

<b>Arts &amp; Culture &amp; Heritage / Y Celfyddydau a Diwylliant a Threftadaeth</b>			
Bleddfa Centre	Annie Bickerstaff	www.bleddfacentre.org hello@bleddfacentre.org	01547 550377
Broad Sheep - Whats On Herefordshire & The Marches		http://www.broadsheep.com/	01432 850444
Flicks in the Sticks	Sheila Taylor	www.knightoncommunitycentre.com/whats-on/arts-alive-flicks-in-the-sticks	01547 520602
Footloose Community Arts	Camilla Saunders	www.footloosearts.co.uk camilla@littleweed-music.org	01547 520929
Knighton Book Group	Pat Shaw	shaw435@btinternet.com	01547 5228950
Knighton Museum & Gallery Trust	Julia Llewellyn - Roberts	galleryknighton.thg@gmail.com www.visitknighton.co.uk	01547 529530
Learn Welsh Ceredigion Powys & Carmarthenshire - Entrance, Foundation, Intermediate and Higher courses		learnwelsh@aber.ac.uk	0800 876 6975
Offa's Dyke Association & Visitor Centre	David McGlade Harriet Webster	www.offasdyke.org.uk oda@offasdyke.org.uk @offasdykecentre offasdykeassociationandcentre/ facebook.com	01547 528753
Radnorshire Arts & Crafts Foundation	Elizabeth Newman	www.radnorshireartsandcraftsfoundation.org	01547 550155
The Arts Society Teme Valley	Jeff Walker	http://www.theartsocietytemevalley.org.uk/ jeff.walker@btinternet.com	0780 1178846
Tony Hall - pottery classes	Tony Hall	www.castlehillarts.com tonyhall1811@gmail.com	01547 529670
<b>Environmental / Amgylcheddol</b>			
Countryside Alliance		www.countryside-alliance.org/	0207 840 9300
Freggle		www.ilovefreggle.org/explore/Presteigne-Freggle	
Howey Hedgehog Rescue	Elaine & Nigel Acton	www.howeyhedgehogs.co.uk	01597 824951
Keep Wales Tidy	Rachel Palmer	rachel.palmer@keepwalestidy.cymru	07717497442
Knighton & Knucklas In Bloom	Julia Llewellyn - Roberts	galleryknighton.thg@gmail.com kag2018@mail.com	01547 529530
Knighton Community Woodlands Group	Gary Cowell	http://tveg.org.uk/wordpress/what-we-do/ woodland-project woodland@tveg.org.uk	01547 520374 01547 428368
Radnorshire Wildlife Trust	Emma Morgan	info@rwtwales.org www.rwtwales.org/	01597 823298
Teme Valley Environmental Group	Ann Mary Davies / Penny Nicholson	www.tveg.org.uk info@tveg.org.uk	01547 528833
Trash for Nothing	Knighton	https://trashnothing.com/beta/knighton-freecycle	
<b>Recycling / Ailgylchu</b>			
Breast Cancer Haven - bra recycling		https://www.breastcancerhaven.org.uk/find-a-bra-bank	
Clothing/materials		Knighton Church In Wales Primary School	01547 528694
Dental products (toothpaste tubes, boxes, toothbrushes, mouth wash containers, floss containers - they will not take interdental brushes though)		Knighton Church In Wales Primary School	01547 528693
Empty crisp packets	Sheila Clarke	various retail, pub and community locations in Knighton	07968 045331
Old felt pens		Knighton Church In Wales Primary School	01547 528691
The Furniture Barn - charity shops		www.knightoncommunitysupport.co.uk	01547 529142
Used batteries (of any kind)		Knighton Church In Wales Primary School	01547 528691

Used postage stamps		Knighton Library for Bracken Trust	
<b>Health, Welfare and Support / Iechyd, Lles a Chefnogaeth</b>			
