bus journey or establishing daily routines.

“Depending on need, we may refer patients to partner organisations such as Mind or Ponthafren, or for talking therapies such as counselling.

“The most important step is starting that first conversation.

“After that, it’s about helping people gain the confidence to live more independently and realise their goals.”



“The most important step is starting that first conversation.”

SilverCloud® by Amwell®

Cymorth Iechyd Meddwl Ar-lein gan GIG Cymru

Cyrsiau ar gyfer gorbryder, straen, iselder, problemau cysgu ysgafn-i-gymedrol a mwy

Archwiliwch a chofrestrwch gyda SilverCloud Cymru

Online Mental Health Support from NHS Wales.

Courses for mild-to-moderate anxiety, stress, depression, sleep problems and more.

Explore SilverCloud Wales and sign up

GIG CYMRU NHS WALES

nhswales.silvercloudhealth/signup



CHAOS+ORDER

12 HOURS ♥
ONE COMMUNIUTY ♥
ONE CAUSE ♥

Rekindle Ail-ddeffro

Mental Health Charity Fundraiser
May 3rd 2026

PONTHAFREN

07447448230
Instagram: @chaos.andorder

PONTHAFREN MENTAL HEALTH SUPPORT CHARITY

Ponthafren is a mental health support charity with wellbeing centres located in both Newtown and Welshpool. We provide services to individuals aged 16 and above across the county. Our aim is to create a caring community that supports those in need and promotes positive mental health and wellbeing for all. All of our community services are free to access.

Practical Support: Our One-to-One team offers a range of practical help for things in life that can create stress and affect your mental health. This includes support with financial matters, relationship issues, health, education and employment, self-care, paperwork, future goal-setting, and much more.

Emotional Support: We provide Person-Centred Counselling, available face-to-face, via phone, or online. Counselling offers a safe space to explore issues that might be impacting your daily life. If you are struggling with your mental health, experiencing a difficult time, or have gone through a traumatic event, we can help.

We also offer the Blended CBT service, an online program with fortnightly support from our practitioners, designed to help you develop strategies to manage your emotional wellbeing. This program uses Cognitive Behavioural Therapy (CBT), which focuses on how thoughts can influence feelings and behaviours. While some thoughts can be helpful, others can be unhelpful.

Drop-In Support and Social Groups: We offer a variety of groups and activities for individuals aged 16 and older in the community. Our goal is to promote health and wellbeing through all our activities and courses, fostering a positive atmosphere and encouraging connections with others to meet new people. Our drop-in service is available at each centre from 11 AM to 3 PM, Monday to Friday.

Volunteering: Ponthafren offers a wide range of opportunities for everyone. Volunteering supports positive mental health by providing a sense of focus, allowing individuals to give back, and offering opportunities to meet new people while reducing social isolation.

Rachael Harris

Rheolwr Gweithrediadau / Operations Manager

Ponthafren



To make a referral to Ponthafren, you can attend our drop-in service available from Monday to Friday, 11 AM to 3 PM, at either of our centres.
You can also contact us through our website at ponthafren.org.uk, email us at **admin@ponthafren.org.uk**, call us at **01686 621586**, or message us confidentially via our social media channels. **We are Ponthafren, and we are here to help.**





ENERGY AUDITS

What to expect during your home energy audit?

In partnership with Lightfoot enterprises, and thanks to the support of the National Lottery Community Fund, Open Energy is offering free home energy audits to residents in Newtown, Llanidloes, Welshpool, and surrounding areas.
A home energy audit is an essential first step in identifying areas of improvement in your home. It can help to reduce your carbon footprint, save money, and keep your space warm and comfortable. The process is quick and easy and can be broken down into 4 simple steps:

1. After signing up for audit, Open Energy will be in contact to ask for your gas and electricity consumption figures for the previous 12 months. This allows us to compare your energy use with the national average.

2. We will arrange a convenient time and date to visit your property to complete the audit. The visit takes no longer than one hour and consists of a simple questionnaire. Example questions include whether you have and use extractor fans in your kitchen and bathroom, and whether you use radiator reflector panels….

3. With your permission, we will take photos of the outside of your property and your boiler. We will not require access to any other area of your home apart from a place to sit while completing the audit.

4. After completing an energy survey of your property, we will send you a bespoke, detailed report highlighting where improvements can be made. How you use this information is entirely up to you, there is no obligation to make any changes!



Sign up using the QR code or contact us via phone or e-mail.

