



## Monday

TTO = Term Time Only

|                                                |                              |                     |
|------------------------------------------------|------------------------------|---------------------|
| Elliot's Cafe                                  | White Rose Resource Centre   | 9 am - 2 pm         |
| Podiatrist                                     | White Rose Resource Centre   | 9 am - 5 pm         |
| Early Birds Toddler Time (TTO)                 | New Tredegar Library         | 9.30 - 10.15 am     |
| Welcome Space<br>(free refreshments)           | New Tredegar Library         | 9.30 am - 1 pm      |
| Dementia Support Group                         | White Rose Resource Centre   | 10 am - 12 noon     |
| Information Cafe & Coffee Morning<br>(1st Mon) | Phillipstown Community House | 10 am - 1 pm        |
| Knit and Natter (excludes Bank<br>Hols)        | New Tredegar Library         | 10.30 am - 12.30 pm |
| URV Wanderers Mixed Walk                       | Parc Cwm Darran              | 11 am               |
| Overs 50s Social Club                          | Tir-phil Community Centre    | 1 - 3 pm            |
| Welcome Space<br>(free refreshments)           | New Tredegar Library         | 2 - 6 pm            |
| Fitness Suite Opening Hours                    | New Tredegar Leisure Centre  | 3.30 - 9 pm         |
| Speak Easy (Men's Social Group)                | White Rose Resource Centre   | 4.30 - 6.30 pm      |
| Puppy Training                                 | Tir-phil Community Centre    | 6 - 7 pm            |
| Dog Training                                   | Tir-phil Community Centre    | 7 - 8 pm            |
| Walking Football                               | Idris Davies School          | 6.15 - 7.15 pm      |



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[cwtsh.wales](http://cwtsh.wales)

## Tuesday

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|                               |                                                      |                   |
|-------------------------------|------------------------------------------------------|-------------------|
| Credit Union                  | Phillipstown Community House                         | 9 am - 11 am      |
| Elliot's Cafe                 | White Rose Resource Centre                           | 9 am - 2 pm       |
| Podiatrist                    | White Rose Resource Centre                           | 9 am - 5 pm       |
| Fareshare Food                | White Rose Resource Centre                           | 9.30 am - 12 noon |
| Fitness Suite Opening Hours   | New Tredegar Leisure Centre                          | 9.30 am - 9 pm    |
| Age Cymru (drop-in)           | White Rose Resource Centre                           | 10 am - 2 pm      |
| New Tredegar Strollers        | <a href="#">Locations on our Cwtsh Facebook page</a> | 10.45 am          |
| Warm Arted Art Class (Adults) | Phillipstown Community House                         | 12.30 - 2.30 pm   |
| The Parent Network (TTO)      | White Rose Resource Centre                           | 12.30 - 2.30 pm   |
| Free Lunch                    | Bethania Church                                      | 1 - 2 pm          |
| Yoga with Liz                 | Tir-phil Community Centre                            | 1.30 - 2.30 pm    |
| Young Stars (3-5 years) (TTO) | White Rose Resource Centre                           | 3.30 - 4.15 pm    |
| New Tredegar Youth Club (TTO) | New Tredegar Leisure Centre                          | 5 - 7 pm          |
| Keep Fit with Ashton          | Tir-phil Community Centre                            | 6 - 7 pm          |



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## Wednesday

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|                                                                      |                                  |                |
|----------------------------------------------------------------------|----------------------------------|----------------|
| Elliot's Cafe                                                        | White Rose Resource Centre       | 9 am - 2 pm    |
| Podiatrist                                                           | White Rose Resource Centre       | 9 am - 5 pm    |
| Welcome Space<br>(free refreshments)                                 | New Tredegar Library             | 9.30 am - 1 pm |
| Literacy Through Art (TTO)                                           | Phillipstown Community Centre    | 10 am - 12 pm  |
| Lunch Club                                                           | St Dingat's Church, New Tredegar | 12 noon        |
| Seated Movement                                                      | Bethania Church, New Tredegar    | 1.30 - 2.30 pm |
| Play Date (0 - 2 years) (TTO)                                        | New Tredegar Library             | 2 - 3 pm       |
| Welcome Space<br>(free refreshments)                                 | New Tredegar Library             | 2 - 6 pm       |
| Art Class (16+)                                                      | Tir-phil Community Centre        | 2.45 - 4.45 pm |
| Family Fun<br>(Games, Lego, Colouring etc)                           | New Tredegar Library             | 3 - 4.30 pm    |
| Fitness Suite Opening Hours                                          | New Tredegar Leisure Centre      | 3.30 - 9 pm    |
| Youth Sport Sessions (aged 7+,<br>Phillipstown Residents only) (TTO) | Phillipstown Community Centre    | 4 - 5.15 pm    |
| Rugby Training (Under 8s)                                            | New Tredegar Leisure Centre      | 6 - 7 pm       |
| Girls Rugby Training (Year 8 and 9)                                  | New Tredegar Rugby Fields        | 6 pm           |
| Girls Rugby Training (Year 6 and 7)                                  | New Tredegar Rugby Fields        | 7.15 - 8.15 pm |



