CWTSH Wellbeing Guide

Risca Ty Sign Pontymister

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Monday

TTO = Term Time Only

Chiropractic and Wellness Services	Risca Chiropractic and Wellness Clinic	Appointments
Counselling/therapeutic services	Time Wellbeing Centre	Appointments
Cafe	Snug Coffee Shop, Risca	8.30 am - 2 pm
Cafe	Snug Sycamore, Ty Sign	8.30 am - 2 pm
Perfect Fit clothing	Snug Sycamore, Ty Sign	9 am - 2 pm
Pet Foodbank	Snug Sycamore, Ty Sign	9 am - 2 pm
TLC Community Cafe	TLC cafe, Ty Sign	9 am - 2.30 pm
Foodbank Support	TLC cafe, Ty Sign	9 am - 1 pm
Parent Partners	Sycamore Centre, Ty Sign	9 am - 4 pm
Body Conditioning	Risca Leisure Centre	9.30 - 10.15 am
Group Cycling	Risca Leisure Centre	9.30 - 10.15 am
Ty-Sign Tots (TTO)	Channel View Community Centre	9.30 - 11.30 am
Woodworking	Oxford House, Risca	9.30 - 11.30 am
Welcome Space (free refreshments)	Risca Library	9.30 am - 1 pm
Pulsation (Overs 50's Fitness) (excludes bank hols)	Risca Senior Citizens Hall	10 - 11 am
Digital Skills (TTO)	Oxford House, Risca	10 am - 12 pm
Sugarcraft	Oxford House, Risca	10 am - 12 pm
Welsh History (excludes bank hols)	Oxford House, Risca	10 am - 12 pm
Pilates	Risca Leisure Centre	10.15 - 11 am
Wall Pilates with Michelle	Time Wellbeing Centre	10.30 - 11.15 am
Crochet Club (Bring your own project)	The Hive	11 am - 1 pm

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Monday (continued)

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Food Pantry (excludes bank hols)	The Pantri, Risca	11 am - 1 pm
Numeracy (Pre-GCSE)	Oxford House, Risca	12.30 - 2.30 pm
Crochet Class (excludes bank hols)	Oxford House, Risca	1.30 - 3.30 pm
IT Class	Risca Library	2 - 4 pm
Welcome Space (free refreshments)	Risca Library	2 - 6 pm
Risca Town Council	Risca Library	2 - 6 pm
Puzzles and Games	Risca Library	3 - 5 pm
After School Club	The Sycamore Centre, Ty Sign	3 - 5 pm
Sewing (excludes bank hols)	Oxford House, Risca	3 - 5 pm
Sugarcraft	Oxford House, Risca	4 - 6 pm
Welsh History (excludes bank hols)	Oxford House, Risca	5 - 8 pm
Body Conditioning	Risca Leisure Centre	5.30 - 6.15 pm
Adults Total Body Defence Class	Sycamore Centre	5.30 - 7 pm
Group Cycling	Risca Leisure Centre	6 - 6.45 pm
Kids Cycle Sessions (Cwmcarn Paragon Cycling Club)	Risca Leisure Centre	6 - 7 pm
Train with Nadia	Sycamore Centre, Ty Sign	6 - 7 pm
Power Yoga Flow	Risca Leisure Centre	6.20 - 7 pm
Short Tennis Social	Risca Leisure Centre	7 - 7.45 pm
Kettlebells	Risca Leisure Centre	7.05 - 7.50 pm
Aqua Aerobics	Risca Leisure Centre	8 - 8.45 pm