Accessibility Powys		<a href="https://en.infoengine.cymru/services/disability-powys">https://en.infoengine.cymru/services/disability-powys</a> info@disabilitypowys.org.uk	01597 824059 0800 9881691
Action on Hearing Loss - "Hear to Help Hearing Aid Clinic"	Rachael Beech	<a href="http://www.actiononhearingloss.org.uk">www.actiononhearingloss.org.uk</a> rachaelbeech@hearingloss.org.uk	02920 333034
Age Cymru		<a href="https://www.ageuk.org.uk/cymru">https://www.ageuk.org.uk/cymru</a> advice@agecymru.org.uk	08000 223 444
Alcoholics Anonymous - Presteigne & Ludlow		<a href="http://www.alcoholics-anonymous.org.uk/AA-Meetings/Find-a-Meeting">www.alcoholics-anonymous.org.uk/AA-Meetings/Find-a-Meeting</a>	01792 301907
Bracken Trust Ltd	Ann Williams	manager@brackentrust.org.uk www.brackentrust.org.uk	01597 823646
British Red Cross Support at Home		<a href="https://www.redcross.org.uk/get-help/get-support-at-home">https://www.redcross.org.uk/get-help/get-support-at-home</a> cardiff@redcross.org.uk	02920 695 740
Calan Domestic Violence Support for Radnorshire	Jane Powell	<a href="http://www.calandvs.org.uk">www.calandvs.org.uk</a> JPowell@Calandvs.org.uk	01597 824655
Care & Repair in Powys		<a href="https://www.crpowys.co.uk/english/">https://www.crpowys.co.uk/english/</a>	01686 620760
Childline		childline.org.uk	0800 1111
Cinnamon Trust - pet care elderly/ill		<a href="http://www.cinnamon.org.uk">www.cinnamon.org.uk</a>	01736 757900
Community Connectors	Dave Coffey	<a href="http://www.pavo.org.uk/help-for-people/community-connectors.html">www.pavo.org.uk/help-for-people/community-connectors.html</a> david.coffey@pavo.org.uk	01597 828649 07590639607
Connecting Carers in Powys - Knighton Carers Group - CREDU	Leanne Pritchard	<a href="https://credu.cymru/">https://credu.cymru/</a> leane@credu.cymru	01597 823800 07976553974
Cottage View Care Home			01547 521229
Domestic Abuse - Men		<a href="http://dynwales.org">dynwales.org</a>	0808 8010321
Domestic Abuse & Sexual Violence Helpline - Refuge Space		<a href="http://livefearfree.org.uk">livefearfree.org.uk</a>	0808 8010800
Dyfodol Powys Futures - help literacy/numeracy		<a href="https://www.dpfutures.org.uk">https://www.dpfutures.org.uk</a> info@dpfutures.org.uk	01597 825236
East Radnorshire Day Centre	Beverley Baynham	<a href="http://www.erdaycentre.org">www.erdaycentre.org</a>	01544 260267
East Radnorshire Day Centre - Home Support	Nikki Ferguson	<a href="http://erdaycentre.org/index.php/home-support/">http://erdaycentre.org/index.php/home-support/</a>	01544 260360
Fostering in Powys		<a href="http://www.powys.gov.uk/fostering">www.powys.gov.uk/fostering</a> fostering@powys.gov.uk	0800 2230627
Hafal Crossroads - mental health		<a href="http://www.hafal.org/in-your-area/powys/">www.hafal.org/in-your-area/powys/</a> hafal@hafal.org	01792 816600
Help Me Quit - Smoking		<a href="http://www.helpmequit.wales/">www.helpmequit.wales/</a>	0800 085 2219
HIV Community Liaison & Participation/ Terrence Higgins Trust Cymru	Gareth Owen	<a href="https://www.tht.org.uk/">https://www.tht.org.uk/</a> gareth.owen@tht.org.uk	07436 109121
Kaleidoscope Drug & Alcohol		<a href="http://www.kaleidoscopeproject.org.uk">www.kaleidoscopeproject.org.uk</a>	01597 825102
