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## Monday

TTO = Term Time Only

Furniture Revival show room	Unit 21 Lawn Industrial Estate, NP22 5PW	9 am - 4 pm
Cylch Meithrin (TTO)	St. David's Community Centre	9.15 - 11.30 am
Growing Space (Community Garden)	Hafod Deg	9.30 am - 3 pm
St David's Cafe	St David's Community Centre	9 - 2.30 pm
Welcome Space (free refreshments)	Rhymney Library	9.30 am - 6 pm
URV Wanderers Mixed Walk	Parc Cwm Darran	11 am
Fochriw Tots (0-3 years)	Fochriw Community Centre	11.30 am - 1 pm
Welcome Space (Soup and a Roll)	St John's Church, Rhymney	12 - 3 pm
Outdoor Club	St David's Church, Rhymney	12 - 3 pm
Cylch Meithrin (TTO)	St. David's Community Centre	12.30 - 2.45 pm
Football Coaching with Gareth Davies	Pontlottyn Boys & Girls Club	4.30 - 5.30 pm
Rhymney Youth Club (TTO)	Rhymney Youth Centre	4.30 - 6.30 pm
Kettlebell Fitness	St. David's Community Centre	6 - 7 pm
Table Tennis	Ael-y-Bryn Community Centre	6 - 8 pm
Abertysswg Youth Club (TTO)	Abertysswg Falcons RFC	6 - 8 pm
Fochriw Youth Club (TTO)	Fochriw Community Centre	6 - 8 pm
Walking Football	Idris Davies School	7 - 8 pm
Kyokushin Karate (6-11 years)	Pontlottyn Boys & Girls Club	6 - 7 pm
Kyokushin Karate (12+ years)	Pontlottyn Boys & Girls Club	7 - 8 pm



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## Tuesday

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Slimming World	Ael y Bryn Community Centre	7.30 am
Citizens Advice Drop In	Rhymney Integrated Health Centre	9.30 am - 12.30 pm
St David's Cafe	St David's Community Centre	9 - 2.30 pm
Furniture Revival show room	Unit 21 Lawn Industrial Estate, NP22 5PW	9 am - 4 pm
Cylch Meithrin (TTO)	St. David's Community Centre	9.15 - 11.30 am
Citizens Advice Drop In	Rhymney Integrated Health Centre	9.30 am - 12.30 pm
Slimming World	Ael y Bryn Community Centre	9.30 am
Welcome Space (free refreshments)	Rhymney Library	9.30 am - 5 pm
Story and Rhyme Toddler Time (TTO)	Rhymney Library	10 am
Caffi Croeso (Welsh - fluent and learners)	Rhymney Library	10.30 am - 12.30 pm
Coffee Morning	Elim Community Church	11 am
Coffee Morning	Pontlottyn Community Church	11 am
Knit and Natter	Rhymney Library	11 am - 1 pm
Foodbank (Gwent Valleys Evangelism)	Ael-y-Bryn Community Centre	11 am - 1 pm
Fibromyalgia Support Group (1st Tue)	Rhymney Day Centre (WigWam)	11 am - 1 pm
Rhymney Valley Foodbank	Furniture Revival, Unit 21 Lawn Industrial Estate, NP22 5PW	11 am - 1 pm
Cylch Meithrin (TTO)	St. David's Community Centre	12.30 - 2.45 pm
URV Men's Den	Rhymney Bowls Club	2 - 4 pm

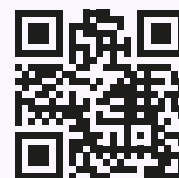


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## Tuesday (continued)

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Fun and Games Session	Pontlloftyn Boys and Girls Club	4.30 – 5.30 pm
Slimming World	Ael-y-Bryn Community Centre	5.30 pm
Boxfit with Jenna (12+ years)	Pontlloftyn Boys and Girls Club	6 – 7 pm
Boxfit with Jenna (Ladies only)	Pontlloftyn Boys and Girls Club	7 – 8 pm
Slimming World	Ael-y-Bryn Community Centre	7 pm
Elevated Elegance Chair and Floor Dance	St David's Community Centre	7 – 8 pm
Rhymney Silurian Choir Practice (TTO)	Idris Davies School	7.30 – 9 pm
Darts	Rhymney Social Club	8 – 10 pm



