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## Monday

TTO = Term Time Only

Chiropractic and Wellness Services	Risca Chiropractic and Wellness Clinic	Appointments
Counselling/therapeutic services	Time Wellbeing Centre	Appointments
Cafe	Snug Coffee Shop	8 am - 2.30 pm
TLC Community Cafe	TLC cafe, Ty Sign	9 am - 1 pm
Foodbank Support	TLC cafe, Ty Sign	9 am - 1 pm
Body Conditioning	Risca Leisure Centre	9.30 - 10.15 am
Ty-Sign Tots (TTO)	Channel View Community Centre	9.30 - 11.30 am
Woodworking	Oxford House, Risca	9.30 - 11.30 am
Welcome Space (free refreshments)	Risca Library	9.30 am - 1 pm
Barclays Bank	Risca Library	9.30 am - 5 pm
Golden Girls (over 50's Fitness) (excludes bank hols)	Risca Senior Citizens Hall	10 - 11 am
Digital Skills	Oxford House, Risca	10 am - 12 pm
Pilates	Risca Leisure Centre	10.15 - 11 am
Wall Pilates with Michelle	Time Wellbeing Centre	10.30 - 11.15 am
Crochet Club	The Hive	10.30 am - 12.30 pm
Food Pantry	The Pantri, Risca	12 - 3 pm
Crochet Class	Oxford House, Risca	1.30 - 3.30 pm
IT Class	Risca Library	2 - 4 pm
Welcome Space (free refreshments)	Risca Library	2 - 6 pm
Risca Town Council	Risca Library	2 - 6 pm
Gaming Club	Risca Library	3 - 5 pm
Autistic and Visually Impaired Rugby (8-16 year olds)	Risca Rugby Club	4.30 - 5.30 pm

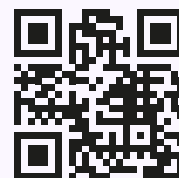


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## Monday (continued)

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Walking Football (Over 30's)	Risca Leisure Centre	5 - 6 pm
Body Conditioning	Risca Leisure Centre	5.30 - 6.15 pm
Creative Wellbeing Workshop (10+ years) (13/1 til 17/3)	Time Counselling & Wellbeing Centre	5.30 - 7 pm
Group Cycling	Risca Leisure Centre	6 - 6.45 pm
Kids Cycle Sessions (Cwmcarn Paragon Cycling Club)	Risca Leisure Centre	6 - 7 pm
Power Yoga Flow	Risca Leisure Centre	6.20 - 7 pm
FitSteps	St. Margarets Church Hall	6.30 - 7.30 pm
Clubbercise	St Mary's Church Hall	6.45 pm
Short Tennis Social	Risca Leisure Centre	7 - 7.40 pm
Adults Total Body Defence Class	St John Ambulance Hall	7 - 8.30 pm
Yoga with Audrey	Time Wellbeing Centre	7 - 8.30 pm
Kettlebells	Risca Leisure Centre	7.05 - 7.50 pm
Men's Darts	Commercial Inn, Risca	8 pm
Aqua Aerobics	Risca Leisure Centre	8 - 8.45 pm

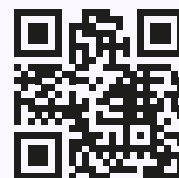


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## Tuesday

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Chiropractic and Wellness Services	Risca Chiropractic and Wellness Clinic	Appointments
Counselling/therapeutic services	Time Wellbeing Centre	Appointments
Cafe	Snug Coffee Shop	8 am - 2.30 pm
Slimming World	Risca Senior Citizens Hall	9 am & 11 am
Group Cycling	Risca Leisure Centre	9.30 - 10.15 am
Risca Foodbank (and Platform)	Risca Salvation Army Hall	9.30 - 11.30 am
Welcome Space (free refreshments)	Risca Library	9.30 am - 1 pm
Food Pantry	The Pantri, Risca	9.30 am - 1 pm
ESOL Language course	Oxford House, Risca	10 am - 12 pm
The Parent Network (TTO)	Ty Sign Methodist Church, Risca	10 am - 12 pm
TLC Cafe (Welcome Space)	TLC cafe, Ty Sign	10 am - 12 pm
Pilates	Risca Leisure Centre	10.15 - 11 am
Kettlebells	Risca Leisure Centre	10.30 - 11.15 am
Toddler Time (TTO)	Risca Library	11 am - 12 noon
Chatty Cafe	Snug Coffee Shop	12.30 - 2 pm
Craft Club (Bring your project)	The Hive	12.45 - 2.45 pm
Friends Together (Games group)	Bethany Baptist Church, Risca	2 - 4 pm
Help Me Quit (Smoking) (appointment required, ring 0800 085 2219)	Wellspring Medical Centre	2 - 4 pm
Welcome Space (free refreshments)	Risca Library	2 - 5 pm
Colouring Club	Risca Library	3.15 - 4.30 pm
Hiit	Risca Leisure Centre	4.30 - 5.15 pm
Art Class (TTO)	Oxford House	4 - 6 pm

