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## APRIL 2024

### Monday

TTO = Term Time Only

Chiropractic and Wellness Services	Risca Chiropractic and Wellness Clinic	Appointments
Counselling/therapeutic services	Time Wellbeing Centre	Appointments
TLC Community Cafe	TLC, Ty Sign	9 am - 1 pm
Cafe & Community Fridge	Snug Coffee Shop	9 am - 2 pm
Ty-Sign Tots (TTO)	Channel View Community Centre	9.30 - 11.30 am
Woodworking	Oxford House, Risca	9.30 - 11.30 am
Welcome Space (free refreshments)	Risca and Abercarn Libraries	9.30 am - 1 pm
Police Cyber Surgery Pop-up (22nd April)	Risca Library	9.30 am - 1 pm
Golden Girls (over 50's Fitness)	Risca Senior Citizens Hall	10 - 11 am
Knit and Natter (fortnightly)	Abercarn Library	10 am - 12 pm
Digital Skills	Oxford House, Risca	10 am - 12 pm
Wall Pilates with Michelle	Time Wellbeing Centre	10.30 - 11.15 am
Crochet Club (non-beginners)	The Hive	10.30 am - 12 pm
Welcome Space (free refreshments)	Zion Baptist Church, NP11 7EF	10.30 am - 1 pm
Welcome Space (Arts and Crafts)	TLC Cafe, Ty Sign	1 - 3 pm
Food Pantry	The Pantri, Risca	1 - 4 pm
Seated Movement	TLC Cafe, Ty Sign	1.30 - 2.30 pm
Crochet Class	Oxford House, Risca	1.30 - 3.30 pm
Digital Skills	Risca Library	2 - 4 pm
Knit and Natter	Cwmcarn OAP Hall	2 - 4 pm
Welcome Space (free refreshments)	Abercarn Library	2 - 5 pm



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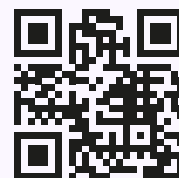
### Monday (continued)

TTO = Term Time Only

Welcome Space (free refreshments)	Risca Library	2 - 6 pm
Rhyme Time (TTO)	Abercarn Library	2.15 - 2.45 pm
Gaming Club	Risca Library	3 - 5 pm
Chatterbooks Reading Club (22nd April)	Risca Library	4 - 5 pm
Autistic and Visually Impaired Rugby (8-16 year olds)	Risca Rugby Club	4.30 - 5.30 pm
Junior Boxing (8 - 16 years)	Cwmcarn Boxing Club	5 - 6 pm
Walking Football (Over 30's)	Risca Leisure Centre	5 - 6 pm
Crosskeys Youth Club (TTO)	Crosskeys Youth Centre	5 - 7 pm
Boxing (16+ years)	Cwmcarn Boxing Club	6 - 7 pm
FitSteps	St. Margarets Church Hall	6.30 - 7.30 pm
Clubbercise	St Mary's Church Hall	6.45 pm
Zumba	Abercarn Scout Hut	7 pm
Adults Self Defence	St John Ambulance Hall	7 - 8.30 pm
Men's Darts	Commercial Inn, Risca	8 pm

### Tuesday

Chiropractic and Wellness Services	Risca Chiropractic and Wellness Clinic	Appointments
Counselling/therapeutic services	Time Wellbeing Centre	Appointments
Cafe & Community Fridge	Snug Coffee Shop	9 am - 2 pm
Slimming World	Risca Senior Citizens Hall	9 am & 11 am
Low Impact Fitness	New Life Christian Church, Abercarn	9.30 am
Risca Foodbank	Risca Salvation Army Hall	9.30 - 11.30 am
Housing Support - Plattform	Risca Salvation Army Hall	9.30 - 12 noon



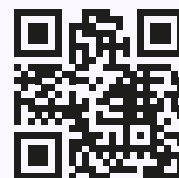
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### Tuesday (continued)

