

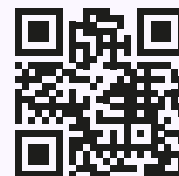


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## Monday

TTO = Term Time Only

Circuits (Fitness with Lizzie)	Croespenmaen Community Hall	6 – 6.45 am
Core Fitness Gym (except bank hols)	Markham and District Sports and Community Centre	8 am – 8 pm
Fareshare	River Church Wales, Tram Road	9 am – 1 pm
Jigsaws and Games	Blackwood Library	9.30 am – 1 pm
Routes2Life (Gardening)	Blackwood NP12 2QA	9.30 am – 2 pm
Butterflies Baby and Toddler Group	Elim Church Hall, Pontllanfraith	10 am – 12 pm
Digital Literacy	Blackwood Library	10 am – 12 pm
Baby Music and Movement Class	Markham Community House and Centre	10.15 – 11 am
Tunes for Tots (TTO)	Pontllanfraith Methodist Church	10.30 am – 12 pm
Welcome Space	Libanus Lifestyle	10.30 am – 1 pm
Reading Group (1st Monday)	Blackwood Library	11 am – 12 pm
Welcome Space	Moose International Blackwood Lodge	11 am – 1 pm
Sight Loss Peer Support Group (fortnightly)	Blackwood Library	11 am – 12.30 pm
Bravehearts Exercise Class	The Moose Hall, Pentwyn Road	2 – 3 pm
Reading Group (1st Monday)	Blackwood Library	2.30 – 3.30 pm
Jigsaws and Games	Blackwood Library	2 – 5 pm
Taekwon-Do Wales (TTO)	Blackwood Primary School	3 – 4 pm
Pre School Drama Club (Under 5's) (TTO)	Blackwood Miner's Institute	4 – 4.45 pm
Primary Drama Club (5-8 years) (TTO)	Blackwood Miner's Institute	4.45 – 5.30 pm



## Monday (continued)

TTO = Term Time Only

Ballet, Tap and Jazz Dance	Blackwood Miner's Institute	5 - 9 pm
Junior Drama Club (9-12 years) (TTO)	Blackwood Miner's Institute	5.30 - 6.30 pm
Slimming World	St Thomas Church Hall, Cefn Fforest	5.30 pm
Dancing with Sam	The Moose Hall, Pentwyn Road	6 - 7 pm
Chartist Help 4 All Peer Support Group/Arts and Craft	Elim Hall Pontllanfraith	6 - 8 pm
Hatha Yoga with Serenity	Oakdale Community Centre	6 pm
Bluebells Grief Support Group (1st Mon)	Cefn Fforest Community Centre	6 - 7.30 pm
Youth Drama Club (13-19 years) (TTO)	Blackwood Miner's Institute	6.30 - 8 pm
Royal Air Force Air Cadets (12-17years)	Blackwood Drill Hall, NP12 1BE	6.30 - 9.30 pm
Hatha Yoga with Serenity	Oakdale Community Centre	7.15 pm
Hatha Yoga with Geri	Plasmawr Community Centre	7.15 - 8.15 pm
Crochet Class with Emma	Blackwood Cricket Club	7 - 9 pm
Line Dancing	The Moose Hall, Pentwyn Road	7 - 9 pm



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## Tuesday

TTO = Term Time Only

Core Fitness Gym	Markham and District Sports and Community Centre	8 am – 8 pm
Toddler Time (TTO)	Elim Baptist Church, Pontllanfraith	9.15 – 11.15 am
The Parent Network (TTO)	Methodist Church, NP12 2JY	9.30 am – 11.30 am
Jigsaws and Games	Blackwood Library	9.30 am – 1 pm
Routes2Life (Gardening)	Blackwood NP12 2QA	9.30 am – 2 pm
Dance and Fitness Class	Blackwood Miner's Institute	10 – 11 am
Slimming World	The Woodbine Club	10 am
Cylch Ti a Fi	Studio 54, Blackwood	10 – 11 am
Writing for Pleasure (TTO)	Cefn Fforest Community Centre	10 am – 12 pm
Literacy Course	Blackwood Miner's Institute	10 am – 12 pm
Citizens Advice Drop In	Blackwood Town Council Offices	10 am – 1 pm
Over 55's Dancing Queens Class	Blackwood Miner's Institute	10.15 – 11.15 am
Toddler Story and Rhyme Time (TTO)	Blackwood Library	10.30 – 11.30 am
Caerphilly Carers Support Group (last Tuesday)	McKenzie's Cafe, Blackwood	10.30 am – 12 pm
Creative Writing Group (1st and 3rd Tuesday)	Blackwood Library	10.30 am – 12.30 pm
Welcome Space	Mount Pleasant Church	10.30 am – 1.30 pm
Reading Group (2nd Tues)	Oakdale Library	11 am – 12 pm
Welcome Space	The Moose Hall, Pentwyn Road	11 am – 1 pm
Chair based Dancing Queen Class	Blackwood Miner's Institute	11.30 am – 12.15 pm
River Church Pantry	River Church Wales, Tram Road	12 – 3 pm



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## Tuesday (continued)

