CWTSH Wellbeing Guide

Rhymney Pontlottyn Abertysswg Fochriw

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Monday

TTO = Term Time Only

Community Gym Fitness Centre	Block A, Maerdy Industrial Estate	8 am - 9 pm
Rhymney Rainbows Stay and Play (0-4 years) (TTO)	Upper Rhymney Primary School	9 - 10.30 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 (Community Garden)	Ael y Bryn Community Centre	9.30 am - 3 pm
St David's Cafe	St David's Community Centre	9 - 2 pm
Welcome Space (free refreshments)	Rhymney Library	9.30 am - 6 pm
URV Wanderers Mixed Walk	Parc Cwm Darran	11 am
Cylch Meithrin (TTO)	St. David's Community Centre	12.30 - 2.45 pm
Community Pantry	St David's Cafe	2 - 3 pm
Rhymney Youth Club (TTO)	Rhymney Youth Centre	4.30 - 6.30 pm
Kettlebell Fitness	St. David's Community Centre	6 - 7 pm
Abertysswg Youth Club (TTO)	Abertysswg Falcons RFC	6 - 8 pm
Fochriw Youth Club (TTO)	Fochriw Community Centre	6 - 8 pm
Kyokushin Karate (6-11 years)	Pontlottyn Boys & Girls Club	6 - 7 pm
Walking Football	Idris Davies School	6.30 - 7.30 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
Community Gym Fitness Centre	Block A, Maerdy Industrial Estate	8 am - 9 pm
Citizens Advice Drop In	Rhymney Integrated Health Centre	9.30 am - 12.30 pm
St David's Cafe	St David's Community Centre	9.30 - 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
Neurodivergent Parent and Carer group (2nd Tues)	Rhymney Library	10 am - 12 pm
Caffi Croeso (Welsh - fluent and learners)	Rhymney Library	10.30 am - 12.30 pm
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
Book Club (2nd Tues)	Rhymney Library	12.30 - 2.30 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 (fortnightly)	Pontlottyn Boys and Girls Club	4.30 - 5.30 pm
Skateboarding Session (fortnightly)	Pontlottyn Boys and Girls Club	4.30 - 6.00 pm
Slimming World	Ael-y-Bryn Community Centre	5.30 pm
Rhymney Silurian Choir Practice (TTO)	Idris Davies School	7.30 - 9 pm

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Wednesday

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Community Gym Fitness Centre	Block A, Maerdy Industrial Estate	8 am - 9 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
The Parent Network (Coffee and Play) (TTO)	Abertysswg Community Centre	9.30 - 11.30 am
Growing Space (Community Garden)	Ael y Bryn Community Centre	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
Art Group	Rhymney Day Centre (Wigwam)	10 am - 12 noon
Lloyds Bank Drop-in (fortnightly) - appointment only	Rhymney Library	10 am - 12 pm
Computer Class (TTO)	Rhymney Library	11 am - 1 pm
The Parent Network (TTO)	St. David's Community Centre	12 - 2 pm
The Parent Network - Parent and Toddler - Let's Play Together (TTO)	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	1 - 5 pm
Flower Arranging Class (3rd Weds)	Rhymney Day Centre (Wig-Wam)	2 - 4 pm

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Wednesday (continued)

TTO = Term Time Only

Tic Together (Tic and Tourette's Support Group) (every other week)	Rhymney Youth Centre	5 - 7 pm
Kickboxing (3-11 years)	Pontlottyn Boys and Girls Club	6 - 7 pm
Abertysswg Youth Club (TTO)	Abertysswg Falcons RFC	6 - 8 pm
Kickboxing (12+ years)	Pontlottyn Boys and Girls Club	7 - 8 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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Community Gym Fitness Centre	Block A, Maerdy Industrial Estate	8 am - 9 pm
Furniture Revival show room	Unit 21 Lawn Industrial Estate, NP22 5PW	9 am - 4 pm
The Parent Network - Adult Craft and Child Play (TTO)	Pontlottyn Boys & Girls Club	9 am - 11 am
Cylch Meithrin (TTO)	St. David's Community Centre	9.15 - 11.30 am
Caerphilly Employment Support	Rhymney Library	9.30 am - 3 pm
Welcome Space (free refreshments)	Rhymney Library	9.30 am - 5 pm
Reading Group (1st Thurs)	Rhymney Library	10.30 - 11.30 pm
Rhymney Heritage Story Walk	Start location - confirmed online	11 am
Hope in Grief- Bereavement Support Group (Every other Thurs)	Rhymney Library	11 am - 1 pm
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 - 4 pm
Help Me Quit – NHS Stop Smoking Service. Ready to quit smoking with support? Call 0800 085 2219 or text HMQ to 80818	Rhymney Health Centre	2.30 - 4 pm
St David's Den	St Davids Church, Rhymney	3.30 pm
Rhymney Youth Club (TTO)	Rhymney Youth Centre	4.30 - 6.30 pm

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Thursday (continued)

TTO = Term Time Only

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 (TTO)	Penuel Chapel, Rhymney	7.30 - 9 pm

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Friday

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Community Gym Fitness Centre	Block A, Maerdy Industrial Estate	8 am - 9 pm
Furniture Revival show room	Unit 21 Lawn Industrial Estate, NP22 5PW	9 am - 3.30 pm
Cylch Meithrin (TTO)	St. David's Community Centre	9.15 - 11.30 am
Citizens Advice Drop-in	Rhymney Library	9.30 am - 12.30 pm
Welcome Space (free refreshments)	Rhymney Library	9.30 am - 5 pm
RecRock Music Session	Rhymney Day Centre (Wigwam)	10 am - 12 pm
Cylch Meithrin (TTO)	St. David's Community Centre	12.30 - 2.45 pm
Under 7s Rugby	Pontlottyn Boys & Girls Club	5 - 6 pm
Taekwondo Classes (8+ years)	Ael-y-Bryn Community Centre	6.30 - 7.30 pm

Saturday

Community Gym Fitness Centre	Block A, Maerdy Industrial Estate	8 am - 1 pm
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
Kickboxing (3-11 years)	Pontlottyn Boys & Girls Club	10 - 11 am
Kickboxing (12+ years)	Pontlottyn Boys & Girls Club	11 am - 12 pm

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Sunday

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Community Gym Fitness Centre	Block A, Maerdy Industrial Estate	8 am - 1 pm
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:
ABB.caerphillycwtsh@wales.nhs.uk
Call: **07581019410**

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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 866558 or email wellbeingconnectors@caerphilly.gov.uk

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Or visit www.cwtsh.wales