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Welcome Space (free refreshments)	Risca Library	9.30 am - 1 pm
Food Pantry	The Pantri, Risca	9 am - 2 pm
ESOL Language course	Oxford House, Risca	10 am - 12 pm
The Parent Network (TTO)	Ty Sign Methodist Church, Risca	10 am - 12 pm
Walk and Talk	Risca Leisure Centre	10.30 - 12.30 pm
Toddlers Story and Rhyme Time (TTO)	Risca Library	11 am - 12 noon
Eid storytime (9th April)	Risca Library	11 am - 12 pm
Caerphilly Employment Support	Risca TLC	11 am - 2 pm
Easter Fun Day (2nd April)	Crosskeys Youth Centre	11 am - 2 pm
Chatty Cafe	Snug Coffee Shop	12 - 2 pm
Essential Skills	Risca Library	12.30 - 3 pm
Short Mat Bowls	Risca Youth and Community Centre	12.30 - 2.30 pm
Craft Club (Bring your project)	The Hive	12.45 - 2.45 pm
Literacy Course	Risca Library	12.45 - 2.45 pm
Friends Together (Games group)	Bethany Baptist Church, Risca	2 - 4 pm
Help Me Quit (Smoking) (appointment required, ring 0800 085 2219)	Wellspring Medical Centre	2 - 4 pm
Welcome Space (free refreshments)	Risca Library	2 - 5 pm
Yarn Club for Teens and Pre-Teens	The Hive	4 - 5.30 pm
Risca Youth Club (TTO)	Snug Coffee Shop	5.30 - 7.30 pm
Zumba	Risca RFC	6 - 7 pm
FitSteps	Crosskeys Rugby Club	6.30 - 7.30 pm
Women's Wellbeing Group	The Hive	6.45 - 8.15 pm



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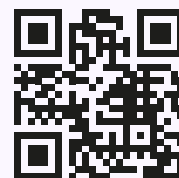
### Tuesday (continued)

TTO = Term Time Only

SHADE (self-help depression group)	Dan-y-Graig Church Hall, Risca	7 - 9 pm
Connect Theatre Rehearsals	Party 'N' Play, 136-140 Corporation Road	7 - 9 pm
Adults Self Defence	Risca Leisure Centre	7.30 - 9.30 pm
DDP Yoga	Channel View Community Centre	7.45 - 8.45 pm
Darts	Commercial Inn, Risca	8 pm

### Wednesday

Chiropractic and Wellness Services	Risca Chiropractic and Wellness Clinic	Appointments
Counselling/therapeutic services	Time Wellbeing Centre	Appointments
Cafe & Community Fridge	Snug Coffee Shop	9 am - 2 pm
TLC Community Cafe	TLC Cafe, Ty Sign	9 am - 1 pm
Toddler Time (TTO)	St David's Church	9.15 - 11.15 am
Woodworking	Oxford House, Risca	9.30 - 11.30 am
Welcome Space (free refreshments)	Risca and Abercarn Libraries	9.30 am - 1 pm
Golden Girls (over 50's Fitness)	Risca Senior Citizens Hall	10 - 11 am
ESOL Language course	Oxford House, Risca	10 am - 12 pm
Numeracy Course (TTO)	Abercarn Library	10 am - 12 pm
Free 60+ Walking group (booking required) (fortnightly)	Cwmcarn Forest Drive	10 am - 2 pm
Free 60+ E-Biking group (booking required) (fortnightly)	Cwmcarn Forest Drive	10 am - 2 pm
Newbies & 2bies (mobile toddlers) (TTO)	New Life Christian Church, Abercarn	10.15 - 11.45 am

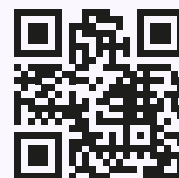


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### Wednesday (continued)

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Wellbeing Walk	Snug Coffee Shop	10.30 am
Lunch Club	Risca Salvation Army Hall	12 - 1 pm
Essential Skills	Risca Library	12.30 - 3 pm
Newbies & 2bies (Non-mobile toddlers) (TTO)	New Life Christian Church, Abercarn	1 - 2 pm
Digital Skills	Oxford House, Risca	2 - 4 pm
Help with NHS Hearing Aids (4th Weds)	Risca Library	2 - 4 pm
Welcome Space (free refreshments)	Risca and Abercarn Libraries	2 - 6 pm
Code Club (9-12 years) (TTO)	Risca Library	4 - 5 pm
Story and Craft	Risca Library	4 - 5 pm
Reading Group (Last Weds)	Risca Library	4 - 5 pm
Junior Boxing (8 - 16 years)	Cwmcarn Boxing Club	5 - 6 pm
Crosskeys Youth Club (TTO)	Crosskeys Youth Centre	5 - 7 pm
Boxing (16+ years)	Cwmcarn Boxing Club	6 - 7 pm
Walking Rugby	Risca Rugby Club	6 - 7 pm
Baking Class	Oxford House, Risca	6 - 8 pm
Numeracy Pre-GCSE	Oxford House, Risca	6 - 8 pm
Dragons AllStars (mixed ability rugby)	Risca Rugby Club	7.30 - 8.30 pm



