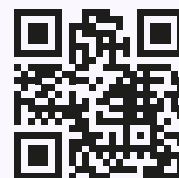


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Monday

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Taraggan Gardening	Taraggan/Bargoed Comm. Centre	9 am - 2.30 pm
Cylch Ti a Fi - Parent & Toddler Group (0-4 years) (TTO)	Ysgol Bro Sannan, Aberbargoed	9.30 - 11 am
Creative Writing Group	Bargoed Library	9.30 am - 12.30 pm
Help Me Quit (Smoking) (appointment required, ring 0800 085 2219 or text HMQ to 80818)	Bargoed Library	9.30 am - 1 pm
Welcome Space (free refreshments)	Bargoed and Deri Libraries	9.30 am - 1 pm
Community Bookswap (Mon - Fri)	Bargoed YMCA	9.30 am - 1.30 pm
Baby Beats	Murray's	10 - 11 am
Art Class (TTO)	Bargoed Library	10 am - 12 pm
Local History Research	Bargoed Library	10 am - 12 pm
Warm Space (Free refreshments, clothes, toiletries, books and DVD's)	Gilfach Bargoed Community Centre	10 am - 12 pm
Growing Space (Nature Walking)	Parc Cwm Darren	10 am - 1 pm
Over-55s Dance Group	St Margaret's Church, Gilfach	10.30 - 11.30 am
Caerphilly Carers Support Group (1st Mon)	Murray's	11 am - 12.30 pm
URV Wanderers Mixed Walk	Parc Cwm Darran	11 am - 1 pm
Seniors Discount Meals	Square Royale	12 - 6 pm
Fareshare	St Gwladys Church Hall	1 - 3 pm
Bingo	Arthur Balfour Club	1.30 - 4 pm
Bingo, Tote, Cuppa and Chat	Gilfach Workmen's Club	1.30 - 4 pm
'Skills' signposting	Bargoed Library	2 - 3 pm
Local History Research	Bargoed Library	2 - 3 pm

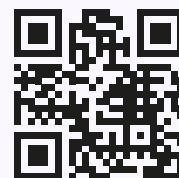


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Monday (continued)

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Welcome Space (free refreshments)	Bargoed Library	2 - 5 pm
Welcome Space (free refreshments)	Deri Library	2 - 6 pm
Warm Space	St Gwladys Church Hall	3 - 6 pm
Colouring Club	Bargoed Library	3.30 - 4.30 pm
Kids Dance Mix (4-7 years)	DNL Dance Studio, Aberbargoed	4 pm
Baton Twirling (6+ years)	DNL Dance Studio, Aberbargoed	4.45 pm
Deri Youth Club (TTO)	Deri Community Centre	5 - 7 pm
Aberbargoed Youth Club (TTO)	Hanger Youth & Community Centre	5.30 - 7.30 pm
Cheerdance Juniors (8-11 years)	DNL Dance Studio, Aberbargoed	5.30 pm
Kettlebells	Heolddu Leisure Centre	6 - 6.55 pm
Cubs (TTO)	Gilfach Scouts Hall	6 - 7.30 pm
Hip-Hop Juniors (8-11 years)	DNL Dance Studio, Aberbargoed	6.15 pm
Aikido	Bargoed YMCA	6.30 - 9.30 pm
Royal Air Force Air Cadets (12 -17 years)	Cascade Joint Cadet Centre, CF82 8BU	6.30 - 9.30 pm
Latino Fit	Heolddu Leisure Centre	7 - 7.55 pm
Yoga	Bargoed YMCA	7 - 8 pm
Darts	Gilfach Workmen's Club	7 pm
Songwriting Circle (3rd Mon)	Bourton's Live Music Cafe Bar	7.30 pm
Scouts (TTO)	Gilfach Scouts Hall	7.30 - 9 pm
Bargoed Folk Club (2nd Mon)	Bourton's Live Music Cafe Bar	8 pm

