



Gwyl Lles Rhisga

CWTSH

Risca Wellbeing Festival

Mehefin 24 - 30 June

www.cwtsh.wales



**something for everyone
rhywbeth i bawb**



rhaglen - programme



Please note: some regular activities & sessions have costs** and/or numbers restricted
 - see www.cwtsh.wales/risca for full details -

Monday 24 June - Saturday 29 June

Fun Wellbeing Trail - Town centre: find the images to enter into a prize draw

Monday 24 June

Chiropractic and Wellness Services**	Risca Chiropractic and Wellness Clinic	Appointments
Counselling/therapeutic services**	Time Wellbeing Centre	Appointments
Cafe	Snug Coffee Shop	8 am - 2.30 pm
TLC Community Cafe	TLC cafe, Ty Sign	9 am - 1 pm
Foodbank Support	TLC cafe, Ty Sign	9 am - 1 pm
Body Conditioning**	Risca Leisure Centre	9.30 - 10.15 am
Ty-Sign Tots**	Channel View Community Centre	9.30 - 11.30 am
Woodworking	Oxford House, Risca	9.30 - 11.30 am
Welcome Space (free refreshments)	Risca Library	9.30 am - 1 pm
Healthier Risca support & info (free refreshments)	Risca Library	10 am - 12.30 pm
Golden Girls (over 50's Fitness)**	Risca Senior Citizens Hall	10 - 11 am
Digital Skills	Oxford House, Risca	10 am - 12 noon
Pilates**	Risca Leisure Centre	10.15 - 11 am
Wall Pilates with Michelle**	Time Wellbeing Centre	10.30 - 11.15 am
Crochet Club (non-beginners)**	The Hive	10.30 am - 12.30 pm
Food Pantry	The Pantri, Risca	12 - 3 pm
Crochet Class	Oxford House, Risca	1.30 - 3.30 pm
Digital Skills	Risca Library	2 - 4 pm
Discover Risca - Canal Walk	Meet by McDougall's	2 - 4 pm
Welcome Space (free refreshments)	Risca Library	2 - 6 pm
Gaming Club	Risca Library	3 - 5 pm
Autistic & Visually Impaired Rugby (8-16 year olds)	Risca Rugby Club	4.30 - 5.30 pm



Monday 24 June... continued

Walking Football (Over 30's)**	Risca Leisure Centre	5 - 6 pm
Body Conditioning**	Risca Leisure Centre	5.30 - 6.15 pm
Group Cycling**	Risca Leisure Centre	6 - 6.45 pm
Power Yoga Flow**	Risca Leisure Centre	6.20 - 7 pm
FitSteps**	St. Margarets Church Hall	6.30 - 7.30 pm
Clubbercise**	St Mary's Church Hall	6.45 pm
Short Tennis Social**	Risca Leisure Centre	7 - 7.40 pm
Head Space Music Mindfulness	Snug Coffee Shop	7 - 8 pm
Adults Self Defence**	St John Ambulance Hall	7 - 8.30 pm
Yoga with Audrey**	Time Wellbeing Centre	7 - 8.30 pm
Kettlebells**	Risca Leisure Centre	7.05 - 7.50 pm
Men's Darts**	Commercial Inn, Risca	8 pm
Aqua Aerobics**	Risca Leisure Centre	8 - 8.45 pm

Tuesday 25 June

Better Business Breakfast	Risca Rugby Club	8 - 9 am by invitation
Chiropractic and Wellness Services**	Risca Chiropractic and Wellness Clinic	Appointments
Counselling/therapeutic services**	Time Wellbeing Centre	Appointments
Cafe	Snug Coffee Shop	8 am - 2.30 pm
Slimming World**	Risca Senior Citizens Hall	9 am & 11 am
Group Cycling**	Risca Leisure Centre	9.30 - 10.15 am
Welcome Space (free refreshments)	Risca Library	9.30 am - 1 pm
Risca Foodbank (and Platform support)	Risca Salvation Army Hall	9.30 - 11.30 am
Multiply Drop-in session	TLC Cafe	9.30 - 11.30 am
Food Pantry	The Pantri, Risca	9.30 am - 1 pm
ESOL Language course	Oxford House, Risca	10 am - 12 noon
Mindful Journaling	Risca Library	10 am - 12 noon
The Parent Network - Glass Etching	Ty Sign Methodist Church, Risca	10 am - 12 noon



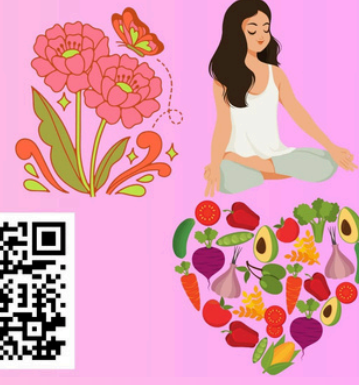
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Tuesday 25 June... continued

