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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

OPEN EVENTS DIGWYDDIADAU AGORED

SEPTEMBER / MEDI 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 Summer Huxley who is completing A Level Photography at Newtown College, as part of the School Link initiative

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 September edition of Open Events newsletter.

After a long hot summer many of us will be relieved to be moving towards Autumn and beginning to think about preparing for the wintertime.

As the National Lottery funded Open Energy Project draws to a close this month, we'd like to focus a little bit on household energy by sharing some of our top tips for saving energy in the home especially in the colder months, have a look inside.

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 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





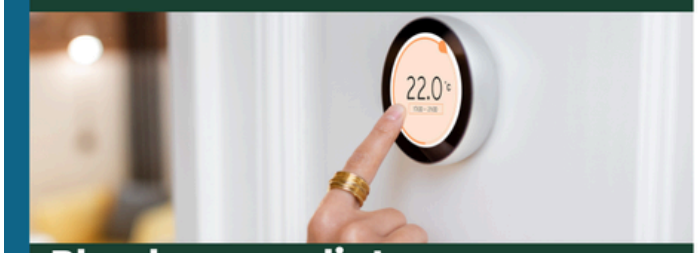
Our Quick Tips

HEATING

Considering that the majority of energy consumed by the domestic energy sector is for space heating, this is arguably the most important point to consider

Turn your thermostat down by 1°C

The Energy Saving Trust reports that reducing your temperature by 1°C could save typical homes £100 a year. A comfortable and healthy lifestyle are important. The World Health Organisation states that between **18°C to 21°C** is enough for healthy adults, but this can differ for vulnerable individuals.



Have you checked your boiler flow temperature?

You could save up to £65 a year on your gas bill by changing a single setting on your boiler.

This guide will show you how:

SCAN HERE

Bleed your radiators

Is your radiator cold in patches? Is it noisy? It may need bleeding. Scan the QR code to see how...

Make sure the central heating and hot water are switched off before starting!

@OPENENERGY_NEWTOWN

SCAN HERE

Turn your radiator valves down in unused rooms

Make sure you control which rooms you heat, so you're not wasting cash heating empty rooms. You could save around £70 a year by turning valves down in unused rooms.





September 2026 FOODSHARE DATES

WED	Weds 2nd	The Hanging Gardens, Llanidloes 6.15pm-7pm
FRI	Fri 4th	Bear Lanes, Newtown 10.30am-11.15am
MON	Mon 7th	Bear Lanes, Newtown 10.30am-11.15am
WED	Weds 9th	Forden Community Centre 2.45pm-3.30pm
FRI	Fri 11th	Bear Lanes, Newtown 10.30am-11.15am
MON	Mon 14th	Bear Lanes, Newtown 10.30am-11.15am
WED	Weds 16th	The Hanging Gardens, Llanidloes 6.15pm-7pm
FRI	Fri 18th	Bear Lanes, Newtown 10.30am-11.15am
MON	Mon 21st	Bear Lanes, Newtown 10.30am-11.15am
WED	Weds 23rd	Forden Community Centre 2.45pm-3.30pm
FRI	Fri 25th	Bear Lanes, Newtown 10.30am-11.15am
MON	Mon 28th	Bear Lanes, Newtown 10.30am-11.15am

Human Made

Bring Shopping Bags

EVERYONE Welcome No Referral Needed

Free Service

SEPT PROGRAMME

WEDNESDAYS	**BITCH & STITCH** 1-3pm Sewing Social
THURSDAYS	**BITCH & STITCH** 6-8pm Sewing Social
FRI 11TH SEPT	**LEARN TO SEW: ADULTS** 10-12pm Absolute Beginners
FRI 18TH SEPT	**PAY-AS-YOU-SEW** 10-12pm Quilted Coin Purse
SAT 19TH SEPT	**PRINT & SEW** 10-4pm Block Printed Cushion Cover
SAT 26TH SEPT	**CIRCULAR SEWING SCHOOL** 10-12pm SFW: Clothes Upcycling
TUE 29TH SEPT	**SFW: REPAIR WORKSHOP** 10-12pm Fix your zips
THUR 1ST OCT	**SFW: REPAIR WORKSHOP** 10-12pm Fix Your Socks
FRI 2ND OCT	**SFW: REPAIR WORKSHOP** 10-12pm Introduction to Kantha

www.textilejunkies.com

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.

School Energy Postcard Project

Energy postcards designed by KS2 students from Masyrhandir and Penygloddfa schools.