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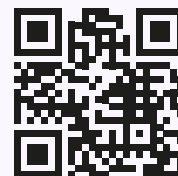
ESOL (English for Speakers of another language) (TTO)	Blackwood Miner's Institute	12.30 - 2.30 pm
Jigsaws and Games	Blackwood Library	2 - 6 pm
Games Club	Oakdale Library	3.30 - 5 pm
Line Dancing	The Moose Hall, Pentwyn Road	4 - 6 pm
Ballet, Tap and Jazz Dance	Blackwood Miner's Institute	5 - 9 pm
Dumbbell Pump with Beth (Fitness with Lizzie)	Croespenmaen Community Hall	5.30 - 6 pm
Kettlebells (Fitness with Lizzie)	Croespenmaen Community Hall	6 - 6.30 pm
Yoga for Beginners with Geri	Blackwood Methodist Church Hall	6 - 7 pm
Islwyn Running Club	Blackwood RFC	6.30 pm
Over 40's Dancing Queens Class	Studio 54, Blackwood	6.30 - 7.15 pm
Zumba	Studio 54, Blackwood	7 - 8 pm
Bounce Class	Elite Fitness, Blackwood	7.30 pm
Walking Football	Pontllanfraith Leisure Centre	8 - 9 pm



## Wednesday

TTO = Term Time Only

Core Fitness Gym	Markham and District Sports and Community Centre	8 am – 8 pm
Caerphilly Employment Support	Blackwood Library	9.30 am – 12.30 pm
Jigsaws and Games	Blackwood Library	9.30 am – 1 pm
Routes2Life (Gardening)	Blackwood NP12 2QA	9.30 am – 2 pm
Artful Wellness (booking required)	Blackwood Miner's Institute	10 am – 12 pm
Citizens Advice Bureau	Blackwood Town Council Offices	10 am – 1 pm
Welcome Space	Argoed Cafe, 3 High Street	10 am – 3 pm
Caerphilly Employment Support	Blackwood Job Centre	10 am – 4 pm
Moonbeams Baby Group	Oakdale Community Centre	10.30 – 11.15 am
Disability Indoor Bowls	Islwyn Indoor Bowls Centre	10.30 – 11.30 am
Working Families Food Bank (parcels need to be ordered)	HCT, Unit B, 28 Bridge Street	10.30 am – 12 pm
Music with Rec Rock	Libanus Lifestyle	10.30 am – 12.30 pm
Welcome Space	Manmoel Village Hall	10.30 am – 12.30 pm
Welcome Space	Libanus Lifestyle	10.30 am – 1 pm
Nordic Walking (with Caerphilly Nordic Walks)	Various locations contact 07906 365280	11 am
Markham Art Class	Markham Community House and Centre	11 am
Reading Group (1st Weds)	Oakdale Library	11 am – 12 pm
Knitting and Crochet Group	Blackwood Miner's Institute	11 am – 12.30 pm
Line Dancing with Kelly	The Moose Hall, Pentwyn Road	11 am – 1 pm
Literacy Course	Blackwood Miner's Institute	10 am – 12 pm
Visually Impaired Bowls	Islwyn Indoor Bowls Club	12 – 1 pm
Dance for Parkinson's (TTO)	Blackwood Miner's Institute	1.45 – 3 pm



## Wednesday (continued)

TTO = Term Time Only

Jigsaws and Games	Blackwood Library	2 – 5 pm
Taekwon-Do Wales (TTO)	Libanus Primary School	3.25 – 4.25 pm
Tip Toes Dance (5–8 years)	Blackwood Miner's Institute	4.15 – 5 pm
Slimming World	St Augustines Church Hall	4.30 pm & 6 pm
Revolve Dance (9–12 years)	Blackwood Miner's Institute	5 – 6 pm
HIIT (Fitness with Lizzie)	Croespenmaen Community Hall	5.30 – 6 pm
Spin	Elite Fitness, Blackwood	6 pm
Abs Attack (Fitness with Lizzie)	Croespenmaen Community Hall	6 – 6.30 pm
Destiny Dance (13+ years)	Blackwood Miner's Institute	6 – 7 pm
Zumba	Penllwyn Blackwood, NP12 2EQ	6.30 – 7.30 pm
Kyokushin Karate Club (6+ years)	Blackwood Comprehensive School	6.30 – 8 pm
Women's Wellbeing Circle (1st Wed)	Markham Leisure Centre	6.30 – 8.30 pm
Mynyddislwyn Ladies Choir	Penmaen Choir Hall	6.45 – 9 pm



