CWTSH Wellbeing Guide

Bargoed
Aberbargoed
Gilfach
Deri
Pengam

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Monday

TTO = Term Time Only

Citizens Advice Drop In	Citizens Advice - Bargoed Office	9.30 am - 12.30 pm
The Parent Network Clothing Hub (TTO)	Bargoed YMCA	9.30 am - 2 pm
Taraggan Gardening	Taraggan/Bargoed Comm. Centre	9 am - 2.30 pm
Welcome Space (free refreshments)	Bargoed and Deri Libraries	9.30 am - 1 pm
Mini Mondays (1-3 years)	Bargoed Library	10 - 11 am
Art Class (TTO)	Bargoed Library	10 am - 12 pm
Community Dance Group	St Margaret's Church, Gilfach	10.30 - 11.30 am
Goldies Cymru Sing-a-long (last Mon)	Murray's	10.30 - 11.30 am
Caerphilly Carers Support Group (1st Mon)	Murray's	11 am - 12.30 pm
URV Wanderers Mixed Walk	Parc Cwm Darran	11 am - 1 pm
Coffee and Cake Morning	St Gwladys Church Hall	11 am - 2 pm
Fareshare	St Gwladys Church Hall	1 - 2.30 pm
Welcome Space (free refreshments)	Bargoed Library	2 - 5 pm
Welcome Space (free refreshments)	Deri Library	2 - 6 pm
Colouring Club	Bargoed Library	3.30 - 4.30 pm
Deri Youth Club (TTO)	Deri Community Centre	5 - 7 pm
Aberbargoed Youth Club (TTO)	Hanger Youth & Community Centre	5 - 7 pm
Kettlebells	Heolddu Leisure Centre	6 - 6.55 pm
Cubs (TTO)	Gilfach Scouts Hall	6 - 7.30 pm
Group Cycling	Heolddu Leisure Centre	7 - 7.55 pm
Scouts (TTO)	Gilfach Scouts Hall	7.30 - 9 pm

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Tuesday

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Hydrorider	Heolddu Leisure Centre	6.15 - 7 am
Circuits	Heolddu Leisure Centre	7.15 - 8 am
Taraggan Gardening	Taraggan/Bargoed Comm. Centre	9 am - 2.30 pm
Welcome Space (free refreshments)	Bargoed & Aberbargoed Libraries	9.30 am - 1 pm
The Parent Network Clothing Hub (TTO)	Bargoed YMCA	9.30 am - 2 pm
Book Club (2nd Tues)	Bargoed Library	10 am - 12 pm
Dementia Support Group	Deri Community Centre	10 am - 12 pm
Lunch Club (with quiz and bingo)	Cartref Community Centre	10 am - 1 pm
Social Gaming Network	St Gwladys Church Hall	10 am - 1 pm
Story and Rhyme Toddler Time (TTO)	Aberbargoed Library	10.30 - 11.15 am
Coffee Morning (2nd Tue)	St Margaret's Church, Gilfach	10.30 - 11.30 am
Fatigue Support (NHS)	Bargoed Library	11 am - 1 pm
Let's Talk With Your Baby	Bargoed Library	12.45 - 2.30 pm
Craft Group	St Gwladys Church Hall	1 - 3 pm
Numeracy Skills (Multiply)	Bargoed Library	2 - 2.45 pm
Quiz Afternoon (4th Tuesday)	St Margaret's Church	2 - 3.30 pm

Tuesday (continued)

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Welcome Space (free refreshments)	Bargoed & Aberbargoed Libraries	2 - 6 pm
Lego and Duplo Club (TTO)	Aberbargoed Library	3 - 5 pm
Homework Club (TTO)	Aberbargoed Library	3 - 5 pm
Welsh Mynediad 1 (Coleg Gwent)	Bargoed Library	3.30 - 5.30 pm
Melody Bear Dance (18 months-4 years)	St Gwladys Church Hall	4 - 4.30 pm
Little Latino's Dance (4 - 7 years)	St Gwladys Church Hall	4.30 - 5.15 pm
Strictly Latino's Dance (7 years +)	St Gwladys Church Hall	5.15 - 6 pm
Tik Tok Class (5 years - Teens)	St Gwladys Church Hall	6 - 6.45 pm
Mother's Union (1st Tue)	St Margaret's Church, Gilfach	6 pm
Balance	Heolddu Leisure Centre	6 - 6.55 pm
Poetry from the Rhymney Valley (1st Tue)	Bourton's Live Music Cafe Bar	7 pm
Ladies club	Arthur Balfour Club	7 pm
Group Cycling	Heolddu Leisure Centre	7 - 7.45 pm
Bargoed Male Voice Choir Rehearsal	Bargoed YMCA	7 - 9 pm
Short Mat Indoor Bowls	Deri Community Centre	7 - 9 pm
Jam Night (2nd Tuesday)	Bourton's Live Music Cafe Bar	8 pm

