



## Monday

TTO = Term Time Only

|                                                |                                       |                     |
|------------------------------------------------|---------------------------------------|---------------------|
| Keep Fit: Fit Yard                             | Cascade Community Centre              | 9 – 10 am           |
| Fresh Start Bible Reading                      | Mount Pleasant Church, Maesycwmmmer   | 9.30 am             |
| Parent and Toddler Group (TTO)                 | Cefn Hengoed Community Centre         | 9.30 – 11 am        |
| Welcoming Space<br>(free refreshments)         | Ystrad Mynach Library                 | 9.30 am – 1 pm      |
| Baby Rhyme Time (TTO)                          | Ystrad Mynach Library                 | 10 am               |
| Gardening Club<br>(weather dependent)          | Holy Trinity Church, Ystrad Mynach    | 10 am               |
| Pram Fit (0 to pre-school)                     | Evolution Fitness                     | 10.15 – 11 am       |
| YM Bit's and Bobs Community Group<br>(TTO)     | Siloh Christian Centre, Ystrad Mynach | 10.30 am – 12.30 pm |
| Free breakfast                                 | Evolution Fitness                     | 11 am – 12 pm       |
| Sight Loss Peer Support Group<br>(fortnightly) | Tir Y Berth Community Centre          | 11 am – 12.30 pm    |
| Line Dancing                                   | Cascade Community Centre              | 11.20 am – 1 pm     |
| Goldies Cymru (Singalong) (3rd Mon)            | Ystrad Mynach Library                 | 11.30 am – 12.30 pm |
| Senior Citizens Meals Menu                     | The Coopers, Ystrad Mynach            | 12 – 2.30 pm        |
| Craft and Cuppa Club                           | Cefn Hengoed Community Centre         | 12.30 – 3.30 pm     |
| Archery                                        | Holy Trinity Church, Ystrad Mynach    | 1 – 3 pm            |
| Welcoming Space<br>(free refreshments)         | Ystrad Mynach Library                 | 2 – 5 pm            |
| Community Singing Group (1st Mon)              | Valley View Care Home, Cefn Hengoed   | 3.30 – 4.30 pm      |
| After School Club                              | Mount Pleasant Church, Maesycwmmmer   | 3.30 – 4.30 pm      |



### Monday (continued)

TTO = Term Time Only

|                                         |                                       |                |
|-----------------------------------------|---------------------------------------|----------------|
| Kids Fit (Fitness with Erin)            | Evolution Fitness                     | 5 pm           |
| Cascade Brownies (TTO)                  | Cascade Community Centre              | 5 – 6.30 pm    |
| Super Strikers (2 – 4 years) (TTO)      | Penybryn Community Centre             | 5.15 – 6 pm    |
| Slimming World                          | Siloh Chapel, Ystrad Mynach           | 5.30 pm        |
| Pilates                                 | Cascade Community Centre              | 5.30 – 6.30 pm |
| Boys & Girls Club (8 – 18 years)        | Ystrad Mynach Boys & Girls Club       | 5.30 – 8 pm    |
| Kids Class                              | Evolution Fitness, Ystrad Mynach      | 6 pm           |
| Bingo                                   | Non Political and Social Club         | 6 – 8.45 pm    |
| Spiritual Friendship Circle             | Cefn Hengoed Community Centre         | 6 – 9 pm       |
| Tone and Strengthening: Fit Yard        | Cascade Community Centre              | 6.15 – 7.15 pm |
| Zumba                                   | Hengoed Community Centre              | 6.30 pm        |
| Next Steps Class (fortnightly)          | Mount Pleasant Church, Maesycwmmmer   | 6.30 pm        |
| Royal Air Force Air Cadets (12-17years) | Cascade Joint Cadet Centre, CF82 8BU  | 6.30 – 9.30 pm |
| Melody Makers Ladies Choir (TTO)        | Siloh Christian Centre, Ystrad Mynach | 7 – 9 pm       |
| Ystrad Mynach Ladies Club (1st Mon)     | Maesycwmmmer OAP Hall                 | 7 – 9 pm       |
| Ystrad Mynach Male Choir                | Bethany Chapel, Ystrad Mynach         | 7.15 – 9 pm    |
| Adult Beginners Dance Class             | Shappelles, Ystrad Mynach             | 8.30 – 9.30 pm |