Knighton & Presteigne Breastfeeding Support	Laura Watkins	kpbreastfeeding@gmail.com	
Knighton & Presteigne Health Visiting		<a href="http://knightonpresteignehealthvisiti.epageuk.com/">knightonpresteignehealthvisiti.epageuk.com/</a>	01547 521226
Knighton & Presteigne Leg Clinic	District Nurses		01547 521270
Knighton Access Group	Rachel Jones	Knighton Access Group - Facebook kag2018@mail.com	01547 528017
Knighton Community Support	Debbie Elvidge	<a href="http://www.knightoncommunitysupport.co.uk">www.knightoncommunitysupport.co.uk</a> debbie@knightoncs.co.uk	01547 520653
Knighton & East Radnor Food Bank	Helen Anderson	<a href="mailto:helen@knightonfoodbank.co.uk">helen@knightonfoodbank.co.uk</a> <a href="http://www.knightonfoodbank.co.uk">www.knightonfoodbank.co.uk</a>	07731 524058
Knighton Hospital		<a href="http://www.powysthb.wales.nhs.uk/knighton-hospital">www.powysthb.wales.nhs.uk/knighton-hospital</a>	01547 528633

Knighton Housing Support Drop In - POBL	Janet Barker Kate Tewkesbury-Harr	janet.barker@gwalia.com katetewkesbury-harr@poblgroup.co.uk	07790 377 255 07796 629 603
Knighton Initiative for Dementia Action (KINDA)	Julia Llewellyn - Roberts	www.kindadementia.org - contact form	01547 529530
Churches Together Lunch Club - Mondays	Sister Margaret Davis	jamdavis@ystradhouse.plus.com	01547 528154
Knighton Macmillan Cancer Support	Liz George	www.macmillan.org.uk	01547 520002
LGTB - Powys Mind - Powys Pride	Shaun Griffiths	lgbtg@mnpmind.org.uk www.mnpmind.org.uk/what-we-do/lgbtq/	01597 824411
Meadows Medical Practice - Clun		www.themeadowsmedicalpractice.co.uk	01588 640573
Mental Health Helpline for Wales - Community Advice & Listening Line - CALL		mnpmind.org.uk/	0800132737 or text 81066
Mid & North Powys Mind	Becca Oakley	www.mnpmind.org.uk admin@mnpmind.org.uk	01597 824411
Mind Friday Group	Jackie Smith, Margaret Bennett	www.mnpmind.org.uk outreach@mnpmind.org.uk	01597 824411
My Dentist, Knighton		https://www.mydentist.co.uk/dentists	01547 520129
National LGBT Domestic Violence Helpline		galop.org.uk	0800 9995428
Powys Safeguarding			01597 827666 0845 054 4847 out of hours
Prime Cymru - Workdays + free support		enquiries@primecymru.co.uk	01550 721813
Radnor Association for the Blind (RAB)	Miike Edwards	www.radnorblind.co.uk	01544 267114
Read Easy Shropshire Hills	Amana Winchester	https://readeasy.org.uk/groups/shropshire-hills/ amana@readeasy.org.uk	07707 762653
RNIB - Eye Clinic Liaison Service	Keira Brooks	keira.brooks@rnib.org.uk	07701 295138
Royal National Institute for the Blind Wales - RNIB		www.rnib.org.uk/wales-cymru-1	0303 1239999
ShropDoc - out of hours urgent		shropdoc.org.uk/	111
Singing for Health - British Lung Foundation	Annie Summers	www.blf.org.uk/support-in-your-area/singing-for-lung-health-knighton anniesummers@btinternet.com	01568 771983
St Edwards Drop In	Rev. John Hanna	rojohanna@waitrose.com	
Stroke Association Support	Gill Colerick	gill.colerick@stroke.org.uk	07342 049990 01745 508524
Welsh Blood Donors		www.welsh-blood.org.uk/	0800 252266
Wylcwm Street Patient Participation Group	Tina Sharp	ppg2018@mail.com www.wylcwmstreetsurgery.co.uk	
