CWTSH Wellbeing Guide

Ystrad Mynach
Hengoed
Penpedairheol
Gelligaer
Maesycwmmer

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Monday

TTO = Term Time Only

Keep Fit: Fit Yard	Cascade Community Centre	9 - 10 am
Fresh Start Bible Reading	Mount Pleasant Church, Maesycwmmer	9.30 am
Parent and Toddler Group (TTO)	Cefn Hengoed Community Centre	9.30 - 11 am
Welcoming Space (free refreshments)	Ystrad Mynach Library	9.30 am - 1 pm
Baby Rhyme Time (TTO)	Ystrad Mynach Library	10 am
Gardening Club (weather dependent)	Holy Trinity Church, Ystrad Mynach	10 am
Pram Fit (0 to pre-school)	Evolution Fitness	10.15 - 11 am
YM Bit's and Bobs Community Group (TTO)	Siloh Christian Centre, Ystrad Mynach	10.30 am - 12.30 pm
Free breakfast	Evolution Fitness	11 am - 12 pm
Sight Loss Peer Support Group (fortnightly)	Tir Y Berth Community Centre	11 am - 12.30 pm
Line Dancing	Cascade Community Centre	11.20 am - 1 pm
Goldies Cymru (Singalong) (3rd Mon)	Ystrad Mynach Library	11.30 am - 12.30 pm
Senior Citizens Meals Menu	The Coopers, Ystrad Mynach	12 - 2.30 pm
Craft and Cuppa Club	Cefn Hengoed Community Centre	12.30 - 3.30 pm
Archery	Holy Trinity Church, Ystrad Mynach	1 - 3 pm
Welcoming Space (free refreshments)	Ystrad Mynach Library	2 - 5 pm
Community Singing Group (1st Mon)	Valley View Care Home, Cefn Hengoed	3.30 - 4.30 pm
After School Club	Mount Pleasant Church, Maesycwmmer	3.30 - 4.30 pm

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Monday (continued)

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Kids Fit (Fitness with Erin)	Evolution Fitness	5 pm
Cascade Brownies (TTO)	Cascade Community Centre	5 - 6.30 pm
Super Strikers (2 - 4 years) (TTO)	Penybryn Community Centre	5.15 - 6 pm
Slimming World	Siloh Chapel, Ystrad Mynach	5.30 pm
Pilates	Cascade Community Centre	5.30 - 6.30 pm
Boys & Girls Club (8 - 18 years)	Ystrad Mynach Boys & Girls Club	5.30 - 8 pm
Kids Class	Evolution Fitness, Ystrad Mynach	6 pm
Bingo	Non Political and Social Club	6 - 8.45 pm
Spiritual Friendship Circle	Cefn Hengoed Community Centre	6 - 9 pm
Tone and Strengthening: Fit Yard	Cascade Community Centre	6.15 - 7.15 pm
Zumba	Hengoed Community Centre	6.30 pm
Next Steps Class (fortnightly)	Mount Pleasant Church, Maesycwmmer	6.30 pm
Royal Air Force Air Cadets (12-17years)	Cascade Joint Cadet Centre, CF82 8BU	6.30 - 9.30 pm
Melody Makers Ladies Choir (TTO)	Siloh Christian Centre, Ystrad Mynach	7 - 9 pm
Ystrad Mynach Ladies Club (1st Mon)	Maesycwmmer OAP Hall	7 - 9 pm
Ystrad Mynach Male Choir	Bethany Chapel, Ystrad Mynach	7.15 - 9 pm
Adult Beginners Dance Class	Shappelles, Ystrad Mynach	8.30 - 9.30 pm

