



Monday

TTO = Term Time Only

Parent and Toddler Fitness Class (Perspective Health and Wellbeing)	Old Post Office, Maindee Road	9.30 - 10.30 am
Wellbeing Nature Walk	Ynys Hywel Farm, NP11 7NY	12.30 - 2.30 pm

Tuesday

Community Food Pantry	Sirhowy Valley Hub	2 - 5 pm
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Wednesday

Cuppa and Chats	Ynys Hywel Farm, NP11 7NY	10 am - 12 pm
Nordic Walking (with Caerphilly Nordic Walks)	Various locations contact 07906 365280	11 am
Men's Wellbeing Group (fortnightly)	Sirhowy Valley Hub	11 - 1 pm
The Parent Network Farming Allotment and Gardening	Ynys Hywel Farm, NP11 7NY	12.30 - 2.30 pm
Free Roast Dinner	Sirhowy Valley Hub	1 - 3 pm
Adult Self-Defence Class	Sardis Hall	7 - 8.30 pm

Thursday

Parent and Toddler Fitness Class (Perspective Health and Wellbeing)	Old Post Office, Maindee Road	9.30 - 10.30 am
Farmer For The Day	Ynys Hywel Farm, NP11 7NY	10 am - 12 pm
Community Cafe	Sirhowy Valley Hub	12 - 2 pm
Dancing Queens (Chair-based exercise)	Cwmfelinfach Community Church	12.30 - 1.30 pm
Countryside Craft	Ynys Hywel Farm, NP11 7NY	12.30 - 2.30 pm
The Parent Network (TTO)	Cwmfelinfach Community Centre	1 - 3 pm



Scan QR code for
more details
Or visit
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Friday

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Community Food Pantry	Sirhowy Valley Hub	9.30 – 11 am
Kids Self Defence Class	Sardis Hall, Ynysddu	5 – 6.30 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

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

Looking to add an activity?

Email:

ABB.caerphillycwtsh@wales.nhs.uk

Call: **07581019410**

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CaerphillyCwtshCommunity

CWTSH

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



Dewis Cymru
Have choice and take control

Are you struggling with loneliness or isolation? Please contact Caerphilly Cares on 01443 866558 or email wellbeingconnectors@caerphilly.gov.uk



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