Wylcwm Street Surgery	Juliet Tyler	www.wylcwmstreetsurgery.co.uk	01547 528523
<b>Local Government &amp; Community / Llywodraeth Leol a Chymuned</b>			
<b>Local Government</b>			
Beguildy Parish Council	Neil King	beguildycc.knucklas.org.uk info@beguildycc.knucklas.org.uk	01547 520536
Brecon & Radnorshire Welsh Assembly Member	Kirsty Williams AM	www.kirstywilliams.org.uk	
Knighton & Presteigne Labour Party	Tom Taylor	tomtaylorknighton@outlook.com	07487 240259
Knighton & Presteigne Liberal Democrats	Olive Bennewith	www.facebook.com/ KnightonandPresteigneLDs	01547 528701
Knighton Town Council	Neil King - Town Clerk	neil.king321@gmail.com	01547 520536
Llanfair Waterdine Parish Council	Sarah Jameson	http://www.llanfairparish.co.uk/community/ llanfair-waterdine-parish-council-12532/ home llanfairparishclerk@gmx.co.uk	01547 528 546
Llangunllo & Bleddfa Community Council	Jane Williams	https://llangunllobleddfa.wordpress.com/ llangunllobleddfa@gmail.com	01588 640534

National Assembly for Wales		www.assembly.wales contact@assembly.wales	0300 200 6565
Powys County Councillor	County Councillor Ange Williams	cllr.ange.williams@powys.gov.uk	01547 528405 07976 927765
Whitton Community Council	Ian Carter	https://whittoncommunitycouncil.org/ ianscarter48@btinternet.com	07813 718715
<b>Community</b>			
Adviceline Cymru		helplines.org/helplines/citizens-advice- england-wales/	0344 4772020
Emergency 999 Text Service		https://www.emergencysms.net	for deaf/hard of hearing text
Job Centre		www.gov.uk/contact-jobcentre-plus	0800 169 0190 textphone 0800 169 0314
Knighton & District Community Centre	Ceri Brown	www.knightoncommunitycentre.com knightoncomm@gmail.com	01547 428088 0775 1221487
County Times/Mid Wales Journal	Jim Morris	jimscorer@yahoo.com	
Knighton Fire Brigade		http://www.mawwfire.gov.uk/English/Area/ Powys-Command/Pages/Knighton.aspx https://www.facebook.com/trefyclawddfired/	0370 606 0699
Knighton Library	Hannah Isaacson	https://en.powys.gov.uk/knightonlibrary	01547 528778
Knighton Library Friends	Annie England	www.facebook.com/knightonlf/ knightonlf@gmail.com	
Knighton Police	Anna Bowen	https://www.dyfed-powys.police.uk/en/your- area/powys/llandrindod-wells/knighton/ ContactCentre@dyfed-powys.pnn.police.uk	101 (01267 222020 outside Dyfed-Powys)
Knighton Tourism Group	Norman Thorp	visitknighton.co.uk nmthorp@btinternet.com	01547 529666
Knighton Volunteer Hub	Louise Hardwick	https://www.knightoncommunitycentre.com/ volunteer-hub.html	0751 4244751 01547 428088
MidBorder News	Annie Vickerstaff	www.facebook.com/midbordernews midbordernews@gmail.com	
Neighbourhood Policing		KnightonNPT@dyfed-powys.pnn.police.uk	101
Powys Archives		archives@powys.gov.uk	01597 826088
Powys Citizens Advice Bureau - Newtown Advice Centre		http://www.powyscitizensadvice.org.uk/	0345 601 8421
Public Transport		www.traveline.cymru.	0800 464 00 00
Registry Office - Powys Council		https://en.powys.gov.uk/article/2515/ Llandrindod-Wells-Registry-Office	0345 602 7038 01597 827468
<b>Music &amp; Events / Cerddoriaeth a Digwyddiadau</b>			
Bandamania Community Band	Sue Harris	sumarieharris@btinternet.com	01547 550158 07794 441673
