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Monday

TTO = Term Time Only

Elliot's Cafe	White Rose Resource Centre	9 am - 5 pm
Podiatrist	White Rose Resource Centre	9 am - 5 pm
Welcome Space (free refreshments)	New Tredegar Library	9.30 am - 1 pm
Dementia Support Group	White Rose Resource Centre	10 am - 12 noon
Information Cafe & Coffee Morning (1st Mon)	Phillipstown Community House	10 am - 1 pm
Knit and Natter (excludes Bank Hols)	New Tredegar Library	10.30 am - 12.30 pm
URV Wanderers Mixed Walk	Parc Cwm Darran	11 am
Yoga with Liz	White Rose Resource Centre	1.30 - 2.30 pm
Overs 50s Social Club	Tir-phil Community Centre	1 - 3 pm
FareShare Food	White Rose Resource Centre	1.30 pm
Welcome Space (free refreshments)	New Tredegar Library	2 - 6 pm
Fitness Suite Opening Hours	New Tredegar Leisure Centre	3.30 - 9 pm
Cake Decorating	Tir-phil Community Centre	3.45 - 5.45 pm
Speak Easy (Men's Social Group)	White Rose Resource Centre	4.30 - 6.30 pm
Dog Training	Tir-phil Community Centre	6 - 8 pm
Walking Football	Idris Davies School	6.15 - 7.15 pm



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Tuesday

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Elliot's Cafe	White Rose Resource Centre	9 am - 5 pm
Podiatrist	White Rose Resource Centre	9 am - 5 pm
Age Cymru (drop-in)	White Rose Resource Centre	9.30 am - 1.30 pm
Fitness Suite Opening Hours	New Tredegar Leisure Centre	9.30 am - 9 pm
New Tredegar Strollers	Locations on the Caerphilly Nature Wellbeing Facebook page	10.45 am
Chair Movement, Teas and Talk	Tirphil Community Centre	12.30 - 2 pm
Free Lunch	Bethania Church	1 - 1.30 pm
The Parent Network (TTO)	White Rose Resource Centre	1 - 3 pm
Young Stars (3-7 years) (TTO)	White Rose Resource Centre	3.30 - 4.15 pm
Drama Stars (8-11 years) (TTO)	White Rose Resource Centre	4.30 - 5.30 pm
New Tredegar Youth Club (TTO)	New Tredegar Leisure Centre	5 - 7 pm
Keep Fit	Tirphil Community Centre	6 - 7 pm
Grounding Yoga	Tirphil Community Centre	7 - 8.30 pm



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Wednesday

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Elliot's Cafe	White Rose Resource Centre	9 am - 5 pm
Podiatrist	White Rose Resource Centre	9 am - 5 pm
Welcome Space (free refreshments)	New Tredegar Library	9.30 am - 1 pm
Lunch Club	St Dingat's Church, New Tredegar	12 noon
Cancer Cafe (Last Weds)	White Rose Resource Centre	12.30 - 2.30 pm
Seated Movement	Bethania Church, New Tredegar	1.30 - 2.30 pm
Help Me Quit – NHS Stop Smoking Service. Ready to quit smoking with support? Call 0800 085 2219 or text HMQ to 80818	White Rose Resource Centre	2 - 4 pm
Welcome Space (free refreshments)	New Tredegar Library	2 - 6 pm
Art Class (16+)	Tir-phil Community Centre	2.45 - 4.45 pm
Family Fun (Games, Lego, Colouring etc)	New Tredegar Library	3 - 4.30 pm
Fitness Suite Opening Hours	New Tredegar Leisure Centre	3.30 - 9 pm
Woodwork 4 Young People (Salvaged Creations)	Tir-phil Community Centre	5 - 7 pm



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Thursday

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The Parent Network – Adult Craft and Child Play (TTO)	Phillipstown Community House	9 am – 11 am
Elliot's Cafe	White Rose Resource Centre	9 am – 5 pm
Podiatrist	White Rose Resource Centre	9 am – 5 pm
Welcome Space (free refreshments)	New Tredegar Library	9.30 am – 1 pm
Fitness Suite Opening Hours	New Tredegar Leisure Centre	9.30 am – 9 pm
Yap and Yarn	Tirphil Community Centre	10 am – 12 pm
ESOL (for adults) (TTO)	New Tredegar Library	10 am – 12 pm
Platform (support & advice drop in)	White Rose Resource Centre	10 am – 1 pm
Rhymney Valley Foodbank	White Rose Resource Centre	11 am – 1 pm
Welcome Space (free refreshments)	New Tredegar Library	2 – 6 pm
New Tredegar Bowls Club Thursday Social	New Tredegar Bowls Club	2 pm
White Rose Cafe (cuppas, chat, bingo and more!)	White Rose Resource Centre	4 – 5.30 pm
Dance Fit	White Rose Resource Centre	6 – 7 pm
Keep Fit	Tirphil Community Centre	6 – 7 pm
Mens Shed (Pool, Darts and Chat)	Bethania Church	7 – 9 pm
Cash Bingo	Tirphil Community Centre	7.30 – 9.30 pm



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Friday

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Elliot's Cafe	White Rose Resource Centre	9 am - 5 pm
Podiatrist	White Rose Resource Centre	9 am - 5 pm
Mobile Post Office	White Rose Centre Car Park	9.30 am - 12.30 pm
Welcome Space (free refreshments)	New Tredegar Library	9.30 am - 1 pm
Seated Dance (TTO)	White Rose Resource Centre	11 am - 12 pm
Tirphil Adult Woodwork (Salvaged Creations) (TTO)	Tir-phil Community Centre	12.30 - 2.30 pm
White Rose Singers Choir Rehearsal (TTO)	White Rose Resource Centre	1.15 pm - 2.30 pm
Welcome Space (free refreshments)	New Tredegar Library	2 - 6 pm
Fitness Suite Opening Hours	New Tredegar Leisure Centre	3.30 - 8 pm



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Saturday

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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 Suite Opening Hours	New Tredegar Leisure Centre	9.30 am - 1.30 pm

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
Kids Club	Bethania Church	2 - 3 pm

Looking to add an activity?

Email: ABB.caerphillycwtsh@wales.nhs.uk
Call: **07581019410**

Follow us
 [CaerphillyCwtshCommunity](https://www.facebook.com/CaerphillyCwtshCommunity)



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 866558 or email crm@caerphilly.gov.uk



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