Scan QR code for  
more details  
Or visit  
cwtsh.wales

## Tuesday

TTO = Term Time Only

|                                        |                                  |                  |
|----------------------------------------|----------------------------------|------------------|
| Food co-op                             | Cefn Hengoed Community Centre    | 9.30 - 10 am     |
| Welcoming Space<br>(free refreshments) | Ystrad Mynach Library            | 9.30 am - 1 pm   |
| Knit & Natter and Bowls                | Gelligaer Bowls Club             | 10 am - 12 noon  |
| Toddler Time (TTO)                     | Ystrad Mynach Library            | 10 - 10.45 am    |
| Yoga                                   | Neuadd St Catwg Community Hall   | 10 - 11 am       |
| Cwtch Coffee Morning (TTO)             | Bethel Chapel, Cefn Hengoed      | 10 - 11.30 am    |
| Coffee at the Mount (TTO)              | Mount Pleasant Chapel Hall       | 10 - 11.30 am    |
| Cascade Woodcarving Club               | Cascade Methodist Chapel         | 10 am - 12 pm    |
| Coffee Morning                         | Cascade Community Centre         | 10 am - 12 pm    |
| Spiritual Friendship Circle            | Cefn Hengoed Community Centre    | 10 am - 12.30 pm |
| Welcome Space<br>(free refreshments)   | Evolution Fitness, Ystrad Mynach | 11 am - 2 pm     |
| Historical Society (once a month)      | Cascade Community Centre         | 1 - 3.30 pm      |
| Senior Citizens Meals Menu             | The Coopers, Ystrad Mynach       | 12 - 2.30 pm     |
| The Parent Network (TTO)               | Gelligaer Community Centre       | 12.30 - 2.30 pm  |
| Ystrad Mynach Quilters                 | Siloh Chapel, Ystrad Mynach      | 1.30 - 3 pm      |
| Welcome Space<br>(free refreshments)   | Ystrad Mynach Library            | 2 - 6 pm         |
| Slimming World                         | Cascade Community Centre         | 5.30 pm          |
| Police Cadets                          | Coleg y Cymoedd, Ystrad Mynach   | 5.30 - 6.30 pm   |
| Boys & Girls Club (8 - 18 years)       | Ystrad Mynach Boys & Girls Club  | 5.30 - 8 pm      |



## Tuesday (continued)

TTO = Term Time Only

|                                                   |                                     |                |
|---------------------------------------------------|-------------------------------------|----------------|
| Kids Class                                        | Evolution Fitness, Ystrad Mynach    | 6 pm           |
| Ass and Abs                                       | Cefn Hengoed Community Centre       | 6 - 7 pm       |
| Running Club: Fit Yard                            | Cascade Community Centre            | 6 - 7 pm       |
| 1st Ystrad Mynach Girl Guides (10-14 years) (TTO) | Scout and Guide Hall, Ystrad Mynach | 6.30 - 8.30 pm |
| Maesycwmmmer Camera Club                          | Ystrad Mynach Methodist Church      | 7 - 9 pm       |
| Line Dancing (Beginners)                          | Beech Grove Social Club, Cascade    | 7 - 8 pm       |
| Line Dancing (Improvers/Intermediate)             | Beech Grove Social Club, Cascade    | 8 - 8.30 pm    |
| New Modern Sequence Dancing                       | Ystrad Mynach Non-Political Club    | 8 - 10.30 pm   |
| Yoga                                              | Shappelles, Ystrad Mynach           | 8.15 - 9 pm    |
| Adult Beginners Dance Class                       | Shappelles, Ystrad Mynach           | 8.30 - 9.30 pm |



