CWTSH Wellbeing Guide

Blackwood Pontllanfraith Oakdale Markham

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Monday

TTO = Term Time Only

Circuits (Fitness with Lizzie)	Croespenmaen Community Hall	6 - 6.45 am
Core Fitness Gym (except bank hols)	Markham and District Sports and Community Centre	8 am - 8 pm
Fareshare	River Church Wales, Tram Road	9 am - 1 pm
Jigsaws and Games	Blackwood Library	9.30 am - 1 pm
Routes2Life (Gardening)	Blackwood NP12 2QA	9.30 am - 2 pm
Butterflies Baby and Toddler Group	Elim Church Hall, Pontllanfraith	10 am - 12 pm
Digital Literacy	Blackwood Library	10 am - 12 pm
Veterans' Coffee Morning (1st Mon)	The Cabin, Penmaen Industrial Estate, NP12 2DY	10 am - 12 pm
Gwent Out Of Work Employment drop-in (1st Mon)	Blackwood Job Centre	10 am - 12.30 pm
Baby Music and Movement Class	Markham Community House and Centre	10.15 - 11 am
Tunes for Tots (TTO)	Pontllanfraith Methodist Church	10.30 am - 12 pm
Reading Group (1st Monday)	Blackwood Library	11 am - 12 pm
Sight Loss Peer Support Group (fortnightly)	Tir Y Berth Community Centre	11 am - 12.30 pm
British Sign Language (BSL) Conversation group	Blackwood Library	12 - 1 pm
Bravehearts Exercise Class	The Moose Hall, Pentwyn Road	2 - 3 pm
Reading Group (1st Monday)	Blackwood Library	2.30 - 3.30 pm
Jigsaws and Games	Blackwood Library	2 - 5 pm
Taekwon-Do Wales (TTO)	Blackwood Primary School	3 - 4 pm
FareShare	Oakdale Christian Centre	4 - 5 pm
Drama and Youth Theatre	Blackwood Miner's Institute	4 - 8 pm

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Monday (continued)

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Ballet, Tap and Jazz Dance	Blackwood Miner's Institute	5 - 9 pm
Slimming World	St Thomas Church Hall, Cefn Fforest	5.30 pm
Dancing with Sam	The Moose Hall, Pentwyn Road	6 - 7 pm
Yoga with Lowri	Libanus Lifestyle	6 - 7 pm
Hatha Yoga with Serenity	Oakdale Community Centre	6 pm
Bluebells Grief Support Group (1st Mon)	Cefn Fforest Community Centre	6 - 7.30 pm
Country Line Dance Class	Fleur-de-Lys RFC	6 - 7.30 pm
Mental Health Support Peer Group (CHAMPS)	The Cabin in Penmaen House car park	6 - 8 pm
Bloomin' Lovely (every 2 weeks)	Blackwood Miners' Institute	6 - 8 pm
Beginners Yoga and Relaxation	Markham Community House	6.30 - 7.30 pm
Royal Air Force Air Cadets (12-17years)	Blackwood Drill Hall, NP12 1BE	6.30 - 9.30 pm
Hatha Yoga with Serenity	Oakdale Community Centre	7.15 pm
Hatha Yoga with Geri	Plasmawr Community Centre	7.15 - 8.15 pm
Crochet Class with Emma	Blackwood Cricket Club	7 - 9 pm
Line Dancing	The Moose Hall, Pentwyn Road	7 - 9 pm

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Tuesday

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Core Fitness Gym	Markham and District Sports and Community Centre	8 am - 8 pm
Toddler Time (TTO)	Elim Baptist Church, Pontllanfraith	9.15 - 11.15 am
The Parent Network (TTO)	Methodist Church, NP12 2JY	9.30 am - 11.30 am
Jigsaws and Games	Blackwood Library	9.30 am - 1 pm
Routes2Life (Gardening)	Blackwood NP12 2QA	9.30 am - 2 pm
Slimming World	The Woodbine Club	10 am
Cylch Ti a Fi	Studio 54, Blackwood	10 - 11 am
Writing for Pleasure (TTO)	Cefn Fforest Community Centre	10 am - 12 pm
Art for All	Blackwood Miners' Institute	10 am - 12 pm
Citizens Advice Drop In	Blackwood Town Council Offices	10 am - 1 pm
Toddler Story and Rhyme Time (TTO)	Blackwood Library	10.30 - 11.30 am
Caerphilly Carers Support Group (last Tuesday)	McKenzie's Cafe, Blackwood	10.30 am - 12 pm
Creative Writing Group (1st and 3rd Tuesday)	Blackwood Library	10.30 am - 12.30 pm
Welcome Space	Mount Pleasant Church	10.30 am - 1.30 pm
Reading Group (2nd Tues)	Oakdale Library	11 am - 12 pm
Welcome Space	The Moose Hall, Pentwyn Road	11 am - 1 pm
River Church Pantry	River Church Wales, Tram Road	12 - 3 pm
Life Drawing	Blackwood Miners' Institute	12.30 - 2.30 pm

