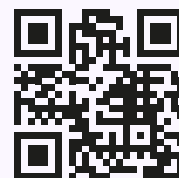


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Monday

TTO = Term Time Only

Fit4living Fitness	Fit4living Gym	8 am - 9 pm
Furniture Revival	Unit 21 Lawn Industrial Estate, NP22 5PW	9 am - 4 pm
Cylch Meithrin (TTO)	St. David's Community Centre	9.15 - 11.30 am
Parent and Toddler group	Abertysswg Community Centre	9.30 - 11.30 am
Growing Space	Hafod Deg Community Garden	9.30 - 3 pm
Welcome Space (free refreshments)	Rhymney Library	9.30 am - 6 pm
Exercise with Ease	St. David's Community Centre	10 - 11 am
Mindful Maths with Multiply (til 27th May)	Rhymney Library	10 am - 12 pm
FREE Music Group (2nd Mon)	Rhymney Day Centre	10 am - 12 pm
URV Wanderers Mixed Walk	Parc Cwm Darran	11 am
Arthritis Support 'Drop in' (2nd Mon)	Rhymney Library	11 am - 1 pm
Cylch Meithrin (TTO)	St. David's Community Centre	12.30 - 2.45 pm
Parent and Toddler Group (0-5 years)	Abertysswg Community Centre	12.30 - 2.30 pm
Fochriw Tots (0-3 years)	Fochriw Community Centre	12.30 - 2 pm
Pop in and Play	Abertysswg Community Centre	4.30 - 5.30 pm
Rhymney Youth Club (TTO)	Rhymney Youth Centre	5 - 7 pm
Kettlebell Fitness	St. David's Community Centre	6 - 7 pm
Table Tennis	Ael-y-Bryn Community Centre	6 - 8 pm
Abertysswg Youth Club (TTO)	Abertysswg RFC	6 - 8 pm
Fochriw Youth Club (TTO)	Fochriw Community Centre	6 - 8 pm
St John Cymru - Badgers & Cadets	St John Ambulance Cymru	6.30 - 7.45 pm
Adult Craft Group	St. Tyfaelog's Church Hall	6.30 - 8.30 pm



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Monday (continued)

TTO = Term Time Only

Walking Football	Idris Davies School	7 - 8 pm
Kyokushin Karate	Pontlottyn Boys & Girls Club	7 - 8.30 pm
Bingo Night	The Brewery Club	7.30 pm

Tuesday

Fit4living Fitness	Fit4living Gym	8 am - 9 pm
Furniture Revival show room	Unit 21 Lawn Industrial Estate, NP22 5PW	9 am - 4 pm
Cylch Meithrin (TTO)	St. David's Community Centre	9.15 - 11.30 am
Baby Play	PLAY Rhymney	9.30 am
Citizens Advice Drop In	Rhymney Integrated Health Centre	9.30 am - 12.30 pm
Welcome Space (free refreshments)	Rhymney Library	9.30 am - 5 pm
Employment Support	Ael-y-Bryn Community Centre	10 am - 12.30 pm
Housing Related Support (drop-in)	Hafod Deg	10 am - 12.30 pm
Caffi Croeso (Welsh - fluent and learners)	Rhymney Library	10.30 am - 12.30 pm
Coffee Morning	Elim Community Church, Pontlottyn	11 am
Knit and Natter	Rhymney Library	11 am - 12.30 pm
Foodbank (Gwent Valleys Evangelism)	Ael-y-Bryn Community Centre	11 am - 1 pm
Fibromyalgia Support Group (1st Tue)	Rhymney Day Centre (WigWam)	11 am - 1 pm
Rhymney Valley Foodbank	Hafod Deg	11 am - 1 pm

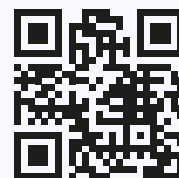


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Tuesday (continued)

TTO = Term Time Only

General Play	PLAY Rhymney	12 - 2.30 pm
Cylch Meithrin (TTO)	St. David's Community Centre	12.30 - 2.45 pm
Ti a Fi (Mother & Baby Group) (TTO)	St. David's Community Centre	1 - 2.30pm
Fochriw OAP-55's Club/Holiday Club	Fochriw Community Centre	1.15 - 3 pm
URV Men's Den	Rhymney Bowls Club	2 - 4 pm
Eat 'N' Play (After-school)	PLAY Rhymney	2.30 - 5.30 pm
Fun and Games Session	Pontlottyn Boys and Girls Club	4.30 - 5.30 pm
Yoga	Abertysswg Community Centre	5 - 6 pm
Slimming World	Ael-y-Bryn Community Centre	5.30 pm
Coffee and Chat	Abertysswg Community Centre	6 - 6.30 pm
BeatFit Fitness Class	St. David's Community Centre	6 - 7 pm
Weight Watching Class followed by Boxercise Class	Pontlottyn Boys and Girls Club	6.45 pm
Slimming World	Ael-y-Bryn Community Centre	5.30 pm
Elevated Elegance Chair and Floor Dance	St David's Community Centre	7.15 pm
Rhymney Silurian Choir Practice (TTO)	Idris Davies School	7.30 - 9 pm
Bingo Night	Ael-y-Bryn Community Centre	7.30 - 9 pm
Darts	Rhymney Social Club	8 - 10 pm