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Wednesday

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Taraggan Gardening	Taraggan/Bargoed Comm. Centre	9 am - 2.30 pm
Welcome Space (free refreshments)	Bargoed, Aberbargoed & Deri Libraries	9.30 am - 1 pm
The Parent Network Clothing Hub (TTO)	Bargoed YMCA	9.30 am - 2 pm
The Parent Network (TTO)	Bargoed YMCA	10 am - 12 pm
Dicky Tickers meetup (for those with a heart condition) (every other week)	Bargoed YMCA	10 am - 12 pm
Dicky Tickers walking group (for those with a heart condition) (every other week)	Various locations (contact: 07715536109)	10 am - 12 pm
Craft Club	Bargoed Library	10 am - 12 pm
Citizens Advice Drop In	Citizens Advice Bureau - Bargoed	10 am - 1 pm
Supporting People (Tenancy Support)	Bargoed Job Centre	10 am - 2 pm
Pop Up Games Club and Cafe	Pop Up Wales, Bargoed High Street	10 am - 4 pm
Rhymney Valley Foodbank	St Peter's Church, Aberbargoed	11 am - 1 pm
Nordic Walking (with Caerphilly Nordic Walks)	Various locations contact 07906 365280	11 am
Walk n Talk walking group	Parc Cwm Darran	11 am
Over 55's (fortnightly)	Deri Community Centre	1 - 4 pm
Stroke Carers Group (last Weds of the month)	Bargoed Library	2 - 4 pm
Digital Class	Bargoed Library	2 - 4 pm
Mothers Union (2nd Weds)	St Gwladys Church Hall	2 - 4 pm

Wednesday (continued)

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Welcome Space (free refreshments)	Bargoed & Aberbargoed Libraries	2 - 5 pm
Welcome Space (free refreshments)	Deri Library	2 - 6 pm
Group Cycling	Heolddu Leisure Centre	5 - 5.45 pm
Slimming World	St. Gwladys Church Hall	5 pm & 6:30 pm
Aberbargoed Youth Club (TTO)	Hanger Youth & Community Centre	5 - 7 pm
Boxing (7 - 25 years)	Bargoed Boxing Club	5 - 7 pm
Hydrorider	Heolddu Leisure Centre	6 - 6.55 pm
Pump Blast	Heolddu Leisure Centre	6 - 6.55 pm
Taekwondo for Ladies	St. Margaret's Business Park	6 - 7 pm & 7 - 8 pm
Zumba	Gilfach Workmans Club	6 - 7 pm
Dance Fit	Bargoed YMCA	6 - 7 pm
Beavers (TTO)	Gilfach Scouts Hall	6.30 - 8 pm
Camera Club	Gilfach Bargoed Community Centre	7 - 9 pm
Aqua Aerobics	Heolddu Leisure Centre	7 - 7.45 pm
Yoga	Bargoed YMCA	7 - 8 pm
Quiz Night	Bourtons Live Music Cafe Bar	8 pm

CWTSH Wellbeing Guide

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Thursday

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Hydrorider	Heolddu Leisure Centre	6.15 - 7 am
Circuits	Heolddu Leisure Centre	7.15 - 8 am
Taraggan Gardening	Taraggan/Bargoed Comm. Centre	9 am - 2.30 pm
Welcome Space (free refreshments)	Bargoed and Aberbargoed Libraries	9.30 am - 1 pm
The Parent Network Clothing Hub (TTO)	Bargoed YMCA	9.30 am - 2 pm
Housing Support	Bargoed Library	9.30 am - 5 pm
Blackwood Stroke Support Group	Tir-y-Berth Village Hall	9.45 - 11.45 am
Rhyme Time (TTO)	Bargoed Library	10 - 10.30 am
Croeso Cafe	St Gwladys Church Hall	10 - 11.30 am
Bargoed Community Choir	St Margaret's Church, Gilfach	10 - 11.30 am
Aberbargoed Old Friends Cuppa and Chat	St Peters Church, Aberbargoed	10 am - 12 pm
Play Date (1 - 4 years with Toybox) (TTO)	Aberbargoed Library	10 am - 12 pm
Pilates	Deri Community Centre	10 am - 12 pm
Warm Welcome	Bargoed Gilfach Community Centre	10 am - 12.30 pm
Platfform Perfect Fit (Free clothing)	Bargoed Gilfach Community Centre	10 am - 12.30 pm
Basic Skills	Bargoed Library	12.45 - 3 pm
Bargoed Walk and Talkers	Different locations (Contact Mel on 07590592902)	1 pm
Singalong Thursday (2nd Thurs)	Bourton's Live Music Bar	1 pm
Digital Skills (TTO)	Bargoed Library	2 - 4 pm

