

THE
KNIGHTON
DIRECTORY



“Arts & Culture & Heritage / Y Celfyddydau a Diwylliant a Threftadaeth”

Bleddfa Centre

Emma Bevan www.bleddfacentre.org hello@bleddfacentre.org - 01547550377

Broad Sheep - Whats On Herefordshire & The Marches

<http://www.broadsheep.com/> - 01432850444

Flicks in the Sticks

Sheila Taylor www.knightoncommunitycentre.com/whats-on/arts-alive-flicks-in-the-sticks
01547520602

Footloose Community Arts

Camilla Saunders www.footloosearts.co.uk camilla@littleweed-music.org - 01547520929

Knighton Book Group

Pat Shaw shaw435@btinternet.com - 015475228950

Knighton Museum & Gallery Trust

Julia Llewellyn - Roberts, galleryknighton.thg@gmail.com www.visitknighton.co.uk
01547529530

Learn Welsh Ceredigion Powys & Carmarthenshire

Entrance, Foundation, Intermediate and Higher courses
learnwelsh@aber.ac.uk 08008766975

Offa's Dyke Association & Visitor Centre

David McGlade www.offasdyke.org.uk oda@offasdyke.org.uk [@offasdykecentre](https://www.facebook.com/offasdykecentre)
[offasdykeassociationandcentre/](https://www.facebook.com/offasdykeassociationandcentre/) facebook.com - 01547528753

Radnorshire Arts & Crafts Foundation

Elizabeth Newman www.radnorshireartsandcraftsfoundation.org - 01547550155

The Arts Society Teme Valley

Jeff Walker <http://www.theartsocietytemevalley.org.uk/> jeff.walker@btinternet.com
07801178846

Tony Hall - pottery classes

Tony Hall www.castlehillarts.com tonyhall1811@gmail.com - 01547529670

Environmental / Amgylcheddol

Countryside Alliance

www.countryside-alliance.org/ - 02078409300

Freggle

www.ilovefreggle.org/explore/Presteigne-Freggle

Howey Hedgehog Rescue

Elaine & Nigel Acton www.howeyhedgehogs.co.uk - 01597824951

Keep Wales Tidy

Rachel Palmer rachel.palmer@keepwalestidy.cymru - 07717497442

Knighton & Knucklas In Bloom

Julia Llewellyn - Roberts galleryknighton.thg@gmail.com kag2018@mail.com - 01547529530

Knighton Community Woodlands Group

Gary Cowell <http://tveg.org.uk/wordpress/what-we-do/> woodland-project woodland@tveg.org.uk
“01547 520374 - 01547 428368”

Knighton Climate Action

Camilla camilla@littleweed-music.org

Radnorshire Wildlife Trust

Silvia Cojocar info@rwtwales.org www.rwtwales.org/ silvia@rwtwales.org - 01597823298

Teme Valley Environmental Group

Sheila Clarke - Nichola Colston sheila_clarke@hotmail.com info@tveg.org.uk
nicholson2000@googlemail.com www.tveg.org.uk - 01547 520019

Trash for Nothing

Knighton <https://trashnothing.com/beta/knighton-freecycle>

Recycling /Ailgylchu

Breast Cancer Haven - bra recycling

<https://www.breastcancerhaven.org.uk/find-a-bra-bank>

Clothing/materials

Sarah Hamer Knighton Church In Wales Primary School - 01547528691

Dental products

(toothpaste tubes, boxes, toothbrushes, mouth wash containers, floss containers - they will not take interdental brushes though)

Sarah Hamer Knighton Church In Wales Primary School -01547 528691

Empty crisp packets

Nichola Colston various retail, pub and community locations in Knighton
nicholson2000@googlemail.com

Old felt pens

Sarah Hamer Knighton Church In Wales Primary School - 01547528691

The Furniture Barn - charity shops

Ivonne Moses www.knightoncommunitysupport.co.uk - 01547529142

Used batteries (of any kind)

Sarah Hamer Knighton Church In Wales Primary School - 01547528691

Used postage stamps

Knighton Library for Bracken Trust

Health, Welfare and Support / Iechyd, Lles a Chefnogaeth

Accessibility Powys

<https://en.infoengine.cymru/services/disability-powys> info@disabilitypowys.org.uk
“01597 824059 0800 9881691”