## Wednesday

TTO = Term Time Only

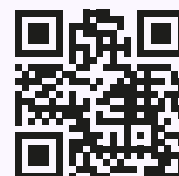
|                                                |                                     |                    |
|------------------------------------------------|-------------------------------------|--------------------|
| Slimming World                                 | Siloh Chapel, Ystrad Mynach         | 7.30 am & 9 am     |
| Keep Fit: Fit Yard                             | Cascde Community Centre             | 9 – 10 am          |
| Smart Money Cymru                              | Neuadd St Catwg Community Hall      | 9 – 10.30 am       |
| Hatha Yoga with Serenity                       | Maesycwmmmer Community Centre       | 9.30 am            |
| Welcoming Space<br>(free refreshments)         | Ystrad Mynach Library               | 9.30 am – 1 pm     |
| Citizens Advice Drop In                        | Cefn Hengoed Youth Centre           | 10 am – 12.30 pm   |
| Caerphilly Employment Support<br>(fortnightly) | Cefn Hengoed Youth Centre           | 10 am – 12.30 pm   |
| Singing for the Brain                          | Holy Trinity Church, Ystrad Mynach  | 10.30 am – 12 noon |
| Slimming World                                 | Siloh Chapel, Ystrad Mynach         | 10.30 am           |
| Welcome Space<br>(free refreshments)           | Evolution Fitness, Ystrad Mynach    | 11 am – 2 pm       |
| Senior Citizens Meals Menu                     | The Coopers, Ystrad Mynach          | 12 – 2.30pm        |
| Cuppa & Chat (Pregnant Women)                  | Ysbyty Ystrad Fawr Antenatal Clinic | 1.30 – 2.30 pm     |
| Cefn Hengoed Old Age Group<br>(50+ years)      | Cefn Hengoed Community Centre       | 2 – 4 pm           |
| Maesycwmmmer Over 50's group<br>(fortnightly)  | Maesycwmmmer OAP Hall               | 2 – 4 pm           |
| Welcoming Space<br>(free refreshments)         | Ystrad Mynach Library               | 2 – 5 pm           |
| Legs Bums Tums (Fitness with Erin)             | Evolution Fitness                   | 5 pm               |
| Super Strikers (4 & 5 years) (TTO)             | Penybryn Community Centre           | 5.15 – 6 pm        |
| Children's Dance (Under-12)                    | Shappelles, Ystrad Mynach           | 5.30 – 6.15 pm     |
| Tone and Strengthening: Fit Yard               | Cascade Community Centre            | 6 – 7 pm           |



## Wednesday (continued)

TTO = Term Time Only

|                                                        |                                        |                |
|--------------------------------------------------------|----------------------------------------|----------------|
| Cefn Hengoed Youth Club<br>(11 - 25) (TTO)             | Cefn Hengoed Youth Club                | 5.30 - 7.30 pm |
| Boys & Girls Club (8 - 18 years)                       | Ystrad Mynach Boys & Girls Club        | 5.30 - 8 pm    |
| Body Blitz (Exercise class)                            | Hengoed Community Centre               | 6 pm           |
| Kettlebells (Fitness with Erin)                        | Evolution Fitness                      | 6 pm           |
| Walking Rugby                                          | Sue Noakes Leisure Centre              | 6 - 7 pm       |
| Bingo                                                  | Cascade Community Centre               | 6 - 8.30 pm    |
| Children's Dance (Under-16)                            | Shappelles, Ystrad Mynach              | 6.30 - 7.15 pm |
| Complete Beginners Line Dance<br>Class                 | Penybryn Community Hall                | 6.30 - 7.30 pm |
| Neurodivergence Coffee Evening (for<br>parents/carers) | Cefn Hengoed Community Centre          | 6.30 - 8 pm    |
| Royal Air Force Air Cadets<br>(12-17years)             | Cascade Joint Cadet Centre, CF82 8BU   | 6.30 - 9.30 pm |
| Hatha Flow (Yoga)                                      | Hengoed Community Centre               | 7 - 8 pm       |
| Cefn Hengoed Ladies Choir (TTO)                        | Derwendeg Primary School Hall          | 7 - 9 pm       |
| Bible Study and Prayer                                 | Mount Pleasant Church,<br>Maesycwmmmer | 7.30 pm        |
| Advanced Adult Dance Class                             | Shappelles, Ystrad Mynach              | 8.30 - 9.30 pm |