Pilates**	Risca Leisure Centre	10.15 - 11 am
Eat - Sleep - Live well (talk & workshop)	Risca Library	10.30 - 11.30 am
Kettlebells**	Risca Leisure Centre	10.30 - 11.15 am
Toddlers Story and Rhyme Time	Risca Library	11 am - 12 noon
Community Feeds (Welcome Space)	TLC cafe, Ty Sign	11 am - 1.30 pm
Chatty Cafe	Snug Coffee Shop	12.30 - 2 pm
Craft Club (Bring your project)**	The Hive	12.45 - 2.45 pm
Ageing Well - support and info event	Oxford House	1 - 3.30 pm
Friends Together (Games group)	Bethany Baptist Church, Risca	2 - 4 pm
Help Me Quit (Smoking) - appointments	Wellspring Medical Centre	2 - 4 pm
Wales Gene Park - Roadshow (talks and fun/creative activities)	Risca Library	2 - 5 pm
Welcome Space (free refreshments)	Risca Library	2 - 5 pm
HiiT**	Risca Leisure Centre	4.30 - 5.15 pm
Pilates**	Risca Leisure Centre	5 - 5.50 pm
Junior Lifeguard**	Risca Leisure Centre	5.30 - 6.25 pm
Dance Fit**	Risca Leisure Centre	5.30 - 6.45 pm
Risca Youth Club	Snug Coffee Shop	5.30 - 7.30 pm
Group Cycling**	Risca Leisure Centre	6 - 6.45 pm
Zumba**	Risca Rugby Club	6 - 7 pm
Yin Yoga Flow**	Risca Leisure Centre	6 - 7.30 pm
Intro2HIIT**	Risca Leisure Centre	6.30 - 7.15 pm
Women's Wellbeing Group**	Time Wellbeing Centre	6.45 - 8.15 pm
Circuits**	Risca Leisure Centre	7 - 7.45 pm
SHADE (self-help depression group)	Dan-y-Graig Church Hall, Risca	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



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Wednesday 26 June

Open Doors Day activities and free tea, coffee and cake	Oxford House, Risca	9.30 am onwards
Chiropractic and Wellness Services**	Risca Chiropractic and Wellness Clinic	Appointments
Counselling/therapeutic services**	Time Wellbeing Centre	Appointments
Cafe	Snug Coffee Shop	8 am - 2.30 pm
TLC Community Cafe	TLC cafe, Ty Sign	9 am - 1 pm
Foodbank Support	TLC cafe, Ty Sign	9 am - 1 pm
Toddler Time**	St David's Church	9.15 - 11.15 am
Group Cycling**	Risca Leisure Centre	9.30 - 10.15 am
Welcome Space (free refreshments)	Risca Library	9.30 am - 1 pm
Woodworking	Oxford House, Risca	9.30 - 11.30 am
Healthier Risca support & info (free refreshments)	Risca Library	10 am - 12.30 pm
Golden Girls (over 50's Fitness)**	Risca Senior Citizens Hall	10 - 11 am
Woodworking	TLC cafe, Ty Sign	10 - 12 noon
Caerphilly People's First with RecRock	Oxford House, Risca	10 am - 12 noon
ESOL Language course	Oxford House, Risca	10 am - 12 noon
Dicky Tickers Healthier Heart Walk	Meet by McDougall's	10 am - 12 noon
Get Pumped**	Risca Leisure Centre	10.30 - 11.15 am
Bees and Honey - Discovery Session	Oxford House, Risca	10.30 am onwards
Creating Writing for Pleasure	Risca Library	10.30 am - 12.30 pm
Community Litter Pick	Tredegarr Grounds, Risca	11.30 am
Lunch Club**	Risca Salvation Army Hall	12 - 1 pm



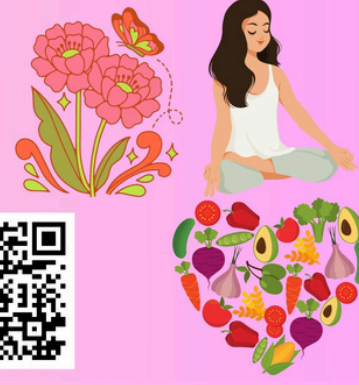
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Wednesday 26th June... (continued)