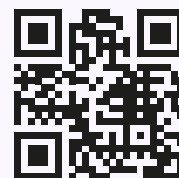
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Chiropractic and Wellness Services	Risca Chiropractic and Wellness Clinic	Appointments
Counselling/therapeutic services	Time Wellbeing Centre	Appointments
Cafe & Community Fridge	Snug Coffee Shop	9 am - 2 pm
Happy Tots (Parents & toddlers) (TTO)	Risca Senior Citizens Hall	9.30 - 11.30 am
Welcome Space (free refreshments)	Risca and Abercarn Libraries	9.30 am - 1 pm
Coffee Morning	Tŷ Isaf Church, Risca	10 am - 12 noon
Crafting on a budget	Abercarn New Life Church	10 am - 12 pm
Library Play Date (TTO)	Risca Library	10 am - 12 pm
Reading Group (1st Thurs)	Abercarn Library	10 am - 12 pm
Family History Help Desk (18th April)	Risca Library	10 am - 12.30 pm
Dressmaking Sewing Belles	Oxford House, Risca	10 am - 1 pm
Scrabble Club	Risca Library	10 am - 1 pm
Coffee Morning	Dan-y-Graig Church Hall	10.30 am - 12 noon
Caffi Croeso (all abilities welcome)	Risca Library	10.30 - 12 pm
Welcoming Space	New Life Christian Church, Abercarn	11 am - 2 pm
Dragons Sporting Memories Session	Risca Rugby Club	11.30 am - 1.30 pm
Caerphilly Carers Support Group (2nd Thurs)	The Coffee Mill, Risca	12 - 1.30 pm
Toddler Time (TTO)	St David's Church	12 - 2 pm
Welcome Space (Arts and Crafts)	TLC, Ty Sign	1 - 3 pm
SHADE (self-help depression group)	Dan-y-Graig Church Hall	1 - 3 pm
Bingo	TLC Cafe, Ty Sign	1 - 4 pm



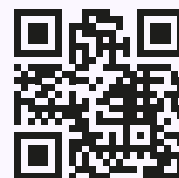
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### Thursday (continued)

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Print Making with ART	Oxford House, Risca	2 - 4 pm
Welcome Space (free refreshments)	Risca and Abercarn Libraries	2 - 5 pm
Spring Crafts (4th April)	Risca Library	2.30 - 3.30 pm
Lego & Colouring Club (TTO)	Abercarn Library	3.30 - 4.30 pm
Junior Craft Club (2nd Thurs)	The Hive	4 - 5.30 pm
Teenage Craft Club (4th Thurs)	The Hive	4 - 5.30 pm
Community Cooking on a Budget (booking essential: <a href="mailto:info@cvw.org.uk">info@cvw.org.uk</a> )	Snug Coffee Shop	5 - 7 pm
Bilingual Textile Craft	Oxford House, Risca	5 - 8 pm
Risca Youth Club (TTO)	Risca TLC	5.30 - 7.30 pm
Risca Youth Club (Year 6 & 7 only) (TTO)	Snug Coffee Shop	5.30 - 7.30 pm
Step and Tone	New Life Christian Church, Abercarn	6 - 6.45 pm
St John Cadets (11 - 18 years) (TTO)	St John Ambulance Hall	6 - 7 pm
Craft Club	The Hive	6 - 7.30 pm
Patchwork	Oxford House, Risca	6 - 8 pm
Print Making with ART	Oxford House, Risca	6 - 8 pm
Risca Male Choir practice	Old Council Offices, Risca	7 - 9 pm
St John Ambulance (17+ years)	St John Ambulance Hall	7.15 - 8.30pm
Makaton Sing and Sign	CVW UK via Zoom	7.30 - 8.30 pm
Quiz Night	Risca Workingmen's Branch Club	8 pm



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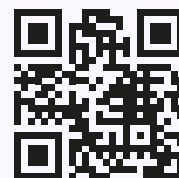
## APRIL 2024

