

Fancy a cuppa?

Stroke support coffee morning
Tues 10:30-12:30

An opportunity for stroke survivors to come together, share their experiences, learn about services and make new friends.

Luisa.Stokes@stroke.org.uk

Afternoon Tea Club – Thursday 2-4 p.m.

A group who come together to share a cuppa and cake, share stories, play games and enjoy each other's company.

sue.jones@bridgescentre.org.uk

amanda.brake@befriendingmonmouthshire.org.uk

Dementia Carers Coffee morning – Thurs 10-12:30

A new dementia carer group to meet day centre staff, share stories and find out more about the support on offer.

mariathomas@monmouthshire.gov.uk

Age Cymru Afternoon Tea – Wed 1:30-3:30

Llanfoist Village Hall

£4 per visit, tea/coffee, cake, and games.
Transport available.

Laura or Paul 01291673300

Age Cymru Lunch Club – Mon 11:15-2:30

St Michaels Centre (referral required)

£9 for 2 courses, transport available. Aimed at those feeling lonely/isolated.

Laura or Paul 01291673300

Feeling crafty?!

Lifeboat counselling arts therapy – Mon 6-9p.m.

Arts and crafts, chatting, tea, coffee and cake. Supporting those with low level anxiety/depression, this group is 50% art therapy and 50% 1:1 counselling facilitated by qualified counsellors and community arts volunteers.

Marcia and Michelle: lifboatmhs@gmail.com

Mardy Making Group – Fri 1-3pm

Supporting wellbeing through shared experiences centred around crafts such as knitting, sewing, painting, model making, decoupage etc. we support people to make friends and improve social inclusion.

amanda.brake@bridgescentre.org.uk

Sue Jones - sue.jones@bridgescentre.org.uk

Green fingered/ outdoors.

Branch Gardening Group – Thurs 10:30-4pm

People coming together to grow vegetables on the grounds of Mardy Park as well as engage in some activities around landscape gardening, carpentry.

Justine Jamieson – mental health nurse lead
Justine.Jamieson@wales.nhs.uk

Wild Tots – Wed 10:30-12:30

A playgroup designed around the opportunity outdoor learning provides. Great for any parents/grandparents who have childminding duties and are looking for something different to do with the children they look after.

Zoe and Sarah - wildtots@gmail.com

One for the boys

Blokes' Breakfast – first Monday of the month
9:30-10:30

This is a gathering of men who get together once a month to have a full English breakfast and chat over what's going on in their lives.

Mary Baker, group facilitator: mba274@gmail.com

Singing/Books

Shared Reading Group – Wed 10-12pm

This group offers people the opportunity to listen to stories and poetry read aloud as a therapy. This group is suitable for any literature enthusiasts or for those who find themselves unable to read as much as they'd like.

Mary Baker, group attendee - mba274@gmail.com

Alzheimers Society Singing for the Brain

Mon 10:30-11:30

Trinity Centre Abergavenny

Lots of singing for people who can visit with a carer.
Easy access to the building, walk in group.

Penny Rees 01873 268246

Other groups

Yoga Classes – Wed 5:15-6:15 and 6:30-7:30

This is a 1 hour yoga session designed for beginners and is able to accommodate the older yoga enthusiast.

Amblers – Wed 1-3pm

This group is aimed at increasing people's confidence with outdoor mobility, learning to use appropriate aids if necessary, getting in and out of vehicles, getting on and off buses and trains, falls prevention, and improving balance, incorporating some principles of Tai Chi.

Lisa Powell - 07870169114

Emma Morgan - 07772928535

Chatting Group – Wed 1-3pm

This club is for balanced mobility service users. Referral needed to Germaine Tritarelli.

GermaineTritarelli@monmouthshire.gov.uk

BATCH – Thursdays fortnightly

Batch cook a meal together, to share and practice skills, try out new recipes, focus on eating healthily, and to be able to take a few portions home, whilst socialising in a small and friendly group. Cost of ingredients divided between the group so a small charge will apply.

Lisa Powell 07870169114 and Karen Price 07970209563

**Groups Available at Mardy Park
(unless otherwise stated)**