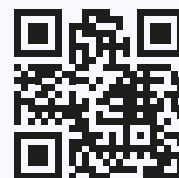


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Tuesday

TTO = Term Time Only

Hydrorider	Heolddu Leisure Centre	6.15 - 7 am
Circuits	Heolddu Leisure Centre	7.15 - 8 am
Taraggan Gardening	Taraggan/Bargoed Comm. Centre	9 am - 2.30 pm
Parent & Toddler Group	Bargoed Salvation Army Hall	9.30 - 11 am
Welcome Space (free refreshments)	Bargoed & Aberbargoed Libraries	9.30 am - 1 pm
Deaf Club (fortnightly)	Gilfach Scouts Hall	10 am - 12 pm
Dementia Support Group	Deri Community Centre	10 am - 12 pm
Digital Drop-in (IT Support)	Bargoed Library	10 am - 12 pm
Caerphilly Employment Support	Aberbargoed Library	10 am - 12 pm
Lunch Club (with quiz and bingo)	Cartref Community Centre	10 am - 1 pm
Go Connect Gaming	Bargoed Library	10 am - 1 pm
Functional Skills	Bargoed Library	10 am - 1 pm
Story and Rhyme Toddler Time (TTO)	Aberbargoed Library	10.30 - 11.15 am
Coffee Morning (2nd Tue)	St Margaret's Church, Gilfach	10.30 - 11.30 am
Caerphilly People First - gardening	Taraggan Educational Gardens	10.30 am - 12.30 pm
ESOL Class (English for speakers of other languages) (TTO)	Bargoed Library	10.30 am - 12.45 pm
CPF Reconnect Focus Group	Bargoed YMCA	11 am - 3 pm
Seniors Discount Meals	Square Royale	12 - 6 pm
Walk and Talk (Platform) (1st Tues)	Bargoed Woodland Park (Pengam Car Park)	12 pm
Caerphilly People First/Parent Network (fortnightly)	Bargoed YMCA	12.30 - 2.30 pm
Cardio Classes (referral only)	Bargoed YMCA	12.30 - 4 pm



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Tuesday (continued)

TTO = Term Time Only

Art and Craft (fortnightly)	Bargoed YMCA	12.30 pm
Craft Group	St Gwladys Church Hall	1 - 3 pm
Local History Research	Bargoed Library	2 - 3 pm
Quiz Afternoon (4th Tuesday)	St Margaret's Church	2 - 3.30 pm
Welcome Space (free refreshments)	Bargoed & Aberbargoed Libraries	2 - 6 pm
Chess Club	Bourton's Live Music Cafe Bar	2.30 - 6.30 pm
Lego and Duplo Club (TTO)	Aberbargoed Library	3 - 5 pm
Kids Cheerdance (4-7 years)	DNL Dance Studio, Aberbargoed	4 pm
Loren James Dance (18 mo - 4 yrs)	St Gwladys Church Hall	4 - 4.30 pm
Loren James Dance (4 - 7 years)	St Gwladys Church Hall	4.30 - 5.15 pm
Kids and Junior Hip-Hop (4 - 12 years)	DNL Dance Studio, Aberbargoed	4.45 pm
Loren James Dance (7 years +)	St Gwladys Church Hall	5.15 - 6 pm
Junior & Kids Cheerdance (8 - 15 years)	DNL Dance Studio, Aberbargoed	5.30 pm
Loren James Tik Tok (5 - teens)	St Gwladys Church Hall	6 - 6.45 pm
Balance	Heolddu Leisure Centre	6 - 6.55 pm
Kids Club	Deri Gospel Hall	6 - 7 pm
Poetry from the Rhymney Valley (1st Tue)	Bourton's Live Music Cafe Bar	7 pm
Ladies club	Arthur Balfour Club	7 pm
Mother's Union (1st Tue)	St Margaret's Church, Gilfach	7 pm
Group Cycling	Heolddu Leisure Centre	7 - 7.45 pm
Line Dancing (beginners)	Gilfach Workmen's Club	7 - 8 pm

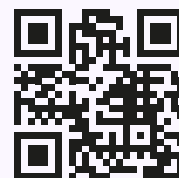


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Tuesday (continued)