September

Drink ~ Eat ~ Create

Newtown Railway Station

at

Platform 1 Cafe

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 Slow Mending ~ £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 3rd: 10:30 - 12:00 Arthritis Peer Support Group

Sat 5th: 09:00 - 11:00 Veterans Breakfast Free Bacon Bap *pay for drink

Fri 25th: 15:30-17:00 Family Cooking: Please book

Sat 26th: 10:30 - 12:30 Family Crafts: Please book
Nature Theme - £5 per family

*Includes cake & drink

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

Veterans Breakfast

at Platform 1

Newtown Railway Station

9am ~ 11am
The first Saturday of the month:
5th September
3rd October
7th November
5th December

Free
Bacon Bap
*pay for cuppa

Hosted by
Men Shed Newtown C.I.C

MEN SHED NEWTOWN

Contact Us:
01686 639913
Facebook: Platform1
Instagram: Platform1_newtown
www.menshednewtown.com

UK Member of MEN'S SHEDS ASSOCIATION
Supporting the Armed Forces Community

Real 'Meals on Wheels'

WELL-FED

Do you enjoy cooking?

Do you cook at home or do you want to cook more at home?

Do you want your cooking at home to be easier?

Do you want your meals prepared for you?

If so, our Real 'Meals on Wheels' service is for you.

We offer meals for every household; families, single people, older people - if you want healthier, tasty meals, we have a menu for **everyone**.



ORDER ONLINE or AT ALL SAINTS CHURCH see reverse for details

Well-Fed is a local company. We are committed to making sure everyone has access to good food. We make meals of the highest quality and we make them available so all of our customers can eat well and cook easy at home.

wellfedmeals.co.uk

OUR MEALS CHANGE LIVES

Our range:

EASY MEALS! — £2.25

We have a range of over 50 ready meals available. Simply pop in the microwave or oven.

Options include:
Beef roast dinner
Cottage pie
Chicken tikka and rice
Pork sausage and mash
Five bean chilli and rice (V)
Vegetarian roast dinner (V)

FEEDS 1 PERSON

SLOW COOKER — from £4.50

Our Slow Cooker bags come packed with a recipe card and all the ingredients for a tasty meal.

Options include:
Sausage and lentil stew
Italian meatball stew
Chicken jalfrezi
Chilli beef
Butternut squash mac and cheese (V)
Vegetable and lentil stew(V)

FEEDS A FAMILY OF 4

COOK EASY — from £4.50

Our Cook Easy bags come with a recipe card and all the ingredients needed to cook from scratch

Options include:
Cottage pie
Sausage and mash
Hoisin chicken noodles
Creamy chicken and mushroom pasta
Mushroom risotto (V)
Potato and lentil curry (V)

FEEDS A FAMILY OF 4

How to order:

1. Order in person at one of our Food Centres.
2. Order online via wellfedmeals.co.uk

We have set up local Food Centres. Your nearest Food Centre is:

All Saint's Church
Address: 36 Commercial St, Newtown SY16 2BW
Order time: Tuesday 12:00pm-2pm
Collection times: Tuesday 12:00pm-2pm

When you place your order at a centre, we'll prepare and deliver it fresh, ready to cook at home the following week.

We also do:
Breakfast pots
Vegetarian breakfast pots
Fresh soup

from £1

New meals added all the time!

OUR MEALS CHANGE LIVES

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



WALES ARTISTS' BOOK FAIR

FFAIR LLYFR ARTISTIAD CYMRU

5/6 SEPT/MEDI 2026 10-4

ORIEL DAVIES GALLERY, Newtown SY16 2NZ

FREE WORKSHOPS!! 11-1

SAT – PAPER MARBLING SUN – THEATRE BOOKS

FREE ENTRY! follow @ffairllyfrcelf

Cyngor Celfyddydau Cymru Arts Council of Wales

ARIENNIR GAN Y LOTERI LOTTERY FUNDED

Men Shed Newtown

MEN SHED NEWTOWN

POP IN FOR A CHAT

@ Platform 1

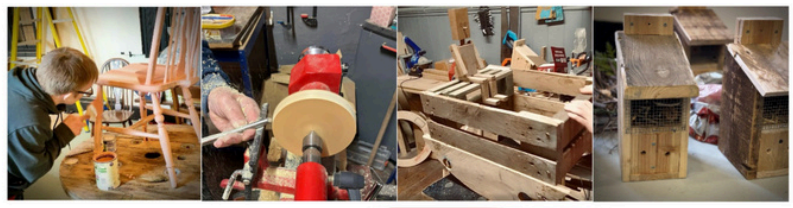
Newtown Railway Station

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

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

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







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

We are celebrating 4 years of running the Repair Café on

Saturday 26th Sept

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

Items for repair can be booked in from Monday 21st September until 12.00 pm on Saturday 26th September
This is a FREE SERVICE we just ask customers to pay for any parts needed.

