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| **County** | **Town** | **Location** | **Dates Confirmed 2023** | **Time of Drop In** | **Lead Agency** | **Support Agency** | **Contact Point** |
| Powys | Brecon | RAFA | Last Tuesday of month | 10 -12 | Woody’s Lodge |  |  Karen.Thomas@woodyslodge.org |
| Powys | Machynlleth | Machynlleth Rugby Club | Check first (1st Thursday) | 10 - 12 | Woody’s Lodge |  | Karen.Thomas@woodyslodge.org |
| Carmarthenshire | Llandovery | Youth & Community Centre  | Check | 10 - 12 | Llanelli Links |  | kimberly.phillips@links.uk.net |
| Powys | Builth | Strand Hall | 2nd Thursday of month | 10 – 12 | Help 4 Heroes |  | jim.glass@helpforheroes.org.uk |
| Powys | Llandrindod Wells | Food Bank | Last Monday of month | 10 - 12 | Help 4 Heroes |  | jim.glass@helpforheroes.org.uk |
| Powys | Newtown | Ponthafren | 3rd Monday of month | 10 - 12 | Help 4 Heroes |  | jjim.glass@helpforheroes.org.uk |
| Powys | Welshpool | Ponthafren | Last Thursday of month | 10 - 12 | Help 4 Heroes |  | jjim.glass@helpforheroes.org.uk |
| Powys | All | Mobile Hub | By Appointment only | TBC | Help 4 Heroes |  | jjim.glass@helpforheroes.org.uk |

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| Location | Name |  | Contact Details | Description |  |
| Llandovery | Riverside Retreat Veterans Camp |  | riversideretreatvc@gmail.com | Campsite for Veterans in Deep rural area. |  |
| Caersws | Game Change |  | ask@gamechangeproject.com | Off roading and mechanic workshops |  |
| Newtown | Radiate Arts | 07542 825952 | pam@radiatearts.co.uk | Creative Workshops for Veterans |  |
|  |  |  |  |  |  |
| Powys | Andy ‘Curly’ Jones | 07590 991899 | andy.jones@powys.gov.uk | AFLO for Powys |  |

Drop Ins are a social event 1st and family and friends welcomed. Tea, coffee and chat. Support and advice available. Always check event date before 1st time attendance.