



Scan QR code for
more details
Or visit
cwtsh.wales

Monday

TTO = Term Time Only

Parent and Toddler Fitness Class (Perspective Health and Wellbeing)	Cwmfelinfach Community Centre	9.30 - 10.30 am
Crochet, Knit and Crafting	Cwmfelinfach Community Church	10 am
Run or Walk Wellbeing Group (Perspective Health and Wellbeing)	Cwmfelinfach Primary School	8 pm

Tuesday

Community Food Pantry	Sirhowy Valley Hub	2 - 5 pm
-----------------------	--------------------	----------

Wednesday

Knitting, Sewing and Craft Group	Cwmfelinfach Community Centre	9 am - 3 pm
Nordic Walking (with Caerphilly Nordic Walks)	Various locations contact 07906 365280	11 am
Men's Wellbeing Group (fortnightly)	Sirhowy Valley Hub	11 - 1 pm
The Parent Network Farming Allotment Forum	Ynys Hywel Farm, NP11 7NY	12.30 - 2.30 pm
Community Food Pantry	Sirhowy Valley Hub	1 - 3 pm
Keep Fit Class	Cwmfelinfach Community Centre	8 - 9 pm

Thursday

Pilates	Sardis Hall, Ynysddu	9.30am
Dancing Queens (Chair-based exercise)	Cwmfelinfach Community Church	12.30 - 1.30 pm
Community Food Pantry	Sirhowy Valley Hub	1 - 3 pm
The Parent Network (TTO)	Cwmfelinfach Community Centre	1 - 3 pm



Scan QR code for
more details
Or visit
cwtsh.wales

Friday

TTO = Term Time Only

Yin Yoga	Sardis Hall, Ynysddu	9.30 am
Art Club	Cwmfelinfach Community Centre	9.30 am – 12.30 pm
Community Food Pantry	Sirhowy Valley Hub	9.30 – 11 am
Hatha Yoga	Sardis Hall, Ynysddu	10.45 am
Residents Coffee Afternoon (2nd Fri)	Cwmfelinfach Community Centre	2 pm
Kids Self Defence Class	Sardis Hall, Ynysddu	5 – 6.30 pm

Saturday

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

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

Call: 07581019410

Follow us

[CaerphillyCwtshCommunity](https://www.facebook.com/CaerphillyCwtshCommunity)

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 811490, email caerphillycares@caerphilly.gov.uk or text SUPPORT to 07537 414 443



Scan QR code
for more details

Or visit
www.cwtsh.wales