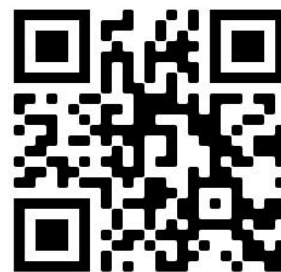


CWTSH



Rhymney area

July 18 – 24, 2022

[scan me for full details](#)

MONDAY

Cylch Meithrin (Monday to Friday)	St David's Community Centre	9.15 am - 3 pm
Mucky Munchkins	Pontlloctyn Boys & Girls Club	10 - 11 am
URV Wanderers Mixed Walk	Parc Cwm Darran	11 am
Exercise with Ease	St. David's Community Centre	12 noon - 1 pm
Football coaching (Boys 8-11)	Pontlloctyn Welfare Ground	4.30 - 5.30 pm
Kettlebell Fitness	St David's Community Centre	Wednesday this week
Table Tennis	Ael-y-Bryn Community Centre	6 - 8 pm
Walking Football	Idris Davies School	6.15 - 7.15 pm
Badgers and Cadets	St John Youth Club	6.30 - 7.45 pm
Kyokushin Karate	Pontlloctyn Boys & Girls Club	7 - 8.30 pm
Bingo Night	The Brewery Club	7.30 pm

TUESDAY

Employment Support	Rhymney Library	10 am - 1 pm
Caffi Croeso (fluent and learners)	Rhymney Library	10.30 am - 12.30 pm
Coffee Morning	Elim Church, Pontlloctyn	11 am - 12 noon
Rhymney Foodbank	Hafod Deg Centre	11 am - 1 pm
Fochriw OAP & 55's Club/Holiday Club	Fochriw Community Centre	1.15 - 3 pm
Men's Walk and Talk Support Group	Rhymney Rugby Club - start	2 pm
Football coaching (Girls 8-10)	Pontlloctyn Welfare Ground	5.30 - 6.30 pm
Rhymney Silurian Choir Practice	Idris Davies School	7.30 - 9 pm
Bingo Night	Ael-y-Bryn Community Centre	7.30 - 9 pm

WEDNESDAY

The Parent Network	Abertysswg Community Centre	9 - 11.30 am
Cwtsh Café: cuppas, company & more!	Rhymney Library	10 am - 12 noon
Art Group	Day Centre (Wigwam)	10 am - 12 noon
Computer Class (free)	Rhymney Library	10 am - 12 noon
The Parent Network	Furniture Revival Centre	12 noon - 2 pm
Autism awareness session	Furniture Revival Centre	12 noon - 2 pm
Kettlebell Fitness	St David's Community Centre	6 - 7 pm
Table Tennis	Ael-y-Bryn Community Centre	6 - 8 pm
Bingo Night	Fochriw Community Centre	6.45 - 9 pm
Line Dancing	The Brewery Club	7.30 - 10 pm

THURSDAY

Improve your English Skills	Rhymney Library	10 am - 12 noon
St David's Café Corner	St David's Church	10.45 am - 12 noon
Rhymney Heritage Story Walk	St David's Church	11 am
The Parent Network	Fochriw Community Centre	12 noon - 2.30 pm
Cylch Ti a Fi (Welsh Nursery)	St David's Community Centre	1 - 2.30 pm
Football coaching (Boys & Girls 5-6)	Pontlloctyn Welfare Ground	4.30 - 5.30 pm
Youth Club	Youth Centre, Tan-y-Llan Tce	5 - 7 pm

Fitness Class	Ael-y-Bryn Community Centre	6 - 7 pm
URV Men's Support Group	Rhymney Rugby Club	6.30 - 8.30 pm
Kyokushin Karate	Pontlottyn Boys & Girls Club	7 - 8.30 pm
Open Mic Night	The Farmers Arms	7 pm
Millennium Chorale Practice	Idris Davies School	7.30 - 9 pm
Quiz	The Brewery Club	8 pm

FRIDAY

Learn to sew with Sarah	Furniture Revival Centre	9 - 11 am
iPad Training	Rhymney Library	10 am - 12 noon
Rhymney Social Strollers	Start venue - confirmed online	10 - 11.30 am
Fruity Fridays (arts & crafts)	Fochriw Community Centre	10 am - 12 noon
Tae Kwondo Classes	Ael-y-Bryn Community Centre	5.30 - 7.30 pm

SATURDAY

Park Run (5K)	Parc Bryn Bach	9 am
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SUNDAY

Junior Park Run (2K)	Parc Bryn Bach	9 am
Tae Kwondo Classes	Ael-y-Bryn Community Centre	5 - 7 pm
Bingo Night	Rhymney Rugby Club	7 - 9 pm

Please note there is a charge for some activities

For full details of all activities and locations

scan the QR code opposite or visit www.cwtsh.wales

We are not responsible for changes in events and activities

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- To add activities to the CWTSH guide - info@cwtsh.wales or 07305 714695
 - To get your details onto DEWIS and Infoengine - lippia@caerphilly.gov.uk
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Caerphilly Cwtsh Community

www.facebook.com/IWNcaerphillywellbeingfriends



Dewis Cymru
Have choice and take control