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Tuesday

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Food co-op	Cefn Hengoed Community Centre	9.30 - 10 am
Welcoming Space (free refreshments)	Ystrad Mynach Library	9.30 am - 1 pm
Knit & Natter and Bowls	Gelligaer Bowls Club	10 am - 12 noon
Toddler Time (TTO)	Ystrad Mynach Library	10 - 10.45 am
Yoga	Neuadd St Catwg Community Hall	10 - 11 am
Cwtch Coffee Morning (TTO)	Bethel Chapel, Cefn Hengoed	10 - 11.30 am
Coffee at the Mount (TTO)	Mount Pleasant Chapel Hall	10 - 11.30 am
Cascade Woodcarving Club	Cascade Methodist Chapel	10 am - 12 pm
Coffee Morning	Cascade Community Centre	10 am - 12 pm
Spiritual Friendship Circle	Cefn Hengoed Community Centre	10 am - 12.30 pm
Welcome Space (free refreshments)	Evolution Fitness, Ystrad Mynach	11 am - 2 pm
Historical Society (once a month)	Cascade Community Centre	1 - 3.30 pm
Senior Citizens Meals Menu	The Coopers, Ystrad Mynach	12 - 2.30 pm
The Parent Network (TTO)	Gelligaer Community Centre	12.30 - 2.30 pm
Ystrad Mynach Quilters	Siloh Chapel, Ystrad Mynach	1.30 - 3 pm
Welcome Space (free refreshments)	Ystrad Mynach Library	2 - 6 pm
Slimming World	Cascade Community Centre	5.30 pm
Police Cadets	Coleg y Cymoedd, Ystrad Mynach	5.30 - 6.30 pm
Boys & Girls Club (8 - 18 years)	Ystrad Mynach Boys & Girls Club	5.30 - 8 pm

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Tuesday (continued)

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Kids Class	Evolution Fitness, Ystrad Mynach	6 pm
Ass and Abs	Cefn Hengoed Community Centre	6 - 7 pm
Running Club: Fit Yard	Cascade Community Centre	6 - 7 pm
1st Ystrad Mynach Girl Guides (10-14 years) (TTO)	Scout and Guide Hall, Ystrad Mynach	6.30 - 8.30 pm
Maesycwmmer Camera Club	Ystrad Mynach Methodist Church	7 - 9 pm
Line Dancing (Beginners)	Beech Grove Social Club, Cascade	7 - 8 pm
Line Dancing (Improvers/Intermediate)	Beech Grove Social Club, Cascade	8 - 8.30 pm
New Modern Sequence Dancing	Ystrad Mynach Non-Political Club	8 - 10.30 pm
Yoga	Shappelles, Ystrad Mynach	8.15 - 9 pm
Adult Beginners Dance Class	Shappelles, Ystrad Mynach	8.30 - 9.30 pm

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Wednesday

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Slimming World	Siloh Chapel, Ystrad Mynach	7.30 am & 9 am
Keep Fit: Fit Yard	Cascde Community Centre	9 - 10 am
Smart Money Cymru	Neuadd St Catwg Community Hall	9 - 10.30 am
Hatha Yoga with Serenity	Maesycwmmer Community Centre	9.30 am
Welcoming Space (free refreshments)	Ystrad Mynach Library	9.30 am - 1 pm
Citizens Advice Drop In	Cefn Hengoed Youth Centre	10 am - 12.30 pm
Caerphilly Employment Support (fortnightly)	Cefn Hengoed Youth Centre	10 am - 12.30 pm
Singing for the Brain	Holy Trinity Church, Ystrad Mynach	10.30 am - 12 noon
Slimming World	Siloh Chapel, Ystrad Mynach	10.30 am
Welcome Space (free refreshments)	Evolution Fitness, Ystrad Mynach	11 am - 2 pm
Senior Citizens Meals Menu	The Coopers, Ystrad Mynach	12 - 2.30pm
Cuppa & Chat (Pregnant Women)	Ysbyty Ystrad Fawr Antenatal Clinic	1.30 - 2.30 pm
Cefn Hengoed Old Age Group (50+ years)	Cefn Hengoed Community Centre	2 - 4 pm
Maesycwmmer Over 50's group (fortnightly)	Maesycwmmer OAP Hall	2 - 4 pm
Welcoming Space (free refreshments)	Ystrad Mynach Library	2 - 5 pm
Legs Bums Tums (Fitness with Erin)	Evolution Fitness	5 pm
Super Strikers (4 & 5 years) (TTO)	Penybryn Community Centre	5.15 - 6 pm
Children's Dance (Under-12)	Shappelles, Ystrad Mynach	5.30 - 6.15 pm
Tone and Strengthening: Fit Yard	Cascade Community Centre	6 - 7 pm

