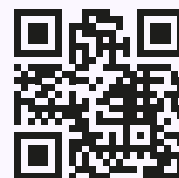


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Monday

TTO = Term Time Only

Welcoming Space (free refreshments)	Nelson Library	9.30 am – 1 pm
Taff Bargoed Foodbank (Trussell Trust)	St John's Church Hall, Nelson	9.30 am – 12 noon
Breathe and Stretch Yoga for All (booking required)	St John's Church Hall, Nelson	10 – 11.15 am
Reading Group (2nd Mon)	Nelson Library	10 am – 12 pm
Community Craft Group	Nelson Library	10.30 am – 12.30 pm
Welcome Space	Nelson Community Centre	12 – 1.30 pm
Creative Writing Group	Nelson Library	2 – 4 pm
Welcoming Space (free refreshments)	Nelson Library	2 – 6 pm
Lego and Duplo Club	Nelson Library	3 – 5 pm
Bingo Night	Nelson Community Centre	6.30 – 9 pm
Royal Air Force Air Cadets (12-17 years)	Cascade Joint Cadet Centre, CF82 8BU	6.30 – 9.30 pm



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Tuesday

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Taff Bargoed Foodbank (Trussell Trust)	St John's Church Hall, Nelson	9.30 am - 12 noon
Welcome Space	Helping Hands @ The Brunch Barn	10 am - 2 pm
Welcoming Space (free refreshments)	St John's Church Hall, Nelson	10.30 am - 12 noon
St John's Singing Group	St John's Church Hall, Nelson	12 - 1 pm
Welcoming Space	Llancaiach Fawr	4.30 - 8 pm
Pad Blast Fitness (TTO)	Nelson Community Centre	6 - 7 pm
Breathe and Stretch Yoga for All (booking required)	St John's Church Hall, Nelson	6.30 - 7.45 pm

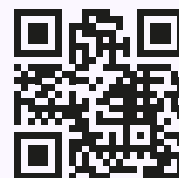


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Wednesday

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Taff Bargoed Foodbank (Trussell Trust)	St John's Church Hall, Nelson	9.30 am - 12 noon
Welcoming Space (free refreshments)	Nelson Library	9.30 am - 1 pm
IT Class (TTO)	Nelson Library	10 am - 12 noon
Welcome Space	Helping Hands @ The Brunch Barn	10 am - 2 pm
Line Dancing	Nelson Community Centre	12 - 1 pm
Knit and Natter (Every other week)	Nelson Library	2 - 4 pm
Reading Group (Last Weds)	Nelson Library	2 - 4 pm
Welcoming Space (free refreshments)	Nelson Library	2 - 6 pm
Story and Rhyme Toddler Time (TTO)	Nelson Library	2.15 - 3 pm
Children's Board Game Afternoon	Nelson Library	4 - 5.30 pm
Slimming World	St John's Church Hall, Nelson	5.30 pm
Royal Air Force Air Cadets (12-17 years)	Cascade Joint Cadet Centre, CF82 8BU	6.30 - 9.30 pm
Treharmony Choir	Salem Chapel, Nelson	7 - 9 pm

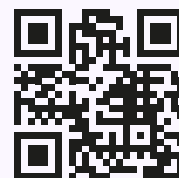


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Thursday

TTO = Term Time Only

Slimming World	St John's Church Hall, Nelson	7.30 am & 9 am
The Parent Network (TTO)	Nelson Community Centre	9.30 - 11.30 am
Taff Bargoed Foodbank (Trussell Trust)	St John's Church Hall, Nelson	9.30 am - 12 noon
Parent & Toddler Group (TTO)	Bethel Church Hall, Nelson	10 am - 12 noon
Welcome Space	Helping Hands @ The Brunch Barn	10 am - 2 pm
St. John's Walking Group	St. Johns Church, CF46 6HA	2 pm
Taekwon-Do (Junior class)	Nelson Community Centre	6 - 7 pm
Taekwon-Do (Senior class)	Nelson Community Centre	7 - 8 pm
Royal Air Force Air Cadets (12-17 years)	Cascade Joint Cadet Centre, CF82 8BU	6.30 - 9.30 pm

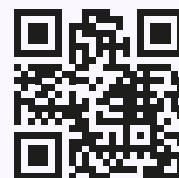


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Friday

TTO = Term Time Only

Taff Bargoed Foodbank (Trussell Trust)	St John's Church Hall, Nelson	9.30 am - 12 noon
Welcome Space (free refreshments)	Nelson Library	9.30 am - 1 pm
Play Date (unstructured play 1-4 years)	Nelson Library	10 am - 12 noon
Caffi Croeso	Nelson Library	10.30 am - 12.30 pm
Welcoming Space (free refreshments)	St John's Church Hall, Nelson	11 - 2 pm
Scrabble Club	Nelson Library	2 - 4 pm
Welcoming Space (free refreshments)	Nelson Library	2 - 5 pm
Nelson Rainbows (TTO)	Calfaria Baptist Church, Nelson	5.30 - 6.30 pm
Nelson Brownies (TTO)	St John's Church	5.30 - 7 pm
Bingo	Nelson Community Centre	6.15 - 9 pm
Bethel Youth Club (10-13years) (TTO)	Bethel Church Hall, Nelson	6.30 - 8.00 pm



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Saturday

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Slimming World	St John's Church, Nelson	7.30 am & 9 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
Additional Learning Needs session for Children (fortnightly)	Colliers Adventure Farm	9.30 - 11.30 am
Welcoming Space (free refreshments)	Nelson Library	9.30 am - 1 pm
Lego and Duplo Club	Nelson Library	10 am - 12 noon

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
Sunday Adventure Club (4 -11 years)	Bethel Church Hall, Nelson	11.20 am - 12.20 pm
Taekwon-Do (Junior class)	Nelson Community Centre	5 - 6 pm
Taekwon-Do (Senior class)	Nelson Community Centre	6 - 7 pm

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Email: info@cwtsh.wales

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



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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