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## Monday

TTO = Term Time Only

Babi Celf	Caerphilly Miners Centre	9.30 - 11 am
Welsh (Level 1 with Coleg Gwent)	Caerphilly Miners Centre	9.30 - 11.30 am
Welsh Parent, Baby and Toddler Group	St James ICC	9.30 - 11.30 am
Baby Rhyme Time (under 1) (TTO)	Caerphilly Library	10 - 10.45 am
Men's Shed	Caerphilly Miners Centre	10 - 11.30 am
Gwent Out Of Work Employment drop-in (1 <sup>st</sup> Mon)	Caerphilly Job Centre	10 am - 12.30 pm
Supporting People (Tenancy Support)	Van Community Centre	10 am - 1 pm
Social Gaming Network	Y Banc (Old Barclays Bank)	10 am - 1 pm
The Beech Tree Coffee House	Caerphilly Miners Centre	10 am - 4.30 pm
Messy Hands (Play Group)	Trecenydd Community Centre	10.30 - 11.30 am
Singing for the Brain (Alzheimer's Society Activity Group)	Pwll Y Pant Village Hall	10.30 am - 12 pm
Knit and Natter	Caerphilly Library	10.30 am - 12.30 pm
Yoga	Caerphilly Miners Centre	11.30 am - 12.30 pm
The Parent Network (TTO)	St James ICC	12 - 2 pm
Craft and Chat	Caerphilly Miners Centre	1 - 3 pm
Welsh (Intermediate with Coleg Gwent)	Caerphilly Miners Centre	1 - 3 pm
Tai Chi	Caerphilly Miners Centre	2 - 3 pm
Time To Get Crafty	Caerphilly Library	2 pm - 3.30 pm



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## Monday (continued)

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Book Club (1 <sup>st</sup> Monday)	Caerphilly Miners Centre	2 - 3.30 pm
Welsh Conversation (on Zoom)	Caerphilly Miners Centre	3 - 4 pm
After School Art (7-11 years) (TTO)	Caerphilly Miners Centre	4 - 5.30 pm
Cheer Dance	LJDC Studio, CF83 2RZ	5 - 6 pm
Pilates	Caerphilly Miners Centre	5.30 - 6.15 pm
Women Wellbeing Walks Caerphilly	Outside Morrisons, Caerphilly	6 pm
Street/Hip Hop Dance	LJDC Studio, CF83 2RZ	6 - 7 pm
Only Boys Aloud Caerphilly	Vanguard Centre, CF83 1JZ	6 - 7.30 pm
Pilates	Caerphilly Miners Centre	6.15 - 7 pm
French Improver (on Zoom)	Caerphilly Miners Centre	7 - 8 pm
Aber Valley Male Voice Choir	Cons Club 47, Bartlett Street	7 - 9 pm
Yoga	Caerphilly Miners Centre	7.30 - 8.30 pm



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## Tuesday

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Pilates	Team Rees Gym	6.10 am
Women Wellbeing Walks Caerphilly	Outside Morrisons, Caerphilly	9.30 am
Welsh Speaking Play Group (TTO)	Caerphilly Miners Centre	9.30 - 10.45 am
The Parent Network (TTO)	Caerphilly Fire Station	9.30 - 11.30 am
Age Cymru Gwent Housing Support Drop-in	Lansbury Park - House Office Attlee Court	9.30 am - 3.30 pm
Walk & Talk (variety of locations, transport available)	Van Ward Allotments	10 am
Melody Bear Dance	LJDC Studio, CF83 2RZ	10 - 10.30 am
Story and Rhyme Toddler Time (1-4 years) (TTO)	Caerphilly Library	10 - 10.45 am
Digital Literacy	Van Community Centre	10 am - 12 pm
Employment Support (2 <sup>nd</sup> Tues)	Caerphilly Miners Centre	10 am - 12 pm
Housing Related Support (Platform)	Parcyfelin Integrated Children's Centre	10 am - 12.30 pm
Growing Space (Gardening)	Ty-Siriol, St Martin's Road	10 am - 1 pm
Caerphilly Foodbank	Connect Life Church	10 am - 1 pm
The Beech Tree Coffee House	Caerphilly Miners Centre	10 am - 2 pm
New and Pre-Loved School Uniform	Caerphilly Uniform Exchange	10 am - 2 pm
Yoga	Caerphilly Miners Centre	10.30 - 11.30 am
Bilingual Play Group (TTO)	Caerphilly Miners Centre	11 am - 12.45 pm
The Parent Network (TTO)	The Old Library, Caerphilly	12 - 2 pm
Digital Skills (ICDL)	Caerphilly Library	12.30 - 2.30 pm
Elderberries Social Afternoon and Cinema Club	Caerphilly Miners Centre	1.30 - 3.30 pm
Youth Information Support Drop In	Virginia Park Youth Centre, Caerphilly	3 - 5 pm