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## Thursday

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|                                                    |                              |                |
|----------------------------------------------------|------------------------------|----------------|
| Elliot's Cafe                                      | White Rose Resource Centre   | 9 am - 2 pm    |
| Podiatrist                                         | White Rose Resource Centre   | 9 am - 5 pm    |
| The Parent Network (TTO)                           | Phillipstown Community House | 9 - 11 am      |
| Welcome Space<br>(free refreshments)               | New Tredegar Library         | 9.30 am - 1 pm |
| Fitness Suite Opening Hours                        | New Tredegar Leisure Centre  | 9.30 am - 9 pm |
| Crochet Club                                       | Tir-phil Community Centre    | 10 am - 12 pm  |
| ESOL (for adults) (TTO)                            | New Tredegar Library         | 10 am - 12 pm  |
| Valley Support Group (1st Thurs)                   | Tir-phil Community Centre    | 10 am - 12 pm  |
| Platform (support & advice drop in)                | White Rose Resource Centre   | 10 am - 1 pm   |
| Rhymney Valley Foodbank                            | White Rose Resource Centre   | 11 am - 1 pm   |
| Community Luncheon                                 | Tir-phil Community Centre    | 12 - 2 pm      |
| Gardening Club                                     | Tir-phil Community Centre    | 1 - 3 pm       |
| Toddler Time (0 - 3 years) (TTO)                   | New Tredegar Library         | 2 - 2.45 pm    |
| Welcome Space<br>(free refreshments)               | New Tredegar Library         | 2 - 6 pm       |
| White Rose Cafe<br>(cuppas, chat, bingo and more!) | White Rose Resource Centre   | 3.30 - 6 pm    |
| Slimming World                                     | White Rose Resource Centre   | 5.30 - 7.30 pm |
| Keep Fit with Ashton                               | Tir-phil Community Centre    | 6 - 7 pm       |



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## Friday

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|                                                            |                              |                    |
|------------------------------------------------------------|------------------------------|--------------------|
| Elliot's Cafe                                              | White Rose Resource Centre   | 9 am – 2 pm        |
| Podiatrist                                                 | White Rose Resource Centre   | 9 am – 5 pm        |
| Mobile Post Office                                         | White Rose Centre Car Park   | 9.30 am – 12.30 pm |
| Welcome Space<br>(free refreshments)                       | New Tredegar Library         | 9.30 am – 1 pm     |
| Seated Dance (TTO)                                         | White Rose Resource Centre   | 11 am – 12 pm      |
| White Rose Singers Choir Rehearsal<br>(TTO)                | White Rose Resource Centre   | 1.15 pm – 2.30 pm  |
| Warm Hub (Free refreshments,<br>bingo, crafts and quizzes) | Tir-phil Community Centre    | 2 – 4 pm           |
| Welcome Space<br>(free refreshments)                       | New Tredegar Library         | 2 – 6 pm           |
| Fitness Suite Opening Hours                                | New Tredegar Leisure Centre  | 3.30 – 8 pm        |
| Warm Arted Arts Class (Children)                           | Phillipstown Community House | 4 – 5.30 pm        |
| Full body workout (Fitness with Erin)                      | Tir-phil Community Centre    | 5 – 6 pm           |
| Bingo (18 years+)                                          | Tir-phil Community Centre    | 7 – 9 pm           |



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## Saturday

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|                                        |                               |                   |
|----------------------------------------|-------------------------------|-------------------|
| 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              |
| Fitness Suite Opening Hours            | New Tredegar Leisure Centre   | 9.30 am - 1.30 pm |
| Kids Fitness Class (Fitness with Erin) | Tir-phil Community Centre     | 11 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     |
| Kids Club                        | Bethania Church               | 2 - 3 pm |

## Looking to add an activity?

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

Call: 07581019410

Follow us

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



## 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:  
[www.dewis.wales](http://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](mailto:caerphillycares@caerphilly.gov.uk) or text SUPPORT to 07537 414 443



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