Knighton & District Concert Society	Peter & Becky Sherman	www.knightonconcerts.co.uk squirefm@gmail.com	01547 530530
Knighton Hand Bell Ringers	Chris Keeffe	knightonhandbellringers@gmail.com kriskandonk@btinternet.com	01547 520674
Knighton Show & Carnival	Liz Gillum	knighton.show@outlook.com	01547 520516 07814 557260
Knighton Town Silver Band	Gill Wilson	kits.org.uk	01547 824726 07767 297763
Living History Festival - Offas Dyke Association & Clwyd Powys Archaeological Trust	Harriet Webster	www.offasdyke.org.uk oda@offasdyke.org.uk @offasdykecentre offasdykeassociationandcentre/ facebook.com	01547 528753
Llanfair Singers	Carolyn Wilde	http://www.llanfairsingers.co.uk/ cmwilde@btinternet.com	



Mig's Band	Janet Lewis		01547 520357
Offa's Dyke Association AGM/Guest Lecture - May	Harriet Webster	www.offasdyke.org.uk oda@offasdyke.org.uk @offasdykecentre offasdykeassociationandcentre/ facebook.com	01547 428597
Singing at Hannah's	Nicky Warwick		07891 729384
Whitton Voices Community Choir	Sue Harris	sumarieharris@btinternet.com	01547 550158 07794 441673
<b>Religious Organisations / Sefydliadau Crefyddol</b>			
<b>Beacon Hill Benefice</b>		http://beaconhillbenefice.org.uk/beguildy/	
St. Michael's, Beguildy	Rev. Petra Goodband	revpetra.goodband@yahoo.com	01547 528566
St. David's, Heyope	Rev. Petra Goodband	revpetra.goodband@yahoo.com	01547 528566
St Cynllo - Llangunllo	Rev. Canon Mark Beaton	revmarkbeaton@gmail.com	01544 350342
St Cynllo's Church - Friends of	Karen Edgar	www.llangunllo.net kjedgar01@gmail.com	
St. Mary Magdalene, Bleddfa	Rev. Canon Mark Beaton	revmarkbeaton@gmail.com	01544 350342
<b>East Radnor Benefice</b>			
St David's Church, Whitton	Rev. Petra Goodband	https://whittoncommunitycouncil.org/parish-churches	01547 528566
St Edward's Church - Knighton	Rev. Petra Goodband	revpetra.goodband@yahoo.com	01547 528566
Gravel Baptist Church - Llangunllo	Keith Williams		01597 851122
Knighton Baptist Church	Susan Wilson	www.knightonbaptists.org.uk knightonbaptists@gmail.com	07866 833294
Knighton Methodist Church	Sara Windsor-Hides	sara.windsor-hides@methodist.org.uk	01547 520854
Knighton Roman Catholic Church - our Lady of Perpetual Succour & St Nicholas	Father Jerome Ituah	https://www.catholicdirectory.org/Catholic_Information.asp?ID=53310 ituahjerome@gmail.com	01597 810199
The Radnor - the magazine for the Beacon Hill Benefice, the East Radnor Benefice and the New Radnor Group	Laura Woodside-Jones	beaconhillbenefice.org.uk laura_woodside_jones@hotmail.com	01547 520266
<b>Schools, Playgroups and Nurseries / Ysgolion, Cylchoedd Chwarae a Meithrinfeydd</b>			
Branching Out Forest School	Antonia Pettitt	toni@branchingoutforestschool.uk	07949 238269
Childcare, Nurseries & Playgroups	Family Information Service	https://en.powys.gov.uk/article/2002/Find-childcare-nurseries-and-playgroups fis@powys.gov.uk	01597 826246
Friends of Knighton Primary School	Gemma Alderton	https://www.facebook.com/FriendsofKnightonSchool/ friendsknightonprimary@hotmail.com	07970 043659 01547 528691
Homes Schooling Group & Hand Signing	Sam Price	samprice95@aol.co.uk	01547 560476
