

weekly wellbeing activities guide

CWTSRH



Rhymney area
21 - 27 November

Scan QR code for more details

MONDAY

Fit4living Fitness	Fit4living Gym	8 am - 9 pm
Cylch Meithrin	St. David's Community Centre	9.15 - 11.30 am
URV Wanderers Mixed Walk	Parc Cwm Darran	11 am
Exercise with Ease	St. David's Community Centre	12 - 1 pm
Cylch Meithrin	St. David's Community Centre	12.30 - 2.45 pm
Football Coaching (Boys: 8-11)	Pontlloftyn Boys & Girls Club	4.30 - 5.30 pm
Kettlebell Fitness	St. David's Community Centre	6 - 7 pm
Table Tennis	Ael-y-Bryn Community Centre	6 - 8 pm
Youth Club	Fochriw Community Centre	6 - 8.30 pm
Badgers and Cadets	St John Ambulance Cymru	6.30 - 7.45 pm
Walking Football	Idris Davies School	7 - 8 pm
Kyokushin Karate	Pontlloftyn Boys & Girls Club	7 - 8.30 pm
Bingo Night	The Brewery Club	7.30 pm

TUESDAY

Fit4living Fitness	Fit4living Gym	8 am - 9 pm
Cylch Meithrin	St. David's Community Centre	9.15 - 11.30 am
Citizens Advice Drop In	Rhymney Integrated Health Centre	9.30 am - 12.30 pm
Employment Drop In	Ael-y-Bryn Community Centre	10 am - 12.30 pm
Employment Drop In	Rhymney Library	10 am - 1 pm
Warm Space and Free Cuppas	Elim Church, Pontlloftyn	12 noon - 2 pm
Warm Space and Free Cuppas	Penuel Chapel Vestry	10 am - 1 pm
Caffi Croeso (Fluent and learners)	Rhymney Library	10.30 am - 12.30 pm
Rhymney Foodbank	Hafod Deg Centre	11 am - 1 pm
Creative Journalling for Women	White Rose Centre, New Tredegar	12.30 - 2.30 pm
Cylch Meithrin	St. David's Community Centre	12.30 - 2.45 pm
Fochriw OAP-55's Club/Holiday Club	Fochriw Community Centre	1.15 - 3 pm
URV Men's Den	Rhymney Bowls Club	2 - 4 pm
Rhymney Silurian Choir Practice	Idris Davies School	7.30 - 9 pm
Bingo Night	Ael-y-Bryn Community Centre	7.30 - 9 pm
Darts	Rhymney Social Club	8 - 10 pm

WEDNESDAY

Fit4living Fitness	Fit4living Gym	8 am - 9 pm
The Parent Network	Abertysswg Community Centre	9 - 11.30 am
Cylch Meithrin	St. David's Community Centre	9.15 - 11.30 am
Cwtsh Cafe (cuppas, company & more)	Rhymney Library	10 am - 12 noon
Art Group	Day Centre (Wigwam)	10 am - 12 noon
Caerphilly Conversation Drop-In	Rhymney Library	10 am - 2 pm
Repair Cafe	Furniture Revival Centre	10 am - 2 pm
Cost of Living Roadshow	Furniture Revival Centre	10 am - 2 pm
Computer Class (free)	Rhymney Library	11 am - 1 pm
The Parent Network	Furniture Revival Centre	12 - 2 pm
Caerphilly Conversation Drop-In	Rhymney Library	12 - 2 pm
Warm Space and Free Cuppas	St Tyfaelog Church Hall, Pontlottyn	12 noon - 2 pm
Cylch Meithrin	St. David's Community Centre	12.30 - 2.45 pm
Music Session with RecRock	Hafod Deg	1.30 - 3.30 pm
St. David's Den (After-school club)	St. David's Church, Rhymney	3.10 pm
Lego Club	Rhymney Library	3.30 - 5.30 pm
Rhymney Heritage Group	Rhymney Library	4 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

Fit4living Fitness	Fit4living Gym	8 am - 9 pm
Cylch Meithrin	St. David's Community Centre	9.15 - 11.30 am
Improve your English Skills	Rhymney Library	10 am - 12 pm
St David's Cafe Corner	St David's Church, Rhymney	10.45 am - 12 pm
Rhymney Heritage Story Walk	Start venue announced online	11 am
Soup and Pudding	St David's Church, Rhymney	12 noon
The Parent Network	Fochriw Community Centre	12 noon - 2.30 pm
Cylch Meithrin	St. David's Community Centre	12.30 - 2.45 pm
Ta A Fi (Parent/Toddler Group)	St. David's Community Centre	1 - 2.30pm
Warm Hearts, Warm Belly	Abertysswg Community Centre	3.30 - 5.30 pm
Football Coaching (Boys: 8-11)	Pontlottyn Boys & Girls Club	4.30 - 5.30 pm
Youth Club	Youth Centre, Tan-y-Llan Tce	5 - 7 pm
Youth Club	Fochriw Community Centre	6 - 8.30 pm
Kyokushin Karate	Pontlottyn Boys & Girls Club	7 - 8.30 pm
Open Mic Night	The Farmers Arms	7 pm
Quiz	The Brewery Club	8 pm
Pool	Rhymney Social Club	8 pm

FRIDAY

Fit4living Fitness	Fit4living Gym	8 am - 9 pm
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Learn to sew with Sarah	Furniture Revival Centre	9.30 - 1 pm
Cylch Meithrin	St. David's Community Centre	9.15 - 11.30 am
iPad Training	Rhymney Library	10 am - 12 noon
Feelgood Friday at the Park	Woods Cafe - Bowls Pavilion	10 - 12 noon
Fruity Fridays (Arts and Crafts)	Fochriw Community Centre	10 am - 12 noon
Cylch Meithrin	St. David's Community Centre	12.30 - 2.45 pm
Taekwondo Classes	Ael-y-Bryn Community Centre	6.30 - 7.30 pm

SATURDAY

Fit4living Fitness	Fit4living Gym	9 am - 1 pm
Park Run (5K)	Parc Bryn Bach	9 am

SUNDAY

Fit4living Fitness	Fit4living Gym	8 am - 1 pm
Junior Park Run (2K)	Parc Bryn Bach	9 am
The Warm Hub (Free Drinks)	Calvary Church, Rhymney	1 - 5 pm
Taekwondo Classes	Ael-y-Bryn Community Centre	6.30 - 7.30 pm
Bingo Night	Rhymney Rugby Club	7 - 9 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



CWTSH
 Wellbeing Friends