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Monday

TTO = Term Time Only

Playgroup (20 months-12 years)	Machen Village Hall	8 am - 3 pm
Age Cymru Gwent Housing Support Drop-in	Graig Y Rhacca Food Share	9 am - 1 pm
Welcome Space	Quickstep Fitness	10 am - 1 pm
Cafe and activities	The Rock Christian Resource Centre, Bedwas	10 am - 4 pm
Welcome Space	Autistic Minds	11 am - 1 pm
Craft Club with Ann (TTO)	Machen Village Hall	1 - 3 pm
Welcome Space	Bethel Baptist Church	1 - 3 pm
Help Me Quit (Smoking) (appointment required, ring 0800 085 2219 or text HMQ to 80818)	Trethomas Health Centre	2.30 - 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

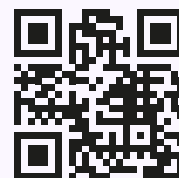


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Tuesday

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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
Welcome Space	Autistic Minds	11 am - 1 pm
Meals for families	Graig-Y-Rhacca Community Centre	3.30 - 4.30 pm
Welcome Space	The Parish Trust	4 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
Improvers Line Dance Class	Graig-Y-Rhacca Community Hall	7 - 8 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

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Playgroup (20 months-12 years)	Machen Village Hall	8 am - 3 pm
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
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
Discovery Tots Play Group (2-9 months) (TTO)	Machen Village Hall	11 - 11.40 am
Welcome Space	Autistic Minds	11 am - 1 pm
Welcome Space	Bethel Baptist Church	11 am - 2 pm
Baby Development Course (0-6months)	Machen Village Hall	12.10 - 1 pm
Singing for Wellbeing (Inside Out Cymru)	Bedwas Workmen's Hall	2 - 3 pm
7th Caerphilly Beavers	Graig-y-Rhacca Community Centre	5 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



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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
Welcome Space	Autistic Minds	11 am - 1 pm
Welcome Space	Machen RFC	12 - 2 pm
The Parent Network (TTO)	Machen Village Hall	12.30 - 2.30 pm
Inclusive Music (Inside Out Cymru)	Bedwas Workmen's Hall	1 - 2 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
After School Youth Club (10-16 years)	The Rock, Bedwas	3.30 - 5 pm
Youth Club (11+ years) (TTO)	Graig Y Rhacca Community Centre	6 - 8 pm
Art Group	Bedwas Workemens Hall	7 - 9 pm
The Women's Institute (2nd and 4th Thurs)	Machen Village Hall	7.30 - 9 pm

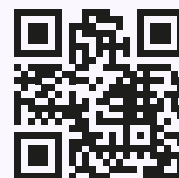


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Friday

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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
Coffee, Cake and Connections	The Parish Trust, Trethomas	10.30 am - 12 pm
Welcome Space	Autistic Minds	11 am - 1 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
Youth Club (10-16 years)	Bedwas Workmen's Hall	7 - 8.30 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
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
Yoga 4 Health with Jude	Bedwas Workmen's Hall	11.30 am - 12.30 pm
New Horizons Youth Theatre	Machen Village Hall	1 - 5 pm

Looking to add an activity?

Email: info@cwtsh.wales
Call: 07581019410

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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



Are you struggling with loneliness or isolation? Please contact Caerphilly Cares on 01443 811490, email caerphillycares@caerphilly.gov.uk or text SUPPORT to 07537 414 443



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