Action on Hearing Loss - “Hear to Help Hearing Aid Clinic”

Rachael Beech www.actiononhearingloss.org.uk rachaelbeech@hearingloss.org.uk ge Cymru

Age Cymru

Louise Croad <https://www.ageuk.org.uk/cymru> advice@agecymru.org.uk - 01597 825908

Alcoholics Anonymous - Presteigne & Ludlow

www.alcoholics-anonymous.org.uk/AA-Meetings/Find-a-Meeting - 01792301907

Bracken Trust Ltd

Ann Williams manager@brackentrust.org.uk www.brackentrust.org.uk - 01597823646

British Red Cross Support at Home

www.redcross.org.uk/get-help/get-support-at-home cardiff@redcross.org.uk - 02920695740

Calan Domestic Violence Support for Radnorshire

Jane Powell www.calandvs.org.uk JPowell@Calandvs.org.uk - 01597824655

Care & Repair in Powys

<https://www.cpowys.co.uk/english/> - 01686620760

Childline

childline.org.uk - 08001111

Cinnamon Trust - pet care elderly/ill

www.cinnamon.org.uk - 01736757900

Community Connectors

Dave Coffey www.pavo.org.uk/help-for-people/community-connectors.html david.coffey@pavo.org.uk - 01597 828649 07590639607"

Connecting Carers in Powys - Knighton Carers Group - CREDU

Marlow <https://credu.cymru/> leane@credu.cymru - 01597 823800

Cottage View Care Home - 01547521229**Domestic Abuse - Men**

dynwales.org - 08088010321

Domestic Abuse & Sexual Violence Helpline - Refuge Space

livefearfree.org.uk - 08088010800

Dyfodol Powys Futures - help literacy/numeracy

<https://www.dpfutures.org.uk> info@dpfutures.org.uk - 01597825236

East Radnorshire Day Centre

Beverley Baynham www.erdaycentre.org - 01544260267

East Radnorshire Day Centre - Home Support

Nikki Ferguson <http://erdaycentre.org/index.php/home-support/> - 01544260360

Fostering in Powys

www.powys.gov.uk/fostering fostering@powys.gov.uk - 08002230627

Hafal Crossroads - mental health

www.hafal.org/in-your-area/powys/ hafal@hafal.org - 01792816600

Help Me Quit - Smoking

www.helpmequit.wales/ - 08000852219

HIV Community Liaison & Participation/ Terrence Higgins Trust Cymru

Gareth Owen <https://www.tht.org.uk/> gareth.owen@tht.org.uk - 07436109121

Kaleidoscope Drug & Alcohol

www.kaleidoscopeproject.org.uk - 01597825102

Knighton & Presteigne Breastfeeding Support

Laura Watkins kpbreastfeeding@gmail.com - 07415 505873

Knighton & Presteigne Health Visiting

knightonpresteignehealthvisiti.epageuk.com/ -01547521226

Knighton & Presteigne Leg Clinic

District Nurses - 01547521270

Knighton Access Group

Rachel Jones Knighton Access Group - Facebook kag2018@mail.com - 01547528017

Knighton Community Support

Debbie Elvidge www.knightoncommunitysupport.co.uk debbie@knightoncs.co.uk 01547520653

Knighton & East Radnor Food Bank

Helen Anderson helen@knightonfoodbank.co.uk. www.knightonfoodbank.co.uk 07731524058

Knighton Hospital

www.powysthb.wales.nhs.uk/knighton-hospital - 01547528633

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 - 01547529530

Churches Together Lunch Club - Tuesdays

Sister Margaret Davis jamdavis@ystradhouse.plus.com - 01547528154

LGBTB - Powys Mind - Powys Pride

Shaun Griffiths lgbtg@mnpmind.org.uk www.mnpmind.org.uk/what-we-do/lgbtq/ 01597824411