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Tuesday

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Chiropractic and Wellness Services	Risca Chiropractic and Wellness Clinic	Appointments
Counselling/therapeutic services	Time Wellbeing Centre	Appointments
Cafe	Snug Coffee Shop, Risca	8.30 am - 2 pm
Cafe	Snug Sycamore, Ty Sign	8.30 am - 2 pm
Slimming World	Risca Senior Citizens Hall	9 am & 11 am
TLC Community Cafe	TLC cafe, Ty Sign	9 - 2.30 pm
Group Cycling	Risca Leisure Centre	9.30 - 10.15 am
Caerphilly Employment support	Sycamore Centre, Ty Sign	9.30 - 11.30 am
Food Pantry	The Pantri, Risca	9.30 - 11.30 am
The Parent Network (TTO)	Sycamore Centre, Ty Sign	9.30 - 11.30 am
Risca Foodbank (and Platfform)	Risca Salvation Army Hall	9.30 - 12 pm
Citizens Advice Drop In	Citizens Advice - Risca Office	9.30 am - 12.30 pm
Welcome Space (free refreshments)	Risca Library	9.30 am - 1 pm
ESOL Language course	Oxford House, Risca	10 am - 12 pm
Crafty Tuesday Club	Oxford House, Risca	10 am - 12 pm
Pilates	Risca Leisure Centre	10.30 - 11.15 am
Kettlebells	Risca Leisure Centre	10.30 - 11.15 am
Walk n Talk walking group	Cwmcarn Forest Drive	11 am
Toddler Time (TTO)	Risca Library	11 - 12 pm
Community Feeds	TLC cafe, Ty Sign	11 am - 1.30 pm
Crisis Food Support	Sycamore Centre, Ty Sign	12 - 2 pm
Caerphilly Employment support	Risca Library	12 - 4 pm
Chatty Cafe	Snug Sycamore, Ty Sign	12.30 - 1.30 pm

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Tuesday (continued)

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ESOL Language course	Oxford House, Risca	12.30 - 2.30 pm
Crafty Tuesday Club	Oxford House, Risca	12.30 - 2.30 pm
Ty-Sign Families	TLC, Ty Sign	12.30 - 2.30 pm
Literacy Course	Risca Library	12.45 - 2.45 pm
Craft Club (Bring your own project)	The Hive	12.45 - 2.45 pm
Friends Together (Games group)	Bethany Baptist Church, Risca	2 - 4 pm
Sewing Class	Oxford House, Risca	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	Wellspring Medical Centre	2 - 5 pm
Welcome Space (free refreshments)	Risca Library	2 - 5 pm
Colouring Club	Risca Library	3.15 - 4.30 pm
Dance Class (4-7 years)	Channel View Community Centre	4 pm
Teens and Tweens Crochet Club	The Hive	4 - 5.30 pm
Art Class and print making (TTO)	Oxford House	4 - 6 pm
HiiT	Risca Leisure Centre	4.30 - 5.15 pm
Pilates	Risca Leisure Centre	4.45 - 5.30 pm
Dance Class (7-11 years)	Channel View Community Centre	5 pm
Junior Lifeguard	Risca Leisure Centre	5.30 - 6.25 pm
Dance Fit	Risca Leisure Centre	5.30 - 6.45 pm
Youth Club	Sycamore Centre, Ty Sign	5.30 - 7.30 pm
Group Cycling	Risca Leisure Centre	6 - 6.45 pm
Outdoor Fitness Class (with Raw Performance)	Pontymason Ln	6 - 7 pm

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Tuesday (continued)

TTO = Term Time Only

Zumba	Channel View Community Centre	6 - 7 pm
Art Class and print making (TTO)	Oxford House	6 - 8 pm
Intro2HIIT	Risca Leisure Centre	6.30 - 7.15 pm
Pottery	Oxford House, Risca	6.30 - 8.30 pm
Circuits	Risca Leisure Centre	7 - 7.45 pm
SHADE (self-help depression group)	Dan-y-Graig Church Hall, Risca	7 - 9 pm
Woodworking	Oxford House, Risca	7 - 9 pm
Adults Self Defence	Risca Leisure Centre	7.30 - 9.30 pm
DDP Yoga	Channel View Community Centre	7.45 - 8.45 pm