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Jigsaws and Games	Blackwood Library	2 - 6 pm
Games Club	Oakdale Library	3.30 - 5 pm
ALN Young Writers Group (11+)	Blackwood Miners' Institute	4 - 5.30 pm
Line Dancing	The Moose Hall, Pentwyn Road	4 - 6 pm
Blackwood Library Photography Club (1st and 3rd Tues)	Blackwood Library	4.30 pm
Ballet, Tap and Jazz Dance	Blackwood Miner's Institute	5 - 9 pm
Dumbell Pump with Beth (Fitness with Lizzie)	Croespenmaen Community Hall	5.30 - 6 pm
Kettlebells (Fitness with Lizzie)	Croespenmaen Community Hall	6 - 6.30 pm
Yoga for Beginners with Geri	Blackwood Methodist Church Hall	6 - 7 pm
Islwyn Running Club	Blackwood RFC	6.30 pm
Over 40's Dancing Queens Class	Studio 54, Blackwood	6.30 - 7.15 pm
Zumba	Studio 54, Blackwood	7 - 8 pm
Country Line Dance Class	Studio 54, Blackwood	7.30 - 8.30 pm
Bounce Class	Elite Fitness, Blackwood	7.30 pm
Walking Football	Pontllanfraith Leisure Centre	8 - 9 pm

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Wednesday

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Core Fitness Gym	Markham and District Sports and Community Centre	8 am - 8 pm
Caerphilly Employment Support	Blackwood Library	9.30 am - 12.30 pm
Jigsaws and Games	Blackwood Library	9.30 am - 1 pm
Routes2Life (Gardening)	Blackwood NP12 2QA	9.30 am - 2 pm
Citizens Advice Bureau	Blackwood Town Council Offices	10 am - 1 pm
Welcome Space	Argoed Cafe, 3 High Street	10 am - 3 pm
Caerphilly Employment Support	Blackwood Job Centre	10 am - 4 pm
Moonbeams Baby Group	Oakdale Community Centre	10.30 - 11.15 am
Disability Indoor Bowls	Islwyn Indoor Bowls Centre	10.30 - 11.30 am
Working Families Food Bank (parcels need to be ordered)	HCT, Unit B, 28 Bridge Street	10.30 am - 12 pm
Yarn Club	Blackwood Miners' Institute	11 am - 12.30 pm
Music with Rec Rock	Libanus Lifestyle	10.30 am - 12.30 pm
Welcome Space	Manmoel Village Hall	10.30 am - 12.30 pm
Welcome Space	Libanus Lifestyle	10.30 am - 1 pm
Nordic Walking (with Caerphilly Nordic Walks)	Various locations contact 07906 365280	11 am
Markham Art Class	Markham Community House and Centre	11 am

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Reading Group (1st Weds)	Oakdale Library	11 am - 12 pm
Line Dancing with Kelly	The Moose Hall, Pentwyn Road	11 am - 1 pm
Visually Impaired Bowls	Islwyn Indoor Bowls Club	12 - 1 pm
The Veteran's Cwtch	Cefn Fforest Community Centre	1.30 - 4.30 pm
Moments Together - Dementia Group	Blackwood Miners' Institute	2 - 3.30 pm
Jigsaws and Games	Blackwood Library	2 - 5 pm
Taekwon-Do Wales (TTO)	Libanus Primary School	3.25 - 4.25 pm
Tip Toes Dance (5-8 years)	Blackwood Miner's Institute	4.15 - 5 pm
Slimming World	St Augustines Church Hall	4.30 pm & 6 pm
Revolve Dance (9-12 years)	Blackwood Miner's Institute	5 - 6 pm
HIIT (Fitness with Lizzie)	Croespenmaen Community Hall	5.30 - 6 pm
Spin	Elite Fitness, Blackwood	6 pm
Abs Attack (Fitness with Lizzie)	Croespenmaen Community Hall	6 - 6.30 pm
Destiny Dance (13+ years)	Blackwood Miner's Institute	6 - 7 pm
Zumba	Penlwyn Blackwood, NP12 2EQ	6.30 - 7.30 pm
Kyokushin Karate Club (6+ years)	Blackwood Comprehensive School	6.30 - 8 pm
Women's Wellbeing Circle (1st Wed)	Markham Leisure Centre	6.30 - 8.30 pm
Clubbercise with Sian	Croespenmaen Community Hall	6.45 - 7.45 pm
Mynyddislwyn Ladies Choir	Penmaen Choir Hall	6.45 - 9 pm

