



This is a members-led music/performance therapy group for adults living with mental health issues.

Meatballs rehearse every Wednesday from 5pm to 7pm

at the Communities First Building, 82 Marsh Road, Rhyl, LL18 2AE

For more details contact: 01745 351635

### The Allotment Project

Supporting people affected by short and long term mental health problems and other members of the community to work together on the allotment.

Every Wednesday and Friday

10am—2pm

Roe Plas Meadow, St Asaph

LL17 0RD

For more details contact: 01745 812461

## Connecting Minds

### Open Minds

We have an open door policy to support people offering time for socialising, activities and to have fun.

Be OPEN!!!

### Creative Minds

Bring out your creative side and Connect with other people using our wide range of activities.

Be CREATIVE!!!

### Active Minds

Supporting people to increase their mental wellbeing through physical activity and social inclusion.

Be ACTIVE!!!



## What's On In Denbighshire?



LOOK OUT FOR NEWS ON... FRIENDS IN MIND LUNCH CLUB OR Monthly SUNDAY LUNCHES

For more details contact:- 01745 351635

Healthy



Minds

Active



Minds

Connecting



Minds

## Mahoney's In Mind

15 Bedford Street, Rhyl, LL18 1SY

Contact:- 01745 351635

Monday 10.00 am—12.30 pm  
Computer Group - £1.00 Inc. Lunch

Tuesday 9.30 am—2.30 pm  
Open Minds - £1.00 Inc Lunch

Tuesday 5.00 pm—7.00 pm  
Workshop (*ask staff for details*)

Wednesday 12.00 pm—2.00 pm  
Active Minds  
Walking Group (*ask staff for the starting point*)

Thursday 9.30 am—2.30 pm  
Open/Creative Minds—£1.00  
Lunch—£1.50

Thursday 2.30 pm—4.30 pm  
Food 4 Thought (6 week cookery course)  
(*ask for details*)

Thursday 3.00 pm—4.00 pm  
Swimming Group  
Rhyl Leisure Centre  
(*ask for details*)

Friday 2.00 pm—4.30 pm  
Film Club - £1.00  
Inc popcorn & ice-cream

Saturday 9.30 am—12.30 pm  
Open Minds



## Trefeirian In Mind

Trefeirian, Love Lane, Denbigh, LL16 3LY

Contact:- 01745 812461

Monday 11.00 am—12.00 pm  
Active Minds - Walking Group

Tuesday 10.00 am—12.00 pm  
Creative Minds - £1.00 Inc. Refreshments  
(*monthly diary—ask staff for details*)

Tuesday 12.00 pm—2.00 pm  
Open Minds - £1.00 Inc. Refreshments

Friday 10.00 am—1.00 pm  
Healthy Minds  
Food 4 Thought (*6 week cookery course*)

## Reflections In Mind

The Community Hall, St Collen's Church,  
Llangollen

Friday 10.00 am—12.30 pm  
contact:- 01745 812461

## Prestatyn In Mind

POP IN Centre , 30 Meliden Road,  
Prestatyn LL19 9RT

Wednesday 9.30 am—11.30am  
For further information  
contact:- 01745 351635

## Ruthin In Mind

Naylor Leyland Centre, Well Street,

Ruthin, LL15 1AF

Tuesday 1.00 pm—3.30 pm  
Open Minds - £1.00 Inc. Refreshments

Tuesday 1.30 pm—2.30 pm  
Active Minds  
Walking Group

## Corwen In Mind

Sports Pavilion, Green Lane  
Corwen, LL21 0ND

Tuesday 9.30 am - 11.30 am  
Active Minds  
Walking Group

Wednesday 1.00 pm—3.00 pm  
Active Minds  
Walking Group

Thursday 9.30 am—4.00 pm  
Connecting Minds—Wellbeing Day  
9.30 am—12.00 pm  
Open Minds  
12.30—1.30  
Lunch Club  
1.30 pm— 3.30 pm  
Active Minds  
(*month diary-ask staff for details*)