Essential Skills	Risca Library	12.30 - 3 pm
Chair Fit**	Risca Leisure Centre	12.45 - 1.30 pm
Risca Stories - local history talks	Oxford House, Risca	1 - 3 pm
Nature Discovery Walk & Geocaching (Gwent Wildlife Trust)	Meet by Pontymister Cricket Club	1.30 - 3 pm
Aqua Aerobics**	Risca Leisure Centre	1.45 - 2.30 pm
Digital Skills	Oxford House, Risca	2 - 4 pm
Help with NHS Hearing Aids	Risca Library	2 - 4 pm
Welcome Space (free refreshments)	Risca Library	2 - 6 pm
Community Litter Pick	Oxford House, Risca	2.30 pm
Music Bingo and Fun Quiz	Ty Isaf Complex	2.30 - 3.30 pm
Elm Drive Nature Trail Event	TLC cafe, Ty Sign	3 - 6 pm
Code Club (9-12 years)	Risca Library	4 - 5 pm
Reading Group	Risca Library	4 - 5 pm
Group Cycling**	Risca Leisure Centre	6 - 6.45 pm
Step with Weights**	Risca Leisure Centre	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
Boxercise**	Risca Leisure Centre	7 - 7.45 pm
Dragons AllStars (mixed ability rugby)**	Risca Rugby Club	7.30 - 8.30 pm



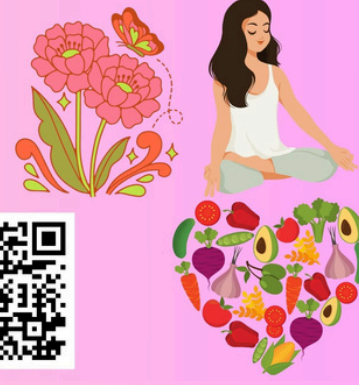
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Thursday 27th June

ZenFest Day Creative Wellbeing Activities	Risca Library	All day
Chiropractic and Wellness Services**	Risca Chiropractic and Wellness Clinic	Appointments
Counselling/therapeutic services**	Time Wellbeing Centre	Appointments
Cafe	Snug Coffee Shop	8 am - 2.30 pm
Group Cycling**	Risca Leisure Centre	9.30 - 10.15 am
Creative Journaling for Wellbeing All ages	Risca Library	9.30 am - all day
Pilates**	Risca Leisure Centre	9.30 - 10.15 am
Happy Tots (Parents & toddlers)**	Risca Senior Citizens Hall	9.30 - 11.30 am
Welcome Space (free refreshments)	Risca Library	9.30 am - 1 pm
Mini-Movers Drama Session (under 6s)	Risca Library	10 - 11 am
Coffee Morning	Tŷ Isaf Church, Risca	10 am - 12 noon
Seniors Coffee and Cake	TLC cafe, Ty Sign	10 am - 12 pm
Library Play Date	Risca Library	10 am - 12 pm
Dressmaking Sewing Belles	Oxford House, Risca	10 am - 1 pm
Scrabble Club	Risca Library	10 am - 1 pm
Body Conditioning	Risca Leisure Centre	10.15 - 11 am
Coffee Morning	Dan-y-Graig Church Hall	10.30 am - 12 noon
Caffi Croeso (Welsh Language Cafe) all abilities welcome	Risca Library	10.30 - 12 noon
Yoga with Audrey**	Time Wellbeing Centre	11 am - 12.30 pm
Seated Movement (Over 50s/limited mobility)	Risca Library	11 am - 12 noon
Dragons Sporting Memories Session	Risca Rugby Club	11.30 am - 1.30 pm
Toddler Time**	St David's Church	12 - 2 pm
SHADE (self-help depression group)	Dan-y-Graig Church Hall	1 - 3 pm

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Thursday 27th June... continued

Arts and Crafts (All ages)	Risca Library	12.30 - 2.30 pm
Bingo**	TLC cafe, Ty Sign	1 - 3 pm
Nordic Walking Taster Session**	Tredegar Park	1.30 - 2.30 pm
Welcome Space (free refreshments)	Risca Library	2 - 5 pm
Silent Disco (All ages)	Risca Library	4- 5 pm
Pilates**	Risca Leisure Centre	5 - 5.50 pm
Bilingual Textile Craft	Oxford House, Risca	5 - 8 pm
St John Cadets (11 - 18 years)**	St John Ambulance Hall	6 - 7 pm
Kettlebells**	Risca Leisure Centre	6 - 6.45 pm
Yoga Flow**	Risca Leisure Centre	6 - 7.30 pm
Craft Club**	The Hive	6 - 8 pm
Patchwork	Oxford House, Risca	6 - 8 pm
Circuits**	Risca Leisure Centre	7 - 8 pm
Menopause Fit**	Risca Leisure Centre	7 - 8 pm
Risca Male Choir Public rehearsal Session	Old Council Offices, Risca	7 - 9 pm
St John Ambulance (17+ years)	St John Ambulance Hall	7.15 - 8.30pm
Quiz Night**	Risca Workingmen's Branch Club	8 pm

