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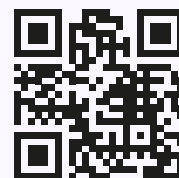
## Monday

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)	Crosskeys Youth Centre	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	New Life Christian Church, Abercarn	9.30 am
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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
Free 60+ Walking group (booking required) (fortnightly)	Cwmcarn Forest Drive	10 am - 2 pm
Free 60+ E-Biking group (booking required) (fortnightly)	Cwmcarn Forest Drive	10 am - 2 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)	Crosskeys Youth Centre	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
Crafting on a budget	New Life Christian Church, Abercarn	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
Step and Tone	New Life Christian Church, Abercarn	6 - 6.45 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: [info@cwtsh.wales](mailto:info@cwtsh.wales)

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 811490, email [caerphillycares@caerphilly.gov.uk](mailto:caerphillycares@caerphilly.gov.uk) or text SUPPORT to 07537 414 443



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