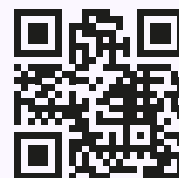


CWTSH

Wellbeing Guide

March 2025



Scan QR code for
more details
Or visit
cwtsh.wales

Tuesday

TTO = Term Time Only

Tommy's Tots (free play, snack, story and singing) (11th March)	Caerphilly Library	9.30 - 11 am
Aber Valley Litter Pick (18th March)	Abertridwr	10.30 am

Wednesday

Tic Together (Tic and Tourette's Support Group) (12th March)	Rhydney Youth Centre	5 - 7 pm
Tic Together (Tic and Tourette's Support Group) (26th March)	Rhydney Youth Centre	5 - 7 pm

Friday

Meet your Town and County Councillors (7th March)	Bargoed Library	2 - 3 pm
History of Rhydney Heritage (14th March)	Rhydney Brewery Club	7 pm

Saturday

Litter Pick (22nd March)	The Rock, Blackwood	10.30 am
ALN Woodwork Session (15th March)	Tir-phil Community Centre	10.30 am - 12.30 pm
ALN Woodwork Session (15th March)	Tir-phil Community Centre	1.30 - 3.30 pm
Blackwood ALN Play and Craft (1st March)	St Margarets Church, Blackwood	10.30 am
Rhydney Valley Music Club Concert (Welsh Symphonic Brass Ensemble) (22nd March)	Siloh Christian Centre, Ystrad Mynach	2.30 pm

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Sunday

Car Boot Sale (9th March)	Morrisons Bargoed	8 am
Car Boot Sale (23rd March)	Morrisons Bargoed	8 am

Looking to add an activity?

Email: info@cwtsh.wales

Call: 07581019410

Follow us

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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 811490, email caerphillycares@caerphilly.gov.uk or text SUPPORT to 07537 414 443



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