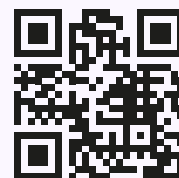


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Wednesday

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Fit4living Fitness	Fit4living Gym	8 am - 9 pm
Furniture Revival	Unit 21 Lawn Industrial Estate, NP22 5PW	9 am - 4 pm
Cylch Meithrin (TTO)	St. David's Community Centre	9.15 - 11.30 am
Parent and Toddlers Play	PLAY Rhymney	9.30 am
Parent Network (Crafts and refreshments) (TTO)	Abertysswg Community Centre	9.30 - 11.30 am
Parent Network (Crafts and refreshments) (TTO)	Ysgol Y Lawnt, Rhymney	9.30 - 11.30 am
Welcome Space (free refreshments)	Rhymney Library	9.30 am - 6 pm
Cwtsh Cafe (cuppas, company & more)	St. David's Community Centre	10 am - 12 noon
Art Group	Rhymney Day Centre (Wigwam)	10 am - 12 noon
Computer Class	Rhymney Library	10 am - 12 noon
Cooking with Multiply (til 28th Feb)	Ael-y-Bryn Community Centre	10 am - 1 pm
First Steps Cooking on a Budget course (til 22/5)	Hafod Deg	10 am - 1 pm
Wellbeing Group (Gwelcol)	Hafod Deg	10.15 - 11.15 am
Cooking Group (Gwelcol-Referral required)	Hafod Deg	11.30 - 1.30 pm
The Parent Network (TTO)	St. David's Community Centre	12 pm
General Play	PLAY Rhymney	12 - 2.30 pm
Crafteas (Adult craft group)	Fochriw Pentecostal Church	12.30 - 2.30 pm
Eat 'N' Play (After-school)	PLAY Rhymney	2.30 - 5.30 pm
Cylch Meithrin (TTO)	St. David's Community Centre	12.30 - 2.45 pm
St. David's Den (After school club)	St. David's Church, Rhymney	3.30 pm



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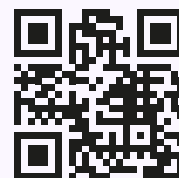
Wednesday (continued)

TTO = Term Time Only

Drama Group (4-8 years)	St. Tyfaelog's Church Hall	4.30 - 5.30 pm
Kids BoxFit (3-5 years)	Pontlottyn Boys and Girls	5.15 pm
Drama group (8+ years)	St. Tyfaelog's Church Hall	5.30 - 6.30 pm
Kids BoxFit (7-11 years)	Pontlottyn Boys and Girls	6 pm
Abertysswg Youth Club (TTO)	Abertysswg RFC	6 - 8 pm
Table Tennis	Ael-y-Bryn Community Centre	6 - 8 pm
Line Dancing	The Brewery Club	7.30 - 10 pm

Thursday

Fit4living Fitness	Fit4living Gym	8 am - 9 pm
Furniture Revival show room	Unit 21 Lawn Industrial Estate, NP22 5PW	9 am - 4 pm
Cylch Meithrin (TTO)	St. David's Community Centre	9.15 - 11.30 am
B2gether Buggy Fitness	Parc Bryn Bach	9.30 am
Baby Play	PLAY Rhymney	9.30 am
Parent Network (Crafts and refreshments) (TTO)	Pontlottyn Boys and Girls Club	9.30 - 11.30 am
Growing Space (Men's Shed)	Hafod Deg Community Garden	9.30 - 3 pm
Welcome Space (free refreshments)	Rhymney Library	9.30 am - 5 pm
Help Me Quit (Smoking) (appointment required, ring 0800 085 2219)	Rhymney Library	10 am - 12 pm
Book Club (1st Thurs)	Rhymney Library	10.30 - 11.30 am
St David's Cafe Corner	St David's Church, Rhymney	10.45 am - 12 pm
Rhymney Heritage Story Walk	Start location - confirmed online	11 am
General Play	PLAY Rhymney	12 - 2.30 pm
The Parent Network (TTO)	Fochriw Community Centre	12.30 - 2.30 pm