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Thursday

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Core Fitness Gym	Markham and District Sports and Community Centre	8 am - 8 pm
BabyZone (TTO)	Elim Baptist Church, Pontllanfraith	9.15 - 11.15 am
Jigsaws and Games	Blackwood Library	9.30 am - 1 pm
Routes2Life (Gardening)	Blackwood NP12 2QA	9.30 am - 2 pm
Slimming World	St Thomas Church Hall, Cefn Fforest	9.30 am
Blackwood Stroke Support Group	Tir-Y-Berth Village Hall	9.45 - 11.45 am
ESOL (English for Speakers of another language)	Blackwood Job Centre	10 am - 12 pm
Blackwood and District Foodbank	Oasis Christian Centre	10 am - 12 pm
Welcome Space	Argoed Cafe, 3 High Street	10 am - 3 pm
Toddler Story and Rhyme Time (TTO)	Blackwood Library	10.30 - 11.30 am
Over 55's Dancing Queens Class	Studio 54, Blackwood	10.30 - 11.30 am
Knit 'n' Natter	Blackwood Library	10.30 am - 12.30 pm
Line Dancing with Kelly	The Moose Hall, Pentwyn Road	11 am - 1 pm
ESOL (English for Speakers of another language)	Blackwood Job Centre	12 - 2 pm
Breast Feeding Support Group	Flying Start Bungalow, NP12 2PL	1 - 2.30 pm
Luncheon Club	Markham and District Sports and Community Centre	1 - 3 pm
Woodfieldside Senior Citizens Group (Welcome Space)	Woodfieldside OAP Hut	1.30 - 4.30 pm
Toddler Time	Blackwood Library	2 - 3 pm
Bravehearts Exercise Class	The Moose Hall, Pentwyn Road	2 - 3 pm

Thursday (continued)

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Games Club	Blackwood Library	2 - 4 pm
Jigsaws and Games	Blackwood Library	2 - 5 pm
Help Me Quit – NHS Stop Smoking Service. Ready to quit smoking with support? Call 0800 085 2219 or text HMQ to 80818	Blackwood Library	2 - 5 pm
Ballet, Tap and Jazz Dance	Blackwood Miner's Institute	4.15 - 9.15 pm
Kids Crafting	The Moose Hall, Pentwyn Road	5 - 6 pm
Dumbell Pump with Beth (Fitness with Lizzie)	Croespenmaen Community Hall	5.30 - 6 pm
Youth Performance Group	Blackwood Little Theatre	5.30 - 7 pm
Street Dance with DTY Dance (3-6 years)	Markham Community House	5.30 pm
Circuits (Fitness with Lizzie)	Croespenmaen Community Hall	6 - 6.30 pm
Dancing with Sam	The Moose Hall, Pentwyn Road	6 - 7 pm
Street Dance with DTY Dance (7+ years)	Markham Community House	6.15 pm
Islwyn Running Club	Blackwood RFC	6.30 pm
Royal Air Force Air Cadets (12-17years)	Blackwood Drill Hall, NP12 1BE	6.30 - 9.30 pm
Slimming World	Oakdale Community Centre	7 pm
Blackwood Musical Theatre Society	Blackwood Miner's Institute	7 - 9 pm
Belly Dance with Joanne	Snap Fitness, Blackwood	7.30 pm

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Core Fitness Gym	Markham and District Sports and Community Centre	8 am - 8 pm
Welcome Space	Markham Community House	9 - 11.30 am
Hatha Yoga with Geri	Plas Mawr Community Centre	9.30 - 10.30 am
Coffee Morning	Cefn Fforest Community Centre	9.30 am - 12 pm
Jigsaws and Games	Blackwood Library	9.30 am - 1 pm
Woodworking Group	Markham Congregational Church	10 am - 12 pm
The Stute Arts Studio	Blackwood Miners' Institute	10 am - 12 pm
Baby Rhyme Time (TTO)	Blackwood Library	10.30 - 11.15 am
Zumba Gold	Markham Community Centre	10.30 - 11.30 am
Welcome Space	Libanus Lifestyle	10.30 am - 1 pm
Toddler time (TTO)	Oakdale Library	11.15 am - 12 pm
Welcome Space	Argoed Village Hall	11.30 am - 2.30 pm
Seated Movement	Cefn Fforest Community Centre	1 - 2 pm
Line Dancing Social Group	Woodfieldside OAP Hut	2 - 4 pm
Jigsaws and Games	Blackwood Library	2 - 6 pm
Lego Club	Blackwood Library	4 - 5 pm
Roller Skating Fun Session	Markham Community House	6 - 7.30 pm
Kids Klub (5-11 years)	Oakdale Christian Centre	6.30 - 7.30 pm
Kids Klub (11+ years)	Oakdale Christian Centre	6.30 - 8 pm

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Saturday

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Slimming World	Studio 54, Blackwood	7.30, 9 & 10.30 am
Super Saturday (Fitness with Lizzie)	Croespenmaen Community Hall	8.30 - 10 am
You're Never Alone (Men's Group) Cold Water Dippers	Bedwellty Pits, NP22 4BW	9 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
Ballet, Tap and Jazz Dance	Blackwood Miner's Institute	9 am - 2 pm
Dads Together (fortnightly)	Libanus Lifestyle, Blackwood	10 - 11 am
British Sign Language (BSL) Conversation group (1st Saturday)	Blackwood Library	10 - 11 am
Welsh Conversation Group (1st Saturday)	Blackwood Library	10 am - 12 pm

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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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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