## Thursday

TTO = Term Time Only

|                                              |                                        |                     |
|----------------------------------------------|----------------------------------------|---------------------|
| Grow with Julie                              | Cascade Community Centre               | 9 – 11 am           |
| Croeso Cafe<br>(Cuppas, chats and trips out) | Lindsay Club, Cefn Hengoed             | 9.30 – 11.30 am     |
| Welcoming Space<br>(Free refreshments)       | Ystrad Mynach Library                  | 9.30 am – 1 pm      |
| Blackwood Stroke Support Group               | Tir-y-Berth Village Hall               | 9.45 – 11.45 am     |
| Knit & Natter                                | Ystrad Mynach Library                  | 10 – 11 am          |
| Baby Group (Welsh Story and Rhyme)           | Ystrad Mynach Library                  | 10 am               |
| Penybryn Toddlers Group (TTO)                | Penybryn Village Hall                  | 10 – 11.30 am       |
| Croeso Club (Welcome Space)                  | Lindsay Club, Cefn Hengoed             | 10 – 11.30 am       |
| Knit and Natter                              | Maesycwmmmer OAP Hall                  | 10.30 am – 12.30 pm |
| Tone and Strengthening: Fit Yard             | Cascade Community Centre               | 11 am – 12 pm       |
| Welcome Space<br>(Free refreshments)         | Evolution Fitness, Ystrad Mynach       | 11 am – 2 pm        |
| Chair exercise with Hannah                   | Cascade Community Centre               | 11.30 am – 12.30 pm |
| OAP Menu                                     | The Coopers, Ystrad Mynach             | 12 noon – 2.30 pm   |
| Lunch Club                                   | Mount Pleasant Church,<br>Maesycwmmmer | 12.30 pm            |
| Parent & Toddler Group (TTO)                 | Cefn Hengoed Community Centre          | 1 – 2.30 pm         |
| Children's Dance (Under-6)                   | Shappelles, Ystrad Mynach              | 4.30 – 5.15 pm      |
| Rhythmix Dance Classes<br>(4 – 8 years)      | Cefn Hengoed Community Centre          | 4.45 – 5.45 pm      |
| Boys & Girls Club (8 – 18 years)             | Ystrad Mynach Boys & Girls Club        | 5.30 – 8 pm         |
| Kettlercise                                  | Cefn Hengoed Community Centre          | 6 – 7 pm            |
| Circuit Training                             | Sue Noake Leisure Centre               | 6 pm                |



Scan QR code for  
more details  
Or visit  
cwtsh.wales

### Thursday (continued)

TTO = Term Time Only

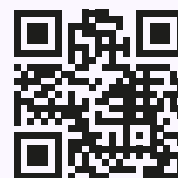
|                                           |                                       |                |
|-------------------------------------------|---------------------------------------|----------------|
| Running Club: Fit Yard                    | Cascade Community Centre              | 6 - 7 pm       |
| Table Tennis                              | Cascade Community Centre              | 6 - 8 pm       |
| Bingo                                     | Non Political and Social Club         | 6 - 8.45 pm    |
| Zumba                                     | Hengoed Community Centre              | 6.30 pm        |
| Community Choir                           | Maesycwmmmer Community Centre         | 6.30 pm        |
| Country Line Dance Class                  | Maesycwmmmer OAP Hall                 | 6.30 - 7.30 pm |
| Bargoed and District Art Society<br>(TTO) | Trinity Hall Church                   | 7 - 9 pm       |
| Ystrad Mynach Male Choir                  | Bethany Chapel, Ystrad Mynach         | 7.15 - 9 pm    |
| Ystrad Mynach & District Mixed Choir      | Siloh Christian Centre, Ystrad Mynach | 7.30 - 8.45 pm |
| Adult Beginners Dance Class               | Shappelles, Ystrad Mynach             | 8.30 - 9.30 pm |



## Friday

TTO = Term Time Only

|                                                                                                                      |                             |                     |
|----------------------------------------------------------------------------------------------------------------------|-----------------------------|---------------------|
| Circuit training: Fit Yard                                                                                           | Cascade Community Centre    | 9 – 10 am           |
| Help Me Quit – NHS Stop Smoking Service. Ready to quit smoking with support? Call 0800 085 2219 or text HMQ to 80818 | Ystrad Mynach Hospital      | 9.30 – 11.30 am     |
| Welcome Space (Free refreshments)                                                                                    | Ystrad Mynach Library       | 9.30 am – 1 pm      |
| Toddler Time (TTO)                                                                                                   | Ystrad Mynach Library       | 10 – 10.45 am       |
| Bethel Toddler Group (TTO)                                                                                           | Bethel Chapel, Cefn Hengoed | 10 – 11.30 am       |
| Clwb Miri (0–3 years Welsh medium session)                                                                           | Siloh Christian Centre      | 10 – 11.30 am       |
| Coffee Morning                                                                                                       | Cascade Methodist Church    | 10.30 am – 12.30 pm |
| Reading Group (2nd Fri)                                                                                              | Ystrad Mynach Library       | 11.30 am – 12.30 pm |
| Senior Citizens Meals Menu                                                                                           | The Coopers, Ystrad Mynach  | 12 – 2.30 pm        |
| Creative Writing                                                                                                     | Ystrad Mynach Library       | 2 – 4 pm            |
| Welcoming Space (Free refreshments)                                                                                  | Ystrad Mynach Library       | 2 – 6 pm            |
| Little Tiger Cubs (Martial Arts 3–5 years)                                                                           | Hengoed Community Centre    | 3.45 – 4.30 pm      |
| Taekwondo                                                                                                            | Hengoed Community Centre    | 4.30 – 5.30 pm      |
| Super Strikers (3 & 4 years) (TTO)                                                                                   | Penybryn Community Centre   | 5 – 5.45 pm         |



