

Scan QR code for
more details
Or visit
cwtsh.wales

Monday

TTO = Term Time Only

Elliot's Cafe	White Rose Resource Centre	9 am - 2 pm
Podiatrist	White Rose Resource Centre	9 am - 5 pm
Early Birds Toddler Time	New Tredegar Library	9.30 - 10.15 am
Welcome Space (free refreshments)	New Tredegar Library	9.30 am - 1 pm
Community Litter Pick (4th Nov)	Phillipstown Community House	10 - 11 am
Dementia Support Group	White Rose Resource Centre	10 am - 12 noon
Digital Photography Course	Tir-phil Community Centre	10 am - 12 noon
Information Cafe & Coffee Morning (1st Mon)	Phillipstown Community House	10 am - 1 pm
Knit and Natter	New Tredegar Library	10.30 am - 12.30 pm
URV Wanderers Mixed Walk	Parc Cwm Darran	11 am
Line Dance with Kelly	Tir-phil Community Centre	11 am - 12 pm
Sensory Session (Adults and Carers)	New Tredegar Library	11 am - 12 noon
Overs 50s Club	Tir-phil Community Centre	1 - 3 pm
Welcome Space (free refreshments)	New Tredegar Library	2 - 6 pm
Fitness Suite Opening Hours	New Tredegar Leisure Centre	3.30 - 9 pm
Speak Easy (Men's Social Group)	White Rose Resource Centre	4.30 - 6.30 pm
Get Fitter, Get Stronger Exercise Class	Tir-Phil Community Centre	6 - 7 pm
Walking Football	Idris Davies School	7 - 8 pm

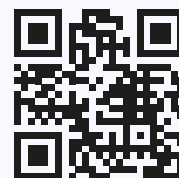


Scan QR code for
more details
Or visit
cwtsh.wales

Tuesday

TTO = Term Time Only

Credit Union	Phillipstown Community House	9 am - 11 am
POBL - support & advice (drop in)	White Rose Resource Centre	9 am - 1 pm
Elliot's Cafe	White Rose Resource Centre	9 am - 2 pm
Podiatrist	White Rose Resource Centre	9 am - 5 pm
Fareshare Food	White Rose Resource Centre	9.30 am - 12 noon
Age Cymru Gwent Housing Support Drop-in	White Rose Resource Centre	9.30 am - 1.30 pm
Fitness Suite Opening Hours	New Tredegar Leisure Centre	9.30 am - 9 pm
New Tredegar Strollers	Locations on our Cwtsh Facebook page	10.45 am
Warm Arted Art Class	Phillipstown Community House	12.30 - 2.30 pm
The Parent Network (TTO)	White Rose Resource Centre	12.30 - 2.30 pm
Music Session with RecRock (TTO)	White Rose Resource Centre	1 - 3 pm
Yoga (TTO)	Tir-phil Community Centre	1.30 - 2.30 pm
Young Stars (3-5 years) (TTO)	White Rose Resource Centre	3.30 - 4.15 pm
After School Club	Tir-phil Community Centre	3.00 - 4.30 pm
Youth Drama Club (10-17 years)	Tir-phil Community Centre	5 - 6 pm
New Tredegar Youth Club (TTO)	New Tredegar Leisure Centre	5 - 7 pm
Keep Fit	Tir-phil Community Centre	6 - 7 pm
Latin and Ballroom Dancing	Tir-phil Community Centre	7.30 - 8.15 pm



Scan QR code for
more details
Or visit
cwtsh.wales

Wednesday

TTO = Term Time Only

Elliot's Cafe	White Rose Resource Centre	9 am - 2 pm
Podiatrist	White Rose Resource Centre	9 am - 5 pm
Welcome Space (free refreshments)	New Tredegar Library	9.30 am - 1 pm
Adult Social Morning	Tir-phil Community Centre	10 am - 12 pm
Gardening Club	Tir-phil Community Centre	10 am - 12 pm
Lunch Club	St Dingat's Church, New Tredegar	12 noon
Brithdir over-50s club	Brithdir Constitutional Club	1.30 - 4 pm
Play Date (0 - 2 years)	New Tredegar Library	2 - 3 pm
Welcome Space (free refreshments)	New Tredegar Library	2 - 6 pm
Family Fun (Games, Lego, Colouring etc)	New Tredegar Library	3 - 4.30 pm
Fitness Suite Opening Hours	New Tredegar Leisure Centre	3.30 - 9 pm
Youth Sport Sessions (TTO)	Phillipstown Community Centre	4 - 5.15 pm
Zumba Fitness	Tir-phil Community Centre	5.30 - 6.30 pm
Girls Rugby Training (Year 8 and 9)	New Tredegar Rugby Fields	6 pm
Girls Rugby Training (Year 6 and 7)	New Tredegar Rugby Fields	7.15 - 8.15 pm
Bingo	Tir-phil Community Centre	7 - 9 pm