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Wednesday

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Counselling/therapeutic services	Time Wellbeing Centre	Appointments
Cafe	Snug Coffee Shop, Risca	8.30 am - 2 pm
Cafe	Snug Sycamore, Ty Sign	8.30 am - 2 pm
TLC Community Cafe	TLC cafe, Ty Sign	9 am - 2.30 pm
Foodbank Support	TLC cafe, Ty Sign	9 am - 1 pm
Group Cycling	Risca Leisure Centre	9.30 - 10.15 am
Woodworking	Oxford House, Risca	9.30 - 11.30 am
Citizens Advice Drop In	Citizens Advice Risca Office	9.30 am - 12.30 pm
Welcome Space (free refreshments)	Risca Library	9.30 am - 1 pm
Pulsation (over 50's Fitness)	Risca Senior Citizens Hall	10 - 11 am
ESOL Language course	Oxford House, Risca	10 am - 12 pm
Pottery	Oxford House, Risca	10 am - 12 pm
Welsh History	Oxford House, Risca	10 am - 12 pm
Get Pumped	Risca Leisure Centre	10.30 - 11.15 am
Coffee Morning	Clyde St Pentecostal Church	10.30 am
Nordic Walking (with Caerphilly Nordic Walks)	Various locations contact 07906 365280	11 am
Walk & Talk (every other Weds)	Sycamore Centre, Ty Sign	11 am - 1 pm
Lunch Club	Risca Salvation Army Hall	12 - 1 pm
Pottery	Oxford House, Risca	12.30 - 2.30 pm
ESOL Sewing Class	Oxford House, Risca	12.30 - 2.30 pm
Essential Skills	Risca Library	12.30 - 3 pm
Chair Fit	Risca Leisure Centre	12.45 - 1.30 pm

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Wednesday (continued)

TTO = Term Time Only

Chair-based exercise class for 60+	Bethany Baptist Church	1.30 - 2.30 pm
Aqua Aerobics	Risca Leisure Centre	1.45 - 2.30 pm
Digital Skills (TTO)	Oxford House, Risca	2 - 4 pm
Help with NHS Hearing Aids (4th Weds)	Risca Library	2 - 4 pm
Welcome Space (free refreshments)	Risca Library	2 - 6 pm
Code Club (9-12 years) (TTO)	Risca Library	4 - 5 pm
Andrea's School of Dancing	Sycamore Centre, Ty Sign	4.30 - 6 pm
Welsh History	Oxford House, Risca	5 - 8 pm
Youth Engagement Service	Sycamore Centre, Ty Sign	5.30 - 6.30 pm
Risca Runners	Morgan's Chip Shop	6 pm
Group Cycling	Risca Leisure Centre	6 - 6.45 pm
Step with Weights	Risca Leisure Centre	6 - 7 pm
Tuning Fork Sound Therapy Group	Time Counselling & Wellbeing Centre	6 - 7 pm
Numeracy Pre-GCSE	Oxford House, Risca	6 - 8 pm
Digital Skills (ICDL)	Oxford House, Risca	6 - 8 pm
Boxercise	Risca Leisure Centre	7 - 7.45 pm
Monthly Angling Group (last weds)	Crosskeys RFC	7.30 pm
New Beginnings Church	Sycamore Centre, Ty Sign	7.30 - 9.30 pm