John Beddoes Campus	Miss J Hamilton	jwww.newtown-hs.powys.sch.uk/main/index.php/information-mainmenu-61/john-beddoes-campus johnbeddoes-office @newtown-hs.powys.sch.uk	01544 267259
Knighton Church in Wales Primary School	Mary Strong	www.knighton.powys.sch.uk/ office@knighton.powys.sch.uk	01547 528691
Knighton Toddler Group - Baptist Church	Sue Wilson	http://knightonbaptists.org.uk/ gsusanwilson@btinternet.com	01544 267456 0786 6833 294
Knighton Woodland Tots	Antonia Pettitt	knightonwoodlandtots@gmail.com	07949 238269

Playdays		<a href="https://www.playdaysknighton.co.uk/">https://www.playdaysknighton.co.uk/</a> <a href="mailto:playdaysnurseryknighton@gmail.com">playdaysnurseryknighton@gmail.com</a>	01547 529920
<b>Special Interest Groups / Grwpiau Diddordeb Arbennig</b>			
East Radnorshire Ramblers		<a href="https://www.ramblers.org.uk/east-radnor">https://www.ramblers.org.uk/east-radnor</a>	01547 530120
Freemasons - Teme Lodge	Roger Powell	<a href="http://www.temelodge4267.org.uk/index.html">http://www.temelodge4267.org.uk/index.html</a> <a href="mailto:temesec4267@gmail.com">temesec4267@gmail.com</a>	01597 811179
Knighton Almshouses Trust	Norman Thorp	<a href="mailto:nmthorp@btinternet.com">nmthorp@btinternet.com</a>	01547 529666
Knighton and District Amnesty International Group	Chris Brookes	<a href="https://www.amnesty.org.uk/">https://www.amnesty.org.uk/</a>	01547 528866
Knighton & District Refugee Support Group		<a href="https://www.facebook.com/KnightonandDistrictRefugeeSupportGroup">https://www.facebook.com/</a> KnightonandDistrictRefugeeSupportGroup <a href="mailto:nicholson2000@gmail.com">nicholson2000@gmail.com</a>	
Knighton Bridge Club - Whitton	Kay Taylor	<a href="http://knighton.welshbridgewebs.net">knighton.welshbridgewebs.net</a>	01547 528614
Knighton Community Market	Louise Hardwick	<a href="mailto:louiseannehardwick@hotmail.com">louiseannehardwick@hotmail.com</a>	07805 722237
Knighton Crib League	Rob Cadwallader		01547 528751
Knighton Darts League	Jim Morris		01547 528626
Knighton Dominoes League	Colin Evans		
Knighton Hand Bell Ringers	Chris Keeffe	<a href="mailto:knightonhandbellringers@gmail.com">knightonhandbellringers@gmail.com</a> <a href="mailto:kriskandonk@btinternet.com">kriskandonk@btinternet.com</a>	01547 520674
Knighton Historic Vehicle Club		<a href="http://www.khvc.co.uk/">www.khvc.co.uk/</a>	
Knighton Men's Shed	John Thorogood	<a href="mailto:jtknightonmensshed@gmail.com">jtknightonmensshed@gmail.com</a>	01544 232750
Knighton Subbuteo Club	Tom Taylor	<a href="mailto:tomtaylorknighton@outlook.com">tomtaylorknighton@outlook.com</a>	07487 240259
Knucklas & District Craft Club	Margaret Clugston		01547 529155
Knighton & District Twinning Association	Thomas Clough	<a href="http://www.facebook.com/knightontwinning">www.facebook.com/knightontwinning</a> <a href="mailto:thomasclough@btconnect.com">thomasclough@btconnect.com</a>	07964 023841
Knighton RAFA club		<a href="https://www.facebook.com/pages/category/Interest/Knighton-RAFA-club-1569175856673214/">https://www.facebook.com/pages/category/</a> Interest/Knighton-RAFA- club-1569175856673214/	01547 528627