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Wednesday (continued)

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Cefn Hengoed Youth Club (11 - 25) (TTO)	Cefn Hengoed Youth Club	5.30 - 7.30 pm
Boys & Girls Club (8 - 18 years)	Ystrad Mynach Boys & Girls Club	5.30 - 8 pm
Body Blitz (Exercise class)	Hengoed Community Centre	6 pm
Kettlebells (Fitness with Erin)	Evolution Fitness	6 pm
Walking Rugby	Sue Noakes Leisure Centre	6 - 7 pm
Bingo	Cascade Community Centre	6 - 8.30 pm
Children's Dance (Under-16)	Shappelles, Ystrad Mynach	6.30 - 7.15 pm
Complete Beginners Line Dance Class	Penybryn Community Hall	6.30 - 7.30 pm
Neurodivergence Coffee Evening (for parents/carers)	Cefn Hengoed Community Centre	6.30 - 8 pm
Royal Air Force Air Cadets (12-17years)	Cascade Joint Cadet Centre, CF82 8BU	6.30 - 9.30 pm
Hatha Flow (Yoga)	Hengoed Community Centre	7 - 8 pm
Cefn Hengoed Ladies Choir (TTO)	Derwendeg Primary School Hall	7 - 9 pm
Bible Study and Prayer	Mount Pleasant Church, Maesycwmmer	7.30 pm
Advanced Adult Dance Class	Shappelles, Ystrad Mynach	8.30 - 9.30 pm

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Thursday

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Grow with Julie	Cascade Community Centre	9 - 11 am
Croeso Cafe (Cuppas, chats and trips out)	Lindsay Club, Cefn Hengoed	9.30 - 11.30 am
Welcoming Space (Free refreshments)	Ystrad Mynach Library	9.30 am - 1 pm
Blackwood Stroke Support Group	Tir-y-Berth Village Hall	9.45 - 11.45 am
Knit & Natter	Ystrad Mynach Library	10 - 11 am
Baby Group (Welsh Story and Rhyme)	Ystrad Mynach Library	10 am
Penybryn Toddlers Group (TTO)	Penybryn Village Hall	10 - 11.30 am
Croeso Club (Welcome Space)	Lindsay Club, Cefn Hengoed	10 - 11.30 am
Knit and Natter	Maesycwmmer OAP Hall	10.30 am - 12.30 pm
Tone and Strengthening: Fit Yard	Cascade Community Centre	11 am - 12 pm
Welcome Space (Free refreshments)	Evolution Fitness, Ystrad Mynach	11 am - 2 pm
Chair exercise with Hannah	Cascade Community Centre	11.30 am - 12.30 pm
OAP Menu	The Coopers, Ystrad Mynach	12 noon - 2.30 pm
Lunch Club	Mount Pleasant Church, Maesycwmmer	12.30 pm
Parent & Toddler Group (TTO)	Cefn Hengoed Community Centre	1 - 2.30 pm
Children's Dance (Under-6)	Shappelles, Ystrad Mynach	4.30 - 5.15 pm
Rhythmix Dance Classes (4 - 8 years)	Cefn Hengoed Community Centre	4.45 - 5.45 pm
Boys & Girls Club (8 - 18 years)	Ystrad Mynach Boys & Girls Club	5.30 - 8 pm
Kettlercise	Cefn Hengoed Community Centre	6 - 7 pm
Circuit Training	Sue Noake Leisure Centre	6 pm

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Thursday (continued)

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Running Club: Fit Yard	Cascade Community Centre	6 - 7 pm
Table Tennis	Cascade Community Centre	6 - 8 pm
Bingo	Non Political and Social Club	6 - 8.45 pm
Zumba	Hengoed Community Centre	6.30 pm
Community Choir	Maesycwmmer Community Centre	6.30 pm
Country Line Dance Class	Maesycwmmer OAP Hall	6.30 - 7.30 pm
Bargoed and District Art Society (TTO)	Trinity Hall Church	7 - 9 pm
Ystrad Mynach Male Choir	Bethany Chapel, Ystrad Mynach	7.15 - 9 pm
Ystrad Mynach & District Mixed Choir	Siloh Christian Centre, Ystrad Mynach	7.30 - 8.45 pm
Adult Beginners Dance Class	Shappelles, Ystrad Mynach	8.30 - 9.30 pm