### Friday

TTO = Term Time Only

Chiropractic and Wellness Services	Risca Chiropractic and Wellness Clinic	Appointments
Counselling/therapeutic services	Time Wellbeing Centre	Appointments
Cafe & Community Fridge	Snug Coffee Shop	9 am - 2 pm
Risca Foodbank	Risca Salvation Army Hall	9.30 - 11.30 am
Welcome Space (free refreshments)	Risca Library	9.30 am - 1 pm
Caerphilly Cares Pop-up (19th April)	Risca Library	9.30 am - 1 pm
Caerphilly Employment support	Risca Library	9.30 am - 3.30 pm
Games Day	Risca Library	9.30 am - 5 pm
CVW Coffee Morning (free refreshments and fun)	Channel View Community Centre	10 am - 12 noon
British Sign Language Coffee Morning (starting 12th April)	Oxford House, Risca	10 am - 12 noon
Coffee Morning	Bethany Baptist Church	10 am - 12 noon
Arts and Crafts	TLC, Ty Sign	10 am - 12 noon
Tiny Talk for 0-2 years (TTO)	St Mary's Church Hall	10.30 - 11.30 am
Craft Club (Bring your project)	The Hive	10.30 am - 12.30 pm
Poetry Group	Risca Library	11 am - 12 pm
Knit and Natter	Risca Library	11 am - 12.45 pm
Total Body Basics	Risca Leisure Centre	12 noon - 12.40 pm
Knit & Yarn	TLC Cafe, Ty Sign	1 - 3 pm
Welcome Space (Arts and Crafts)	TLC Cafe, Ty Sign	1 - 3 pm
Aqua Mobility Flexibility Relaxation	Risca Leisure Centre	1.30 - 2.15 pm
Cwmcarn Friday Get Together	Cwmcarn OAP Hall	1.30 - 4 pm
Welcome Space (free refreshments)	Risca Library	2 - 5 pm





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Aqua Fun for Kids	Risca Leisure Centre	2.15 – 3 pm
Food Pantry	The Pantri, Risca	4 – 6 pm
Junior Boxing (8 – 16 years)	Cwmcarn Boxing Club	5 – 6 pm
Friendly Friday (free hot meal and activities)	Snug Coffee Shop	5.30 – 7 pm
Boxing (16+)	Cwmcarn Boxing Club	6 – 7 pm
Under-11s kids club	Ty Isaf Church	6 – 7 pm
Zumba	Risca Rugby Club	6 – 7 pm
Pole Fitness	St. David's Community Centre	6.30 – 7.30 pm
Family Roller Skating	Risca Leisure Centre	7.15 – 8.45 pm
Over-11s Kids Club (TTO)	Ty Isaf Church	7.15 – 8.30 pm

### Saturday

Chiropractic and Wellness Services	Risca Chiropractic and Wellness Clinic	Appointments
Counselling/therapeutic services	Time Wellbeing Centre	Appointments
Park Run (5km)	Penallta House, Ystrad Mynach	9 am
Park Run (5km)	Parc Bryn Bach, Tredegar	9 am
Cafe & Community Fridge	Snug Coffee Shop	9 am – 2 pm
Welcome Space (free refreshments)	Risca Library	9.30 am – 4 pm
Games Day	Risca Library	9.30 am – 4 pm
Kids B Active	Risca Leisure Centre	10 – 11 am
Adult Reading Group (1st Sat)	Risca Library	10 – 11 am
Creative Writing (fortnightly)	Risca Library	10 am – 12 pm



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### Saturday (continued)

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Craft Club (Bring your project)	The Hive	10.30 - 12.30 pm
Story Time and Lego Club (TTO)	Risca Library	11 am - 12 pm
Find the Little Duck Event (6th April)	Risca Library	11 am - 12 pm
Food Pantry	The Pantri, Risca	12 - 2 pm
Scrabble Day Event (13th April)	Risca Library	12.30 - 3.30 pm
Chess Club	Risca Library	2 - 3 pm
Karaoke (Live Music)	Commercial Inn, Risca	8 pm

### Sunday

Junior Park Run (2km, 4-14years)	Parc Bryn Bach, Tredegar	9 am
Junior Park Run (2km, 4-14years)	Penallta House, Ystrad Mynach	9 am
Monthly Tabletop Sale (2nd Sun)	TLC Cafe, Ty-Sign	10 am - 3 pm
Risca Male Choir practice	Old Council Offices, Risca	6 - 8 pm

### Looking to add an activity?

Email: [info@cwtsh.wales](mailto:info@cwtsh.wales)  
Call: 07305 714695

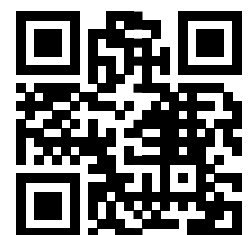
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### More details

For more details of the activities and providers, visit [www.cwtsh.wales](http://www.cwtsh.wales) or scan the QR code opposite.

More information on wellbeing activities and support is also available at:



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