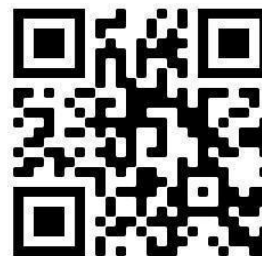


weekly wellbeing activities guide

CWTSH



Risca area
September 19 - 25

Scan QR code for more details

MONDAY

Bank Holiday

TUESDAY

We Connect Cafe	We Connect Cafe	9 am - 2 pm
Slimming World	Risca Senior Citizens Hall	9 am & 11 am
Risca Foodbank	Salvation Army Hall	9.30 - 11 am
Puddles Sensory Play (0-6 years) FREE	Channel View Community Centre	10 - 11 am
Ladies Gardening	Brooklands Day Centre	10 am - 12.30 pm
Environmental Volunteering (VRP Guardians)	Cwmcarn Forest Drive	10 am - 2 pm
Walk and Talk	Risca Leisure Centre	10.30 - 12.30 pm
Craft morning at The Hive	Time Wellbeing Centre	10.30 - 12.30 am
Caerphilly Carers Support Group	The Coffee Mill	12 noon - 1.30 pm
Toddlers story and rhyme time	Risca Library	11 am
English/Literacy Class	Risca Library	12.30 - 2.30 pm
Friends Together (Games group)	Bethany Baptist Church	2 - 4 pm
We Connect Cafe Pantry	We Connect Cafe	4 - 6 pm
Employment Drop In and Platform (Mental Health and Housing Support)	We Connect Cafe	4 - 6 pm
Young people's fun wellbeing group	Time Wellbeing Centre	4.30 - 6 pm
Kids Self Defence	St John Ambulance Hall	5 - 6 pm
FitSteps	Crosskeys Rugby Club	6.30 - 7.30 pm
Adult Self Defence	Risca Leisure Centre	7.30 - 9.30 pm
Shade self-help depression group	Dan-y-Graig Church Hall	7 - 9 pm
Mixed Darts	Commercial Inn	8 pm

WEDNESDAY

We Connect Cafe	We Connect Cafe	9 am - 4 pm
TLC Community Cafe	TLC, Ty Sign	9 am - 1 pm
Breakfast Club	We Connect Cafe	9 - 10 am

Toddler Time	St David's	9.30 - 11 am
Wellness Walk	We Connect Cafe	10 - 11 am
Golden Girls (over 50's Fitness)	Risca Senior Citizens Hall	10 - 11 am
Freshers Fair	Cross Keys College	10 am - 2 pm
Cost of Living Roadshow	TLC Cafe	11 am - 2 pm
Lunch Club	Salvation Army Hall	12.15 - 2 pm
Senior Citizens Club	Risca Senior Citizens Hall	2 - 3.30 pm
Digital Skills	Oxford House	3 - 5 pm
Mandala Drawing	Time Wellbeing Centre	6.45 - 8.45 pm

THURSDAY

We Connect Cafe	We Connect Cafe	9 am - 4 pm
Happy Tots (Parents and toddlers)	Risca Senior Citizens	9.30 - 11.30 am
Young People E-Mountain Biking	Cwmcarn Forest	9.30 am - 3 pm
Coffee Morning	Ty Isaf Church	10 am - 12 noon
Pre-ICDL (Computing)	Oxford House	10 am - 2 pm
Singing for Health	Oxford House	10 am - 12 noon
Coffee Morning	Dan-y-Graig Church Hall	10.30 am - 12 noon
Down to Earth Yoga	Time Wellbeing Centre	11 am - 12.30 pm
Inspire 2 Work Hub	Risca Library	11 am - 1 pm
Caerphilly Carers Support Group	The Coffee Mill	12 - 1.30 pm
Shade self-help depression group	Dan-y-Graig Church Hall	1 - 3 pm
Bingo	TLC, Ty Sign	1 - 4 pm
Crochet lessons at The Hive	Time Wellbeing Centre	2 - 3.30 pm
Pregnancy Yoga and Relaxation	Time Wellbeing Centre	6 - 7.15 pm
St. John Ambulance Cadets	St John Ambulance Hall	6 - 7 pm
St. John Ambulance Adult Group	St John Ambulance Hall	7.15 - 8.30 pm
Makaton Sing and Sign	RCV UK via Zoom	7.30 - 8.30 pm
Quiz Night	Risca Workingmen's Branch Club	8 pm

FRIDAY

We Connect Cafe	We Connect Cafe	9 am - 4 pm
Risca Foodbank	Salvation Army Hall	9.30 - 11 am
Samba Drumming Session	Channel View Community Centre	10 - 11 am
Tiny Talk	St Mary's Church Hall	10.30 - 11.30 am
Coffee Morning	Channel View Community Centre	10 am - 12 noon
Coffee Morning	Bethany Baptist Church	10 am - 12 noon
Arts and Crafts	TLC, Ty Sign	10 am - 12 noon
Community Outreach Carers Hub	We Connect Cafe	10 am - 12 noon
Craft morning at The Hive	Time Wellbeing Centre	10.30 am - 12.30 pm
Knit and Natter	Risca Library	11 am - 12 noon
Cost of Living Roadshow	Morrison's	11 am - 2 pm
Total Body Basics	Risca Leisure Centre	12 noon - 12.40 pm

Aqua Mobility Flexibility Relaxation	Risca Leisure Centre	1.30 - 2.15 pm
Risca Ladies Circle	Risca Library	2 - 4 pm
Aqua Fun for Kids	Risca Leisure Centre	2.15 - 3 pm
Friday under-11s kids club	Ty Isaf Church	6 - 7 pm
Pole Fitness	St. David's	6.30 - 7.30 pm
Ceramic Mug Making	Time Wellbeing Centre	6.30 - 9 pm
Family Roller Skating	Risca Leisure Centre	7.15 - 8.45 pm
Adult Roller Skating	Risca Leisure Centre	9 - 10 pm
Foxy Fridays (Live Music)	Fox & Hounds	9.30 pm

SATURDAY

We Connect Cafe	We Connect Cafe	9 am - 2 pm
Throw your own pot	Time Wellbeing Centre	10 am - 4 pm
Story Time and Lego	Risca Library	11 am
Karaoke (Live Music)	Commercial Inn	8 pm

SUNDAY

Corks	Commercial Inn	1 pm
Salsa Sundays	Cwmcarn Hotel	3 - 5 pm

Please note there is a charge for some activities

We cannot be responsible for changes in events and activities

To add activities to CWTSH - info@cwtsh.wales or phone 07305 714695

To add details onto DEWIS and Infoengine - lippia@caerphilly.gov.uk

For more information on activities and support:



Dewis Cymru
Have choice and take control

infoengine.wales
the online directory of third sector services

melo

CWTSH
Wellbeing Friends