

CWTSH

Wellbeing Guide

April 2025



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Or visit
cwtsh.wales

Monday

TTO = Term Time Only

Decorate Easter Treats (14th April)	The Sycamore Centre, Ty Sign	11 am
Play in the Park (14th April)	Bargoed Park	11 am – 2 pm
Caerphilly Table Top Gaming (7th and 28th April)	Caerphilly Library	2 – 5 pm
Bluebells Grief Support Group (7th April)	Cefn Fforest Community Centre	6 – 7.30 pm
Toddler Time (14th and 21st April)	Bargoed Library	10 – 11 am
Colouring Club (14th and 21st April)	Bargoed Library	3 – 4 pm

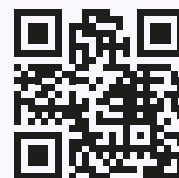
Tuesday

Tommy's Tots (free play, crafts, snack, story and singing) (8th April)	Bedwas Workmen's Hall	9.30 – 11 am
Aber Valley Litter Pick (29th April)	Senghenydd	10.30 am
Colouring Morning (22nd April)	The Sycamore Centre, Ty Sign	11 am – 12.30 pm
Play in the Park (15th April)	Senghenydd Park	11 am – 2 pm
Easter Event (15th April)	St David's Community Centre, Rhymney	12 – 2 pm
Easter Crafts (15th April)	Bedwas Workmen's Hall	3 – 5 pm
Table Top Games (15th and 22nd April)	Bargoed Library	4 – 5 pm
Crafting Workshop (8th April)	Sirhowy Valley Hub, Cwmfelinfach	4 – 5.15 pm

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The Great Rhymney Library Plant Swap (9th April)	Rhymney Library	9 am – 5 pm
Easter Pop-up and Play (23rd April)	Tirphil Community Centre	10 – 11.30 am
Easter Event (age 5 and under) (16th April)	Trecenydd Community Centre	11 am – 12.30 pm
Play-dough and Play (16th April)	The Sycamore Centre, Ty Sign	11 am – 12.30 pm
Drop-in Lego Club (16th and 23rd April)	Caerphilly Miners Centre	11 am – 1 pm
Play in the Park (16th April)	Waunfawr Park, Risca	11 am – 2 pm
Easter Bonnet Making (16th April)	TLC, Ty Sign	12.30 – 2.30 pm
Autism Friendly Session (16th and 23rd April)	Bargoed Library	1 – 2 pm
Easter Pop-up and Play (23rd April)	Markham Community Centre	1 – 2.30 pm
Easter Event (16th April)	Trecenydd Community Centre	1 – 2.30 pm
Easter Lunch (16th April)	Sirhowy Valley Hub, Cwmfelinfach	1 – 3 pm
Children's Easter Party (16th April)	The George, Aberbargoed	5 – 8 pm

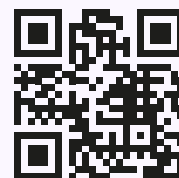
Thursday

Rhyme Time (17th and 24th April)	Bargoed Library	10 – 10.30 am
Easter Pop-up and Play (24th April)	Bargoed Community Centre	10 – 11.30 am
Free Play (17th and 24th April)	Bargoed Library	10.30 – 11 am
Family History Help Desk (10th April)	Risca Library	10.30 – 12.30 pm
Play-dough and Play (24th April)	The Sycamore Centre, Ty Sign	11 am – 12.30 pm
Easter Egg Hunt (17th April)	TLC, Ty Sign	12 – 1.30 pm
Easter Pop-up and Play (24th April)	Phillipstown Community Centre	1 – 2.30 pm

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Friday

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Family Board Games (18th April)	The Sycamore Centre, Ty Sign	9.30 – 11.30 am
Easter Pop-up and Play (25th April)	White Rose Resource Centre, New Tredegar	10 – 11.30 am
Coffee, Cake and Connections (4th April)	St Catherines Hall, Mill Road, CF83 3FE	10 – 11.30 am
Move in Nature with Fiona (4th April)	Cefn Fforest Eco Park, Blackwood	11 am – 12 pm
Eco-Creativity with Sarah (11th April)	Cefn Fforest Eco Park, Blackwood	11 am – 1 pm
Easter Trail (18th April)	Bethel Bedwas	12 – 2 pm
Easter Pop-up and Play (25th April)	Maesycwmmer Community Centre	1 – 2.30 pm
Code Club (18th and 25th April)	Bargoed Library	4 – 5 pm
Easter Party (18th April)	Fleur-de-lys Community Centre	4.30 – 6 pm
All the Moves Disco (25th April)	Caerphilly Miners Centre	7.30 – 8.30pm

Saturday

Caerphilly Food and Drink Festival (12th April)	Caerphilly Town Centre	9 am – 5 pm
Caerphilly Table Top Gaming (Ages 6+) (5th April)	Caerphilly Library	10 am – 4 pm
Caerphilly Table Top Gaming (Ages 6+) (12th April)	Bargoed Library	10 am – 4 pm
Easter Woodwork (12th April)	Bargoed Library	10.30 am
Easter Egg Hunt (19th April)	Caerphilly Miners Centre	11 am – 1 pm
Easter Egg Hunt (5th April)	St Margarets Church, Blackwood	11 am – 2 pm
Games and Activities (19th and 26th April)	Bargoed Library	11 am – 3 pm

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Saturday (continued)

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Kids Chocolate Bingo (19th April)	TLC, Ty Sign	12 – 2 pm
Easter Party (12th April)	Van Community Centre	12 – 3 pm
Story and Craft (19th and 26th April)	Bargoed Library	2 – 3 pm
Code Club (19th and 26th April)	Bargoed Library	2 – 3 pm
Easter Egg Hunt (12th April)	Graig Y Rhacca Community Centre	12 – 5 pm

Sunday

Easter Flower Arranging and Cream Tea (13th April)	Caerphilly Miners Centre	1 – 3 pm
Easter Family Fun Day (20th April)	Deri RFC	4.15 – 6.15 pm
Easter ALN Session (13th April)	Colliers Adventure Farm	5.30 – 7.30 pm

Looking to add an activity?

Email: info@cwtsh.wales

Call: 07581019410

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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



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