

Scan QR code for
more details

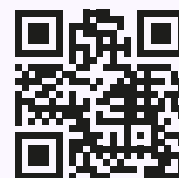
Monday

TTO = Term Time Only

Welcome Space (free refreshments)	Abercarn Library	9.30 am - 1 pm
Knit and Natter	Abercarn Library	10 am - 12 pm
Welcome Space (free refreshments)	Zion Baptist Church, NP11 7EF	10 am - 1 pm
Knit and Natter	Cwmcarn OAP Hall	2 - 4 pm
Welcome Space (free refreshments)	Abercarn Library	2 - 5 pm
Rhyme Time (TTO)	Abercarn Library	2.15 - 2.45 pm
Junior Boxing (8 - 16 years)	Cwmcarn Boxing Club	5 - 6 pm
Crosskeys Youth Club (TTO)	Cwmcarn Miners Institute	5 - 7 pm
Boxing (16+ years)	Cwmcarn Boxing Club	6 - 7 pm
Zumba	Abercarn Scout Hut	7 pm
Line Dancing	Cwmcarn OAP Hall	7 - 10 pm

Tuesday

Low Impact Fitness (Fitness with Emily)	New Life Christian Church, Abercarn	9.45 am
Walk n Talk walking group	Cwmcarn Forest Drive	11 am
Yogalates with Donna	59 Newport Road, Cwmcarn	6 pm



Scan QR code for
more details

Wednesday

TTO = Term Time Only

Welcome Space (free refreshments)	Abercarn Library	9.30 am - 1 pm
Family History Genealogy	Abercarn Library	10 am - 1 pm
Newbies & 2bies (mobile toddlers) (TTO)	New Life Christian Church, Abercarn	10.15 - 11.45 am
Numeracy Course (TTO)	Abercarn Library	10.30 am - 12.30 pm
Nordic Walking (with Caerphilly Nordic Walks)	Various locations contact 07906 365280	11 am
Newbies & 2bies (Non-mobile toddlers) (TTO)	New Life Christian Church, Abercarn	1 - 2 pm
Welcome Space (free refreshments)	Abercarn Library	2 - 6 pm
Children's Craft	Abercarn Library	4 - 5 pm
Junior Boxing (8 - 16 years)	Cwmcarn Boxing Club	5 - 6 pm
Crosskeys Youth Club (TTO)	Cwmcarn Miners Institute	5 - 7 pm
Boxing (16+ years)	Cwmcarn Boxing Club	6 - 7 pm
Pontymister Angling Club meeting (Last Weds)	Crosskeys Rugby Club	7.30 pm



Scan QR code for
more details

Thursday

TTO = Term Time Only

Welcome Space (free refreshments)	Abercarn Library	9.30 am - 1 pm
Reading Group (1st Thurs)	Abercarn Library	10 am - 12 pm
Welcoming Space	New Life Christian Church, Abercarn	11 am - 2 pm
Welcome Space (free refreshments)	Abercarn Library	2 - 5 pm
Lego & Colouring Club (TTO)	Abercarn Library	3.30 - 4.30 pm
Disco Step and Sculpt (Fitness with Emily)	New Life Christian Church, Abercarn	6 - 6.50 pm
Yogalates with Donna	59 Newport Road, Cwmcarn	7.45 pm



Scan QR code for more details

Friday

TTO = Term Time Only

Cwmcarn Friday Get Together	Cwmcarn OAP Hall	2 - 4 pm
Junior Boxing (8 - 16 years)	Cwmcarn Boxing Club	5 - 6 pm
Boxing (16+)	Cwmcarn Boxing Club	6 - 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

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**

Follow us
 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 wellbeingconnectors@caerphilly.gov.uk



Scan QR code for more details

Or visit www.cwtsh.wales