

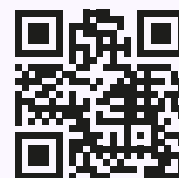


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## Monday

TTO = Term Time Only

Playgroup (20 months-12 years)	Machen Village Hall	8 am - 3 pm
Supporting People (Tenancy Support)	Graig-Y-Rhacca Community Centre	9 am - 1 pm
Welcome Space	Quickstep Fitness	10 am - 1 pm
Growing Together Gardening and Wellbeing Group	Trethomas Allotments	10 am - 1 pm
Yoga with Ange	Quickstep Fitness	10 am
Cafe and activities	The Rock Christian Resource Centre, Bedwas	10 am - 4 pm
Craft Club with Ann (TTO)	Machen Village Hall	1 - 3 pm
Welcome Space	Bethel Baptist Church	1 - 3 pm
Help Me Quit – NHS Stop Smoking Service. Ready to quit smoking with support? Call 0800 085 2219 or text HMQ to 80818	Trethomas Health Centre	2 - 4.30 pm
Bag a Bargain Food Bag	The Parish Trust	5.30 pm
Clubbercise	Bedwas Workmen's Hall	6 pm
Yoga (booking essential) (TTO)	Machen Village Hall	6.30 - 7.30 pm
Community Choir	The Parish Trust	7 - 8.30 pm
Line Dancing with Sue George	Bedwas Workmen's Hall	7 - 9 pm



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## Tuesday

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Playgroup (20 months-12 years)	Machen Village Hall	8 am - 3 pm
Tommy's Tots (TTO)	The Parish Trust	9.30 - 11 am
Cafe and activities	The Rock Christian Resource Centre, Bedwas	10 am - 4 pm
Meals for families	Graig-Y-Rhacca Community Centre	3.30 - 4.30 pm
Welcome Space	The Parish Trust	4 pm
Elites (Youth Musical Competition Group)	Bedwas Workmen's Hall	4.45 - 8.30 pm
Kung Fu Martial Arts Class	Machen Village Hall	5 - 6.30 pm
Beginners Line Dance Class	Graig-Y-Rhacca Community Hall	6 - 7 pm
Yoga with Ange	Quickstep Fitness	6 pm
St John Ambulance	Bedwas Workmen's Hall	6.15 - 9 pm
Adult Tap	Rudry Parish Hall	6.45 - 7.30 pm
Improvers Line Dance Class	Graig-Y-Rhacca Community Hall	7 - 8 pm
Quilting with Sue	Bedwas Workmen's Hall	7 - 9 pm
Pilates and Boxercise with Laura	Bedwas Workmen's Hall	7 - 9 pm
Adult Ballet	Rudry Parish Hall	7.30 - 8.15 pm
Intermediate/Advanced Line Dance Class	Graig-Y-Rhacca Community Hall	8 - 9 pm
Reading Group (1st Tues)	Emmanuel Church Hall	8 - 9 pm

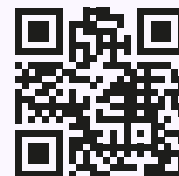


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## Wednesday

TTO = Term Time Only

Slimming World with Francine	Bedwas Workmen's Hall	7.30 am
Playgroup (20 months-12 years)	Machen Village Hall	8 am - 3 pm
Slimming World with Francine	Bedwas Workmen's Hall	9 am
The Parent Network (TTO)	Bedwas Junior School	9.15 - 11.15 am
The Parent Network (TTO)	Bedwas BV2, the Bryn Field	9.30 - 11.30 am
Bedwas Crafters (Welcome Space)	Bedwas and Trethomas Community Hall	9.30 - 11.30 am
Citizens Advice Drop In	Bedwas Council Chambers	9.30 am - 12.30 pm
Bedwas Theatre Group (Welcome Space)	St Catherine's Hall, Bedwas	9.30 am - 2 pm
Social Tots Play Group (8 months - 2.5 years) (TTO)	Machen Village Hall	10 - 10.40 am
The Yarny Army	The Parish Trust	10 - 11.30 am
Welcome Space	Bedwas OAP Hall	10 am - 1 pm
Cafe and activities	The Rock Christian Resource Centre, Bedwas	10 am - 4 pm
Slimming World with Francine	Bedwas Workmen's Hall	10.30 am
Discovery Tots Play Group (2-9 months) (TTO)	Machen Village Hall	11 - 11.40 am
Welcome Space	Bethel Baptist Church	11 am - 2 pm
Baby Development Course (0-6months)	Machen Village Hall	12.10 - 1 pm
7th Caerphilly Beavers	Graig-y-Rhacca Community Centre	5 pm



