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[cwtsh.wales](http://cwtsh.wales)

## Monday

TTO = Term Time Only

Welcome Space	Friends of Treowen Stars, NP11 3RH	8.30 – 2.30 pm
Wellness Womans Walk	The Patriot Home of Rock, Crumlin	9.30 am
Dementia Cafe	Newbridge Memo	10 am – 12 pm
Adult Learning Wales Computer Course	Newbridge Library	10 am – 12 pm
Art and Craft Class	Trinant Community Centre	10 am – 1 pm
Toddler Time	Newbridge Library	10.15 – 11 am
Welcome Space (Coffee and Craft, Seated Movement)	St Paul's Church Hall, NP11 4FH	11 am – 1 pm
Help Me Quit – NHS Stop Smoking Service. Ready to quit smoking with support? Call 0800 085 2219 or text HMQ to 80818	The Patriot, Crumlin	3 – 4.30 pm
Messy Monday (4-11 years)	Newbridge Memo	3.30 – 5.30 pm
Tae Kwon Do	Newbridge Memo	6.30 – 8pm

## Tuesday

Welcome Space	Friends of Treowen Stars, NP11 3RH	8.30 – 2.30 pm
Creative Cafe (art workshop)	Newbridge Memo	11 am – 2 pm
Kids Craft Session	Newbridge Library	4 – 5.30 pm
RockFit	Newbridge Memo	6 – 7 pm
Tuesday Night Dance	Newbridge Memo	7.30 – 10 pm



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## Wednesday

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Welcome Space	Friends of Treowen Stars, NP11 3RH	8.30 - 2.30 pm
Welcome Space	Tabernacle Baptist Church	10 am - 12 pm
Knit and Natter	Trinant Community Centre	10 am - 12.30 pm
Seated Movement (TTO)	Newbridge Memo	10.30 am
Afternoon Tea Dance	Newbridge Memo	2 - 4 pm
Under 15s Performing Arts	Newbridge Memo	5 - 6.30 pm
16+ Performing Arts	Newbridge Memo	6.30 - 8 pm
Newbridge and District Ladies Choir practice	St Pauls Church Hall	7 - 9 pm

## Thursday

Welcome Space	Friends of Treowen Stars, NP11 3RH	8.30 - 2.30 pm
The Parent Network (TTO)	Trinant Sports and Social Club	10 am - 12 pm
Welcome Space	Tabernacle Baptist Church	10 am - 12 pm
Family History Session	Newbridge Library	10 am - 12 pm
Kids Dance Class (2-5 years)	Newbridge Memo	3.45 pm
Kids Dance Class (6-10 years)	Newbridge Memo	4.45 pm
Bingo	Treowen Star FC	6 pm
Zumba	Trinant Community Hall	6.15 - 7.15 pm
Social Group (Welcome Space) (TTO)	Pentwynmawr Community Hall	6.15 - 8.15 pm
Spiritual Friendship Group	Newbridge Memo	7.15 - 9.15 pm



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## Friday

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Womens Craft Group	Newbridge Tabernacle Baptist Church	10 am - 12 pm
Reading Group (1st Friday)	Newbridge Library	11 am - 12 pm
Community Cinema Club (Last Fri)	Newbridge Memo	7 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
Fitness Pilates	Newbridge Memo	9.30 - 10.20 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
Jolly Brew Crew (Men's Mental Health group) (monthly)	Newbridge Memo	6.30 - 8 pm

## Looking to add an activity?

Email: [ABB.caerphillycwtsh@wales.nhs.uk](mailto:ABB.caerphillycwtsh@wales.nhs.uk)  
Call: 07581019410

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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:  
[www.dewis.wales](http://www.dewis.wales)



Are you struggling with loneliness or isolation? Please contact Caerphilly Cares on 01443 866558 or email [wellbeingconnectors@caerphilly.gov.uk](mailto:wellbeingconnectors@caerphilly.gov.uk)



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