Knucklas Community Land Project	Jamie Ritchie	<a href="http://www.knucklascastle.org.uk">www.knucklascastle.org.uk</a> <a href="mailto:knucklascastleclt@gmail.com">knucklascastleclt@gmail.com</a>	01547 520263
Presteigne Flower Club - Knucklas	Avril Hoyle	<a href="mailto:avril.hoyle@btinternet.com">avril.hoyle@btinternet.com</a>	01547 529244
Quabbs Canine Capers - Knucklas	Diana Lavers	<a href="http://www.quabbscaninecapers.co.uk">www.quabbscaninecapers.co.uk</a> <a href="mailto:guifronlavers@gmail.com">guifronlavers@gmail.com</a>	01547 510342
Radnorshire Society	Elizabeth Newman	<a href="https://radnorshiresociety.org/">https://radnorshiresociety.org/</a> <a href="mailto:admin@radnorshiresociety.org">admin@radnorshiresociety.org</a>	
Radnorshire Spinners Weavers & Dyers	Alison Ross	<a href="http://www.facebook.com/radnorshire-spinners-weavers-and-dyers">www.facebook.com/radnorshire-spinners-</a> weavers-and-dyers <a href="mailto:alisonmaryross@gmail.com">alisonmaryross@gmail.com</a>	07399 668268
Rotary Club of Knighton & District	Paul Barrett	<a href="https://www.rotary-ribi.org/clubs/homepage.php?ClubID=931">https://www.rotary-ribi.org/clubs/</a> homepage.php?ClubID=931	
St David's Ladies Guild - Knucklas	Ann Edwards Margaret Clugston		01547 510631 01547 529155
Sandra's Sewing & Craft Club	Sandra Matthews	<a href="mailto:sannyg52@gmail.com">sannyg52@gmail.com</a>	01547 428040
Teme Spirits	Carol Pigram	<a href="https://www.facebook.com/temespirits/">https://www.facebook.com/temespirits/</a>	01547 528406
Teme Valley Bridge Club	George Thompson		01547 529926
Teme Valley Garden Club	Avril Hoyle	<a href="mailto:avril.hoyle@btinternet.com">avril.hoyle@btinternet.com</a>	01547 529244
Thomas Clough Upholstery classes	Thomas Clough	<a href="http://www.hammerandtack.co.uk">www.hammerandtack.co.uk</a> <a href="mailto:thomasclough@btconnect.com">thomasclough@btconnect.com</a>	01547 529704
Whist Drive		see Knighton Bowling Club	
Womens Institutes-		<a href="https://www.thewi.org.uk">https://www.thewi.org.uk</a> <a href="mailto:prfwi@btinternet.com">prfwi@btinternet.com</a>	

WI - Llangunllo	Shirley Brown		01547 550555
WI - Stowe/Stannage	Alison Thomas	alithomas1@gmail.com	01547 528678
WI - Tref-y-Clwydd	Tina Travers		01547 520464
WI - Whitton			01547 560350 01547 560327
<b>Sports &amp; Fitness / Chwaraeon a Ffitrwydd</b>			
EG Fitness & Dance - dance classes	Emily George	<a href="https://www.facebook.com/EG-fitness-and-dance-280100132322090/">https://www.facebook.com/EG-fitness-and-dance-280100132322090/</a> egeorge95@icloud.com	07447 916646
Feel Good Fit Clubs - Pilates	Janie Cremer	<a href="http://www.janiecremerfeelgood.co.uk">http://www.janiecremerfeelgood.co.uk</a> janecremer@aol.com	07989 748685
Felindre Football Club		<a href="https://www.facebook.com/pages/category/Community/Felindre-Football-Club-139680393306161/">https://www.facebook.com/pages/category/Community/Felindre-Football-Club-139680393306161/</a>	
Future Family Fitness	Nina Walmsley	<a href="http://futurefamilyfitness.co.uk/">http://futurefamilyfitness.co.uk/</a>	
Knighton Bowling Club		<a href="http://www.facebook.com/Knighton-bowling-club-571985062992454">www.facebook.com/Knighton-bowling-club-571985062992454</a> knightonbowling@gmail.com	07950 791378
