

REGISTER OF LOCAL COMMUNITY GROUPS

Revision 33 - JANUARY 2023

| Organisation | Contact Name | email/website | telephone |
|---|--------------------------------------|---|--|
| HEALTH, WELFARE & SUPPORT ORGANISATIONS | | | |
| Credu Cymru Adult Carers Group | Leanne Pritchard | leanne@credu.cymru | 07976 553974 |
| Credu Cymru Junior Carers Group | Tara Evans | tara@credu.cymru | |
| Presteigne Medical Centre | | www.presteignemedicalcentre.com | 01544 267985 |
| STROKE Neuro Café NO LONGER OPERATING | Gill Colerick | | |
| RNID Near You (Hearing Aid Clinic) | Rachael Beech | rachael.beech@rnid.org.uk | 07752 165800 |
| Leg Club - Knighton & Presteigne | Jo Davies | https://www.legclub.org/leg-club-direct-ory/knighton-and-presteigne | 01547 521270 01547 520367 |
| Simply Nails - Presteigne (East Radnor Care) by appoint- ment | Katrina Atkins | enquiries@agecymru.org.uk www.agecymru.org.uk/powys | 01597 825908 07581 385001 01686 623707 |
| MidWales Mindfulness | Alithea Waterfield | alitheawaterfield@gmail.com . http://midwalesmindfulness.co.uk/ | |
| Voice Yoga | Liv Preye | www.oliviapreye.com www.voiceyoga.co.uk oliviapreye@gmail.com | 07796 684627 |
| Om Runa Yoga | Jesi Leigh | http://www.omrunayoga.co.uk/ http://www.facebook.com/omrunayoga . omrunayoga@outlook.com | 07854 855560 |
| The Retreat | Marian, Dorothy, Grace | marian@sylvanmassage.com | 07816 981454 |
| East Radnorshire Care ERC | Beverley Baynham | admin@eastradnor.care www.erdaycentre.org | 01544 260267 01544 260360 |
| ERC Home Support | | homesupport@eastradnor.care www.erdaycentre.org | 01544 260360 |
| Prestmede Residential Care Home (Shaw Healthcare) | Judith Jones, Manager | https://www.shaw.co.uk/index.php/ser- vices/3-residential/143-prestmede | 01544 267538 080 0902 0092 |
| Presteigne Dementia Friends | Kate van den Ende Rolly Bradstock | katevandenende@btinternet.com rollybea5@gmail.com | 01544 267227 01544260766 |
| Presteigne VIPs (visually impaired) | Mike Edwards | mikeedwards397@gmail.com | 01544 267114 07787 355415 |
| Radnor Association for the Blind | Mike Edwards | mikeedwards397@gmail.com | 01544 267114 07787 355415 |

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| Hereford Macular Disease Group | Mike Edwards | mikeedwards397@gmail.com | 01544 267114 07787 355415 |
| PNCS (Community Transport) Office | Sharon Jones, Manager | transport.pncs@gmail.com http://www.facebook.com/PNCS4U | 01544 267961 |
| PNCS Charity Shop | Sacha Pickard (Shop Manager) | transport.pncs@gmail.com | 01544 267961 07421 878773 |
| PNCS The Warehouse | Lorna Griffiths Carole Brick | transport.pncs@gmail.com | 07496 732067 |
| PNCS The Circle Drop-In Club (at the Old School) | Carole Brick | carolebrick@googlemail.com | 01544 267961 07973 571089 |
| Slimming World (Kington only) | Ruby Dawn | rubydawn73@gmail.com | 07565 453910 |
| Lunch Club (Baptist Church) | Kate Doubleday | kate.doubleday@yahoo.co.uk | 01544 267471 |
| CAP Job Club (Baptist Church) NOT OPERATING AT PRESENT | | | |
| Liminal Space | Dorothy / Grace | liminalspace20@gmail.com http://www.liminalspace.me.uk/ | |
| Royal Voluntary Service RVS | | www.royalvoluntaryservice.org.uk | 08456 080122 03305 550310 |