

Volunteering Opportunities



Volunteering Opportunities Are you interested in volunteering with New Horizons?

If you are looking for work experience or training, a boost in confidence and self-esteem, the opportunity to support others or to 'give something back', or just have some spare time...then come and help us!

We also need Volunteers to help us with the mentalhealth support website, to help us to research and write articles, stories, source images or take photographs and to share IT skills with other contributors.

If you are interested then contact New Horizons today.

"Through volunteering I have gained various skills that have enabled me to co-ordinate and manage both a history group and a poetry group and to train to teach adults." KJ



New Horizons
Mental Health & Emotional
Wellbeing Resource Centre
44-49 Cardiff Street
Aberdare
CF44 7DG

T: 01685 881113/F: 01685 877253
E: info@newhorizons-mentalhealth.co.uk
www.newhorizons-mentalhealth.co.uk
www.mentalhealthsupport.co.uk
Reg Charity: 1066601

How you can help us

Making a one-off donation

There are several ways to make a one-off donation to New Horizons. Don't forget that if you're a UK taxpayer, you can add 28% to your donation without it costing you more, through the Gift Aid Scheme:

Donate online at:

www.justgiving.co.uk/newhorizons

Donate by text:

Text NHOR11 £10 to 70070 to donate to New Horizons and make a difference today. JustTextGiving by Vodafone

Donate by post to the address above with a cheque (payable to New Horizons).



NEW HORIZONS

Mental Health & Emotional Wellbeing Centre

New Horizons

44 - 49 Cardiff St,
Aberdare CF44 7DG

Cynon Valley Activities Leaflet

Reg Charity: 1066601

Community activities & talks on a weekly basis

Your Journey to Recovery

Monday

11am - 6pm - Social Activities

11am - 1pm - Citizens Advice Bureau

1.30pm - 3pm (Weekly)
The New You (Looking Good/Feeling Good)

2pm - 4pm (Fortnightly)
Gofal (Housing Advice)

3pm - 6pm - Internet Café

4pm - 6pm
Counselling - appointments only

Tuesday

11am - 6pm - Social Activities

1pm - 3pm (Fortnightly)
Music Group

1pm - 4pm
Citizens Advice Bureau 1pm-2pm
appointments only & 2pm-4pm Drop-in

9.30am - 12.30pm/ 3pm - 6pm
Counselling - appointments only

3pm - 6pm - Internet Café

**Tuesday 9am - 12pm
Outreach @ Bryncynon
Community Strategy**

Various Groups & Courses

Please contact us for further
information on
T:01685 881113

E: info@newhorizons-mentalhealth.co.uk

Wednesday - Open for Courses Only

11am - 6pm
Personal Progress Planning
(referral only)

10am - 4pm - Elite Job Club

1.30pm (Monthly 1st Wednesday)
Service User Meeting

3pm - 4.15pm (Monthly)
Discovery Group (St. Tydfils Hospital
Merthyr Tydfil)

Various Times - Counselling -
appointments only

Thursday - Open for Courses Only

9.30am - 12.30pm
Counselling - appointment only

11am - 1pm - Men's Group

1pm - 2.30pm - Gardening

2.30pm - onwards
Art & Craft & Social Activities

Friday

11am - 4.30pm
Social Activities

11am - 2pm
Citizens Advice Bureau

11am - 1pm
Self Help Group

1pm - 3pm
Peer Support (Caradog)

3pm - 4.30pm
Internet Café

**Friday 1pm - 4pm
Outreach @ Hirwaun
Lleurwg's Church Hall**

Saturday

11am - 4.30pm
Social Activities

11am - 4.30pm
Internet Café

1.30pm - 3.30pm
Beginners Guitars

11am - 12.30pm
Diabetes Peer Support
Group (Monthly)

**Outreach
Centres
in Rhondda
& Taff Ely**