



PONTAFREN ACTIVITIES

March
2026

MONDAY

Community Mental Health Team Support Hub ●

11:30—14:00

Ponthafren Welshpool, The Armoury

Basic Sewing skills ●●

14:00—16:00,

Ponthafren Newtown, Longbridge Street

TUESDAY

Men's Group— 10th and 24th March ●●

Learn to play Chess

15:00 – 16:15, Ponthafren Newtown, Longbridge Street

Socialise and Sing ●●

11:00—13:00, Ponthafren Welshpool, The Armoury

Life skills - Anxiety Management ●

09:30—12:00, 17th March

Ponthafren Newtown, Longbridge Street

WEDNESDAY

Mindfulness ●●

11:00 – 12:00, 4th March

Ponthafren, Welshpool, The Armoury.

Newtown Walk ●●

11:00 – 12:00

Meet opposite the cinema by the bridge, Newtown.

Gardening Group ●●

13:00 – 15:00

Ponthafren Newtown, Longbridge Street

Men's Group— 4th and 18th March ●●

Learn to play Chess

15:00 – 16:15

Ponthafren Welshpool, The Armoury

EFT (Emotional Freedom Technique) - Help with anxiety ●●

11:00 – 12:30—18th March — **booking essential**

Ponthafren Newtown, Longbridge Street

THURSDAY

Arty Crafters - Peer Led Craft Group ●●

11:00 – 13:00

Ponthafren Welshpool, The Armoury

Walk & Talk Rugby Group ●●

18:00 – 19:00

Welshpool Rugby Club

Life skills - Anxiety Management ●

09:00— 11:30 19th March

Ponthafren Welshpool, The Armoury

Woodworking skills with Jan ●●

14:00—16:00 — **booking essential**

Ponthafren Newtown, Longbridge Street

Lake Vyrnwy Trip - Tree Identification ●●●●

10:00— 14:00 12th March

Transport available from both centers 09:00 in Newtown and 09:30 in Welshpool — **booking essential**

FRIDAY

Bacon Sandwich & Board Games ●

11:00 – 13:00

Ponthafren Newtown, Longbridge Street

Cost of £1.50 per sandwich

Craft & Chat ●●

12:00 – 14:00

Ponthafren Newtown, Longbridge Street

Choose your activity based on the *Five Ways to Wellbeing*



Our drop in service is available from 11:00 – 15:00
Monday to Friday in each of our centres.



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Ponthafren Newtown
Longbridge Street,
Newtown, SY16 2DY
tel: 01686 621586

Ponthafren Welshpool
The Armoury, Brook Street,
Welshpool, SY21 7NA
tel: 01938 552770

www.ponthafren.org.uk admin@ponthafren.org.uk



NEW THIS MONTH

March
2026

New and exciting things for March

Lake Vyrnwy Trip - Tree Identification

10:00— 14:00 12th March

Transport available from both centers 09:00 in Newtown and 09:30 in Welshpool — **booking essential**

EFT (Emotional Freedom Technique) - Help with anxiety

11:00— 12:30—18th March

Ponthafren Newtown, Longbridge Street

Woodworking skills with Jan

14:00— 16:00

Ponthafren Newtown, Longbridge Street

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