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Friday

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Circuit training: Fit Yard	Cascade Community Centre	9 - 10 am
Help Me Quit – NHS Stop Smoking Service. Ready to quit smoking with support? Call 0800 085 2219 or text HMQ to 80818	Ystrad Mynach Hospital	9.30 - 11.30 am
Welcome Space (Free refreshments)	Ystrad Mynach Library	9.30 am - 1 pm
Toddler Time (TTO)	Ystrad Mynach Library	10 - 10.45 am
Bethel Toddler Group (TTO)	Bethel Chapel, Cefn Hengoed	10 - 11.30 am
Clwb Miri (0-3 years Welsh medium session)	Siloh Christian Centre	10 - 11.30 am
Coffee Morning	Cascade Methodist Church	10.30 am - 12.30 pm
Reading Group (2nd Fri)	Ystrad Mynach Library	11.30 am - 12.30 pm
Senior Citizens Meals Menu	The Coopers, Ystrad Mynach	12 - 2.30 pm
Creative Writing	Ystrad Mynach Library	2 - 4 pm
Welcoming Space (Free refreshments)	Ystrad Mynach Library	2 - 6 pm
Little Tiger Cubs (Martial Arts 3-5 years)	Hengoed Community Centre	3.45 - 4.30 pm
Taekwondo	Hengoed Community Centre	4.30 - 5.30 pm
Super Strikers (3 & 4 years) (TTO)	Penybryn Community Centre	5 - 5.45 pm

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Friday (continued)

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Valley Taekwondo (Mixed Class)	Sue Noake Leisure Centre	5 - 6 pm
Trailblazers (5 - 11 years) (TTO)	Bethel Chapel, Cefn Hengoed	6 - 7 pm
Circuit Training: Fit Yard	Cascade Community Centre	6 - 7 pm
Adult Beginners Solo Dance Class	Shappelles, Ystrad Mynach	7 - 8 pm
Bingo	Maesycwmmer OAP Hall	7 - 9 pm

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Saturday

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Free Hiking Club (fortnightly)	Evolution Fitness, Ystrad Mynach	8.30 am
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
Rugby Tots (2 - 3.5 years)	Hengoed Community Centre	9 am and 9.40 am
Children's Dance (Under-6)	Shappelles, Ystrad Mynach	9.30 - 10.15 am
Family Fit (Parent and Child, 0 to pre-school)	Evolution Fitness	9.30 - 10.15 am
Welcoming Space (Free refreshments)	Ystrad Mynach Library	9.30 am - 1 pm
veterans Support Hub	Centre for Sporting Excellence	10 am - 12 noon
Free breakfast	Evolution Fitness	10.15 am - 12 pm
Rugby Tots (3.5 - 5 years)	Hengoed Community Centre	10.20 am and 11.15 am
Children's Dance (Under-16)	Shappelles, Ystrad Mynach	10.30 - 11.15 am
Zumba	Cascade Community Centre	10.30 - 11.30 am
Table Tennis	Cascade Community Centre	11.30 am - 1.30 pm
Bingo	Non Political and Social Club	1 - 3.15 pm

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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
Running Club: Fit Yard	Cascade Community Centre	9 - 10 am
ALN and Disability Dance Class	Neuadd St Catwg Community Hall	10 am
Church Service	Mount Pleasant Church, Maesycwmmer	10.30 am
Sunday School	Mount Pleasant Church, Maesycwmmer	10.30 am
Kids Sunday Club (4 - 11 years)	Bethel Church, Cefn Hengoed	10.45 - 11.45 am
Roller Skating	Sue Noakes Centre, Ystrad Mynach	11.30 am - 12.30 pm
Jazz Band	Cascade Community Centre	2 - 4 pm
Valley Taekwondo (Mixed class)	Siloh Christian Centre, Ystrad Mynach	5 - 6 pm
Church Service	Mount Pleasant Church, Maesycwmmer	6 pm

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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