# CWTSH Wellbeing Guide

# Caerphilly Town
# Van Ward
# Penyrheol
# Llanbradach

Scan QR code for more details

## Monday

TTO = Term Time Only

| | | |
|---|---|---|
| Babi Celf | Caerphilly Miners Centre | 9.30 - 11 am |
| Welsh (Level 1 with Coleg Gwent) | Caerphilly Miners Centre | 9.30 - 11.30 am |
| Welsh Parent, Baby and Toddler Group | St James ICC | 9.30 - 11.30 am |
| Baby Rhyme Time (under 1) (TTO) | Caerphilly Library | 10 - 10.45 am |
| Men's Shed | Caerphilly Miners Centre | 10 - 11.30 am |
| Gwent Out Of Work Employment drop-in (1st Mon) | Caerphilly Job Centre | 10 am - 12.30 pm |
| Supporting People (Tenancy Support) | Van Community Centre | 10 am - 1 pm |
| Social Gaming Network | Y Banc (Old Barclays Bank) | 10 am - 1 pm |
| The Beech Tree Coffee House | Caerphilly Miners Centre | 10 am - 4.30 pm |
| Messy Hands (Play Group) | Trecenydd Community Centre | 10.30 - 11.30 am |
| Singing for the Brain (Alzheimer's Society Activity Group) | Pwll Y Pant Village Hall | 10.30 am - 12 pm |
| Knit and Natter | Caerphilly Library | 10.30 am - 12.30 pm |
| Yoga | Caerphilly Miners Centre | 11.30 am - 12.30 pm |
| The Parent Network (TTO) | St James ICC | 12 - 2 pm |
| Craft and Chat | Caerphilly Miners Centre | 1 - 3 pm |
| Welsh (Intermediate with Coleg Gwent) | Caerphilly Miners Centre | 1 - 3 pm |
| Tai Chi | Caerphilly Miners Centre | 2 - 3 pm |
| Time To Get Crafty | Caerphilly Library | 2 pm - 3.30 pm |

## Monday (continued)

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| | | |
|---|---|---|
| Book Club (1st Monday) | Caerphilly Miners Centre | 2 - 3.30 pm |
| Welsh Conversation (on Zoom) | Caerphilly Miners Centre | 3 - 4 pm |
| After School Art (7-11 years) (TTO) | Caerphilly Miners Centre | 4 - 5.30 pm |
| Cheer Dance | LJDC Studio, CF83 2RZ | 5 - 6 pm |
| Pilates | Caerphilly Miners Centre | 5.30 - 6.15 pm |
| Women Wellbeing Walks Caerphilly | Outside Morrisons, Caerphilly | 6 pm |
| Street/Hip Hop Dance | LJDC Studio, CF83 2RZ | 6 - 7 pm |
| Only Boys Aloud Caerphilly | Vanguard Centre, CF83 1JZ | 6 - 7.30 pm |
| Pilates | Caerphilly Miners Centre | 6.15 - 7 pm |
| French Improver (on Zoom) | Caerphilly Miners Centre | 7 - 8 pm |
| Aber Valley Male Voice Choir | Cons Club 47, Bartlett Street | 7 - 9 pm |
| Yoga | Caerphilly Miners Centre | 7.30 - 8.30 pm |

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| | | |
|---|---|---|
| Pilates | Team Rees Gym | 6.10 am |
| Women Wellbeing Walks Caerphilly | Outside Morrisons, Caerphilly | 9.30 am |
| Welsh Speaking Play Group (TTO) | Caerphilly Miners Centre | 9.30 - 10.45 am |
| The Parent Network (TTO) | Caerphilly Fire Station | 9.30 - 11.30 am |
| Age Cymru Gwent Housing Support Drop-in | Lansbury Park - House Office Attlee Court | 9.30 am - 3.30 pm |
| Walk & Talk (variety of locations, transport available) | Van Ward Allotments | 10 am |
| Melody Bear Dance | LJDC Studio, CF83 2RZ | 10 - 10.30 am |
| Story and Rhyme Toddler Time (1-4 years) (TTO) | Caerphilly Library | 10 - 10.45 am |
| Digital Literacy | Van Community Centre | 10 am - 12 pm |
| Employment Support (2nd Tues) | Caerphilly Miners Centre | 10 am - 12 pm |
| Housing Related Support (Platfform) | Parcyfelin Integrated Children's Centre | 10 am - 12.30 pm |
| Growing Space (Gardening) | Ty-Siriol, St Martin's Road | 10 am - 1 pm |
| Caerphilly Foodbank | Connect Life Church | 10 am - 1 pm |
| The Beech Tree Coffee House | Caerphilly Miners Centre | 10 am - 2 pm |
| New and Pre-Loved School Uniform | Caerphilly Uniform Exchange | 10 am - 2 pm |
| Yoga | Caerphilly Miners Centre | 10.30 - 11.30 am |
| Bilingual Play Group (TTO) | Caerphilly Miners Centre | 11 am - 12.45 pm |
| The Parent Network (TTO) | The Old Library, Caerphily | 12 - 2 pm |
| Digital Skills (ICDL) | Caerphilly Library | 12.30 - 2.30 pm |
| Elderberries Social Afternoon and Cinema Club | Caerphilly Miners Centre | 1.30 - 3.30 pm |
| Youth Information Support Drop In | Virginia Park Youth Centre, Caerphilly | 3 - 5 pm |