07542595816
openenergy@opennewtown.org.uk
@openenergy_newtown
Open Energy

NORTH POWYS Wellbeing



We're planning a new Health and Wellbeing Hub in the centre of Newtown.

The proposed Hub, located on the site of Y Parc offices, would see a wide range of services under one roof in a modern, purpose-built environment.

If you'd like to find out more, why not come along to our drop-in at the **Bear Lanes Shopping Centre** on:

GIG CYMRU NHS WALES
Bwrdd Iechyd Addysgu Powys
Powys Teaching Health Board

Powys

Tuesday May 19th
12pm-2pm

Our longer term plans include a replacement for the town's hospital and bringing more diagnostic services to the town.

You can find out more on our website, Facebook or Instagram.

www.powyswellbeing.wales

Powys

What's on in Powys



Have you visited our **'What's on'** section on the **Powys website?**



Scan the QR Code to find out more

VISIT

Find out about activities for children and young people on the **Powys website** to find out what free and low-cost activities are available all year round!



Easily Stressed?

Constantly Worried?

Are You Ready to feel calmer, stronger & more connected to yourself?

FREE 8 Week course . 90 mins per week:
Mindfulness . Meditation
Breathwork . Emotional Regulation

Join the

FEEL BETTER ALL TOGETHER COURSE

@Hafan Yr Afon, Back Lane, Newtown

Thursdays 6 - 7.30pm April 23, 30,
May 7, 14, 21 June 4, 11, 18.
LIMITED SPACES

More Info / To Sign Up:

www.cre8-wellbeing.co.uk/fbat/course

CRONFA GYMUNEDOL COMMUNITY FUND

University of Essex

SUMMER SHAREFEST

FREE!

Date: 31st of May 2026

Location: Hafan yr Afon, Back Lane Car Park, Newtown, SY16 2NH

Clothes,
Books,
Toys, Plants

Music by 'Open Tuniversity'

7542595816 OPENENERGY@OPENNEWTOWN.ORG.UK

AGOR ENGI

OPEN ENERGY

CRONFA GYMUNEDOL COMMUNITY FUND

GOGLEDD POWYS Iles



Rydym yn cynllunio Hyb Iechyd a Llesnewydd yng nghanol y Drenewydd.

Byddai'r Hyb arfaethedig, a leolir ar safle swyddfeydd Y Parc, yn cynnig ystod eang o wasanaethau o dan un to mewn amgylchedd modern, pwrpasol.

Os hoffech chi gael gwybod mwy, beth am ddod draw i'n sesiwn galw heibio yng **Nghanolfan Siopa Bear Lanes** ar:

GIG CYMRU NHS WALES | Bwrdd Iechyd Addysgu Powys | Powys Teaching Health Board

Powys

Dydd Mawrth

19eg Mai

12yp-2yp

Mae ein cynlluniau hirdymor yn cynnwys disodli ysbyty'r dref a dod â mwy o wasanaethau diagnostig i'r dref.

Gallwch gael gwybod mwy ar ein gwefan, Facebook neu Instagram.

www.powyswellbeing.wales

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**?

sganiwch y cod i gael gwybod mwy



Chwarae ym Mhowys

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

Yn hawdd dan straen?

Ydych chi'n barod i deimlo'n dawelach, yn gryfach ac yn fwy cysylltiedig â chi'ch hun?

Yn poeni yn gyson?

Cwrs 8 wythnos am ddim. 90 munud yr wythnos. Ymwybyddiaeth ofalgar. Myfyrdod Gwaith anadlu. Rheoleiddio emosiynol.

Ymunwch â'r

CWRS TEIMLO'N WELL GYDA'N GILYDD

@hafan Yr Afon, Back Lane, Y Drenewydd.

Nos Iau 6 - 7.30pm Ebrill 23, 30, Mai 7, 14, 21 Mehefin 4, 11, 18.

LLEFYDD CYFYNGEDIG

Mwy o Wybodaeth/Cofrestru:

www.cre8-wellbeing.co.uk/fbat/course

CRONFA GYMUNEDOL COMMUNITY FUND

CRE8 WELLBEING

University of Essex

GWYL RHANNU'R HAF

AM DDIM!