Mamwlad - Care and repair for the farming community

Gethin Edwards Gethin.Edwards@acpowys.org.uk - 01597 825908

Meadows Medical Practice - Clun

Mr Peter Allen www.themeadowsmedicalpractice.co.uk - 01588640573

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 - 01597824411

Mind Friday Group

Joanne Jones www.mnpmind.org.uk outreach@mnpmind.org.uk - 07415 173900

My Dentist, Knighton

<https://www.mydentist.co.uk/dentists> - 01547520129

National LGBT Domestic Violence Helpline

galop.org.uk - 08009995428

Powys Safeguarding

01597 827666 - 0845 054 4847 out of hours"

Prime Cymru - Workdays + free support

enquiries@primecymru.co.uk - 01550721813

Radnor Association for the Blind (RAB)

Mike Edwards www.radnorblind.co.uk - 01544267114

Read Easy Shropshire Hills

Amana Winchester <https://readeasy.org.uk/groups/shropshire-hills/> amana@readeasy.org.uk
07707762653

RNIB - Eye Clinic Liaison Service

Keira Brooks keira.brooks@rnib.org.uk - 07701295138

Royal National Institute for the Blind Wales - RNIB

www.rnib.org.uk/wales-cymru-1 - 03031239999

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-annie-summers@btinternet.com - 01568771983

Soup from the Hub - Thursdays

Annie England knightonhubcoordinator@gmail.com - 07570 258511

Stroke Association Support

Gill Colerick gill.colerick@stroke.org.uk - 07342 049990 - 01745 508524"

Welsh Blood Donors

www.welsh-blood.org.uk/ - 0800252266

Wylcwm Street Patient Participation Group

Tina Sharp ppg2018@mail.com www.wylcwmstreetsurgery.co.uk

Wylcwm Street Surgery

Juliet Tyler www.wylcwmstreetsurgery.co.uk - 01547528523

Local Government & Community / Llywodraeth Leol a Chymuned - Local Government

Beguildy Parish Council

Neil King beguildycc.knucklas.org.uk info@beguildycc.knucklas.org.uk - 01547520536

Brecon & Radnorshire Welsh Assembly Member

Kirsty Williams AM www.kirstywilliams.org.uk

Knighton & Presteigne Labour Party

Tom Taylor tomtaylorknighton@outlook.com - 07487240259

Knighton & Presteigne Liberal Democrats

Olive Bennewith [www.facebook.com/ KnightonandPresteigneLDs](https://www.facebook.com/KnightonandPresteigneLDs) 01547528701

Knighton Town Council

Neil King - Town Clerk neil.king321@gmail.com - 01547520536

Llanfair Waterdine Parish Council

Sarah Jameson <http://www.llanfairparish.co.uk/community/llanfair-waterdine-parish-council-12532/> home llanfairparishclerk@gmx.co.uk - 01547528546

Llangunllo & Bleddfa Community Council

Jane Williams <https://llangunllobleddfa.wordpress.com/> llangunllobleddfa@gmail.com

01588640534

National Assembly for Wales

www.assembly.wales contact@assembly.wales - 03002006565

Powys County Councillor

County Councillor Ange Williams clr.ange.williams@powys.gov.uk - 01547 528405
07976 927765

Whitton Community Council

Ian Carter <https://whittoncommunitycouncil.org/> ianscarter48@btinternet.com - 07813718715

Community

Adviceline Cymru

helplines.org/helplines/citizens-advice-england-wales/ - 03444772020

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 Advice

Catherine Cadwallader knightonadvice@gmail.com - 07496 124302 - 01547 428088

Knighton & District Community Centre

Ceri Brown www.knightoncommunitycentre.com knightoncomm@gmail.com - 01547 428088
07751 221487

County Times/Mid Wales Journal

Jim Morris jimscorer@yahoo.com

Knighton Fire Brigade

Martin Neary <http://www.mawwfire.gov.uk/English/Area/Powys-Command/Pages/Knighton.aspx> <https://www.facebook.com/trefyclawddfire/> - 03706060699

Knighton Library

Hannah Isaacson <https://en.powys.gov.uk/knightonlibrary> - 01547528778

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 - 01547529666

Knighton Volunteer Hub

Steph Griffithsb <https://www.knightoncommunitycentre.com/volunteer-hub.html> - 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 - 01597826088

