



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

## Monday

TTO = Term Time Only

Play Date (Parent and Toddler)	Abertridwr Library	10 am - 12 pm
Tai Chi with Gary	Senghenydd Community Centre	2 - 3 pm
Family Story Time (TTO)	Abertridwr Library	4 - 4.30 pm
Fighting Dragons Karate Kickboxing (Kids, 3 - 13 years)	Thomas Street, CF83 4AX	5.30 - 6.45 pm
Deb's Kettlercise	Abertridwr Community Centre	6.30 pm
Fighting Dragons Karate Kickboxing (Teens and adults)	Thomas Street, CF83 4AX	6.45 - 8 pm
Aber Valley Male Voice Choir	Caerphilly Rugby Club, CF83 3JA	7 - 9.30 pm

## Tuesday

The Parent Network (TTO)	Ysgol Ifor Bach	9.30 - 11.30 am
Sewing with Sali	Abertridwr Community Centre	9.30 - 12.30 pm
Craft Corner	Abertridwr Library	10 am - 12 pm
Crafty Ladies	Abertridwr Library	2 - 4 pm
Deb's Kettlercise	Abertridwr Community Centre	6.30 pm
Tai Chi with Gary	Senghenydd Community Centre	2 - 3 pm

## Wednesday

Fighting Dragons Karate Kickboxing (Kids, 3 - 13 years)	Thomas Street, CF83 4AX	5.30 - 6.45 pm
Men's Walking Group (Men.Talk.Walk)	Aberfawr Road, CF83 4EJ	6.30 pm
Fighting Dragons Karate Kickboxing (Teens and adults)	Thomas Street, CF83 4AX	6.45 - 8 pm
Aber Valley Male Voice Choir	Caerphilly Rugby Club, CF83 3JA	7 - 9.30 pm



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

## Thursday

TTO = Term Time Only

The Parent Network (TTO)	YMCA Abertridwr	9.30 - 11.30 am
Nazareth Social Group	Abertridwr Community Centre	2 - 4 pm
Deb's Kettlercise	Abertridwr Community Centre	6.30 pm
Aber Valley WI meeting (1st Thursday)	Senghenydd Community Centre	7.30 pm

## Friday

Fighting Dragons Karate Kickboxing (Kids, 3 - 13 years)	Thomas Street, CF83 4AX	5.30 - 6.45 pm
Fighting Dragons Karate Kickboxing (Teens and adults)	Thomas Street, CF83 4AX	6.45 - 8 pm

## Saturday

WI Craft Group (once a month)	Abertridwr Library	10 am - 12 pm
Park Run (5km)	Penallta House	9 am
Park Run (5km)	Coed Cefn-pwll-du	9 am



Scan QR code for  
more details  
Or visit  
cwtsh.wales

## Sunday

TTO = Term Time Only

Men.Talk.Walk Coffee Morning	Aberfawr Road, CF83 4EJ	8.30 am
Men's Walking Group (Men.Talk.Walk)	Aberfawr Road, CF83 4EJ	9.30 am

## Looking to add an activity?

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

Call: 07305 714695

Follow us   



## 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)

Should you lack confidence or feel you need support to engage with a group, please contact Community Wellbeing Connectors on 01443 811490 or text SUPPORT to 07537 414443



Scan QR code  
for more details

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