

REGISTER OF LOCAL COMMUNITY GROUPS

Revision 32 - JANUARY 2022

Organisation	Contact Name	email/website	telephone
HEALTH, WELFARE & SUPPORT ORGANISATIONS			
Presteigne Carers Group	Leanne Pritchard	leanne@credu.cymru	07976 553974
Presteigne Medical Centre		www.presteignemedicalcentre.com	01544 267985
STROKE Neuro Café Presteigne / Knighton	Gill Colerick	gill.colerick@stroke.org.uk	01745 508524
RNID (Powys Hear to Help)	Rachael Beech	rachael.beech@rnid.org.uk	07752 165800
Leg Club - Knighton & Presteigne	Christobel Hargraves	hargraves391@btinternet.com . https://www.legclub.org/leg-club-direct-ory/knighton-and-presteigne	01547 550311
Simply Nails - Knighton & Presteigne	Yvonne Bufton	enquiries@acpowys.org.uk www.agecymru.org.uk/powys	01597 825908
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	marian@retreat.wales	07816 981454
ERDC East Radnor Day Centre	Beverley Baynham	admin@eastradnor.care www.erdaycentre.org	01544 260267
ERDC 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/services/3-residential/143-prestmede	01544 267538
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
Hereford Macular Disease Group	Mike Edwards	mikeedwards397@gmail.com	01544 267114 07787 355415
PNCS (Presteigne & Norton Community Support) Office	Sharon Jones, Manager	transport.pncs@gmail.com http://www.facebook.com/PNCS4U	01544 267961

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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	Carole Brick	carolebrick@googlemail.com	01544 267961 07973 571089
Weight Loss Support (Methodist Church)	Beth Norris	bethnorrisfcca@tiscali.co.uk	01544 267534
Slimming World	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		
Royal Voluntary Service RVS		www.royalvoluntaryservice.org.uk	08456 080122