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## 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



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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](mailto:ABB.caerphillycwtsh@wales.nhs.uk)

Call: **07581019410**

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# CWTSH

## 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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