### Friday (continued)

TTO = Term Time Only

|                                   |                             |          |
|-----------------------------------|-----------------------------|----------|
| Valley Taekwondo (Mixed Class)    | Sue Noake Leisure Centre    | 5 – 6 pm |
| Trailblazers (5 – 11 years) (TTO) | Bethel Chapel, Cefn Hengoed | 6 – 7 pm |
| Circuit Training: Fit Yard        | Cascade Community Centre    | 6 – 7 pm |
| Adult Beginners Solo Dance Class  | Shappelles, Ystrad Mynach   | 7 – 8 pm |
| Bingo                             | Maesycwmmmer OAP Hall       | 7 – 9 pm |



## Saturday

TTO = Term Time Only

|                                                |                                  |                       |
|------------------------------------------------|----------------------------------|-----------------------|
| Free Hiking Club (fortnightly)                 | Evolution Fitness, Ystrad Mynach | 8.30 am               |
| 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                  |
| Rugby Tots (2 - 3.5 years)                     | Hengoed Community Centre         | 9 am and 9.40 am      |
| Children's Dance (Under-6)                     | Shappelles, Ystrad Mynach        | 9.30 - 10.15 am       |
| Family Fit (Parent and Child, 0 to pre-school) | Evolution Fitness                | 9.30 - 10.15 am       |
| Welcoming Space<br>(Free refreshments)         | Ystrad Mynach Library            | 9.30 am - 1 pm        |
| veterans Support Hub                           | Centre for Sporting Excellence   | 10 am - 12 noon       |
| Free breakfast                                 | Evolution Fitness                | 10.15 am - 12 pm      |
| Rugby Tots (3.5 - 5 years)                     | Hengoed Community Centre         | 10.20 am and 11.15 am |
| Children's Dance (Under-16)                    | Shappelles, Ystrad Mynach        | 10.30 - 11.15 am      |
| Zumba                                          | Cascade Community Centre         | 10.30 - 11.30 am      |
| Table Tennis                                   | Cascade Community Centre         | 11.30 am - 1.30 pm    |
| Bingo                                          | Non Political and Social Club    | 1 - 3.15 pm           |



Scan QR code for  
more details  
Or visit  
[cwtsh.wales](http://cwtsh.wales)

## Sunday

TTO = Term Time Only

|                                  |                                        |                     |
|----------------------------------|----------------------------------------|---------------------|
| Junior Parkrun (2km, 4-14 years) | Parc Bryn Bach, Tredegar               | 9 am                |
| Junior Parkrun (2km, 4-14 years) | Penallta House, Ystrad Mynach          | 9 am                |
| Running Club: Fit Yard           | Cascade Community Centre               | 9 - 10 am           |
| ALN and Disability Dance Class   | Neuadd St Catwg Community Hall         | 10 am               |
| Church Service                   | Mount Pleasant Church,<br>Maesycwmmmer | 10.30 am            |
| Sunday School                    | Mount Pleasant Church,<br>Maesycwmmmer | 10.30 am            |
| Kids Sunday Club (4 - 11 years)  | Bethel Church, Cefn Hengoed            | 10.45 - 11.45 am    |
| Roller Skating                   | Sue Noakes Centre, Ystrad Mynach       | 11.30 am - 12.30 pm |
| Jazz Band                        | Cascade Community Centre               | 2 - 4 pm            |
| Valley Taekwondo (Mixed class)   | Siloh Christian Centre, Ystrad Mynach  | 5 - 6 pm            |
| Church Service                   | Mount Pleasant Church,<br>Maesycwmmmer | 6 pm                |

## Looking to add an activity?

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

Follow us  
 **CaerphillyCwtshCommunity**

## 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)



Scan QR code  
for more details  
Or visit  
[www.cwtsh.wales](http://www.cwtsh.wales)