

CWTSH

Wellbeing Guide

May 2025



Scan QR code for
more details
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cwtsh.wales

Monday

TTO = Term Time Only

Caerphilly Table Top Gaming (12 th and 19 th May)	Caerphilly Library	2 – 5 pm
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Tuesday

Aber Valley Litter Pick (20 th May)	Abertridwr	10.30 am
Scams Awareness and Digital Skills Drop In (13 th May)	Ystrad Mynach Library	11.30 am – 12.30 pm
Fairies in the Wood (27 th May)	Colliers Adventure Farm	4.30 – 6 pm

Wednesday

Fairies in the Wood (28 th May)	Colliers Adventure Farm	4.30 – 6 pm
An Evening with Cefn Hengoed Ladies Choir (14 th May)	Nelson Library	6.30 – 8.30 pm

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Friday

Forces Fitness (30 th May)	Bargoed Community Centre	10 am - 2 pm
Move in Nature with Fiona (2 nd , 16 th and 30 th May)	Cefn Fforest Eco Park, Blackwood	11 am - 12 pm
Eco-Creativity with Sarah (9 th and 23 rd May)	Cefn Fforest Eco Park, Blackwood	11 am - 1 pm
Meet your Town and County Councillors (2 nd May)	Bargoed Library	2 - 3 pm

Saturday

Public Meeting with Caerphilly Eco Hub (17 th May)	The Twyn Community Centre, Caerphilly	10 - 11.30 am
Baby and Child First Aid (10 th May)	Caerphilly Miners Centre	10 am - 12 pm
Caerphilly Miners Centre Wellbeing Fayre (17 th May)	Caerphilly Miners Centre	10 am - 3 pm
Caerphilly Table Top Gaming (Ages 6+) (3 rd May)	Caerphilly Library	10 am - 4 pm
Caerphilly Table Top Gaming (Ages 6+) (17 th May)	Bargoed Library	10 am - 4 pm
Rhymney Valley Music Club Concert (Amaia String Quartet) (17 th May)	Siloh Christian Centre, Ystrad Mynach	2.30 pm
Charity Quiz Night (10 th May)	Markham Community Centre	5.30 pm

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Sunday

Crafternoon at the Cinema - Kids Film (11 th May)	Newbridge Memo	1 pm
Crafternoon at the Cinema - 15+ Film (11 th May)	Newbridge Memo	4 pm

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



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