## Tuesday (continued)

TTO = Term Time Only

| | | |
|---|---|---|
| Little Latino's Dance (4 - 7 years) | LJDC Studio, CF83 2RZ | 4.30 - 5.15 pm |
| U12's Tech Fitness | LJDC Studio, CF83 2RZ | 5.15 - 6 pm |
| Slimming World | St Andrews Church, Penyrheol | 5.30 pm |
| Ladies Bowls Club | Trecenydd Community Centre | 5.30 pm |
| Strictly Latino's Dance (7 years +) | LJDC Studio, CF83 2RZ | 6 - 6.45 pm |
| Menopause Cafe (last Tuesday) | Caerphilly Miners Centre | 6 - 8 pm |
| Pilates | Team Rees Gym | 6.10 pm |
| Charity Choir (Side by Side) | Caerphilly Workmens Hall | 6.30 - 8.30 pm |
| Yoga | Caerphilly Miners Centre | 7.15 - 8.15 pm |
| Caerphilly Ladies Choir (TTO) | Caerphilly Miners Centre | 7.30 - 9 pm |

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| | | |
|---|---|---|
| Welcome Space | St Catherine's Church | 8.30 am - 1.30 pm |
| Help Me Quit – NHS Stop Smoking Service. Ready to quit smoking with support? Call 0800 085 2219 or text HMQ to 80818 | Van Community Centre | 9 - 11 am |
| Climate Change Garden Project | Caerphilly Miners Centre | 9.30 - 11.30 am |
| Women Wellbeing Walks Caerphilly - Cuppa Catch Up | The Old Library, Caerphilly | 10 am |
| Story and Rhyme Toddler Time (1-4 years) (TTO) | Caerphilly Library | 10 - 10.45 am |
| Tai Chi | Caerphilly Miners Centre | 10 - 11 am |
| St Cenydd Church Foodbank | St Cenydd Church | 10 am - 12 pm |
| Caerphilly Foodbank | Connect Life Church | 10 am - 1 pm |
| Supporting People (Tenancy Support) | Caerphilly Job Centre | 10 am - 2 pm |
| The Beech Tree Coffee House | Caerphilly Miners Centre | 10 am - 2 pm |
| Valley Daffodils (Welcome Space for adults with additional needs) | Llanbradach Community Centre | 10.30 am - 12.30 pm |
| Yoga | Caerphilly Miners Centre | 11.30 am - 12.30 pm |
| Community Cafe | St Catherine's Church | 11.30 am - 1.30 pm |
| Holistic Hoarding Support Group (1st Weds) | Llanbradach Community Centre | 1 - 2.30 pm |
| Cards and Coffee | Caerphilly Miners Centre | 1 - 3 pm |
| Book Club (2nd Weds) | Caerphilly Library | 2 - 3.30 pm |
| Craft and Cuppa | Esquires Coffee Shop | 2 pm |
| The Beech Tree Coffee House | Caerphilly Miners Centre | 4 - 5.30 pm |

## Wednesday (continued)

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| | | |
|---|---|---|
| Lego and Train Club (3+ years) (TTO) | Caerphilly Miners Centre | 4 - 5.30 pm |
| Code Club (9 - 13 years) (TTO) | Caerphilly Library | 4.30 - 5.30 pm |
| Pilates | Caerphilly Miners Centre | 5.15 - 6 pm |
| Trecenydd Youth Club (8-16 years) | Trecenydd Community Centre | 6 - 8 pm |
| Yoga | Caerphilly Miners Centre | 6.30 - 7.30 pm |
| Aber Valley Male Voice Choir | Cons Club 47, Bartlett Street | 7 - 9 pm |