Friday 28th June

Chiropractic and Wellness Services**	Risca Chiropractic and Wellness Clinic	Appointments
Counselling/therapeutic services**	Time Wellbeing Centre	Appointments
Cafe	Snug Coffee Shop	8 am - 2.30 pm
TLC Community Cafe	TLC cafe, Ty Sign	9 am - 1 pm
Foodbank Support	TLC cafe, Ty Sign	9 am - 1 pm
Bodyblast**	Risca Leisure Centre	9.30 - 10.15 am



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Friday 28th June... continued

Risca Foodbank	Risca Salvation Army Hall	9.30 - 11.30 am
Welcome Space (free refreshments)	Risca Library	9.30 am - 1 pm
Caerphilly Employment	Risca Library	9.30 am - 3.30 pm
Healthier Risca plus Cost of Living Event	TLC	10 am - noon
CVW Coffee Morning (free refreshments and fun)	Channel View Community Centre	10 am - 12 noon
British Sign Language Coffee Morning	Oxford House, Risca	10 am - 12 noon
Twmbarlwm Assisted Ascent Booking required	Pick up outside Snug Coffee Shop	10 am - 1 pm
Coffee Morning	Bethany Baptist Church	10 am - 12 noon
Kettlebells**	Risca Leisure Centre	10.15 - 11 am
Tiny Talk for 0-2 years**	St Mary's Church Hall	10.30 - 11.30 am
Music Bingo and Fun Quiz	St Mary's Complex	10.30 - 11.30 am
Craft Club (Bring your project)**	The Hive	10.30 am - 12.30 pm
Knit and Natter	Risca Library	11 am - 12.45 pm
Group cycling**	Risca Leisure Centre	11.30 am - 12 pm
Total Body Basics **	Risca Leisure Centre	12 - 12.40 pm
Aqua Aerobics**	Risca Leisure Centre	12.45 - 1.30 pm
Knit & Yarn/Diamond Art and crafts	TLC cafe, Ty Sign	1 - 3 pm
Mobility/Flexibility**	Risca Leisure Centre	1.30 - 2.15 pm
Welcome Space (free refreshments)	Risca Library	2 - 5 pm
Multiply MiniFest (pre-Glastoselfy)	Cross Keys Youth Centre	2 - 5 pm
Aqua Fun for Kids**	Risca Leisure Centre	2.15 - 3 pm
Food Pantry	The Pantri, Risca	4 - 6 pm
Group Cycling**	Risca Leisure Centre	4.45 - 5.30 pm
Kids Club (Age 4+)**	Ty Isaf Church	6 - 7 pm
Zumba**	Channel View Community Centre	6 - 7 pm



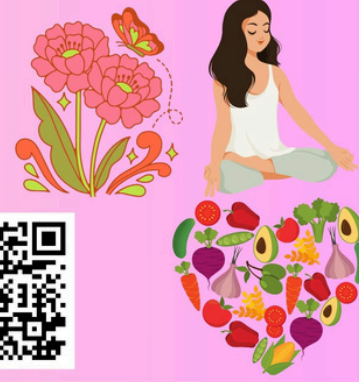
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Pole Fitness**	St. David's Community Centre	6.30 - 7.30 pm
Family Roller Skating**	Risca Leisure Centre	7.15 - 8.45 pm
Kids Club (Age 7+)**	Ty Isaf Church	7.15 - 8.30 pm

Saturday 29th June

Chiropractic and Wellness Services**	Risca Chiropractic and Wellness Clinic	Appointments
Counselling/therapeutic services**	Time Wellbeing Centre	Appointments
Cafe	Snug Coffee Shop	8 am - 2.30 pm
Kettlebells**	Risca Leisure Centre	8.30 - 9.15 am
Group Cycling**	Risca Leisure Centre	9.30 - 10.15 am
Welcome Space (free refreshments)	Risca Library	9.30 am - 4 pm
Games Day	Risca Library	9.30 am - 4 pm
Saturday Wellbeing Stroll	Meet by McDougall's	10 - 11 am
Elm Drive Nature Trail Event	TLC cafe, Ty Sign	10 am - 12 noon
Bodyblast**	Risca Leisure Centre	10.30 - 11.15 am
Craft Club (Bring your project)**	The Hive	10.30 - 12.30 pm
Story Time and Lego Club	Risca Library	11 am - 12 noon
Food Pantry	The Pantri, Risca	12 - 2 pm
Karaoke (Live Music)	Commercial Inn, Risca	8 pm

Sunday 30th June

Group Cycling**	Risca Leisure Centre	9 - 9.45 am
Men, Walk, Talk - Twmbarlwm Trek	Meeting location to be confirmed	9.30 - 12.30 pm
Boxing Circuit**	Risca Leisure Centre	10 - 10.45 am
Veterans group	TLC cafe, Ty Sign	12 noon - 2 pm
Risca Male Choir practice	Old Council Offices, Risca	6 - 8 pm