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Monday

TTO = Term Time Only

Play Date (Parent and Toddler)	Abertridwr Library	10 am – 12 pm
Junior Crochet Club	Abertridwr Library	4 – 6 pm
Fighting Dragons Karate Kickboxing (Kids, 3 – 13 years)	Thomas Street, CF83 4AX	5.30 – 6.45 pm
Deb's Kettlercise	Abertridwr Community Centre	6.30 pm
Fighting Dragons Karate Kickboxing (Teens and adults)	Thomas Street, CF83 4AX	6.45 – 8 pm

Tuesday

The Parent Network (TTO)	Ysgol Ifor Bach	9.30 – 11.30 am
Sewing with Sali	Abertridwr Community Centre	9.30 – 12.30 pm
Knit and Natter	Abertridwr Library	10 am – 12 pm
Crafty Ladies	Abertridwr Library	2 – 4 pm
Deb's Kettlercise	Abertridwr Community Centre	6.30 pm

Wednesday

Fighting Dragons Karate Kickboxing (Kids, 3 – 13 years)	Thomas Street, CF83 4AX	5.30 – 6.45 pm
Men's Walking Group (Men.Talk.Walk)	Aberfawr Road, CF83 4EJ	6.30 pm
Fighting Dragons Karate Kickboxing (Teens and adults)	Thomas Street, CF83 4AX	6.45 – 8 pm



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Thursday

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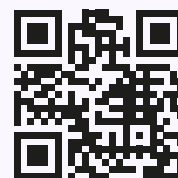
The Parent Network (TTO)	YMCA Abertridwr	9.30 – 11.30 am
Nazareth Social Group	Abertridwr Community Centre	2 – 4 pm
Deb's Kettlercise	Abertridwr Community Centre	6.30 pm
Aber Valley WI meeting (1st Thursday)	Senghenydd Community Centre	7.30 pm

Friday

Fighting Dragons Karate Kickboxing (Kids, 3 – 13 years)	Thomas Street, CF83 4AX	5.30 – 6.45 pm
Fighting Dragons Karate Kickboxing (Teens and adults)	Thomas Street, CF83 4AX	6.45 – 8 pm

Saturday

WI Craft Group (once a month)	Abertridwr Library	10 am – 12 pm
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



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Sunday

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Men.Talk.Walk Coffee Morning	Aberfawr Road, CF83 4EJ	8.30 am
Junior Parkrun (2km, 4-14 years)	Parc Bryn Bach, Tredegar	9 am
Junior Parkrun (2km, 4-14 years)	Penallta House, Ystrad Mynach	9 am
Men's Walking Group (Men.Talk.Walk)	Aberfawr Road, CF83 4EJ	9.30 am
Ikigai Karate for Kids and Adults	Abertridwr Community Centre	5 - 7 pm

Looking to add an activity?

Email:

ABB.caerphillycwtsh@wales.nhs.uk

Call: **07581019410**

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CWTSH

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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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Or visit
www.cwtsh.wales