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Thursday

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Chiropractic and Wellness Services	Risca Chiropractic and Wellness Clinic	Appointments
Counselling/therapeutic services	Time Wellbeing Centre	Appointments
Cafe	Snug Coffee Shop, Risca	8.30 am - 2 pm
Cafe	Snug Sycamore, Ty Sign	8.30 am - 2 pm
Fitball	Risca Leisure Centre	9 - 10 am
TLC Community Cafe	TLC cafe, Ty Sign	9 - 2.30 pm
Group Cycling	Risca Leisure Centre	9.30 - 10.15 am
Pilates	Risca Leisure Centre	9.30 - 10.15 am
Burlesque Dance	Fusion Dance Studio	9.30 - 10.30 am
Welcome Space (free refreshments)	Risca Library	9.30 am - 1 pm
Coffee Morning	Tŷ Isaf Church, Risca	10 am - 12 noon
Library Play Date (TTO)	Risca Library	10 am - 12 pm
Digital Skills (ICDL)	Oxford House, Risca	10 am - 12 pm
Senior Coffee Morning	TLC cafe, Ty Sign	10 am - 12 pm
Dressmaking Sewing Belles	Oxford House, Risca	10 am - 1 pm
Scrabble Club	Risca Library	10 am - 12.45 pm
Tenancy Support	Risca Library	10 am - 1 pm
Housing Officer	Risca Library	10 am - 1 pm
Body Conditioning	Risca Leisure Centre	10.15 - 11 am
Dragons Sporting Memories Session	Risca Rugby Club	11.30 am - 1.30 pm
Ladies and Gents Lunch (Over 50's)	TLC, Ty Sign	12 - 1 pm
Companions in Loss (Bereavement Cafe) (2nd Thurs)	Sycamore Centre, Ty Sign	12 - 1.30 pm

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Thursday (continued)

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SHADE (self-help depression group)	Dan-y-Graig Church Hall	1 - 3 pm
Bingo	TLC cafe, Ty Sign	1.30 - 2.45 pm
Digital Skills (ICDL)	Oxford House, Risca	1 - 3 pm
Crosskeys Crafters Club	Oxford House, Risca	1.15 - 3.45 pm
Knit and Natter	Risca Library	2 - 3 pm
Housing Officer	Risca Library	2 - 4 pm
Literacy Class	Oxford House, Risca	2 - 4 pm
Crafternoon (Craft Group)	Sycamore Centre, Ty Sign	2 - 4 pm
Welcome Space (free refreshments)	Risca Library	2 - 5 pm
Teens and Tweens Crochet Club	The Hive	4 - 5.30 pm
Youth Club	Sycamore Centre, Ty Sign	5.30 - 6.30 pm
Kettlebells	Risca Leisure Centre	6 - 6.45 pm
Yoga Flow	Risca Leisure Centre	6 - 6.45 pm
Machine Sewing	Oxford House, Risca	6 - 8.30 pm
Crochet Club (Bring your own project)	The Hive	6 - 8 pm
Aikido	Sycamore Centre, Ty Sign	6 - 9 pm
St John Ambulance (17+ years)	St John Ambulance Hall	6.30 - 8 pm
Woodworking	Oxford House, Risca	6.30 - 8.30 pm
Circuits	Risca Leisure Centre	7 - 8 pm
Menopause Fit	Risca Leisure Centre	7 - 8 pm
Risca Male Choir practice	St. Mary Street, NP11 6GQ	7 - 9 pm

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Friday

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Chiropractic and Wellness Services	Risca Chiropractic and Wellness Clinic	Appointments
Counselling/therapeutic services	Time Wellbeing Centre	Appointments
Cafe	Snug Coffee Shop, Risca	8.30 am - 2 pm
Cafe	Snug Sycamore, Ty Sign	8.30 am - 2 pm
Friendly Fridays	Sycamore Centre, Ty Sign	9 - 11 am
TLC Community Cafe	TLC cafe, Ty Sign	9 am - 2.30 pm
Foodbank Support	TLC cafe, Ty Sign	9 am - 1 pm
Bodyblast	Risca Leisure Centre	9.30 - 10.15 am
Risca Foodbank	Risca Salvation Army Hall	9.30 - 11.30 am
CVW Coffee Morning	Snug Sycamore, Ty Sign	9.30 - 11.30 am
Wriggle and Play	Sycamore Centre, Ty Sign	9.30 am - 12 pm
Baby Bank	Sycamore Centre, Ty Sign	9.30 am - 12 pm
Welcome Space (free refreshments)	Risca Library	9.30 am - 1 pm
Caerphilly Employment support	Risca Library	9.30 am - 3 pm
Housing Related Support	Channel View Community Centre	10 am - 12 pm
Coffee Morning	Bethany Baptist Church	10 am - 12 noon
Kettlebells	Risca Leisure Centre	10.15 - 11 am
Craft Club (Bring your project)	The Hive	10.30 am - 12.30 pm
Knit and Natter	Risca Library	11 am - 12 pm
Come and talk to your Councillor (every other Fri)	TLC, Ty Sign	11 am - 12 pm
Group cycling	Risca Leisure Centre	11.30 am - 12 pm
Total Body Basics	Risca Leisure Centre	12 - 12.40 pm