Powys Citizens Advice Bureau - Newtown Advice Centre

<http://www.powyscitizensadvice.org.uk/> - 03456018421

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

Music & Events / Cerddoriaeth a Digwyddiadau

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 - 01547530530

Knighton Hand Bell Ringers

Chris Keeffe knightonhandbellringers@gmail.com kriskandonk@btinternet.com - 01547520674

Knighton Show & Carnival

Matt and Carly O'rouke knighton.show@outlook.com Facebook - Knighton show and carnival
07855776083 - 07891047271

Knighton Town Silver Band

Gill Wilson [kits.org.uk](http://www.kits.org.uk) - 01547 824726 - 07767 297763

Living History Festival - Offas Dyke Association & Clwyd Powys Archaeological Trust

Dave Maglade www.offasdyke.org.uk oda@offasdyke.org.uk [@offasdykecentre](https://www.facebook.com/offasdykecentre) [offasdykeassociationandcentre/](https://www.facebook.com/offasdykeassociationandcentre/) [facebook.com](https://www.facebook.com/offasdykecentre/) - 01547528753

Llanfair Singers

Carolyn Wilde <http://www.llanfairsingers.co.uk/> cmwilde@btinternet.com

Mig's Band

Janet Lewis - 01547520357

Offa's Dyke Association

Dave Maglade www.offasdyke.org.uk oda@offasdyke.org.uk
[@offasdykecentre](https://www.facebook.com/offasdykecentre/) [offasdykeassociationandcentre/](https://www.facebook.com/offasdykeassociationandcentre/) [facebook.com](https://www.facebook.com/offasdykecentre/) - 01547428597

Singing at Hannah's

Nicky Warwick - 07891729384

Whitton Voices Community Choir

Sue Harris sumarieharris@btinternet.com - 01547 550158 - 07794 441673

Religious Organisations / Sefydliadau Crefyddol

Beacon Hill Benefice

<http://beaconhillbenefice.org.uk/beguildy/>

St. Michael's, Beguildy

Rev. Petra Goodband revpetra.goodband@yahoo.com - 01547528566

St. David's, Heyope

Rev. Petra Goodband revpetra.goodband@yahoo.com - 01547528566

St Cynllo - Llangunllo

Rev. Canon Mark Beaton revmarkbeaton@gmail.com - 01544350342

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 - 01544350342

East Radnor Benefice

St David's Church, Whitton

Rev. Petra Goodband <https://whittoncommunitycouncil.org/parish-churches> - 01547528566

St Edward's Church - Knighton

Rev. Petra Goodband revpetra.goodband@yahoo.com - 01547528566

Gravel Baptist Church - Llangunllo

Keith Williams - 01597851122

Knighton Baptist Church Ministers

Rev Kevin Dare knightonbaptists@gmail.com - 07795087363 - 01547 520340

Rev Gareth Davidson knightonbaptists@gmail.com - 01547 528679 - 07795087363

Knighton Baptist Church secretary

Susan Wilson www.knightonbaptists.org.uk knightonbaptists@gmail.com - 07866833294

Knighton Methodist Church

Sara Windsor-Hides sara.windsor-hides@methodist.org.uk - 01547520854

Knighton Roman Catholic Church - our Lady of Perpetual Succour & St Nicholas

Father Jerome Ituah <https://www.catholicdirectory.org/>

[Catholic_Information.asp?ID=53310](https://www.catholicdirectory.org/Catholic_Information.asp?ID=53310) ituahjerome@gmail.com - 01597810199

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
01547520266

Schools, Playgroups and Nurseries / Ysgolion, Cylchoedd Chwarae a Meithrinfeydd

Branching Out Forest School

Antonia Pettitt toni@branchingoutforestschool.uk - 07949238269

Childcare, Nurseries & Playgroups Family Information Service

<https://en.powys.gov.uk/article/2002/Find-childcare-nurseries-and-playgroups> fis@powys.gov.uk
uk - 01597826246

