

MEMBER'S NEWSLETTER

9TH ANNUAL GENERAL MEETING WAS A GREAT SUCCESS



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Members and employees of Mind Aberystwyth say Good Bye to Georgina Winkley at the 9th Annual General Meeting

The 9th Annual General Meeting saw some heartfelt Goodbye's on the 7th of May.

As every year, the Annual General Meeting gave members of the service a chance to review the services performance of the last year.

Members were also informed of the changes we saw happening in the last year, such as the Drop-In refurbishment.

The attendees reelected two Directors that stood down and elected two new directors, Carol Jenkins, Manager of the Morlan Centre and Michelle Barchus from Aberystwyth University.

Two other directors stood down at this years AGM and we thank them for their hard work during their time with us.

Members, volunteers and employees said good bye to Georgina Winkley, one of our longest standing volunteers. Georgina was presented with flowers and gifts and was thanked for her immense contribution over the past 10 years or so. Here are a few words from Georgina:

"A big warm thank you to all staff and members of Mind Aberystwyth, for giving me such a good send-off on Wednesday and for the

gorgeous flowers, cards and the exquisite Welsh Gold broach which I'll treasure for the rest of my life. It makes a huge difference to me as I undertake this move that I know Mind Aberystwyth is in such good hands."

The Meeting was finished off with a light buffet after which a beautiful tree was planted in the garden in memory of our late support worker Sheridan Haley. Sheridan was an inspiration and support to many friends, family, colleagues and members of the service alike.

OUR SERVICE TIMES FOR MEMBERS

It is great to see that the sessions provided are so well attended.

Below you will find all our classes and both the times and days on which they take place.

M o n / L I u n :
Cycling/ Beicio - 1-4

If you would like to join please contact us beforehand and be aware that the session takes place in Aberaeron. Participants have to use public transport

T u e s / M a w :
Art / Arlunio- 10-12

Tues/Maw: Creative Writing / Ysgrifennu Creadigol -3-5

Wed/Mer: Drop-In / Galw-heibio - 11-3

Wed/Mer: Yoga / Ioga - 11.15 - 12:15

Please call the office or email us for more information

Wed/Mer: Gym Group / Grwp cadw'n heini - 3-5

This session costs more than our normal sessions. An in-

duction for participation is required. Please contact us for more information.

Thurs/lau: Active Woods / Coed Actif- 12:15 - 3:45

Please call the office or email us for more information

Fri/Gwe: Drop-In / Galw-heibio- 11-3

If you would like to find out more about a particular session or activity please phone the office.



UPCOMING EVENTS

August holds many interesting events in store.

As already mentioned, we have introduced new sessions. We also have a new course in Machynlleth and some exciting fundraiser events.

Here a list for all the upcoming events from August to September:

New Cycling Group:

Every Monday from 12pm to 4pm. The group meets in front of the Drop-In normally and then travels to Aberaeron by bus. The session costs £1 and you also need to bring money for the bus fare. Please phone us on 01970 626 225, if you are

interested.

New Recovery and Beyond Courses:

We are offering a new course in Machynlleth. The course focuses on the common challenges many of us deal with in day to day life and the changes we can make to face these issues. For more information and to book a place please phone 01974 626 225. or email:

info@mindaberystwyth.org

Mind the Ride Fundraiser:

Mind Aberystwyth is holding a sponsored cycle on the 18th of August. The cycle will be 9 miles long, starting near Llanilar and

finishing at Trefechan Bridge, going along the river Ystwyth. If people are interested in fundraising for us or joining the cycle team they should contact us or talk to one of our team members.

This isn't the full version of the newspaper. You can find the complete version on mindaberystwyth.org or in the Drop-In.

MEMBER ART WORK OF THE MONTH



By Anonymous

WHAT'S ON IN ABERYSTWYTH

This month is again full of events taking place in Aberystwyth. We would like to share with you some of the events that take place in the Arts Centre and tell you what's on at the Commodore Cinema.

The Art Centre:

6th of August at 2pm - **Robin Hood**: This outdoor production adapted one of the earliest Robin Hood ballads which makes it authentic. Suitable for all ages 5+.

6th of August at 7:45pm - **Macbeth**: This outdoor performance stages one of Shakespeare's most famous plays; telling the story of Macbeth and how a witch's prophecy changed his life. Suitable for all ages 10+

16th of August at 8pm - **Rime**: A new Circus show, based on Coleridge's The Rime of the Ancient Mariner.

8th of August till 30th of August at 7:45pm - **An evening of Coarse Acting!**: This show is a hilarious exploration of coarse acting, based on the works of Michael Green.

25th of July till 30th of August - **Sister Act: The Musical**: This popular musical tells the story of a diva that is put in protective custody in a nunnery, after witnessing a crime.

26th of July till 20th of September in Gallery 1 - **I like this place**: An exhibition that investigates the aspects of this rural seaside town.

Commodore Cinema:

24th of July till the 31st of July - **How to Train Your Dragon 2 3D**: The second film in the popular trilogy. Five years after Hiccup and Toothless have untied dragons and

Vikings, the two friends face a new battle to protect the peace.

25th of July till the 31st of July - **Transformers Age of Extinction**: Contains moderate action violence, infrequent strong language.

As humanity picks up the pieces, a shadowy group reveals itself in an attempt to control the direction of history

1st of August till 7th of August - **Dawn of the Planet of the Apes**: A growing nation of genetically evolved apes led by Caesar is threatened by a band of human survivors of the devastating virus unleashed a decade earlier.

Gas Gallery:

National Library of Wales:

The main exhibitions are open from 09:30-16:30, smaller exhibitions are open until the Library closes.

Step by Step: The aim of this exhibition is to give a step-by-step introduction to the process of tracing your family tree by displaying some of the main sources available, which are constantly used by family historians.

For more information contact national Library of Wales

March 2014 until February 2015 - **Writers of Wales: Words and Pictures & Valleys Writers**: Exhibition depicting the work of female and male Welsh writers.

28th of June until 20 December 2014 - **Dylan**: A major multi-media exhibition in conjunction with a series of newly commissioned showcase events.

If you require more information about all events mentioned, please contact the organisations directly.

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