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## November 2024

TTO = Term Time Only

### Monday

Welcoming Space (free refreshments)	Nelson Library	9.30 am - 1 pm
Taff Bargoed Foodbank (Trussell Trust)	St John's Church Hall, Nelson	9.30 am - 12 noon
Breathe and Stretch Yoga for All (booking required)	St John's Church Hall, Nelson	10 - 11.15 am
Reading Group (2nd Mon)	Nelson Library	10 am - 12 pm
Menopause Peer Support Group	Nelson Library	10.30 am
Community Craft Group	Nelson Library	10.30 am - 12.30 pm
Welcome Space	Nelson Community Centre	12 - 1.30 pm
Welcoming Space (free refreshments)	Nelson Library	2 - 6 pm
Lego and Duplo Club	Nelson Library	3 - 5 pm
Creative Writing Group	Nelson Library	3 - 5 pm
Bingo Night	Nelson Community Centre	6.30 - 9 pm
Royal Air Force Air Cadets (12-17 years)	Cascade Joint Cadet Centre, CF82 8BU	6.30 - 9.30 pm



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### Tuesday

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Taff Bargoed Foodbank (Trussell Trust)	St John's Church Hall, Nelson	9.30 am - 12 noon
Welcome Space	Helping Hands @ The Brunch Barn	10 am - 2 pm
Welcoming Space (free refreshments)	St John's Church Hall, Nelson	10.30 am - 12 noon
St John's Singing Group	St John's Church Hall, Nelson	12 - 1 pm
Welcoming Space	Llancaiach Fawr	4.30 - 8 pm
Pad Blast Fitness (TTO)	Nelson Community Centre	6 - 7 pm
Breathe and Stretch Yoga for All (booking required)	St John's Church Hall, Nelson	6.30 - 7.45 pm



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## Wednesday

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Taff Bargoed Foodbank (Trussell Trust)	St John's Church Hall, Nelson	9.30 am - 12 noon
Welcoming Space (free refreshments)	Nelson Library	9.30 am - 1 pm
IT Class (TTO)	Nelson Library	10 am - 12 noon
Welcome Space	Helping Hands @ The Brunch Barn	10 am - 2 pm
Line Dancing	Nelson Community Centre	12 - 1 pm
Knit and Natter	Nelson Library	2 - 4 pm
Reading Group (Last Weds)	Nelson Library	2 - 4 pm
Welcoming Space (free refreshments)	Nelson Library	2 - 6 pm
Story and Rhyme Toddler Time (TTO)	Nelson Library	2.15 - 3 pm
Slimming World	St John's Church Hall, Nelson	5.30 pm
Royal Air Force Air Cadets (12-17 years)	Cascade Joint Cadet Centre, CF82 8BU	6.30 - 9.30 pm
Treharmony Choir	Salem Chapel, Nelson	7 - 9 pm

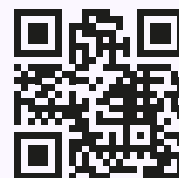


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## Thursday

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Slimming World	St John's Church Hall, Nelson	7.30 am & 9 am
The Parent Network (TTO)	Nelson Community Centre	9.30 - 11.30 am
Taff Bargoed Foodbank (Trussell Trust)	St John's Church Hall, Nelson	9.30 am - 12 noon
Parent & Toddler Group (TTO)	Bethel Church Hall, Nelson	10 am - 12 noon
Welcome Space	Helping Hands @ The Brunch Barn	10 am - 2 pm
St. John's Walking Group	St. Johns Church, CF46 6HA	2 pm
Taekwon-Do (Junior class)	Nelson Community Centre	6 - 7 pm
Taekwon-Do (Senior class)	Nelson Community Centre	7 - 8 pm
Royal Air Force Air Cadets (12-17 years)	Cascade Joint Cadet Centre, CF82 8BU	6.30 - 9.30 pm

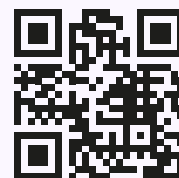


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### Friday

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Taff Bargoed Foodbank (Trussell Trust)	St John's Church Hall, Nelson	9.30 am - 12 noon
Welcome Space (free refreshments)	Nelson Library	9.30 am - 1 pm
Play Date (unstructured play 1-4 years)	Nelson Library	10 am - 12 noon
Caffi Croeso	Nelson Library	10.30 am - 12.30 pm
Welcoming Space (free refreshments)	St John's Church Hall, Nelson	11 - 2 pm
Scrabble Club	Nelson Library	2 - 4 pm
Children's Board Game Afternoon	Nelson Library	2.30 - 4.30 pm
Welcoming Space (free refreshments)	Nelson Library	2 - 5 pm
Nelson Rainbows (TTO)	Calfaria Baptist Church, Nelson	5.30 - 6.30 pm
Nelson Brownies (TTO)	St John's Church	5.30 - 7 pm
Bingo	Nelson Community Centre	6.15 - 9 pm
Bethel Youth Club (10-13years) (TTO)	Bethel Church Hall, Nelson	6.30 - 8.00 pm



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### Saturday

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Slimming World	St John's Church, Nelson	7.30 am & 9 am
Park Run (5km)	Parc Penallta, Ystrad Mynach	9 am
Park Run (5km)	Parc Bryn Bach, Tredegar	9 am
Additional Learning Needs session for Children (fortnightly)	Colliers Adventure Farm	9.30 - 11.30 am
Welcoming Space (free refreshments)	Nelson Library	9.30 am - 1 pm
Lego and Duplo Club	Nelson Library	10 am - 12 noon

### Sunday

Junior Park Run (2km, 4-14years)	Parc Bryn Bach, Tredegar	9 am
Junior Park Run (2km, 4-14years)	Parc Penallta, Ystrad Mynach	9 am
Sunday Adventure Club (4 -11 years)	Bethel Church Hall, Nelson	11.20 am - 12.20 pm
Taekwon-Do (Junior class)	Nelson Community Centre	5 - 6 pm
Taekwon-Do (Senior class)	Nelson Community Centre	6 - 7 pm

### 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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