Friends of Knighton Primary School

Jane Jones Gemma Alderton <https://www.facebook.com/FriendsofKnightonSchool/> friendsknightonprimary@hotmail.com

Homes Schooling Group & Hand Signing

Sam Price samprice95@aol.co.uk - 01547560476

John Beddoes Campus

Miss J Hamilton www.newtown-hs.powys.sch.uk/main/index.php/information-mainmenu-61/john-beddoes-campus johnbeddoes-office@newtown-hs.powys.sch.uk - 01544267259

Knighton Church in Wales Primary School

Charlotte Rimmer www.knighton.powys.sch.uk/office@knighton.powys.sch.uk - 01547528691

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 - 07949238269

Llanfair Waterdine Little Ones - Tuesdays

Jamie Lee-Court llanfairlittleones@gmail.com Face book-Llanfairlittleones

Playdays Hannah Lewis

playdaysnursery@gmail.com - 01547 529920

Stay and Play and The Family Centre

Chris Martin, Cats Cadwallader knightoncomm@gmail.com - 01547 428088

Special Interest Groups / Grwpiau Diddordeb Arbennig

East Radnorshire Ramblers

<https://www.ramblers.org.uk/east-radnor> - 01547530120

Freemasons - Teme Lodge

Roger Powell <http://www.temelodge4267.org.uk/index.html> temesec4267@gmail.com
01597811179

Knighton Almshouses Trust

Norman Thorp nmthorp@btinternet.com - 01547529666

Knighton and District Amnesty International Group

Chris Brookes <https://www.amnesty.org.uk/> - 01547528866

Knighton & District Refugee Support Group

Nicola Colston <https://www.facebook.com/KnightonandDistrictRefugeeSupportGroup>
nicholson2000@googlemail.com

Knighton Bridge Club - Whitton

Kay Taylor knighton.welshbridgewebs.net - 01547528614

Knighton Community Market

Ceri Brown knightoncomm@gmail.com - 07751221487

Knighton Crib League

Rob Cadwallader - 01547528751

Knighton Darts League

Jim Morris - 01547528626

Knighton Dominoes League

Colin Evans

Knighton Hand Bell Ringers

Chris Keeffe knightonhandbellringers@gmail.com kriskandonk@btinternet.com - 01547520674

Knighton Historic Vehicle Club

www.khvc.co.uk/

Knighton Men's Shed

John Thorogood jtknightonmensshed@gmail.com - 01544232750

Knighton Probus Club

Knighton.probus@gmail.com

Knighton Subbuteo Club

Tom Taylor tomtaylorknighton@outlook.com - 07487240259

Knucklas & District Craft Club

Margaret Clugston - 01547529155

Knighton & District Twinning Association

Thomas Clough www.facebook.com/knightontwinning thomasclough@btconnect.com
07964023841

Knighton RAFA club

Kevin Steadman <https://www.facebook.com/pages/category/Interest/Knighton-RAFA-club-1569175856673214/> - 07964782479

Knucklas Community Land Project

Jamie Ritchie www.knucklascastle.org.uk knucklascastleclt@gmail.com - 01547520263

Presteigne Flower Club - Knucklas

Avril Hoyle avril.hoyle@btinternet.com - 01547529244 ???

Quabbs Canine Capers - Knucklas

Diana Lavers www.quabbscaninecapers.co.uk guifronlavers@gmail.com - 01547510342

Radnorshire Society

Elizabeth Newman <https://radnorshiresociety.org/> admin@radnorshiresociety.org

Radnorshire Spinners Weavers & Dyers

Alison Ross www.facebook.com/radnorshire-spinners-weavers-and-dyers alisonmaryross@gmail.com - 07399668268

Rotary Club of Knighton & District

Paul Barrett <https://www.rotary-ribi.org/clubs/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 sannyg52@googlemail.com - 01547428040

Teme Spirits

Carol Pigram <https://www.facebook.com/temespirits/> - 01547528406

Teme Valley Bridge Club

George Thompson - 01547529926

Teme Valley Garden Club

Avril Hoyle avril.hoyle@btinternet.com 01547529244 ??