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| | | |
|---|---|---|
| Slimming World (with Emma) | Twyn Community Centre | 9 am & 10.30 am |
| Pilates | Caerphilly Miners Centre | 9.15 - 10 am |
| Welsh Parent, Baby and Toddler Group (TTO) | St. James ICC | 9.30 - 11.30 am |
| Baby Rhyme Time (under 1) (TTO) | Caerphilly Library | 10 - 10.45 am |
| Men's Shed | Caerphilly Miners Centre | 10 - 11.30 am |
| Parent/Caregiver support group for those with Neurodivergent children (1st Thursday) (TTO) | St. James ICC | 10 am - 12 pm |
| Caerphilly Employment Support | Caerphilly Library | 10 am - 12 pm |
| Growing Space (Gardening) | Ty-Siriol, St Martin's Road | 10 am - 1 pm |
| New and Pre-Loved School Uniform | Caerphilly Uniform Exchange | 10 am - 2 pm |
| The Beech Tree Coffee House | Caerphilly Miners Centre | 10 am - 2 pm |
| Housing Related Support (POBL) | Caerphilly Job Centre Plus | 10 am - 2 pm |
| Housing Related Support (POBL) | St Fagan's House, CF83 1FZ | 10 am - 2 pm |
| Yoga (Welsh Language) | Caerphilly Miners Centre | 12 - 1 pm |
| Chair Exercise (Light Touch) | Caerphilly Miners Centre | 12.30 - 1.15 pm |
| Connect Life Church Play Group | Van Community Centre | 1 - 2.15 pm |
| Chair Exercise (also on Zoom) | Caerphilly Miners Centre | 1.30 - 2.15 pm |
| Chair Exercise (Light Touch) | Caerphilly Miners Centre | 1.30 - 2.15 pm |
| Caerphilly Parkinson's Support Group (Last Thurs, except Aug+Dec) | Wesleyan Methodist Church | 2 - 3.30 pm |

## Thursday (continued)

TTO = Term Time Only

| | | |
|---|---|---|
| Phoenix Club (over 55's) | Trecenydd Community Centre | 2 - 4 pm |
| Youth Information Support Drop In | Virginia Park Youth Centre, Caerphilly | 3 - 5 pm |
| Little Latino's Dance (4 - 7 years) | LJDC Studio, CF83 2RZ | 4.15 - 5 pm |
| Code Club (9 - 13 years) (TTO) | Caerphilly Library | 4.30 - 5.30 pm |
| Slimming World (with Emma) | Ysgol Gymraeg Caerffili, CF83 3HG | 5 pm & 6.30 pm |
| Kickboxing (4-7 years) | Trecenydd Community Centre | 5 - 5.45 pm |
| Youth Club (TTO) | Virginia Park Youth Centre | 5 - 7 pm |
| U18's Medalist Class | LJDC Studio, CF83 2RZ | 5.45 - 6.30 pm |
| Kickboxing (8-13 years) | Trecenydd Community Centre | 6 - 7 pm |
| Junior/Adult Tech and Fitness | LJDC Studio, CF83 2RZ | 6.30 - 7.30 pm |
| Super Choir | Caerphilly Miners Centre | 6.30 - 7.30 pm |
| Adult Art and Photography (booking required) | Caerphilly Miners Centre | 6.30 - 8.30 pm |
| Adults Kickboxing & Karate (14+ years) | Trecenydd Community Centre | 7 - 8 pm |

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| | | |
|---|---|---|
| Slimming World | Pwll Y Pant Village Hall | 9.30 am |
| Pilates | Teem Rees Gym | 9.30 am |
| Stay and Play (Up to 3 years) (TTO) | Caerphilly Miners Centre | 9.30 - 11 am |
| Mini Athletics (1-4 years) | St Helen's Church | 9.30 - 11 am |
| Friday Social Hub | Caerphilly Miners Centre | 9.30 am - 12 pm |
| Citizens Advice Drop In | Caerphilly Library | 9.30 am - 1 pm |
| Help Me Quit – NHS Stop Smoking Service. Ready to quit smoking with support? Call 0800 085 2219 or text HMQ to 80818 | Court House Medical Centre | 9.30 am - 1 pm |
| Toddler Story and Rhyme Time (TTO) | Llanbradach Library | 10 - 10.40 am |
| The Parent Network (TTO) | St James ICC | 10 am - 12 pm |
| Digi Drop In (Help with Digital Problems) | Caerphilly Miners Centre | 10 am - 2 pm |
| Grace's Place (Grief support) (2nd Friday of the month) | Caerphilly Library | 10 am - 12 pm |
| Hearing Aid Repair Service (1st Friday of the month) | Caerphilly Library | 10 am - 12 pm |
| Supporting People (Tenancy Support) | Van Community Centre | 10 am - 2 pm |
| Cancer Cafe (1st Friday of the month) | Caerphilly Library | 10.30 am - 12.30 pm |
| Knit and Natter | Llanbradach Library | 10.45 am - 12.45 pm |
| Sporting Memories | Caerphilly Rugby Club | 11 am - 12.30 pm |
| Kinship Care Group (Last Fri, TTO) | St James ICC | 12 - 2 pm |
| Welcome Space | Van Community Centre | 12 - 4 pm |