Dyddiad: 31ain o Fai 2026

Location: Hafan yr Afon, Maes Parcio Back Lane, Y Drenewydd, SY16 2NH

Dillad, Llyfrau, Teganau, Planhigion

Cerddoriaeth gan 'Open Tuniversity'

07542595816 OPENENERGY@OPENNEWTOWN.ORG.UK

csn | AGOR ENGI | OPEN ENERGY | CRONFA GYMUNEDOL COMMUNITY FUND | HAFAN YR AFON

KIDS PROGRAMME

SAT 16TH MAY	**CIRCULAR SEWING SCHOOL** **10-12pm** Monthly Sewing Club
TUES 26TH MAY	**CIRCULAR SEWING SCHOOL** **10-12pm** Beginners Sewing: Coin Purse
WED 27TH MAY	**CIRCULAR SEWING SCHOOL** **10-12pm** Improvers
THU 28TH MAY	**MACRAME** **10-12pm** Wall Hanging
THU 28TH MAY	**WEAVING** **1-3pm** Art Yarn Wall Hanging

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

ADULT PROGRAMME

WEDNESDAYS	**BITCH & STITCH** **1-3pm** Sewing Social
THURSDAYS	**BITCH & STITCH** **6-8pm** Sewing Social
THUR 7TH MAY	**LEARN TO SEW: ADULTS** **10-12pm** Absolute Beginners
SAT 9TH MAY	**ADULT MACRAME** **10-12pm** Rainbow Wall Hanging
THUR 14TH MAY	**PAY-AS-YOU-SEW** **10-12pm** IMPROVERS - Zip Pouch
SAT 30TH MAY	**LEARN TO CROCHET** **10-12pm** Starburst Granny Square

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

STAY & PLAY

HAFAN YR AFON,
NEWTOWN

9.30 - 11.30 FRIDAYS
STARTING 8TH MAY

PLAY, IMAGINE AND EXPLORE FOR 0-4 YEAR OLDS.

£5.00 PER CHILD
£2.50 FOR EACH ADDITIONAL SIBLING AND UNDER 1'S

RAINY DAYS STAY&PLAY

TEXT OR WHATSAPP TO BOOK
07538494122





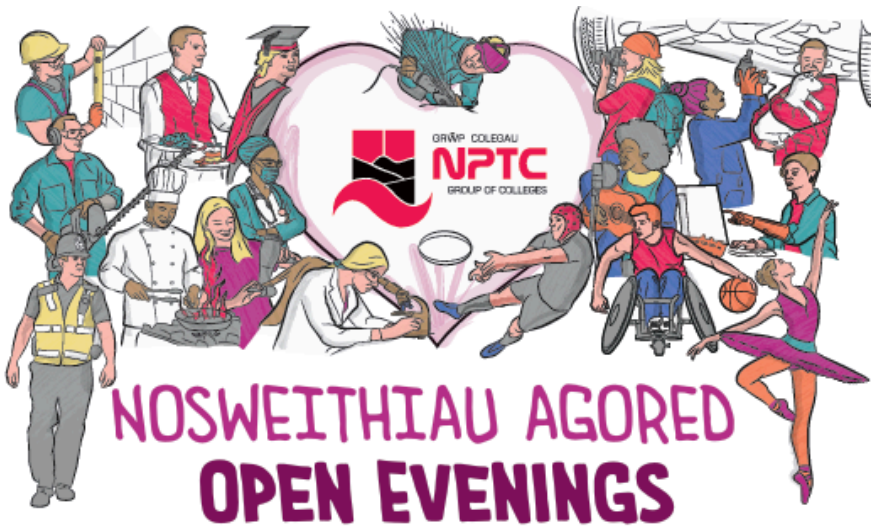
WERN FARM

VEG MARKET

@ Hafan Yr Afon

2nd & 4th Saturdays 9am – 1pm





GRWP COLEGAU NPTC GROUP OF COLLEGES

NOSWEITHIAU AGORED
OPEN EVENINGS

COLEG Y DRENEWYDD
17 Mehefin 2026
4.30pm - 7pm

COLEG BANNAU BRYCHEINIOG
18 Mehefin 2026
4.30pm - 7pm

Dysgwch am ein Cyrsiau Amser Llawn a Rhan-amser; Prentisiaethau a Chyrsiau Lefel Gradd.
Mae gennym ni Ddosbarthiadau Cymunedol i Oedolion hefyd.

NEWTOWN COLLEGE
17 June 2026
4.30pm - 7pm

BRECON BEACONS COLLEGE
18 June 2026
4.30pm - 7pm

Find out about our Full-time and Part-time Courses; Apprenticeships and Degree Level Courses.
We also have Adult Community Classes too.

