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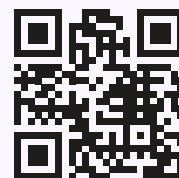
Monday

TTO = Term Time Only

Welcome Space	Friends of Treowen Stars, NP11 3RH	8.30 – 2.30 pm
Dementia Cafe	Newbridge Memo	10 am – 12 pm
Literacy Course	Newbridge Library	10 am – 12 pm
Art and Craft Class	Trinant Community Centre	10 am – 1 pm
Toddler Time	Newbridge Library	10.15 – 11 am
Welcome Space (Coffee and Craft, Seated Movement)	St Paul's Church Hall, NP11 4FH	11 am – 1 pm
Messy Monday (4-11 years)	Newbridge Memo	3.30 – 5.30 pm
Tae Kwon Do	Newbridge Memo	6.30 – 8pm

Tuesday

Welcome Space	Friends of Treowen Stars, NP11 3RH	8.30 – 2.30 pm
Creative Cafe (free breakfast, art workshop and toddler lunch break)	Newbridge Memo	11 am – 2 pm
Crafty Corner	Newbridge Library	4 – 5.30 pm
RockFit	Newbridge Memo	6 – 7 pm
Tuesday Night Dance	Newbridge Memo	7.30 – 10 pm



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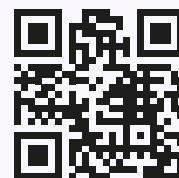
Wednesday

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Welcome Space	Friends of Treowen Stars, NP11 3RH	8.30 – 2.30 pm
Welcome Space	Tabernacle Baptist Church	10 am – 12 pm
Knit and Natter	Trinant Community Centre	10 am – 12.30 pm
Seated Movement (TTO)	Newbridge Memo	10.30 am
Afternoon Tea Dance	Newbridge Memo	2 – 4 pm
Under 15s Performing Arts	Newbridge Memo	5 – 6.30 pm
16+ Performing Arts	Newbridge Memo	6.30 – 8 pm
Newbridge and District Ladies Choir practice	St Pauls Church Hall	7 – 9 pm

Thursday

Welcome Space	Friends of Treowen Stars, NP11 3RH	8.30 – 2.30 pm
The Parent Network (TTO)	Trinant Sports and Social Club	10 am – 12 pm
Welcome Space	Tabernacle Baptist Church	10 am – 12 pm
Kids Dance Class (2–5 years)	Newbridge Memo	3.45 pm
Kids Dance Class (6–10 years)	Newbridge Memo	4.45 pm
Clubbercise with Sian	Newbridge Memo	6 – 7 pm
Bingo	Treowen Star FC	6 pm
Zumba	Trinant Community Hall	6.15 – 7.15 pm
Social Group (Welcome Space) (TTO)	Pentwynmawr Community Hall	6.15 – 8.15 pm
Spiritual Friendship Group	Newbridge Memo	7.15 – 9.15 pm



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Friday

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Digital Fridays	Newbridge Library	10 am - 1 pm
Reading Group (monthly)	Newbridge Library	11 am - 12 pm
Community Cinema Club (Last Fri)	Newbridge Memo	7 pm

Saturday

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 Pilates	Newbridge Memo	9.30 - 10.20 am

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
Jolly Brew Crew (Men's Mental Health group) (monthly)	Newbridge Memo	6.30 - 8 pm

Looking to add an activity?

Email: info@cwtsh.wales

Call: 07581019410

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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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