TTO = Term Time Only

Bargoed Male Voice Choir Rehearsal	Bargoed YMCA	7 - 9 pm
Short Mat Indoor Bowls	Deri Community Centre	7 - 9 pm
Pool	Gilfach Workmen's Club	7 - 11 pm
Open Mic Night (3rd Tuesday)	Bourton's Live Music Cafe Bar	7.30 pm
Quiz Night (2nd Tuesday)	Bourton's Live Music Cafe Bar	8 pm
Line Dancing (intermediate)	Gilfach Workmen's Club	8 - 8.30 pm
Quiz Night	Capel Hotel, Gilfach	8 - 10.30 pm

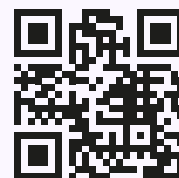


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Wednesday

TTO = Term Time Only

Taraggan Gardening	Taraggan/Bargoed Comm. Centre	9 am - 2.30 pm
Library Services	Deri Community Centre	9 am - 6 pm
Welcome Space (free refreshments)	Bargoed, Aberbargoed & Deri Libraries	9.30 am - 1 pm
Platform (Mental Health support)	Bargoed Library	9.30 am - 1 pm
The Parent Network Clothing Hub (TTO)	Bargoed YMCA	9.30 am - 2.30 pm
POBL (drop-in session)	Bargoed Job Centre	10 am
Baby Rhyme Time (TTO)	Deri Community Centre	10 - 10.45 am
Epilepsy Coffee Group (3rd Wed)	Square Royale	10 am - 12 pm
The Parent Network (TTO)	Bargoed Community Centre	10 am - 12 pm
Citizens Advice Drop In	Citizens Advice Bureau - Bargoed	10 am - 1 pm
Age Cymru Gwent Housing Support Drop-in	Bargoed Job Centre	10 am - 2 pm
Pop Up Games Club and Cafe	Pop Up Wales, Bargoed High Street	10 am - 4 pm
Nature Wellbeing Craft Sessions	Taraggan/Bargoed Comm. Centre	10.30 am - 1 pm
Rhymney Valley Foodbank	St Peter's Church, Aberbargoed	11 am - 1 pm
T & L Social group (1st Weds)	Bargoed Golf Club	11 am
Nordic Walking (with Caerphilly Nordic Walks)	Various locations contact 07906 365280	11 am
Seniors Discount Meals	Square Royale	12 - 6 pm
Community Bingo	The George, Aberbargoed	1.30 pm
Darran Valley Over-55's Club (fortnightly)	Deri Community Centre	1.30 - 3.45 pm
Meet your Councillor (1st Weds)	Bargoed Library	2 - 3 pm
Local History Research	Bargoed Library	2 - 3 pm



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Wednesday (continued)

TTO = Term Time Only

Woodworking (with Salvaged Creations)	Bargoed Library	2 - 4 pm
Computer Class	Bargoed Library	2 - 4 pm
Mothers Union (2nd Weds)	St Gwladys Church Hall	2 - 4 pm
Welcome Space (free refreshments)	Bargoed & Aberbargoed Libraries	2 - 5 pm
Welcome Space (free refreshments)	Deri Library	2 - 6 pm
Welcome Space (free refreshments)	St Peter's Church, Aberbargoed	2.30 - 6 pm
Mini Coders (4-11 years)	Bargoed Library	3.30 - 4.30 pm
Homework Club	Aberbargoed Library	3 - 5 pm
Group Cycling	Heolddu Leisure Centre	5 - 5.45 pm
Slimming World	St. Gwladys Church Hall	5 pm & 6:30 pm
Aberbargoed Youth Club	Hanger Youth & Community Centre	5.30 - 7.30 pm
Taekwondo (Ladies only)	St. Margaret's Business Park	6 - 7 pm & 7 - 8 pm
Whacky Wednesday	Heolddu Leisure Centre	6 - 6.55 pm
Hydrorider	Heolddu Leisure Centre	6 - 6.55 pm
Boxing (6 - 25 years)	Bargoed Boxing Club	6 - 7 pm
Zumba	Gilfach Workmans Club	6 - 7 pm
Art Course with Elizabeth (TTO)	Deri Community Centre	6 - 8 pm
Beavers (TTO)	Gilfach Scouts Hall	6.30 - 8 pm