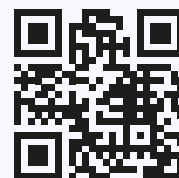


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## Tuesday (continued)

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Pilates	Risca Leisure Centre	5 - 5.50 pm
Junior Lifeguard	Risca Leisure Centre	5.30 - 6.25 pm
Dance Fit	Risca Leisure Centre	5.30 - 6.45 pm
Group Cycling	Risca Leisure Centre	6 - 6.45 pm
Zumba	Channel View Community Centre	6 - 7 pm
Yin Yoga Flow	Risca Leisure Centre	6 - 7.30 pm
Art Class (TTO)	Oxford House	6 - 8 pm
Intro2HIIT	Risca Leisure Centre	6.30 - 7.15 pm
Beginners Line Dance Class	St. Mary's Church Hall	6.30 - 7.30 pm
FitSteps	St. Margarets Church Hall	6.30 - 7.30 pm
Women's Wellbeing Group	Time Wellbeing Centre	6.45 - 8.15 pm
Circuits	Risca Leisure Centre	7 - 7.45 pm
SHADE (self-help depression group)	Dan-y-Graig Church Hall, Risca	7 - 9 pm
Adults Self Defence	Risca Leisure Centre	7.30 - 9.30 pm
DDP Yoga	Channel View Community Centre	7.45 - 8.45 pm
Darts	Commercial Inn, Risca	8 pm

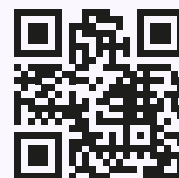


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## Wednesday

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Chiropractic and Wellness Services	Risca Chiropractic and Wellness Clinic	Appointments
Counselling/therapeutic services	Time Wellbeing Centre	Appointments
Cafe	Snug Coffee Shop	8 am - 2.30 pm
TLC Community Cafe	TLC cafe, Ty Sign	9 am - 1 pm
Foodbank Support	TLC cafe, Ty Sign	9 am - 1 pm
Toddler Time (TTO)	St David's Church	9.15 - 11.15 am
Group Cycling	Risca Leisure Centre	9.30 - 10.15 am
Woodworking	Oxford House, Risca	9.30 - 11.30 am
Welcome Space (free refreshments)	Risca Library	9.30 am - 1 pm
Golden Girls (over 50's Fitness)	Risca Senior Citizens Hall	10 - 11 am
ESOL Language course	Oxford House, Risca	10 am - 12 pm
Wellbeing Walk	Snug Coffee Shop	10 am
Get Pumped	Risca Leisure Centre	10.30 - 11.15 am
Coffee Morning	Clyde St Pentecostal Church	10.30 am
Nordic Walking (with Caerphilly Nordic Walks)	Various locations contact 07906 365280	11 am
Lunch Club	Risca Salvation Army Hall	12 - 1 pm
Essential Skills	Risca Library	12.30 - 3 pm
Chair Fit	Risca Leisure Centre	12.45 - 1.30 pm
Fibromyalgia Support Group	Time Counselling & Wellbeing Centre	1 - 2 pm
Chair-based exercise class for 60+	Bethany Baptist Church	1.30 - 2.30 pm
Aqua Aerobics	Risca Leisure Centre	1.45 - 2.30 pm
Digital Skills	Oxford House, Risca	2 - 4 pm

