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## Monday

TTO = Term Time Only

Playgroup (20 months-12 years)	Machen Village Hall	8 am - 3 pm
Age Cymru Gwent Housing Support Drop-in	Graig Y Rhacca Food Share	9 am - 1 pm
Warm Space	Bethel Baptist Church	10 am - 1 pm
Cafe and activities	The Rock Christian Resource Centre, Bedwas	10 am - 4 pm
Craft Club with Ann (TTO)	Machen Village Hall	1 - 3 pm
Help Me Quit (Smoking) (appointment required, ring 0800 085 2219 or text HMQ to 80818)	Trethomas Health Centre	2.30 - 4.30 pm
Bag a Bargain Food Bag	The Parish Trust	5.30 pm
Clubbercise	Bedwas Workmen's Hall	6 pm
Yoga (booking essential) (TTO)	Machen Village Hall	6.30 - 7.30 pm
Community Choir	The Parish Trust	7 - 8.30 pm

## Tuesday

Playgroup (20 months-12 years)	Machen Village Hall	8 am - 3 pm
Tommy's Tots (TTO)	The Parish Trust	9.30 - 11 am
Cafe and activities	The Rock Christian Resource Centre, Bedwas	10 am - 4 pm
Games Club	The Parish Trust	3.30 - 5 pm
Kung Fu Martial Arts Class	Machen Village Hall	5 - 6.30 pm
Reading Group (1st Tues)	Emmanuel Church Hall	8 - 9 pm

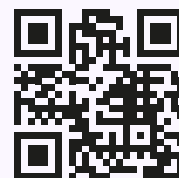


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## Wednesday

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Playgroup (20 months-12 years)	Machen Village Hall	8 am - 3 pm
Parent Network (Crafts and refreshments) (TTO)	Bedwas High Car Park, CF83 8BJ	9.30 - 11.30 am
Social Tots Play Group (8 months - 2.5 years) (TTO)	Machen Village Hall	10 - 10.40 am
The Yarny Army	The Parish Trust	10 - 11.30 am
Warm Space	Bedwas OAP Hall	10 am - 1 pm
Cafe and activities	The Rock Christian Resource Centre, Bedwas	10 am - 4 pm
Discovery Tots Play Group (2-9 months) (TTO)	Machen Village Hall	11 - 11.40 am
Warm Space	Bethel Baptist Church	11 am - 2 pm
Baby Development Course (0-6months)	Machen Village Hall	12 - 12.50 pm
7th Caerphilly Beavers	Graig-y-Rhacca Community Centre	5 pm
Bag a Bargain Food Bag	The Parish Trust	5.30 pm
New Horizons Youth Theatre	Machen Village Hall	5.30 - 8.30 pm
Yoga with Ageliki (booking essential)	Machen Village Hall	6 - 7 pm



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## Thursday

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Playgroup (20 months-12 years)	Machen Village Hall	8 am - 3 pm
Cafe and activities	The Rock Christian Resource Centre, Bedwas	10 am - 4 pm
Parent Network (Crafts, chats and courses) (2nd and 4th Thurs)	Machen Village Hall	12 - 2 pm
Warm Space	Machen RFC	12 - 4 pm
Inclusive Music	Bedwas Workmen's Hall	1 - 2 pm
Parent Network (Crafts, chats and courses) (1st and 3rd Thurs)	Machen Village Hall	1 - 3 pm
Good Companions Social Group (2nd and 4th Thurs)	Machen Village Hall	2.30 - 4 pm
Lego and Duplo Club	Machen Library	3.30 - 4.30 pm
Youth Club (11+ years) (TTO)	Graig Y Rhacca Community Centre	6 - 8 pm
The Women's Institute (2nd and 4th Thurs)	Machen Village Hall	7.30 - 9 pm

## Friday

Playgroup (20 months-12 years)	Machen Village Hall	8 am - 3 pm
Cafe and activities	The Rock Christian Resource Centre, Bedwas	10 am - 4 pm
Coffee, Cake and Connections	The Parish Trust, Trethomas	10.30 am - 12 pm
Warm Space	Bethel Baptist Church	11 am - 2 pm
Warm Space	Machen RFC	12 - 3 pm
Bag a Bargain Food Bag	The Parish Trust	5.30 pm
Youth Club (10-16 years)	The Parish Trust	7 - 8.30 pm



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## Saturday

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Cafe and activities	The Rock Christian Resource Centre, Bedwas	10 am - 4 pm
Writers Workshop (2nd and 4th Sat)	Machen Village Hall	10 am - 1 pm
Children's Craft (TTO)	Machen Library	10.30 - 11.30 am
Yoga and Relax	Bedwas Workmen's Hall	11.30 am - 12.30 pm
Machen Show (6th July)	Machen RFC	12 pm

## Sunday

Yoga and Relaxation	Bedwas Workmen's Hall	11.30 am - 12.30 pm
New Horizons Youth Theatre	Machen Village Hall	1 - 5 pm

## Looking to add an activity?

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

Call: 07305 714695

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## More details

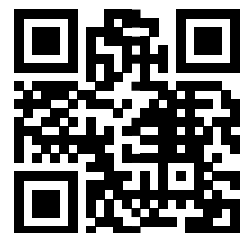
For more details of the activities and providers, visit [www.cwtsh.wales](http://www.cwtsh.wales) or scan the QR code opposite.

More information on wellbeing activities and support is also available at:



[www.dewis.wales](http://www.dewis.wales)

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



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