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## Tuesday (continued)

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Little Latino's Dance (4 - 7 years)	LJDC Studio, CF83 2RZ	4.30 - 5.15 pm
U12's Tech Fitness	LJDC Studio, CF83 2RZ	5.15 - 6 pm
Slimming World	St Andrews Church, Penyrheol	5.30 pm
Ladies Bowls Club	Trecenydd Community Centre	5.30 pm
Strictly Latino's Dance (7 years +)	LJDC Studio, CF83 2RZ	6 - 6.45 pm
Menopause Cafe (last Tuesday)	Caerphilly Miners Centre	6 - 8 pm
Pilates	Team Rees Gym	6.10 pm
Charity Choir (Side by Side)	Caerphilly Workmens Hall	6.30 - 8.30 pm
Yoga	Caerphilly Miners Centre	7.15 - 8.15 pm
Caerphilly Ladies Choir (TTO)	Caerphilly Miners Centre	7.30 - 9 pm



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## Wednesday

TTO = Term Time Only

Welcome Space	St Catherine's Church	8.30 am - 1.30 pm
Help Me Quit – NHS Stop Smoking Service. Ready to quit smoking with support? Call 0800 085 2219 or text HMQ to 80818	Van Community Centre	9 - 11 am
Climate Change Garden Project	Caerphilly Miners Centre	9.30 - 11.30 am
Women Wellbeing Walks Caerphilly - Cuppa Catch Up	The Old Library, Caerphilly	10 am
Story and Rhyme Toddler Time (1-4 years) (TTO)	Caerphilly Library	10 - 10.45 am
Tai Chi	Caerphilly Miners Centre	10 - 11 am
St Cenydd Church Foodbank	St Cenydd Church	10 am - 12 pm
Caerphilly Foodbank	Connect Life Church	10 am - 1 pm
Supporting People (Tenancy Support)	Caerphilly Job Centre	10 am - 2 pm
The Beech Tree Coffee House	Caerphilly Miners Centre	10 am - 2 pm
Valley Daffodils (Welcome Space for adults with additional needs)	Llanbradach Community Centre	10.30 am - 12.30 pm
Yoga	Caerphilly Miners Centre	11.30 am - 12.30 pm
Community Cafe	St Catherine's Church	11.30 am - 1.30 pm
Holistic Hoarding Support Group (1st Weds)	Llanbradach Community Centre	1 - 2.30 pm
Cards and Coffee	Caerphilly Miners Centre	1 - 3 pm
Book Club (2nd Weds)	Caerphilly Library	2 - 3.30 pm
Craft and Cuppa	Esquires Coffee Shop	2 pm
The Beech Tree Coffee House	Caerphilly Miners Centre	4 - 5.30 pm



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## Wednesday (continued)

TTO = Term Time Only

Lego and Train Club (3+ years) (TTO)	Caerphilly Miners Centre	4 - 5.30 pm
Code Club (9 - 13 years) (TTO)	Caerphilly Library	4.30 - 5.30 pm
Pilates	Caerphilly Miners Centre	5.15 - 6 pm
Trecenydd Youth Club (8-16 years)	Trecenydd Community Centre	6 - 8 pm
Yoga	Caerphilly Miners Centre	6.30 - 7.30 pm
Aber Valley Male Voice Choir	Cons Club 47, Bartlett Street	7 - 9 pm



