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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



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Wednesday

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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



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Thursday

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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



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Friday

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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**

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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



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