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## Wednesday

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Furniture Revival show room	Unit 21 Lawn Industrial Estate, NP22 5PW	9 am – 4 pm
Cylch Meithrin (TTO)	St. David's Community Centre	9.15 – 11.30 am
The Parent Network (TTO)	Abertysswg Community Centre	9.30 – 11.30 am
Growing Space (Community Garden)	Hafod Deg	9.30 am – 3 pm
Welcome Space (free refreshments)	Rhymney Library	9.30 am – 6 pm
Cwtsh Cafe (cuppas, company & more)	St. David's Community Centre	10 am – 12 noon
Rhymney Uniform Exchange Pop-Up Shop	The Furniture Revival	10 am – 12 pm
Art Group	Rhymney Day Centre (Wigwam)	10 am – 12 noon
Lloyds Bank Drop-in (fortnightly)	Rhymney Library	10 am – 12 pm
Digital Literacy (Basic Skills) (TTO)	Rhymney Library	10 am – 12 pm
The Parent Network (TTO)	St. David's Community Centre	12 – 2 pm
Parent and Toddler – Let's Play Together	Abertysswg Community Centre	12 – 2 pm
St David's Cafe	St David's Community Centre	12.15 – 2.15 pm
Cylch Meithrin (TTO)	St. David's Community Centre	12.30 – 2.45 pm
Games for All	Rhymney Library	2 – 4 pm
Flower Arranging Class (4th Weds)	Rhymney Day Centre (Wig-Wam)	2 – 4 pm
St. David's Den (After school club)	St. David's Church, Rhymney	3.30 pm



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## Wednesday (continued)

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Tic Together (Tic and Tourette's Support Group) (every other week)	Rhymney Youth Centre	5 - 7 pm
Boxfit with Jenna (3-11 years)	Pontlloftyn Boys and Girls Club	5.15 - 6.15 pm
Country Line Dance Class	St David's Community Centre	6 - 7 pm
Abertysswg Youth Club (TTO)	Abertysswg Falcons RFC	6 - 8 pm
Boxfit with Jenna (12+ years)	Pontlloftyn Boys and Girls Club	6.30 - 7.30 pm
Outdoor Fitness Class (with Raw Performance)	Rhymney War Memorial Park Playground	6.30 - 7.30 pm



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## Thursday

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The Parent Network (TTO)	Pontlottyn Boys and Girls Club	9 – 11.30 am
Furniture Revival show room	Unit 21 Lawn Industrial Estate, NP22 5PW	9 am – 4 pm
Cylch Meithrin (TTO)	St. David's Community Centre	9.15 – 11.30 am
Growing Space (Men's Shed)	Hafod Deg	9.30 am – 3 pm
Welcome Space (free refreshments)	Rhymney Library	9.30 am – 5 pm
Caerphilly Employment Support	Rhymney Library	10 am – 3 pm
Reading Group (1st Thurs)	Rhymney Library	10.30 – 11.30 pm
Rhymney Heritage Story Walk	Start location – confirmed online	11 am
The Parent Network (TTO)	Fochriw Community Centre	12.30 – 2.30 pm
Cylch Meithrin (TTO)	St. David's Community Centre	12.30 – 2.45 pm
ESOL class (English for Speakers of another Language) (TTO)	Rhymney Library	1 – 3 pm
Adult Art and Craft/Welcome Space	Rhymney Day Centre (Wigwam)	2.30 – 4.30 pm
St David's Den	St Davids Church, Rhymney	3.30 pm
Rhymney Youth Club (TTO)	Rhymney Youth Centre	4.30 – 6.30 pm
Bingo	St David's Church, Rhymney	6 pm
Get Fitter, Get Stronger (Exercise Class)	Ael y Bryn Community Centre	6 – 7 pm
Kettlebell Fitness	St. David's Community Centre	6 – 7 pm
Fochriw Youth Club (TTO)	Fochriw Community Centre	6 – 8 pm
Kyokushin Karate (6-11 years)	Pontlottyn Boys & Girls Club	6 – 7 pm
Kyokushin Karate (12+ years)	Pontlottyn Boys & Girls Club	7 – 8 pm
Rhymney Millennium Chorale	Penuel Chapel, Rhymney	7.30 – 9 pm



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## Friday

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Welcome Space (with Sewing)	St Tyfaelog's Church Hall	9 am - 12 pm
Help Me Quit (Smoking) (appointment required, ring 0800 085 2219)	Rhymney Integrated Health Centre	9 am - 1 pm
Furniture Revival show room	Unit 21 Lawn Industrial Estate, NP22 5PW	9 am - 4 pm
Cylch Meithrin (TTO)	St. David's Community Centre	9.15 - 11.30 am
Welcome Space (free refreshments)	Rhymney Library	9.30 am - 5 pm
Rhymney Valley Rockers (Music group)	Rhymney Day Centre (Wigwam)	10 am - 12 pm
Cylch Meithrin (TTO)	St. David's Community Centre	12.30 - 2.45 pm
Taekwondo Classes (8+ years)	Ael-y-Bryn Community Centre	5.30 - 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



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## Sunday

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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
Taekwondo Classes (8+ years)	Ael-y-Bryn Community Centre	5 - 6 pm

## 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:  
[www.dewis.wales](http://www.dewis.wales)



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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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