



Scan QR code for  
more details  
Or visit  
cwtsh.wales

## Monday

TTO = Term Time Only

|                                      |                               |                |
|--------------------------------------|-------------------------------|----------------|
| Welcome Space<br>(free refreshments) | Abercarn Library              | 9.30 am - 1 pm |
| Knit and Natter                      | Abercarn Library              | 10 am - 12 pm  |
| Welcome Space<br>(free refreshments) | Zion Baptist Church, NP11 7EF | 10 am - 1 pm   |
| Knit and Natter                      | Cwmcarn OAP Hall              | 2 - 4 pm       |
| Welcome Space<br>(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 |
|--------------------|-------------------------------------|---------|

## Wednesday

|   |                      |                |
|---|----------------------|----------------|
| Welcome Space<br>(free refreshments)                        | Abercarn Library     | 9.30 am - 1 pm |
| Family History Genealogy                                    | Abercarn Library     | 10 am - 1 pm   |
| Free 60+ Walking group (booking<br>required) (fortnightly)  | Cwmcarn Forest Drive | 10 am - 2 pm   |
| Free 60+ E-Biking group (booking<br>required) (fortnightly) | Cwmcarn Forest Drive | 10 am - 2 pm   |



Scan QR code for  
more details  
Or visit  
[cwtsh.wales](http://cwtsh.wales)

## Wednesday

TTO = Term Time Only

|  |                                     |                     |
|--|-------------------------------------|---------------------|
| 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 |
| 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             |

## Thursday

|                                   |                                     |                |
|-----------------------------------|-------------------------------------|----------------|
| 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    |



Scan QR code for  
more details  
Or visit  
[cwtsh.wales](http://cwtsh.wales)

### Friday

TTO = Term Time Only

|                              |                     |          |
|------------------------------|---------------------|----------|
| 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

|                |                               |      |
|----------------|-------------------------------|------|
| Park Run (5km) | Penallta House, Ystrad Mynach | 9 am |
| Park Run (5km) | Parc Bryn Bach, Tredegar      | 9 am |

### Sunday

|                                  |                               |      |
|----------------------------------|-------------------------------|------|
| Junior Park Run (2km, 4-14years) | Parc Bryn Bach, Tredegar      | 9 am |
| Junior Park Run (2km, 4-14years) | Penallta House, Ystrad Mynach | 9 am |

## Looking to add an activity?

Email: [info@cwtsh.wales](mailto:info@cwtsh.wales)

Call: 07581019410

Follow us

 [CaerphillyCwtshCommunity](https://www.facebook.com/CaerphillyCwtshCommunity)



## 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



Scan QR code  
for more details

Or visit  
[www.cwtsh.wales](http://www.cwtsh.wales)