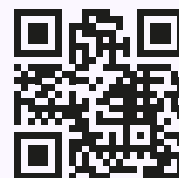


Scan QR code for
more details
Or visit
cwtsh.wales

Thursday

TTO = Term Time Only

Elliot's Cafe	White Rose Resource Centre	9 am - 2 pm
Podiatrist	White Rose Resource Centre	9 am - 5 pm
The Parent Network (TTO)	Phillipstown Community House	9.30 - 11.30 am
Welcome Space (free refreshments)	New Tredegar Library	9.30 am - 1 pm
Fitness Suite Opening Hours	New Tredegar Leisure Centre	9.30 am - 9 pm
Crochet Club	Tir-phil Community Centre	10 am - 12 pm
ESOL (for adults)	New Tredegar Library	10 am - 12 pm
Platform (support & advice drop in)	White Rose Resource Centre	10 am - 1 pm
Wellbeing Pop-up Session (21st Nov)	New Tredegar Library	10.30 am - 12.30 pm
Rhymney Valley Foodbank	White Rose Resource Centre	11 am - 1 pm
Men's Shed	Tir-phil Community Centre	11 am - 1 pm
Community Luncheon	Tir-phil Community Centre	12 - 2 pm
Gardening Club	Tir-phil Community Centre	1 - 3 pm
Toddler Time (0 - 3 years)	New Tredegar Library	2 - 2.45 pm
Welcome Space (free refreshments)	New Tredegar Library	2 - 6 pm
Family Fun (Games, Lego, Colouring etc)	New Tredegar Library	3 - 5 pm
White Rose Cafe (cuppas, chat, bingo and more!)	White Rose Resource Centre	3.30 - 6 pm
Slimming World	White Rose Resource Centre	5.30 - 7.30 pm
Keep Fit with Ashton	Tir-phil Community Centre	6 - 7 pm



Scan QR code for
more details
Or visit
cwtsh.wales

Friday

TTO = Term Time Only

Elliot's Cafe	White Rose Resource Centre	9 am - 2 pm
Podiatrist	White Rose Resource Centre	9 am - 5 pm
Mobile Post Office	White Rose Centre Car Park	9.30 am - 12.30 pm
Welcome Space (free refreshments)	New Tredegar Library	9.30 am - 1 pm
Free Uniform Hub	Tir-phil Community Centre	10 am - 12 pm
Art Class	New Tredegar Library	10.30 am - 12.30 pm
Seated Dance (TTO)	White Rose Resource Centre	11 am - 12 pm
Seated Yoga	Tir-phil Community Centre	11 am
Parent and Toddler Group (TTO)	Tir-phil Community Centre	12.30 - 2.30 pm
White Rose Singers Choir Rehearsal (TTO)	White Rose Resource Centre	1.15 pm - 2.30 pm
Friendship Friday (Free refreshments, bingo and quizzes)	Tir-phil Community Centre	1.30 - 4.30 pm
Welcome Space (free refreshments)	New Tredegar Library	2 - 6 pm
Fitness Suite Opening Hours	New Tredegar Leisure Centre	3.30 - 8 pm
Kettlebells	Tir-phil Community Centre	4.45 pm
Pilates for beginners	Tir-phil Community Centre	6 - 7 pm
Family Darts	Tir-phil Community Centre	6 - 10 pm



Scan QR code for
more details
Or visit
cwtsh.wales

Saturday

TTO = Term Time Only

Park Run (5km)	Parc Penallta, Ystrad Mynach	9 am
Park Run (5km)	Parc Bryn Bach, Tredegar	9 am
Fitness Suite Opening Hours	New Tredegar Leisure Centre	9.30 am - 1.30 pm
LBT	Tir-phil Community Centre	10.30 am

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
Craft Session	Tir Phil Community Centre	1 pm
Zumba (Kids)	Tir Phil Community Centre	3 - 3.45 pm

Looking to add an activity?

Email: 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 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



Scan QR code
for more details

Or visit
www.cwtsh.wales