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Thursday (continued)

TTO = Term Time Only

Cylch Meithrin (TTO)	St. David's Community Centre	12.30 - 2.45 pm
Easter Activities (4th April)	Rhymney Library	2 - 3 pm
Adult Art and Craft/Welcome Space	Rhymney Day Centre (Wigwam)	2.30 - 4.30 pm
Eat 'N' Play (After-school)	PLAY Rhymney	2.30 - 5.30 pm
Football Coaching (Boys 8 - 11)	Pontlloftyn Boys & Girls Club	4.30 - 5.30 pm
Rhymney Youth Club (TTO)	Rhymney Youth Centre	5 - 7 pm
Get Fitter, Get Stronger (Exercise Class)	Ael y Bryn Community Centre	6 - 7 pm
Kettlebell Fitness	St. David's Community Centre	6 - 7 pm
Fochriw Youth Club (TTO)	Fochriw Community Centre	6 - 8 pm
Ladies Boxercise	Abertysswg Community Centre	7 - 8 pm
Kyokushin Karate	Pontlloftyn Boys & Girls Club	7 - 8.30 pm
Open Mic Night	The Farmers Arms	7 pm
Rhymney Millennium Chorale	Idris Davies School	7.30 pm
Quiz	The Brewery Club	8 pm
Pool	Rhymney Social Club	8 pm



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Friday

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Fit4living Fitness	Fit4living Gym	8 am - 9 pm
Help Me Quit (Smoking) (appointment required, ring 0800 085 2219)	Rhymney Integrated Health Centre	9 am - 1 pm
Furniture Revival	Unit 21 Lawn Industrial Estate, NP22 5PW	9 am - 4 pm
Cylch Meithrin (TTO)	St. David's Community Centre	9.15 - 11.30 am
General Play	PLAY Rhymney	9.30 am
Welcome Space (free refreshments)	Rhymney Library	9.30 am - 5 pm
Music Session with RecRock (TTO)	Rhymney Day Centre (Wigwam)	10 am - 12 pm
River Clean Up with Groundwork Wales (5th April)	Old Brewery Lane, Rhymney	10 am - 12 pm
River Clean Up with Groundwork Wales (12th April)	Pontlottyn Rugby Field	10 am - 12 pm
Rhymney Social Strollers (19th April)	Parc Bryn Bach, Tredegar	10 am - 12 noon
Rhymney Social Strollers (26th April)	Parc Cwm Darran, Deri	10 am - 12 noon
Fruity Fridays (Arts and Crafts)	Fochriw Community Centre	10 am - 12 noon
Quiet Play Time (ALN)	PLAY Rhymney	12 pm
Cylch Meithrin (TTO)	St. David's Community Centre	12.30 - 2.45 pm
General Play	PLAY Rhymney	2.30 pm
Kids BoxFit (3-6 years)	Abertysswg Community Centre	5.15 pm
Kids BoxFit (7-11 years)	Abertysswg Community Centre	6 pm
Taekwondo Classes (8+ years)	Ael-y-Bryn Community Centre	5.30 - 6.30 pm



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Saturday

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Fit4living Fitness	Fit4living Gym	9 am - 1 pm
Park Run (5km)	Parc Penallta. Ystrad Mynach	9 am
Park Run (5km)	Parc Bryn Bach	9 am
General Play	PLAY Rhymney	9.30 am
Football Coaching (Boys: 8-11years)	Pontlottyn Boys & Girls Club	10.30 - 11.30 am
Table-top Sale (1st Sat)	St. David's Community Centre	10.30 am - 3.30 pm

Sunday

Fit4living Fitness	Fit4living Gym	8 am - 1 pm
Junior Park Run (2km, 4-14years)	Parc Bryn Bach	9 am
Junior Park Run (2km, 4-14years)	Parc Penallta. Ystrad Mynach	9 am
Walk & Talk Women's Group (Blaenau Gwent)	Parc Bryn Bach	10 am
Tai Chi Movement Class	St. David's Community Centre	10 - 11 am
The Welcome Hub (Free Drinks)	Calvary Church, Rhymney	1 - 5 pm
Taekwondo Classes (8+ years)	Ael-y-Bryn Community Centre	5 - 6 pm
Bingo (18+ years)	Abertysswg Community Centre	6 - 8 pm
Bingo Night	Rhymney Rugby Club	7 - 9 pm

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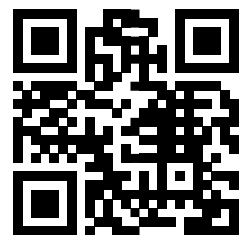
More details

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



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