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.

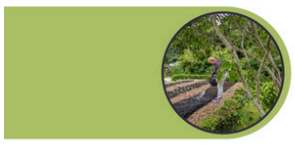
Cultivate I Gymunedau Tyfu For Growing Communities

Our **Volunteer sessions**

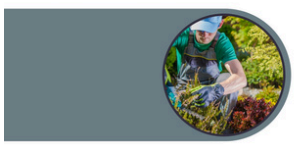
We offer various projects aimed at engaging the community and promoting sustainable living. Our volunteering sessions are listed below:



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

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

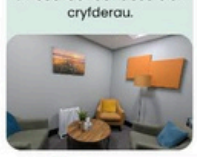
Y Canolbarth Cymru – Ffiniau Swydd Amwythig

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 dim 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.

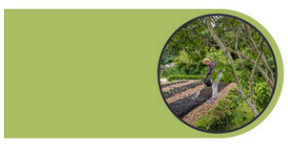
Cultivate I Gymunedau Tyfu For Growing Communities

Ein **Sesiynau gwirfoddoli**

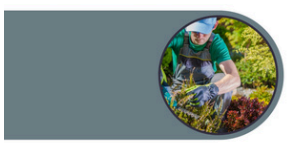
Rydym yn cynnig amryw o brosiectau sydd wedi'u hanelu at ymgysylltu â'r gymuned a hyrwyddo byw'n gynaliadwy. Mae ein sesiynau gwirfoddoli wedi'u rhestru isod:



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



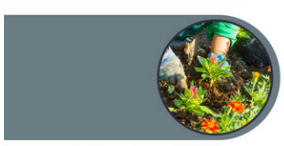
Dydd Mawrth: Meithrin gardd gymunedol
Dechrau Tyfu - Clwb garddio gydag Ashleigh
Dysgu amrywiaeth o sgiliau garddio 10-12.30
Cinio cymunedol a rennir 12.30-1.00



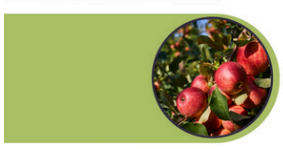
Dydd Mercher: Meithrin gardd gymunedol
Sgiliau Cael - Clwb cynnal a chadw gerddi gydag Ashleigh
Dysgu amrywiaeth o sgiliau cynnal a chadw gerddi 10-12.30
Cinio cymunedol a rennir 12.30-1.00



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

Easily Stressed?

Constantly Worried?

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

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

Join the

FEEL BETTER ALL TOGETHER COURSE

@Hafan Yr Afon, Back Lane, Newtown

Thursdays 6 - 7.30pm Sept 17, 24,
Oct 1st, 8, 15, 22nd. Nov 5th, 12th.
LIMITED SPACES

More Info / To Sign Up:

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

CRONFA GYMUNEDOL COMMUNITY FUND

CRE8 WELLBEING

University of Essex

Powys

What's on in Powys



What's on in Powys



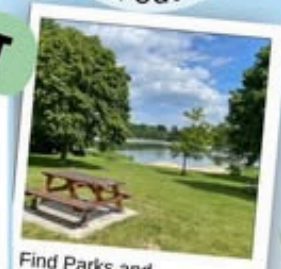
Play in Powys

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!



Find Parks and Play Areas



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



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!

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 Medi 17, 24,
Hydref 1st, 8, 15, 22,Tachwedd 5, 12
LLEFYDD CYFYNGEDIG

Mwy o Wybodaeth/Cofrestru:

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

CRONFA GYMUNEDOL COMMUNITY FUND

CRE8 WELLBEING

University of Essex



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

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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.

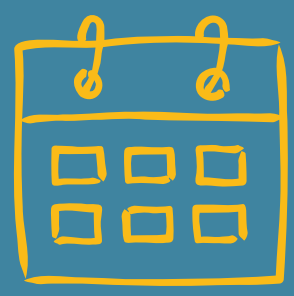
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GIG CYMRU NHS WALES
Bwrdd Iechyd Addysgu Powys
Powys Teaching Health Board

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

openenergy@opennewtown.org.uk

WE WANT TO HEAR FROM YOU!



Take part in our reader feedback survey