Thomas Clough Upholstery classes

Thomas Clough www.hammerandtack.co.uk thomasclough@btconnect.com - 01547529704

Whist Drive

see Knighton Bowling Club

Womens Institutes-

<https://www.thewi.org.uk> prfwi@btinternet.com

WI - Llangunllo

Shirley Brown shirl44@sky.com - 01547550555

WI - Stowe/Stannage

Alison Thomas alithomas1@gmail.com - 01547528678

WI - Tref-y-Clwydd

Tina Travers Christina.m.travers@gmail.com - 01547520464

WI - Whitton

Eryl Walbran erylwalbran@gmail.com - 01547 550555

Sports & Fitness / Chwaraeon a Ffitrwydd

EG Fitness & Dance - dance classes

Emily George <https://www.facebook.com/EG-fitness-and-dance-280100132322090/>

egeorge95@icloud.com - 07447916646

Feel Good Fit Clubs - Pilates

Janie Cremer <http://www.janiecremerfeelgood.co.uk> janiecremer@aol.com - 07989748685

Felindre Football Club

[https://www.facebook.com/pages/category/Community/Felindre-Football-](https://www.facebook.com/pages/category/Community/Felindre-Football-Club-139680393306161/)

Club-139680393306161/

Future Family Fitness

Nina Walmsley <http://futurefamilyfitness.co.uk/>

Knighton Bowling Club

Paul Barrett www.facebook.com/Knighton-bowling-club-571985062992454

knightonbowling@gmail.com - 01547 520180

Knighton Community Sports Association

Sabrina Morris knightoncsa@gmail.com - 07973492352

Knighton Football Club

Simon Vickress <https://www.facebook.com/knightontownfc/> - 01547520519

Knighton Freedom Sports Centre

Lynette Wozencraft <https://www.freedom-leisure.co.uk/centres/knighton/>

knighton@freedom-leisure.co.uk - 01547529187

Knighton Golf

Doug Williams www.knightongolfclub.co.uk/ knightongolfclub@btconnect.com - 01547528646

Knighton Hockey Club

Donna Tregenza <https://www.facebook.com/KnightonLadiesHockeyClub/> Donnatregenza@

balfourbeatty.com - 07539 276339

Line Dancing

Isabel Probert probertdance@gmail.com - 07508330081

Llangunllo Table Tennis Group

Maggi Cain mecain13@yahoo.co.uk - 01574550676

Samurai Red Dragon Karate

Jim Whittington samuraiinternationalreddragon.mymawebsite.com/

jimwhittingtonsr@gmail.com - 07816 926988 - 01547 529191

Whitton Short Mat Bowls Club

Ted Gittoes mail@tedg1.plus.com - 01547560101

Tref-y-Clawdd Ladies Rugby Club

Daren Hipgrave <https://www.facebook.com/TrefyLadiesRFC/> - 07581041955

Tref-y-Clawdd Rugby Club

Daren Hipgrave <https://tref-y-clawdd.rfc.wales/> - 07581041955

Yoga

Kat Holwil www.facebook.com/KatHolwillYoga katyoga@holwil

Zumba

Madelyn Meek www.facebook.com/zumbamaddy meek@gmail.com

Young People / Pobl Ifanc

1st Knighton Guides

Becky Lunn www.facebook.com/1stknightonguides girlguiding.org.uk/information-for-parents/

register-your-daughter/

1st Knighton Rangers

Becky Lun www.facebook.com/1stknightonrangers

1st Knighton Beavers, Cubs & Scouts

Ann Dodd <https://scouts.org.uk/>

2nd Knighton Brownies

Julie Kingjulieking.guiding@gmail.com

Knighton Army Cadets

Phil Pugh <https://armycadets.com/county/gwent-and-powys-acf/our-locations/> -07973 829977

Knighton Rainbows

Julie Kingjulieking.guiding@gmail.com

Knighton Rugby - Juniors

Daren Hipgrave <https://tref-y-clawdd.rfc.wales/> - 07581041955

Knighton Young Farmers

Jack Bright <https://www.facebook.com/groups/274990842609359/> - 07773681529

Powys People Direct

<https://en.powys.gov.uk/article/803/Powys-People-Direct> - 01597827666