CHWILIO • SEARCH
NPTC GROUP

Sganiwch y cod QR i archebu eich lle heddiw
Scan the QR code to book your place today

KLEZMONAUTS

LIVE AT HAFAN YR AFON, NEWTOWN
MAY 9TH 2026 - 8PM - £8/£10/£12



DANCE MUSIC OF THE EASTERN EUROPEAN JEWISH TRADITION. WITH SOARING MELODIES INTERTWINED WITH IRRESISTIBLE RHYTHMS, PLAYED ON CLARINET, FIDDLES, BASS, KEYBOARD AND ACCORDION

TICKET

Hafan Yr Afon

OPEN MIC

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

May at Platform 1 Cafe

Newtown Railway Station

A creative cafe & community hub.
Set up by volunteers & run by volunteers.

Tuesdays: Men Shed Social Chat: 10:30~14:00
Craft & Chat with Maggie: 10:00~11:30
Hen Shed wood theme: 18:00~20:00 £5 bookable

Wednesdays: Well~being Craft Session: 12:30~14:30

Thursdays: Senior Socials: 10:30~12:30 £6pp inc lunch
Men Shed Woodwork: 18:00~20:00
ALN Parent support: 18:30~19:30

Fridays: Crafternoon ~ bring your own crafts 14:00-16:00

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

Tues 5th: Veterans Meet: 11:30~14:00 with Age Cymru & Blind Veterans UK
Weds 6th & 27th: Arthritis Peer Support Group: 10:30~12:00
Fri 22nd: Family Cooking 15:30~17:00
Mon 25th: Children's Pollinator Activity 10:00~12:00
Join us in the cafe, funded by Hilltop Honey
Sat 30th: Family Crafts: 10:30~12:30 £5 per family
Egyptian Theme - please message to book.

For more info & newsletter sign up

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



YMESTYN EIN GWREIDDIAU
BRANCHING OUT

Cultivate

VOLUNTEERING IN COMMUNITY GREEN SPACES

Ydych chi'n caru eich tref? Eisiau ei gweld yn ffynnu?

Ymunwch â'n tîm cyfeillgar o wirfoddolwyr a helpwch i gadw ein mannau gwyrdd a borderi blodau i edrych ar eu gorau!

Does ddim angen profiad!

Byddwn yn darparu'r holl hyfforddiant ac offer y bydd eu hangen arnoch.

Cinio am ddim yn cael ei ddarparu wedyn yn Hafan Yr Afon.

VOLUNTEERS NEEDED

Diwrnodau Gwirfoddoli: Dydd Gwener o 10.30-2.00
Ebrill - Hydref

Cysylltwch â: admin@cultivate.uk.com

Cofrestrwch ar-lein: https://forms.gle/Hd1Q1FDipMTv1aF88

CRONFA GYMUNEDOL COMMUNITY FUND

"Rwy'n Gallu!"

GRYMUSO POBL IFANC I WELLA LLES MEDDYLIOL AC EMOSIYNOL

GAME CHANGE PROJECT

❑Rhaglen 12 wythnos ar gyfer pobl ifanc 13 i 16 oed. Sesiynau un diwrnod yr wythnos yn ystod y tymor 9.30-2.30 (Wedi ariannu gan y loteri, dim tal i cyfranogwyr)
❑Wedi ei anelu at gefnogi pobl ifanc yn eu harddegau sy'n cael anawsterau i fynychu addysg yn llawn amser.
❑Defnyddio dysgu awyr agored sy'n seiliedig ar sgiliau i feithrin hyder a gwydnwch.

❑ PECYN CYMORTH O SGILIAU TROSGLWYDDADWY - gan adael pobl ifanc mewn gwell sefyllfa i ffynnu yn ystod eu blynyddoedd ysgol uwchradd a thu hwnt.
❑MENTORIAETH GYMHEIRIAID – modelu sut y gall partneriaethau cefnogol weithio.
❑GWEITHGAREDDAU - o gwmpas GOFAL ANIFEILIAID, MECANEG A DYSGU AR Y TIR. Bydd pobl ifanc yn gweithio fel tîm, gan roi gwaith ymarferol, pwrpasol iddynt yn ymwneud â chanlyniadau diriaethol. Byddant yn cael cyfleoedd lluosog i lwyddo, a chael eu cydnabod am hynny, gan adeiladu eu hunan-barch a hyder.
❑CYNNWYS Y GYMUNED - creu llwybrau i bobl ifanc ffynnu, cysylltu, ac archwilio opsiynau gyrfa a chyfleoedd gwirfoddoli.

0776 6606276 www.thegamechangeproject.org.

Iechyd emosiynol a llesiant cymorth i Blant a Phobl Ifanc

Powys

Ry'n ni eisiau i ti wybod bod gwasanaethau ar gael i bobl ifanc ym Mhowys. Paid â bod ofn i ofyn am gymorth.

