**Mid Wales Media Hub**

**Social Media Content**

**August 2016**

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| **Date** | **Tweet** | **Additional content** | **Area(s)** |
| **22.08.16** | Got that #MondayFeeling? Why not start planning your next adventure by visiting our website for inspo! http://goo.gl/gbDOzL #FindYourEpic | n/a | Mid Wales |
| **23.08.16** | Fab #SummerHoliday #Events across Powys this week like the Victorian Festival at Llandrindod Wells > @MidWalesMyWay <http://goo.gl/DvuCe3>  | n/a | Mid WalesMid & North Powys |
| **24.08.16** | From willow weaving & sculpting to a mackerel fiesta & harness racing #FindYourEpic this summer in Mid Wales <http://goo.gl/0K2kuV>  | n/a | Mid WalesCeredigion |
| **25.08.16** | Aberystwyth Mon Amour! Experience some #CardiNoir in the oh so iconic seaside town @visitceredigion https://goo.gl/Hg4Dei  | n/a | Mid WalesCeredigion |
| **26.08.16** | Pop along to the Fermentation Festival at @welsh\_cider tomorrow > stalls, demonstrations & lots of cider #FindYourEpic with @MidWalesMyWay | n/a | Mid Wales |
| **27.08.16** | Happy Saturday! To celebrate the #weekend here’s some of our favourite shots of the stunning Mid Wales #coastRT if you like what you see | Attach a gallery of images of the Mid Wales coastline tagging in relevant partner accounts where possible. | Mid WalesCeredigion |
| **28.08.16** | Perfect Sunday = roast dinner followed by a long walk! These are some of our favourite walking routes #FindYourEpic | Attach a number of images of Mid Wales walking routes along with captions detailing location and points of interest. Could be nice to tag @RamblersCymru along with partner organisations (must be tagged within the picture as this doesn’t use any characters of the tweet itself) | Mid Wales |
| **29.08.16** | Need some #mondaymotivation? Plan a trip to @visitceredigion coastline for fab walks & great views. Who knew #exercise could look so good!  | n/a | Mid WalesCeredigion |
| **30.08.16** | #BackToSchool in less than a weekMake the most of the #summerholidays with these great #events in #MidWales <http://bit.ly/2bcpwC2>  | n/a | Mid Wales |
| **31.08.16** | Nail #HumpDay with these inspiring pictures. How awesome is Mid Wales?! #FindYourEpic @visitceredigion @MidWalesMyWay  | Attach a gallery of images which boast incredible shots of Mid Wales’ landscapes, both coastal and rugged hillsides.  | Mid Wales |
| **01.09.16** | Want #sustainabletravel? @biosfferdyfi @visitceredigion @MidWalesMyWay have it covered from eco pods & cabins to environment-friendly events | n/a | Mid WalesDyfi Biosphere |
| **02.09.16** | Tourists spent £720m in Powys last year & we can see why, stunning scenery, amazing castles and unrivalled views! @MidWalesMyWay  | n/a | Mid WalesMid & North Powys |
| **03.09.16** | Want #yummy #weekendeats inspo? From Michelin delights to cosy cafes, find what you're looking for in Mid Wales > <http://goo.gl/5K8MNK>  | n/a | Mid Wales |
| **04.09.16** | #Sunday’s were made for relaxing and where better to relax than a spa! Check out @MidWalesMyWay & @visitceredigion for ideas | n/a | Mid Wales |

**Facebook Posts**

**22.08.16**

This week we are loving summer holiday activities and here in Mid Wales we have a jam packed calendar of events that’s sure to keep the whole family entertained. Those looking to get creative this summer can try their hand at Sculpting in a workshop at Mid Wales Arts Centre & Sculpture Park, Caersws. For music lovers the big Tribute Festival in Aberystwyth is sure to be a highlight of the summer as well as the Talgarth Festival which will offer a whole host of musical offerings, including live classical music, street performers and spoken literature performances. For more information on events taking place this week across Mid Wales visit –http://www.visitmidwales.co.uk/thedms.aspx?dms=12&groupid=1&nd=7&startdate=Today&z=8&msg=Events+this+week+in+Mid+Wales

Yr wythnos hon yng Nghanolbarth Cymru, mae gennym galendr llawn dop o ddigwyddiadau a gweithgareddau gwyliau haf sy'n sicr o gadw'r teulu cyfan wedi eu diddanu. Ar gyfer y rhai sydd am fod yn greadigol yr haf ‘ma beth am roi cynnig ar weithdy cerflunio yng Nghanolfan Celfyddydau Canolbarth Cymru, Caersws neu chi blant, beth am ymuno â’r gweithdai celf ac ysgrifennu yng Nghastell Aberteifi?  I’r rheini ohonoch sy'n hoffi cerddoriaeth mae Gŵyl y ‘Big Tribute’ yn Aberystwyth yn siŵr o fod yn uchafbwynt i bawb o bod oed, yn ogystal â Gŵyl Talgarth sydd yn cynnig llu o ddewis cerddorol, gan gynnwys cerddoriaeth glasurol fyw, perfformwyr stryd a pherfformiadau llenyddiaeth lafar. I gael mwy o wybodaeth am y digwyddiadau a gynhelir yr wythnos hon ar draws Canolbarth Cymru ewch i http://www.visitmidwales.co.uk/thedms.aspx?dms=12&groupid=1&nd=7&startdate=Today&z=8&msg=Events+this+week+in+Mid+Wales

**22.08.16**

There’s still time to make the most of the summer sunshine and what better place to do it then in the glorious setting of Mid Wales. This week, we’re loving all things food related and we are totally spoilt for choice with fabulous eateries across the region. From cosy cafes and Michelin delights to gourmet gastro pubs and bustling bistros, there’s something for everyone to enjoy. For foodie recommendations, visit our website <http://goo.gl/5K8MNK>

While you’re there, check out the great events taking place across Mid Wales this week, including theatre shows and art displays as well as farmers markets and blacksmith workshops! goo.gl/g9z4uP Make sure you take lots of pictures while you’re out and about this summer and share you photos using #FindYourEpic