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Friday (continued)

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Aqua Aerobics	Risca Leisure Centre	12.45 - 1.30 pm
Knit & Yarn/ Diamond Art	TLC cafe, Ty Sign	1 - 3 pm
Mobility/Flexibility	Risca Leisure Centre	1.30 - 2.15 pm
Quieter Crochet (Bring your own project)	The Hive	2 - 3.30 pm
Welcome Space (free refreshments)	Risca Library	2 - 5 pm
Aqua Fun for Kids	Risca Leisure Centre	2.15 - 3 pm
Food Pantry	The Pantri, Risca	4 - 6 pm
Group Cycling	Risca Leisure Centre	4.45 - 5.30 pm
Friendly Friday (Free meal and drink)	Snug Coffee Shop	5.30 - 7.30 pm
Kids Club (Age 4+)	Ty Isaf Church	6 - 7 pm
Beginners Belly Dance	Channel View Community Centre	6 - 7 pm
Pole Fitness	St David's Hall, Ty Sign	6.30 - 7.30 pm
Beginners Burlesque	Channel View Community Centre	7 - 8 pm
Family Roller Skating	Risca Leisure Centre	7.15 - 8.45 pm
Kids Club (Age 7+)	Ty Isaf Church	7.15 - 8.15 pm
Adult Roller Skating	Risca Leisure Centre	9 - 10 pm

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Saturday

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Chiropractic and Wellness Services	Risca Chiropractic and Wellness Clinic	Appointments
Counselling/therapeutic services	Time Wellbeing Centre	Appointments
Cafe	Snug Coffee Shop, Risca	8.30 am - 2 pm
Kettlebells	Risca Leisure Centre	8.30 - 9.15 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
Group Cycling	Risca Leisure Centre	9.30 - 10.15 am
Welcome Space (free refreshments)	Risca Library	9.30 am - 4 pm
Adult Reading Group (1st Sat)	Risca Library	10 - 11 am
Food Pantry	The Pantri, Risca	10 am - 12 pm
ALN Cheer	Sycamore Centre, Ty Sign	10.30 - 11.30 am
Bodyblast	Risca Leisure Centre	10.30 - 11.15 am
Craft Club (Bring your project)	The Hive	10.30 - 12.30 pm
Story Time and Lego Club (TTO)	Risca Library	11 am - 12 pm
Bro's Chat (Mens Mental Health Group) (1st Sat)	TLC Cafe, Ty Sign	2 - 4 pm
New Beginning Church	Sycamore Centre, Ty Sign	6 - 9 pm

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Sunday

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Pontymister Angling Club (every other Sunday, weather dependent)	Canal between Pontywaun Aquaduct and Manor Way	7.45 am
Junior Parkrun (2km, 4-14 years)	Parc Bryn Bach, Tredegar	9 am
Junior Parkrun (2km, 4-14 years)	Penallta House, Ystrad Mynach	9 am
Group Cycling	Risca Leisure Centre	9 - 9.45 am
Boxing Circuit	Risca Leisure Centre	10 - 10.45 am
Jumble Sale (last Sunday)	Sycamore Centre, Ty Sign	10 am - 2 pm
Sunday Dinners	TLC Cafe, Ty Sign	12 - 2 pm
Risca Male Choir practice	St. Mary Street, NP11 6GQ	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

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