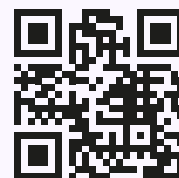


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Wednesday (continued)

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Camera Club	Gilfach Bargoed Community Centre	7 - 9 pm
Aqua Aerobics	Heolddu Leisure Centre	7 - 7.45 pm
Yoga	Bargoed YMCA	7 - 8 pm
Quiz Night	Bargoed Golf Club	7 pm
Skittles	Gilfach Workmen's Club	7 - 11 pm
Music Jam Night	Bourtons Live Music Cafe Bar	7.30 pm

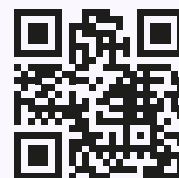


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Thursday

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Hydrorider	Heolddu Leisure Centre	6.15 - 7 am
Circuits	Heolddu Leisure Centre	7.15 - 8 am
Welcome Space	Taraggan/Bargoed Comm. Centre	10 am - 1 pm
Welcome Space (free refreshments)	Bargoed and Aberbargoed Libraries	9.30 am - 1 pm
Financial Support and Advice (from Barclays Bank)	Bargoed Library	9.30 am - 1 pm
Tenancy Support	Bargoed Library	9.30 am - 5 pm
Blackwood Stroke Support Group	Tir-y-Berth Village Hall	9.45 - 11.45 am
Rhyme Time	Bargoed Library	10 - 10.30 am
Croeso Cafe	St Gwladys Church Hall	10 - 11.30 am
Bargoed Community Choir	St Margaret's Church, Gilfach	10 - 11.45 am
Art Journaling for Women's Wellness	Bargoed Library	10 am - 12 pm
Play Date (1 - 4 years with Toybox)	Aberbargoed Library	10 am - 12 pm
COPD Group (referral only)	Bargoed YMCA	10 am - 12 pm
Platform Perfect Fit	Bargoed Gilfach Community Centre	10 am - 12.30 pm
Warm Space (Free refreshments, clothes, toiletries, books and DVD's)	Gilfach Bargoed Community Centre	10 am - 1 pm
Women's Mental Health Peer Group	St Gwladys Church Hall	11.30 am - 1 pm
Seniors Discount Meals	Square Royale	12 - 6 pm
Bargoed Walk 'n' Talk	3 walks in weekly rotation (Contact Mel on 07590592902)	1 pm

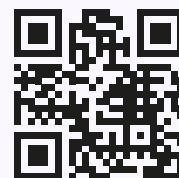


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Thursday (continued)

TTO = Term Time Only

COPD Group (referral only)	Bargoed YMCA	1 - 3 pm
Local History Research	Bargoed Library	2 - 3 pm
Computer Class (TTO)	Bargoed Library	2 - 4 pm
Basic Skills (TTO)	Bargoed Library	2 - 4 pm
Financial Support and Advice (from Barclays Bank)	Bargoed Library	2 - 4.30 pm
Welcome Space (free refreshments)	Bargoed & Aberbargoed Libraries	2 - 5 pm
Gardening Course (with Multiply)	Taraggan/Bargoed Comm. Centre	3 pm
Homework Club	Aberbargoed Library	3 - 5 pm
Stargoed Kids Drama (3 - 4 years)	St Gwladys Church Hall	4 - 4.30 pm
Stargoed Kids Drama (5 - 11 years)	St Gwladys Church Hall	4.30 - 5.30 pm
Deri Youth Club (TTO)	Deri Community Centre	5 - 7 pm
Commercial Latin (Under 18s)	DNL Dance Studio, Aberbargoed	5.30 pm
Group Cycling	Heolddu Leisure Centre	6 - 6.45 pm
Lakeside View Bingo and Tote	Parc Cwm Darran	6 - 8 pm
Aikido	Bargoed YMCA	6.30 - 9.30 pm
Royal Air Force Air Cadets (12 - 17 years)	Cascade Joint Cadet Centre, CF82 8BU	6.30 - 9.30 pm
Gardening Club (TTO)	Gilfach Bargoed Community Centre	6.45 - 9 pm
HIIT	Heolddu Leisure Centre	7 - 7.55 pm
New modern sequence dancing	Gilfach Workmen's Club	7 - 10.30 pm
Comedy Open Mic (Last Thurs)	Bourton's Live Music Cafe Bar	8 pm