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## Thursday

TTO = Term Time Only

Slimming World (with Emma)	Twyn Community Centre	9 am & 10.30 am
Pilates	Caerphilly Miners Centre	9.15 - 10 am
Welsh Parent, Baby and Toddler Group (TTO)	St. James ICC	9.30 - 11.30 am
Baby Rhyme Time (under 1) (TTO)	Caerphilly Library	10 - 10.45 am
Men's Shed	Caerphilly Miners Centre	10 - 11.30 am
Parent/Caregiver support group for those with Neurodivergent children (1st Thursday) (TTO)	St. James ICC	10 am - 12 pm
Caerphilly Employment Support	Caerphilly Library	10 am - 12 pm
Growing Space (Gardening)	Ty-Siriol, St Martin's Road	10 am - 1 pm
New and Pre-Loved School Uniform	Caerphilly Uniform Exchange	10 am - 2 pm
The Beech Tree Coffee House	Caerphilly Miners Centre	10 am - 2 pm
Housing Related Support (POBL)	Caerphilly Job Centre Plus	10 am - 2 pm
Housing Related Support (POBL)	St Fagan's House, CF83 1FZ	10 am - 2 pm
Yoga (Welsh Language)	Caerphilly Miners Centre	12 - 1 pm
Chair Exercise (Light Touch)	Caerphilly Miners Centre	12.30 - 1.15 pm
Connect Life Church Play Group	Van Community Centre	1 - 2.15 pm
Chair Exercise (also on Zoom)	Caerphilly Miners Centre	1.30 - 2.15 pm
Chair Exercise (Light Touch)	Caerphilly Miners Centre	1.30 - 2.15 pm
Caerphilly Parkinson's Support Group (Last Thurs, except Aug+Dec)	Wesleyan Methodist Church	2 - 3.30 pm



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## Thursday (continued)

TTO = Term Time Only

Phoenix Club (over 55's)	Trecenydd Community Centre	2 - 4 pm
Youth Information Support Drop In	Virginia Park Youth Centre, Caerphilly	3 - 5 pm
Little Latino's Dance (4 - 7 years)	LJDC Studio, CF83 2RZ	4.15 - 5 pm
Code Club (9 - 13 years) (TTO)	Caerphilly Library	4.30 - 5.30 pm
Slimming World (with Emma)	Ysgol Gymraeg Caerffili, CF83 3HG	5 pm & 6.30 pm
Kickboxing (4-7 years)	Trecenydd Community Centre	5 - 5.45 pm
Youth Club (TTO)	Virginia Park Youth Centre	5 - 7 pm
U18's Medalist Class	LJDC Studio, CF83 2RZ	5.45 - 6.30 pm
Kickboxing (8-13 years)	Trecenydd Community Centre	6 - 7 pm
Junior/Adult Tech and Fitness	LJDC Studio, CF83 2RZ	6.30 - 7.30 pm
Super Choir	Caerphilly Miners Centre	6.30 - 7.30 pm
Adult Art and Photography (booking required)	Caerphilly Miners Centre	6.30 - 8.30 pm
Adults Kickboxing & Karate (14+ years)	Trecenydd Community Centre	7 - 8 pm



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## Friday

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Slimming World	Pwll Y Pant Village Hall	9.30 am
Pilates	Teem Rees Gym	9.30 am
Stay and Play (Up to 3 years) (TTO)	Caerphilly Miners Centre	9.30 - 11 am
Mini Athletics (1-4 years)	St Helen's Church	9.30 - 11 am
Friday Social Hub	Caerphilly Miners Centre	9.30 am - 12 pm
Citizens Advice Drop In	Caerphilly Library	9.30 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	Court House Medical Centre	9.30 am - 1 pm
Toddler Story and Rhyme Time (TTO)	Llanbradach Library	10 - 10.40 am
The Parent Network (TTO)	St James ICC	10 am - 12 pm
Digi Drop In (Help with Digital Problems)	Caerphilly Miners Centre	10 am - 2 pm
Grace's Place (Grief support) (2 <sup>nd</sup> Friday of the month)	Caerphilly Library	10 am - 12 pm
Hearing Aid Repair Service (occasional Fridays)	Caerphilly Library	10 am - 12 pm
Supporting People (Tenancy Support)	Van Community Centre	10 am - 2 pm
Knit and Natter	Llanbradach Library	10.45 am - 12.45 pm
Sporting Memories	Caerphilly Rugby Club	11 am - 12.30 pm
Kinship Care Group (Last Fri, TTO)	St James ICC	12 - 2 pm
Welcome Space	Van Community Centre	12 - 4 pm