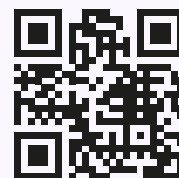


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## Wednesday (continued)

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Help with NHS Hearing Aids (4th Weds)	Risca Library	2 - 4 pm
Welcome Space (free refreshments)	Risca Library	2 - 6 pm
Code Club (9-12 years) (TTO)	Risca Library	4 - 5 pm
Group Cycling	Risca Leisure Centre	6 - 6.45 pm
Step with Weights	Risca Leisure Centre	6 - 7 pm
Tuning Fork Sound Therapy Group	Time Counselling & Wellbeing Centre	6 - 7 pm
Baking Class	Oxford House, Risca	6 - 8 pm
Numeracy Pre-GCSE	Oxford House, Risca	6 - 8 pm
Boxercise	Risca Leisure Centre	7 - 7.45 pm
Dragons AllStars (mixed ability rugby)	Risca Rugby Club	7.30 - 8.30 pm

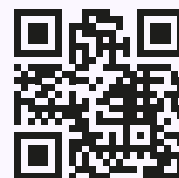


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## Thursday

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Chiropractic and Wellness Services	Risca Chiropractic and Wellness Clinic	Appointments
Counselling/therapeutic services	Time Wellbeing Centre	Appointments
Cafe	Snug Coffee Shop	8 am - 2.30 pm
Group Cycling	Risca Leisure Centre	9.30 - 10.15 am
Pilates	Risca Leisure Centre	9.30 - 10.15 am
Welcome Space (free refreshments)	Risca Library	9.30 am - 1 pm
Coffee Morning	Tŷ Isaf Church, Risca	10 am - 12 noon
Library Play Date (TTO)	Risca Library	10 am - 12 pm
Senior Coffee Morning	TLC cafe, Ty Sign	10 am - 12.30 pm
Dressmaking Sewing Belles	Oxford House, Risca	10 am - 1 pm
Scrabble Club	Risca Library	10 am - 1 pm
Tenancy Support	Risca Library	10 am - 1 pm
Housing Officer	Risca Library	10 am - 4 pm
Body Conditioning	Risca Leisure Centre	10.15 - 11 am
Coffee Morning	Dan-y-Graig Church Hall	10.30 am - 12 noon
Beginners Line Dance Class	Fusion Dance Studio	11 am - 12 pm
Yoga with Audrey	Time Wellbeing Centre	11 am - 12.30 pm
Dragons Sporting Memories Session	Risca Rugby Club	11.30 am - 1.30 pm
Caerphilly Carers Support Group (2nd Thurs)	The Coffee Mill, Risca	12 - 1.30 pm



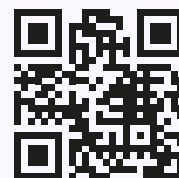
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## Thursday (continued)

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Toddler Time (TTO)	St David's Church	12 - 2 pm
SHADE (self-help depression group)	Dan-y-Graig Church Hall	1 - 3 pm
Bingo	TLC cafe, Ty Sign	1 - 3 pm
Knit and Natter	Risca Library	2 - 3 pm
Welcome Space (free refreshments)	Risca Library	2 - 5 pm
Pilates	Risca Leisure Centre	5 - 5.50 pm
Bilingual Textile Craft	Oxford House, Risca	5 - 8 pm
Kettlebells	Risca Leisure Centre	6 - 6.45 pm
Yoga Flow	Risca Leisure Centre	6 - 7.30 pm
Patchwork	Oxford House, Risca	6 - 8 pm
Crochet Club	The Hive	6 - 8 pm
St John Ambulance (17+ years)	St John Ambulance Hall	6.30 - 8 pm
Circuits	Risca Leisure Centre	7 - 8 pm
Menopause Fit	Risca Leisure Centre	7 - 8 pm
Risca Male Choir practice	Old Council Offices, Risca	7 - 9 pm
Quiz Night	Risca Workingmen's Branch Club	8 pm