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## Wednesday (continued)

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GC Dance (Ballet and Contemporary for 12years+)	Bedwas Workmen's Hall	5.15 - 8 pm
Slimming World with Francine	Bedwas Workmen's Hall	5.30 pm
Bag a Bargain Food Bag	The Parish Trust	5.30 pm
New Horizons Youth Theatre	Machen Village Hall	5.30 - 8.30 pm
Yoga with Ageliki (booking essential)	Machen Village Hall	6 - 7 pm
Aerial Skills and Polefit	Bedwas Workmen's Hall	6.30 pm

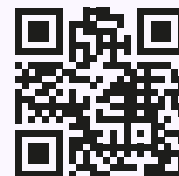


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## Thursday

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Playgroup (20 months-12 years)	Machen Village Hall	8 am - 3 pm
Cafe and activities	The Rock Christian Resource Centre, Bedwas	10 am - 4 pm
Silver Swans (Ballet Class for 55years+)	Bedwas Workmen's Hall	10.30 - 11.30 am
Welcome Space	Machen RFC	12 - 2 pm
The Parent Network (TTO)	Machen Village Hall	12.30 - 2.30 pm
Good Companions Social Group (2nd and 4th Thurs)	Machen Village Hall	2.30 - 4 pm
Lego and Duplo Club	Machen Library	3.30 - 4.30 pm
Music Workshop (Youth Club)	The Rock, Bedwas	3.30 - 5 pm
The Hang Out (Youth Club)	The Rock, Bedwas	3.30 - 5 pm
Twenty-Four Jiu Jitsu	Bedwas Workmen's Hall	5 - 7.30 pm
Youth Club (11+ years) (TTO)	Graig Y Rhacca Community Centre	6 - 8 pm
Bedwas Bridge Club	Bedwas Workmen's Hall	6.30 - 9 pm
Line Dancing with Sue George	Bedwas Workmen's Hall	7 - 9 pm
The Women's Institute (2nd and 4th Thurs)	Machen Village Hall	7.30 - 9 pm



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## Friday

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Playgroup (20 months-12 years)	Machen Village Hall	8 am - 3 pm
Cafe and activities	The Rock Christian Resource Centre, Bedwas	10 am - 4 pm
Yoga with Ange	Quickstep Fitness	10 am
Coffee, Cake and Connections	The Parish Trust, Trethomas	10.30 am - 12 pm
Postnatal Exercise with Anika	Bedwas Workmen's Hall	11 am - 12 pm
Bedwas Riverside Strollers Walking Group	Bedwas Riverside Walk Car Park	11 am - 12 pm
Welcome Space	Bethel Baptist Church	11 am - 2 pm
Welcome Space	Machen RFC	12 - 3 pm
Bag a Bargain Food Bag	The Parish Trust	5.30 pm



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## Saturday

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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
Allora Dance	Bedwas Workmen's Hall	9 am - 1.45 pm
Cafe and activities	The Rock Christian Resource Centre, Bedwas	10 am - 4 pm
Writers Workshop (2nd and 4th Sat)	Machen Village Hall	10 am - 1 pm
Children's Craft (TTO)	Machen Library	10.30 - 11.30 am
Yoga with Linda	Bedwas Workmen's Hall	10.30 - 11.30 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
Modern Hatha Yoga with Jude and Ray	Bedwas Workmen's Hall	11.30 am - 12.30 pm
New Horizons Youth Theatre	Machen Village Hall	1 - 5 pm
Twenty-Four Jiu Jitsu	Bedwas Workmen's Hall	5 - 7.30 pm

## Looking to add an activity?

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

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## 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)



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