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## Friday (continued)

TTO = Term Time Only

Tots Play	Caerphilly Miners Centre	1 - 1.40 pm
Grin and Tonic (Yoga and Pilates for Parkinson's)	Creazione Fitness Co	1 - 1.45 pm
Sugar Craft (TTO)	St James ICC	1 - 3 pm
Tots Play	Caerphilly Miners Centre	2 - 2.50 pm
Welsh Reading Group (Last Fri)	Caerphilly Library	2 - 3.30 pm
Caerphilly Carers Support Group (3rd Fri)	The Old Library	2 - 3.30 pm
Cwtsh Cafe (meal, cuppas, chats, entertainment and bingo)	Van Community Centre	2 - 4 pm
Help Me Quit – NHS Stop Smoking Service. Ready to quit smoking with support? Call 0800 085 2219 or text HMQ to 80818	Caerphilly Library	2 - 4 pm
Play Group (up to 11 years) (TTO)	Twyn Community Centre	3.30 - 5 pm
Kickboxing (4-7 years)	Trecenydd Community Centre	5 - 5.45 pm
Kickboxing (8-13 years)	Trecenydd Community Centre	6 - 7 pm
Taekwondo	Van Community Centre	6 - 8 pm
Moon Circle Meditation (monthly)	Caerphilly Miners Centre	6 - 8 pm
Adults Kickboxing & Karate (14+ years)	Trecenydd Community Centre	7 - 8 pm
Sound Bath (fortnightly)	Caerphilly Miners Centre	7 - 8 pm
Yoga	Caerphilly Miners Centre	7 - 9 pm
Caerphilly Community Chorus (TTO)	Vanguard Centre	7.30 - 9 pm



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## Saturday

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Slimming World (with Emma)	Ysgol Gymraeg Caerffili, CF83 3HG	8 am & 9.30 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
Women Wellbeing Walks Caerphilly	Varied locations (check Facebook for updates)	9 am
Melody Bear Dance (18 months-4 years)	LJDC Studio, CF83 2RZ	9.30 - 10 am
Irish Dancing Class for ages 4+	Trecenydd Community Centre	9.30 - 10.30 am
Mini Athletics (1-7 years)	St Catherine's Church	9.30 - 11.15 am
Story and Rhyme Toddler Time (1-4 years) (TTO)	Caerphilly Library	10 - 10.45 am
Taekwondo	Caerphilly Miners Centre	10 - 11 am
Book Club (Last Sat)	Caerphilly Library	10 am - 12 pm
Social Art Club for Adults (1st Sat)	Caerphilly Library	10 am - 12 pm
Repair Cafe (1st Sat)	Caerphilly Miners Centre	10 am - 1 pm
The Beech Tree Coffee House	Caerphilly Miners Centre	10 am - 2 pm
Caerphilly Table Top Gaming (occasional Saturdays)	Caerphilly Library	10 am - 4pm
Little Latino's Dance (4 - 7 years)	LJDC Studio, CF83 2RZ	10.15 - 11 am
Strictly Latino's Dance (7 years +)	LJDC Studio, CF83 2RZ	10.15 - 11 am
Jellybeans (baby/toddler playgroup for Dads) (2nd Sat)	Connect Life Church	10.15 - 11.30 am
Chatty Saturdays - Speaking Welsh (3rd Sat)	Caerphilly Library	11 am - 1 pm
LGBTQ+ support group for young people (Last Sat)	Virginia Park Youth Centre	12 - 3 pm



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## Sunday

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Junior Parkrun (2km, 4-14 years)	Parc Bryn Bach, Tredegar	9 am
Junior Parkrun (2km, 4-14 years)	Penallta House, Ystrad Mynach	9 am
Tidy Butt Wellbeing Walk (fortnightly)	Various locations (check on Facebook)	9 am
Poundfit with Kelsey (drumming fitness class)	Trecenydd Community Centre	4.30 pm
Bingo	Trecenydd Community Centre	6 - 8 pm

## Looking to add an activity?

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Call: **07581019410**

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



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