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## Friday

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Chiropractic and Wellness Services	Risca Chiropractic and Wellness Clinic	Appointments
Counselling/therapeutic services	Time Wellbeing Centre	Appointments
Cafe	Snug Coffee Shop	8 am - 2.30 pm
TLC Community Cafe	TLC cafe, Ty Sign	9 am - 1 pm
Foodbank Support	TLC cafe, Ty Sign	9 am - 1 pm
Bodyblast	Risca Leisure Centre	9.30 - 10.15 am
Risca Foodbank	Risca Salvation Army Hall	9.30 - 11.30 am
Welcome Space (free refreshments)	Risca Library	9.30 am - 1 pm
Caerphilly Employment support	Risca Library	9.30 am - 3.30 pm
Housing Related Support	Channel View Community Centre	10 am - 12 pm
CVW Coffee Morning (free refreshments and fun)	Channel View Community Centre	10 am - 12 noon
British Sign Language Coffee Morning	Oxford House, Risca	10 am - 12 noon
Coffee Morning	Bethany Baptist Church	10 am - 12 noon
Kettlebells	Risca Leisure Centre	10.15 - 11 am
Tiny Talk for 0-2 years (TTO)	St Mary's Church Hall	10.30 - 11.30 am
Craft Club (Bring your project)	The Hive	10.30 am - 12.30 pm
Knit and Natter	Risca Library	11 am - 12.45 pm
Group cycling	Risca Leisure Centre	11.30 am - 12 pm
Total Body Basics	Risca Leisure Centre	12 - 12.40 pm
Aqua Aerobics	Risca Leisure Centre	12.45 - 1.30 pm
Knit & Yarn/ Diamond Art	TLC cafe, Ty Sign	1 - 3 pm
Mobility/Flexibility	Risca Leisure Centre	1.30 - 2.15 pm

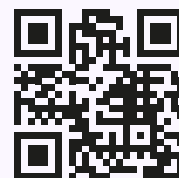


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Welcome Space (free refreshments)	Risca Library	2 - 5 pm
Aqua Fun for Kids	Risca Leisure Centre	2.15 - 3 pm
Food Pantry	The Pantri, Risca	4 - 6 pm
Group Cycling	Risca Leisure Centre	4.45 - 5.30 pm
Friendly Friday (Free meal and drink)	Snug Coffee Shop	5.30 pm
Kids Club (Age 4+)	Ty Isaf Church	6 - 7 pm
Zumba	Channel View Community Centre	6 - 7 pm
Pole Fitness	St David's Hall, Ty Sign	6.30 - 7.30 pm
Family Roller Skating	Risca Leisure Centre	7.15 - 8.45 pm
Kids Club (Age 7+)	Ty Isaf Church	7.15 - 8.30 pm



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## Saturday

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Chiropractic and Wellness Services	Risca Chiropractic and Wellness Clinic	Appointments
Counselling/therapeutic services	Time Wellbeing Centre	Appointments
Cafe	Snug Coffee Shop	8 am - 2.30 pm
Kettlebells	Risca Leisure Centre	8.30 - 9.15 am
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
Group Cycling	Risca Leisure Centre	9.30 - 10.15 am
Welcome Space (free refreshments)	Risca Library	9.30 am - 4 pm
Games Day	Risca Library	9.30 am - 4 pm
Adult Reading Group (1st Sat)	Risca Library	10 - 11 am
Bodyblast	Risca Leisure Centre	10.30 - 11.15 am
Craft Club (Bring your project)	The Hive	10.30 - 12.30 pm
Story Time and Lego Club (TTO)	Risca Library	11 am - 12 pm
Food Pantry	The Pantri, Risca	12 - 2 pm
Karaoke (Live Music)	Commercial Inn, Risca	8 pm



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## Sunday

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Pontymister Angling Club (every other Sunday, weather dependent)	Canal between Pontywaun Aquaduct and Manor Way	7.45 am
Junior Parkrun (2km, 4-14 years)	Parc Bryn Bach, Tredegar	9 am
Junior Parkrun (2km, 4-14 years)	Penallta House, Ystrad Mynach	9 am
Group Cycling	Risca Leisure Centre	9 - 9.45 am
Boxing Circuit	Risca Leisure Centre	10 - 10.45 am
Veterans group	TLC cafe, Ty Sign	12 - 2 pm
Risca Male Choir practice	Old Council Offices, Risca	6 - 8 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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