CWNSELA AREA 43

CREDU (GOFALWYR IFANC)
Ffoniwch: 01597 823800

ADFERIAD ADFER (Cymorth Cyffuriau ac Alcohol)
Ffoniwch: 0300 777 2258

Ffoniwch 111, Pwyswch 2 am Gymorth Iechyd Meddwl 24/7

Canolbarth a Gogledd Powys - MIND
Ffoniwch: 01597 824411

MIND Aberhonddu
Ffoniwch:01874 611529

CHILDLINE
Ffoniwch am ddim: 0800 1111

Am unrhyw Wasanaethau Iechyd a Llesiant Emosiynol a Llesiant eraill, cliciwch neu sganio yma.

YMESTYN EIN GWREIDDIAU
BRANCHING OUT

Cultivate



VOLUNTEERING IN COMMUNITY GREEN SPACES

Love your town? Want to see it flourish?

Join our friendly team of volunteers and help keep our green spaces and flower borders looking their best!

No experience needed!

We'll provide all the training and tools you'll need.

Free lunch provided afterwards in Hafan Yr Afon.

VOLUNTEERS NEEDED

Volunteer Days: Fridays from 10.30-2.00
April - October

Contact: admin@cultivate.uk.com

Sign up online: https://forms.gle/Hd1Q1FDipMTv1aF88

LOCAL AND FAMILY HISTORY DAY

10am-3pm 23rd May 2026

Montgomeryshire Genealogical Soc.
Newtown Area Library
Newtown Local History Group
Newtown Textile Museum
Powys Family History Society
Shropshire Family History Soc.
Powysland Club

at the **Crescent Centre,**
Milford Road

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

April 25th
May 30th
June 27th

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.

CRONFA GYMUNEDOL COMMUNITY FUND



"I CAN!"

EMPOWERING YOUNG PEOPLE TO IMPROVE THEIR MENTAL AND EMOTIONAL WELLBEING.

GAME CHANGE PROJECT

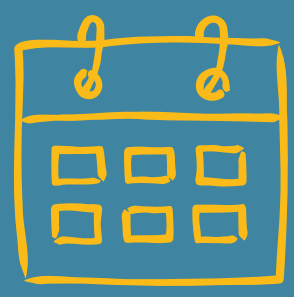
- ❑A 12 -week programme for young people aged 13 to 16. Sessions are one day per week during term time 9.30-2.30 (funded by TNL, no charge to participants)
- ❑Aimed at supporting young teens who are experiencing difficulties accessing education on a full-time basis.
- ❑ Using outdoor, skills-based learning to foster confidence and resilience.



- ❑ A TOOLKIT OF SKILLS - leaving young people better equipped to thrive during their secondary school years and beyond.
- ❑PEER MENTORSHIP – modelling how supportive partnerships can work.
- ❑THEMED ACTIVITIES - ANIMAL CARE, MECHANICS, LEARNING ON THE LAND. Young people will work as a team, giving them practical, purposeful work to do with tangible outcomes. They will have multiple opportunities to succeed, and be recognised for it, building their self-esteem and confidence.
- ❑COMMUNITY INVOLVEMENT - creating pathways for young people to thrive, connect, and explore career options and volunteering opportunities.

0776 6606276 www.thegamechangeproject.org.

WHAT'S HAPPENING IN NEWTOWN



Monday

- Cultivate Kitchen @ Cultivate, 10am – 12:30pm followed by lunch
- Newtown Food Surplus, Food Share, Venue tbc, 10:30am – 11:15am, email info@nfs.wales for details
- 2nd Mon, Dementia Singing, Newtown Library, 1:30 – 2:30pm
- 1st Mon, Book Club, Newtown Library, 2pm – 3:30pm
- 1st Mon, Visual Impairment Group, Plas Dolerw, 2pm
- 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
- 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, Clwb Garddio, Gardening Club, 10am – 12:30pm followed by lunch
- Coffee Morning, Methodist Church, 10 - 12pm
- 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

- 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

- Composting, compostio @ Cultivate, 10am – 12:30pm followed by lunch
- 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
- 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
- Branching Out community gardening, 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, Venue tbc, 10:30am – 11:15am, email info@nfs.wales for details
- 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, Use It Or Lose It, Aberhafesp Community Centre, 12.25 - 1.15pm
- Newtown Knit and Natter, Methodist Church, 1:30 – 3:30pm (£2)
- 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

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