CWTSH Wellbeing Guide

New Tredegar Tirphil Phillipstown Brithdir

Scan QR code for more details
Or visit
cwtsh.wales

Monday

TTO = Term Time Only

Elliot's Cafe	White Rose Resource Centre	9 am - 5 pm
Podiatrist	White Rose Resource Centre	9 am - 5 pm
Welcome Space (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 (1st Mon)	Phillipstown Community House	10 am - 1 pm
Knit and Natter (excludes Bank Hols)	New Tredegar Library	10.30 am - 12.30 pm
URV Wanderers Mixed Walk	Parc Cwm Darran	11 am
Yoga with Liz	White Rose Resource Centre	1.30 - 2.30 pm
Overs 50s Social Club	Tir-phil Community Centre	1 - 3 pm
FareShare Food	White Rose Resource Centre	1.30 pm
Welcome Space (free refreshments)	New Tredegar Library	2 - 6 pm
Fitness Suite Opening Hours	New Tredegar Leisure Centre	3.30 - 9 pm
Cake Decorating	Tir-phil Community Centre	3.45 - 5.45 pm
Speak Easy (Men's Social Group)	White Rose Resource Centre	4.30 - 6.30 pm
Dog Training	Tir-phil Community Centre	6 - 8 pm
Walking Football	Idris Davies School	6.15 - 7.15 pm

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Tuesday

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Elliot's Cafe	White Rose Resource Centre	9 am - 5 pm
Podiatrist	White Rose Resource Centre	9 am - 5 pm
Age Cymru (drop-in)	White Rose Resource Centre	9.30 am - 1.30 pm
Fitness Suite Opening Hours	New Tredegar Leisure Centre	9.30 am - 9 pm
New Tredegar Strollers	Locations on the Caerphilly Nature Wellbeing Facebook page	10.45 am
Chair Movement, Teas and Talk	Tirphil Community Centre	12.30 - 2 pm
Free Lunch	Bethania Church	1 - 1.30 pm
The Parent Network (TTO)	White Rose Resource Centre	1 - 3 pm
Young Stars (3-7 years) (TTO)	White Rose Resource Centre	3.30 - 4.15 pm
Drama Stars (8-11 years) (TTO)	White Rose Resource Centre	4.30 - 5.30 pm
New Tredegar Youth Club (TTO)	New Tredegar Leisure Centre	5 - 7 pm
Keep Fit	Tirphil Community Centre	6 - 7 pm
Grounding Yoga	Tirphil Community Centre	7 - 8.30 pm

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Wednesday

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Elliot's Cafe	White Rose Resource Centre	9 am - 5 pm
Podiatrist	White Rose Resource Centre	9 am - 5 pm
Welcome Space (free refreshments)	New Tredegar Library	9.30 am - 1 pm
Lunch Club	St Dingat's Church, New Tredegar	12 noon
Cancer Cafe (Last Weds)	White Rose Resource Centre	12.30 - 2.30 pm
Seated Movement	Bethania Church, New Tredegar	1.30 - 2.30 pm
Help Me Quit – NHS Stop Smoking Service. Ready to quit smoking with support? Call 0800 085 2219 or text HMQ to 80818	White Rose Resource Centre	2 - 4 pm
Welcome Space (free refreshments)	New Tredegar Library	2 - 6 pm
Art Class (16+)	Tir-phil Community Centre	2.45 - 4.45 pm
Family Fun (Games, Lego, Colouring etc)	New Tredegar Library	3 - 4.30 pm
Fitness Suite Opening Hours	New Tredegar Leisure Centre	3.30 - 9 pm
Woodwork 4 Young People (Salvaged Creations)	Tir-phil Community Centre	5 - 7 pm

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Thursday

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The Parent Network - Adult Craft and Child Play (TTO)	Phillipstown Community House	9 am - 11 am
Elliot's Cafe	White Rose Resource Centre	9 am - 5 pm
Podiatrist	White Rose Resource Centre	9 am - 5 pm
Welcome Space (free refreshments)	New Tredegar Library	9.30 am - 1 pm
Fitness Suite Opening Hours	New Tredegar Leisure Centre	9.30 am - 9 pm
Yap and Yarn	Tirphil Community Centre	10 am - 12 pm
ESOL (for adults) (TTO)	New Tredegar Library	10 am - 12 pm
Platfform (support & advice drop in)	White Rose Resource Centre	10 am - 1 pm
Rhymney Valley Foodbank	White Rose Resource Centre	11 am - 1 pm
Welcome Space (free refreshments)	New Tredegar Library	2 - 6 pm
New Tredegar Bowls Club Thursday Social	New Tredegar Bowls Club	2 pm
White Rose Cafe (cuppas, chat, bingo and more!)	White Rose Resource Centre	4 - 5.30 pm
Dance Fit	White Rose Resource Centre	6 - 7 pm
Keep Fit	Tirphil Community Centre	6 - 7 pm
Mens Shed (Pool, Darts and Chat)	Bethania Church	7 - 9 pm
Cash Bingo	Tirphil Community Centre	7.30 - 9.30 pm

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Friday

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Elliot's Cafe	White Rose Resource Centre	9 am - 5 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 (free refreshments)	New Tredegar Library	9.30 am - 1 pm
Seated Dance (TTO)	White Rose Resource Centre	11 am - 12 pm
Tirphil Adult Woodwork (Salvaged Creations) (TTO)	Tir-phil Community Centre	12.30 - 2.30 pm
White Rose Singers Choir Rehearsal (TTO)	White Rose Resource Centre	1.15 pm - 2.30 pm
Welcome Space (free refreshments)	New Tredegar Library	2 - 6 pm
Fitness Suite Opening Hours	New Tredegar Leisure Centre	3.30 - 8 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
Movewell Pilates	Tirphil Community Centre	11am - 12pm

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:
ABB.caerphillycwtsh@wales.nhs.uk
Call: **07581019410**

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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 866558 or email crm@caerphilly.gov.uk

Gofalu am Gaerffili · Caerphilly Cares

Scan QR code for more details
Or visit
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