## Thursday

TTO = Term Time Only

Core Fitness Gym	Markham and District Sports and Community Centre	8 am – 8 pm
BabyZone (TTO)	Elim Baptist Church, Pontllanfraith	9.15 – 11.15 am
Jigsaws and Games	Blackwood Library	9.30 am – 1 pm
Routes2Life (Gardening)	Blackwood NP12 2QA	9.30 am – 2 pm
Slimming World	St Thomas Church Hall, Cefn Fforest	9.30 am
Blackwood Stroke Support Group	Tir-Y-Berth Village Hall	9.45 – 11.45 am
ESOL (English for Speakers of another language)	Blackwood Job Centre	10 am – 12 pm
Blackwood and District Foodbank	Oasis Christian Centre	10 am – 12 pm
Welcome Space	Argoed Cafe, 3 High Street	10 am – 3 pm
Toddler Story and Rhyme Time (TTO)	Blackwood Library	10.30 – 11.30 am
Over 55's Dancing Queens Class	Studio 54, Blackwood	10.30 – 11.30 am
Knit 'n' Natter	Blackwood Library	10.30 am – 12.30 pm
Line Dancing with Kelly	The Moose Hall, Pentwyn Road	11 am – 1 pm
ESOL (English for Speakers of another language)	Blackwood Job Centre	12 – 2 pm
Breast Feeding Support Group	Flying Start Bungalow, NP12 2PL	1 – 2.30 pm
Luncheon Club	Markham and District Sports and Community Centre	1 – 3 pm
Woodfieldside Senior Citizens Group (Welcome Space)	Woodfieldside OAP Hut	1.30 – 4.30 pm
Toddler Time	Blackwood Library	2 – 3 pm
Bravehearts Exercise Class	The Moose Hall, Pentwyn Road	2 – 3 pm



## Thursday (continued)

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Games Club	Blackwood Library	2 – 4 pm
Jigsaws and Games	Blackwood Library	2 – 5 pm
Ballet, Tap and Jazz Dance	Blackwood Miner's Institute	4.15 – 9.15 pm
Kids Crafting	The Moose Hall, Pentwyn Road	5 – 6 pm
Dumbell Pump with Beth (Fitness with Lizzie)	Croespenmaen Community Hall	5.30 – 6 pm
Youth Performance Group	Blackwood Little Theatre	5.30 – 7 pm
Street Dance with DTY Dance (3-6 years)	Markham Community House	5.30 pm
Circuits (Fitness with Lizzie)	Croespenmaen Community Hall	6 – 6.30 pm
Dancing with Sam	The Moose Hall, Pentwyn Road	6 – 7 pm
Street Dance with DTY Dance (7+ years)	Markham Community House	6.15 pm
Islwyn Running Club	Blackwood RFC	6.30 pm
Royal Air Force Air Cadets (12-17years)	Blackwood Drill Hall, NP12 1BE	6.30 – 9.30 pm
Slimming World	Oakdale Community Centre	7 pm
Blackwood Musical Theatre Society	Blackwood Miner's Institute	7 – 9 pm
Belly Dance with Joanne	Snap Fitness, Blackwood	7.30 pm





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## Friday

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Core Fitness Gym	Markham and District Sports and Community Centre	8 am – 8 pm
Welcome Space	Markham Community House	9 – 11.30 am
Hatha Yoga with Geri	Plas Mawr Community Centre	9.30 – 10.30 am
Coffee Morning	Cefn Fforest Community Centre	9.30 am – 12 pm
Jigsaws and Games	Blackwood Library	9.30 am – 1 pm
Woodworking Group	Markham Congregational Church	10 am – 12 pm
Baby Rhyme Time (TTO)	Blackwood Library	10.30 – 11.15 am
Zumba Gold	Markham Community Centre	10.30 – 11.30 am
Welcome Space	Libanus Lifestyle	10.30 am – 1 pm
Toddler time (TTO)	Oakdale Library	11.15 am – 12 pm
Welcome Space	Argoed Village Hall	11.30 am – 2.30 pm
Line Dancing Social Group	Woodfieldside OAP Hut	2 – 4 pm
Jigsaws and Games	Blackwood Library	2 – 6 pm
Lego Club	Blackwood Library	4 – 5 pm
Roller Skating Fun Session	Markham Community House	5 – 6.30 pm
Kids Klub (5–11 years)	Oakdale Christian Centre	6.30 – 7.30 pm
Kids Klub (11+ years)	Oakdale Christian Centre	6.30 – 8 pm



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## Saturday

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Slimming World	Studio 54, Blackwood	7.30, 9 & 10.30 am
Super Saturday (Fitness with Lizzie)	Croespenmaen Community Hall	8.30 - 10 am
You're Never Alone (Men's Group) Cold Water Dippers	Bedwellty Pits, NP22 4BW	9 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
Ballet, Tap and Jazz Dance	Blackwood Miner's Institute	9 am - 2 pm
Jigsaws and Games	Blackwood Library	9.30 am - 4 pm
Kids Fitness Class	Elite Fitness, Blackwood	10 am
Welsh Conversation Group (1st Saturday)	Blackwood Library	10 am - 12 pm

## Sunday

Junior Parkrun (2km, 4-14 years)	Parc Bryn Bach, Tredegar	9 am
Junior Parkrun (2km, 4-14 years)	Penallta House, Ystrad Mynach	9 am

## Looking to add an activity?

Email: [info@cwtsh.wales](mailto:info@cwtsh.wales)  
Call: 07581019410

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# CWTSH

## More details

For more details of the activities and providers, visit [www.cwtsh.wales](http://www.cwtsh.wales) or scan the QR code opposite.

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