

# Volunteering Opportunities

## Volunteering Opportunities

### Are you interested in volunteering with New Horizons in Rhondda & Taff Ely?

If so, please contact Alison Williams on 01443 681881



Patron of New Horizons  
Actor/writer Boyd Clack

New Horizons projects the positive image of people suffering mental health problems through challenging discrimination by means of education, outreach work, information and support services.

## Contact Us

Appletree Stores  
Dinas Road, Dinas, Rhondda,  
CF40 1JJ  
T: 01443 681881  
E: newhorizons2001@btconnect.com  
www.newhorizons-mentalhealth.co.uk  
www.mentalhealthsupport.co.uk  
Reg Charity: 1066601

## Opening Times

Monday: 9am-4pm  
Wednesday: 9am-4pm  
Thursday: 9am-4pm

## 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](http://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



# Rhondda & Taff Ely

## Appletree Stores

Dinas Road, Dinas, Rhondda, CF40 1JJ

## Activities Leaflet

Reg Charity: 1066601

# Your Journey to Recovery

“I Think the work done by New Horizons is fantastic”  
Boyd Clack, Patron

1 in 4 people will experience mental health problems at some time in their life.

## Monday

9am - 4pm

Informal support including:

- Peer support
- Sign posting
- Activities eg Arts & Craft
- Internet cafe

10am - 12pm - Men's Group

The last Monday of each month



*“Without New Horizons I don't think I'd have been able to achieve what I have achieved over the last 4 years through being a member and a volunteer - the work I have done has aided my recovery and helped me to remain well”, LW*

We have many training courses running, please contact the centre for further details.

## Thursday

9am - 1pm

Informal support including-

- Peer support
- Sign posting
- Activities eg Arts & Craft
- Internet cafe

12pm - 4pm - IT Class

Women's Group 10am-12pm

The last Thursday of each month

**Tuesday**  
**9am - 3pm**  
**Outreach @ Pentre House**



## Wednesday

10am - 12pm

Healthy Hearts Course

12pm - 4pm

Informal support including:

- Peer support
- Sign posting
- Activities eg Arts and Craft
- Internet cafe

**Guest speakers**

Last week of each month

Speakers - please contact Alison with suggestions

**Friday 9am - 3pm**  
**Outreach @**  
**Llantrisant,**  
**Caerlan Hall**