Knighton Community Sports Association		knightoncsa@gmail.com	
Knighton Football Club	Simon Vickress	<a href="https://www.facebook.com/knightontownfc/">https://www.facebook.com/knightontownfc/</a>	01547 520519
Knighton Freedom Sports Centre		<a href="https://www.freedom-leisure.co.uk/centres/knighton/">https://www.freedom-leisure.co.uk/centres/knighton/</a> knighton@freedom-leisure.co.uk	01547 529187
Knighton Golf	Doug Williams	<a href="http://www.knightongolfclub.co.uk/">www.knightongolfclub.co.uk/</a> knightongolfclub@btconnect.com	01547 528646
Knighton Hockey Club		<a href="https://www.facebook.com/KnightonLadiesHockeyClub/stuckeychelsea@yahoo.com">https://www.facebook.com/KnightonLadiesHockeyClub/stuckeychelsea@yahoo.com</a>	07772 131940
Line Dancing	Isabel Probert	probertdance@gmail.com	07508330081
Llangunllo Table Tennis Group	Maggi Cain	mecain13@yahoo.co.uk	01574 550676
Samurai Red Dragon Karate	Jim Whittington	samuraiinternationalreddragon.mymawebseite.com/ jimwhittingtonsr@gmail.com	07816 926988 01547 529191
Whitton Short Mat Bowls Club	Ted Gittoes	mail@tedg1.plus.com	01547 560101
Tref-y-Clawdd Ladies Rugby Club		<a href="https://www.facebook.com/TrefyLadiesRFC/">https://www.facebook.com/TrefyLadiesRFC/</a>	
Tref-y-Clawdd Rugby Club	Daren Hipgrave	<a href="https://tref-y-clawdd.rfc.wales/">https://tref-y-clawdd.rfc.wales/</a>	
Yoga		<a href="http://www.facebook.com/KatHolwillYoga">www.facebook.com/KatHolwillYoga</a>	
Zumba		<a href="http://www.facebook.com/zumbamaddy">www.facebook.com/zumbamaddy</a>	
<b>Young People / Pobl Ifanc</b>			
1st Knighton Guides	Becky Lunn	<a href="http://www.facebook.com/1stknightonguides">www.facebook.com/1stknightonguides</a> <a href="http://girlguiding.org.uk/information-for-parents/register-your-daughter/">girlguiding.org.uk/information-for-parents/register-your-daughter/</a>	
1st Knighton Rangers	Becky Lunn	<a href="http://www.facebook.com/1stknightonrangers">www.facebook.com/1stknightonrangers</a>	
1st Knighton Beavers, Cubs & Scouts	Ann Dodd	<a href="https://scouts.org.uk/">https://scouts.org.uk/</a>	
2nd Knighton Brownies	Julie King	julieking.guiding@gmail.com	
Knighton Army Cadets		<a href="https://armycadets.com/county/gwent-and-powys-acf/our-locations/">https://armycadets.com/county/gwent-and-powys-acf/our-locations/</a>	01873813756
Knighton Rainbows	Julie King	julieking.guiding@gmail.com	
Knighton Rugby - Juniors	Daren Hipgrave	<a href="https://tref-y-clawdd.rfc.wales/">https://tref-y-clawdd.rfc.wales/</a>	
Knighton Young Farmers		<a href="https://www.facebook.com/groups/274990842609359/">https://www.facebook.com/groups/274990842609359/</a>	
Powys People Direct		<a href="https://en.powys.gov.uk/article/803/Powys-People-Direct">https://en.powys.gov.uk/article/803/Powys-People-Direct</a>	01597 827 666
Stay & Play	Chris Martin	<a href="http://www.knightoncommunitycentre.com">www.knightoncommunitycentre.com</a>	01547 428088

Teme Valley Young Farmers		<a href="https://www.facebook.com/groups/183406004410/">https://www.facebook.com/groups/183406004410/</a>	
Young Archaeologists Group	Ian Mackey	ianwmackey@gmail.com	