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## Friday (continued)

TTO = Term Time Only

| | | |
|---|---|---|
| Tots Play | Caerphilly Miners Centre | 1 - 1.40 pm |
| Grin and Tonic (Yoga and Pilates for Parkinson's) | Creazione Fitness Co | 1 - 1.45 pm |
| Sugar Craft (TTO) | St James ICC | 1 - 3 pm |
| Tots Play | Caerphilly Miners Centre | 2 - 2.50 pm |
| Welsh Reading Group (Last Fri) | Caerphilly Library | 2 - 3.30 pm |
| Caerphilly Carers Support Group (3rd Fri) | The Old Library | 2 - 3.30 pm |
| Cwtsh Cafe (meal, cuppas, chats, entertainment and bingo) | Van Community Centre | 2 - 4 pm |
| Help Me Quit – NHS Stop Smoking Service. Ready to quit smoking with support? Call 0800 085 2219 or text HMQ to 80818 | Caerphilly Library | 2 - 4 pm |
| Play Group (up to 11 years) (TTO) | Twyn Community Centre | 3.30 - 5 pm |
| Kickboxing (4-7 years) | Trecenydd Community Centre | 5 - 5.45 pm |
| Kickboxing (8-13 years) | Trecenydd Community Centre | 6 - 7 pm |
| Taekwondo | Van Community Centre | 6 - 8 pm |
| Moon Circle Meditation (monthly) | Caerphilly Miners Centre | 6 - 8 pm |
| Adults Kickboxing & Karate (14+ years) | Trecenydd Community Centre | 7 - 8 pm |
| Sound Bath (fortnightly) | Caerphilly Miners Centre | 7 - 8 pm |
| Yoga | Caerphilly Miners Centre | 7 - 9 pm |
| Caerphilly Community Chorus (TTO) | Vanguard Centre | 7.30 - 9 pm |

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## Saturday

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|---|---|---|
| Slimming World (with Emma) | Ysgol Gymraeg Caerffili, CF83 3HG | 8 am & 9.30 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 |
| Women Wellbeing Walks Caerphilly | Varied locations (check Facebook for updates) | 9 am |
| Melody Bear Dance (18 months-4 years) | LJDC Studio, CF83 2RZ | 9.30 - 10 am |
| Irish Dancing Class for ages 4+ | Trecenydd Community Centre | 9.30 - 10.30 am |
| Mini Athletics (1-7 years) | St Catherine's Church | 9.30 - 11.15 am |
| Story and Rhyme Toddler Time (1-4 years) (TTO) | Caerphilly Library | 10 - 10.45 am |
| Taekwondo | Caerphilly Miners Centre | 10 - 11 am |
| Book Club (Last Sat) | Caerphilly Library | 10 am - 12 pm |
| Social Art Club for Adults (1st Sat) | Caerphilly Library | 10 am - 12 pm |
| Repair Cafe (1st Sat) | Caerphilly Miners Centre | 10 am - 1 pm |
| The Beech Tree Coffee House | Caerphilly Miners Centre | 10 am - 2 pm |
| Caerphilly Table Top Gaming (occasional Saturdays) | Caerphilly Library | 10 am - 4pm |
| Little Latino's Dance (4 - 7 years) | LJDC Studio, CF83 2RZ | 10.15 - 11 am |
| Strictly Latino's Dance (7 years +) | LJDC Studio, CF83 2RZ | 10.15 - 11 am |
| Jellybeans (baby/toddler playgroup for Dads) (2nd Sat) | Connect Life Church | 10.15 - 11.30 am |
| Chatty Saturdays - Speaking Welsh (3rd Sat) | Caerphilly Library | 11 am - 1 pm |
| LGBTQ+ support group for young people (Last Sat) | Virginia Park Youth Centre | 12 - 3 pm |

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## Sunday

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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 |
| Tidy Butt Wellbeing Walk (fortnightly) | Various locations (check on Facebook) | 9 am |
| Poundfit with Kelsey (drumming fitness class) | Trecenydd Community Centre | 4.30 pm |
| Bingo | Trecenydd Community Centre | 6 - 8 pm |

## Looking to add an activity?

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

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CWTSH

## 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

Gofalu am Caerffili · Caerphilly Cares

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Or visit www.cwtsh.wales