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Friday

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Slimming World	St Gwladys Church Hall	7 am, 9 am & 10.30 am
Learn to sew (TTO)	St Tyfaelog Parish Church	9 - 11.30 am
Taraggan Gardening	Taraggan/Bargoed Comm. Centre	9 am - 12.30 pm
Welcome Space (free refreshments)	Bargoed Library	9.30 am - 1 pm
Family History Research Support	Bargoed Library	9.30 am - 1 pm
Cardio Classes (referral only)	Bargoed YMCA	9.30 - 4 pm
Welcome Space (FREE with Arts and Crafts by Inside Out Cymru) (fortnightly)	Gilfach Bargoed Community Centre	10 am - 12 pm
Welcome Space (FREE with Arts and Crafts by Inside Out Cymru) (fortnightly)	Cartref Community Centre	10 am - 12 pm
Gwent Out Of Work Service (Support & Advice session) (1st Fri)	Bargoed Jobcentre	10 am - 12 pm
Knit & Natter	Cartref Community Centre	10.15 am - 1 pm
Seniors Discount Meals	Square Royale	12 - 6 pm
Sewing Skills	St Gwladys Church Hall	12.30 - 3.30 pm
Chess Club (other games available)	Bourton's Live Music Cafe Bar	1 pm
Local History Research	Bargoed Library	2 - 3 pm
Crochet Club	Bargoed Library	2 - 4 pm

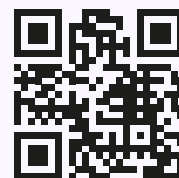


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Friday (continued)

TTO = Term Time Only

Welcome Space (free refreshments)	Bargoed Library	2 - 6 pm
Code Club	Bargoed Library	4 - 5 pm
Circuits	Heolddu Leisure Centre	6 - 6.55 pm
Warm Space (Free refreshments, clothes, toiletries, books and DVD's)	Gilfach Bargoed Community Centre	6 - 8 pm
Aikido	Bargoed YMCA	6.30 - 9.30 pm
Bargoed Male Voice Choir Rehearsal	Bargoed YMCA	7 - 9 pm
Darts	Gilfach Workmen's Club	7 - 11 pm
Bingo	Gilfach Workmen's Club	8 pm
Disco Bingo (1st Fri)	The George, Aberbargoed	8 pm

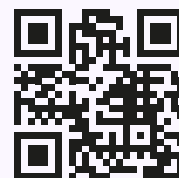


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Saturday

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Hydrorider	Heolddu Leisure Centre	7.45 - 8.30 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
Local History Research	Bargoed Library	9.30 am - 2 pm
Welcome Space (free refreshments)	Bargoed Library	9.30 am - 4 pm
Ballerina Bear Dance (2.5 - 5 years)	DNL Dance Studio, Aberbargoed	10 am
Glan-y-Nant Walking Group	Own Bake, Pengam	10 am
Craft Fair and Market (3rd Sat)	Lowry Plaza and Hanbury Square	10 am - 4 pm
Cheer Cub & Hip-Hop Hippo (2.5 - 5 years)	DNL Dance Studio, Aberbargoed	10.40 am
Family Fun - Games and Activities	Bargoed Library	11 am - 3 pm
Dungeon and Dragons	Bargoed Library	11 am - 4 pm
Code Club	Bargoed Library	2 - 3 pm
Skittles	Gilfach Workmen's Club	7 - 11 pm



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Sunday

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Junior Parkrun (2km, 4-14 years)	Parc Bryn Bach, Tredegar	9 am
Junior Parkrun (2km, 4-14 years)	Penallta House, Ystrad Mynach	9 am
Glan-y-Nant Walking Group	Own Bake, Pengam	10 am
Marching Jazz Band (Aventurion Emeralds)	St Gwladys' Church Hall	1 - 5 pm
Zumba	St Gwladys Church Hall	5.30 - 6.30 pm
Bingo	Gilfach Workmen's Club	8 - 11.30 pm

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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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