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Welcome Space (free refreshments)	Bargoed & Aberbargoed Libraries	2 - 5 pm
Deri Youth Club (TTO)	Deri Community Centre	5 - 7 pm
Group Cycling	Heolddu Leisure Centre	6 - 6.45 pm
Gardening Club (TTO)	Gilfach Bargoed Community Centre	6.45 - 9 pm
Ladies Club	Bargoed Labour Club	7 pm
HIIT	Heolddu Leisure Centre	7 - 7.55 pm

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Slimming World	St Gwladys Church Hall	7 am, 9 am & 10.30 am
Learn to sew (TTO)	St Tyfaelog Parish Church	9 - 11.30 am
Taraggan Gardening	Taraggan/Bargoed Comm. Centre	9 am - 12.30 pm
Help Me Quit – NHS Stop Smoking Service. Ready to quit smoking with support? Call 0800 085 2219 or text HMQ to 80818	Bargoed Library	9.30 am - 12.30 pm
Welcome Space (free refreshments)	Bargoed Library	9.30 am - 1 pm
The Parent Network Clothing Hub (TTO)	Bargoed YMCA	9.30 am - 2 pm
Gwent Out Of Work Employment drop-in (1st Fri)	Bargoed Job Centre	10 am - 12.30 pm
Knit & Natter	Cartref Community Centre	10 am - 1 pm
Music Bingo	The George, Aberbargoed	1.30 pm
Crochet & Knitting Club	Bargoed Library	2 - 4 pm
Caerphilly Employment Support	Bargoed Library	2 - 5 pm
Welcome Space (free refreshments)	Bargoed Library	2 - 6 pm
Code Club (TTO)	Bargoed Library	4 - 5 pm
Bargoed Male Voice Choir Rehearsal	Bargoed YMCA	7 - 9 pm
Disco Bingo (1st Fri)	The George, Aberbargoed	8 pm

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Saturday

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Hydrorider	Heolddu Leisure Centre	7.45 - 8.30 am
Parkrun (5km)	Penallta House, Ystrad Mynach	9 am
Parkrun (5km)	Parc Bryn Bach, Tredegar	9 am
Parkrun (5km)	Coed-cefn-pwll-du, CF83 8UH	9 am
Welcome Space (free refreshments)	Bargoed Library	9.30 am - 4 pm
Glan-y-Nant Walking Group	Own Bake, Pengam	10 am
Family Fun - Games and Activities	Bargoed Library	10 am - 3 pm
Family History Drop In	Bargoed Library	10 am - 3 pm
Craft Fair and Market (monthly)	Lowry Plaza and Hanbury Square	10 am - 4 pm
Dino Story Time	Bargoed Library	11 am - 12 pm
Skittles - Leagues and Games	Gilfach Workmen's Club	7 - 11 pm

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Junior Parkrun (2km, 4-14 years)	Parc Bryn Bach, Tredegar	9 am
Junior Parkrun (2km, 4-14 years)	Penallta House, Ystrad Mynach	9 am
Glan-y-Nant Walking Group	Own Bake, Pengam	10 am
Dance Fit	St Gwladys Church Hall	5.30 - 6.30 pm

Looking to add an activity?

Email:
ABB.caerphillycwtsh@wales.nhs.uk
Call: **07581019410**

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More details

For more details of the activities and providers, visit www.cwtsh.wales or scan the QR code opposite.

More information on wellbeing activities and support is also available at:

www.dewis.wales

Dewis Cymru
Have choice and take control

Are you struggling with loneliness or isolation? Please contact Caerphilly Cares on 01443 866558 or email wellbeingconnectors@caerphilly.gov.uk

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