



Monday

TTO = Term Time Only

Help Me Quit (Smoking) (appointment required, ring 0800 085 2219 or text HMQ to 80818)	Bargoed Library	Appointment needed
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
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
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
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
Kids Club	Deri Gospel Hall	6 – 7 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

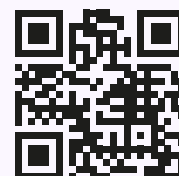


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Tuesday

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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
Employability Hub (1st and 3rd Tues)	Bargoed Library	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 – 11 am
Dementia Support Group	Deri Community Centre	10 am – 12 pm
Digital Drop-in (IT Support)	Bargoed Library	10 am – 12 pm
Lunch Club (with quiz and bingo)	Cartref Community Centre	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
ESOL Class (English for speakers of other languages) (TTO)	Bargoed Library	10 am – 12 pm
Walk and Talk (Platform) (1st Tues)	Bargoed Woodland Park (Pengam Car Park)	12 pm
Craft Group	St Gwladys Church Hall	1 – 3 pm
Quiz Afternoon (4th Tuesday)	St Margaret's Church	2 – 3.30 pm
Welcome Space (free refreshments)	Bargoed & Aberbargoed Libraries	2 – 6 pm
Lego and Duplo Club (TTO)	Aberbargoed Library	3 – 5 pm



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Tuesday (continued)

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Homework Club (TTO)	Aberbargoed Library	3 – 5 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

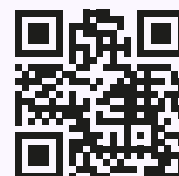


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Wednesday

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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
Platform (Mental Health support)	Bargoed Library	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
Digital Class	Bargoed Library	2 - 4 pm
Mothers Union (2nd Weds)	St Gwladys Church Hall	2 - 4 pm
Welcome Space (free refreshments)	Bargoed & Aberbargoed Libraries	2 - 5 pm



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Wednesday (continued)

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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
Art Course with Elizabeth (TTO)	Deri Community Centre	6 – 8 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



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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
Financial Support and Advice (from Barclays Bank)	Bargoed Library	9.30 am – 1 pm
The Parent Network Clothing Hub (TTO)	Bargoed YMCA	9.30 am – 2 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
Play Date (1 – 4 years with Toybox) (TTO)	Aberbargoed Library	10 am – 12 pm
Pilates	Deri Community Centre	10 am – 12 pm
Plattform Perfect Fit (Free clothing)	Bargoed Gilfach Community Centre	10 am – 12.30 pm
Bargoed Walk 'n' Talk	3 walks in weekly rotation (Contact Mel on 07590592902)	1 pm
Computer Class (TTO)	Bargoed Library	2 – 4 pm
Literacy Skills (TTO)	Bargoed Library	2.30 – 4.30 pm
Financial Support and Advice (from Barclays Bank)	Bargoed Library	2 – 4.30 pm
Welcome Space (free refreshments)	Bargoed & Aberbargoed Libraries	2 – 5 pm



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Thursday (continued)

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Stargoed Kids Drama (3 - 4 years)	St Gwladys Church Hall	4 - 4.30 pm
Stargoed Kids Drama (5 - 11 years)	St Gwladys Church Hall	4.45 - 5.30 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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Friday

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Slimming World	St Gwladys Church Hall	7 am, 9 am & 10.30 am
Learn to sew (TTO)	St Tyfalog Parish Church	9 – 11.30 am
Taraggan Gardening	Taraggan/Bargoed Comm. Centre	9 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 Service (Support & Advice session) (1st Fri)	Bargoed Jobcentre	10 am – 12 pm
Caerphilly Employment Support	Bargoed Library	10 am – 12.30 pm
Knit & Natter	Cartref Community Centre	10.15 am – 1 pm
Music Bingo	The George, Aberbargoed	1.30 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
Craft Fair and Market (monthly)	Lowry Plaza and Hanbury Square	10 am – 4 pm
Family Fun – Games and Activities	Bargoed Library	11 am – 3 pm
Dungeon and Dragons	Bargoed Library	11 am – 3 pm
Code Club (TTO)	Bargoed Library	2 – 3 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
Zumba	St Gwladys Church Hall	5.30 - 6.30 pm

Looking to add an activity?

Email: info@cwtsh.wales
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 811490, email caerphillycares@caerphilly.gov.uk or text SUPPORT to 07537 414 443



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