

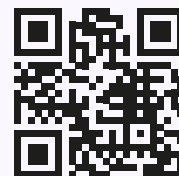


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Monday

TTO = Term Time Only

Fareshare	Pontllanfraith River Church	9 am - 1 pm
Jigsaws and Games	Blackwood Library	9.30 am - 1 pm
Routes2Life (Gardening)	Blackwood NP12 2QA	9.30 am - 2 pm
Information (Drop-in)	The Talking Shop	9.30 am - 5.30 pm
Blackwood Stroke Support Group	Tir-Y-Berth Village Hall	9.45 - 11.45 am
Little Rainbows (Baby) Play (10th June - 15th July)	Oakdale Community Centre	10.30 - 11.15 am
Reading Group (1st Monday)	Blackwood Library	11 am - 12 pm
Welcome Space	Moose International Blackwood Lodge	11 am - 1 pm
Sight Loss Peer Support Group (fortnightly)	Blackwood Library	11 am - 12.30 pm
Little Rainbows (Crawlers and Tots) Play (10th June - 15th July)	Oakdale Community Centre	11.45 am - 12.30 pm
Reading Group (1st Monday)	Blackwood Library	2.30 - 3.30 pm
Jigsaws and Games	Blackwood Library	2 - 5 pm
Taekwon-Do Wales (TTO)	Blackwood Primary School	3 - 4 pm
Pre School Drama Club (Under 5's) (TTO)	Blackwood Miner's Institute	4 - 4.45 pm
Primary Drama Club (5-8 years) (TTO)	Blackwood Miner's Institute	4.45 - 5.30 pm
Ballet, Tap and Jazz Dance	Blackwood Miner's Institute	5 - 9 pm
Junior Drama Club (9-12 years) (TTO)	Blackwood Miner's Institute	5.30 - 6.30 pm
Slimming World	St Thomas Church Hall, Cefn Fforest	5.30 pm
Womens Support Group (monthly)	Blackwood Cricket Club	6 pm
Aura Yoga with Geri	Plasmawr Community Centre	6 - 7 pm



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Monday (continued)

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Youth Drama Club (13-19 years) (TTO)	Blackwood Miner's Institute	6.30 - 8 pm
Aura Yoga with Geri	Plasmawr Community Centre	7.15 - 8.15 pm
Crochet Class with Emma	Blackwood Cricket Club	7 - 9 pm

Tuesday

Toddler Time (TTO)	Elim Baptist Church, Pontllanfraith	9.15 - 11.15 am
The Parent Network (TTO)	Methodist Church, NP12 2JY	9.30 am - 11.30 am
Jigsaws and Games	Blackwood Library	9.30 am - 1 pm
Routes2Life (Gardening)	Blackwood NP12 2QA	9.30 am - 2 pm
Information (Drop-in)	The Talking Shop	9.30 am - 5.30 pm
Dance and Fitness Class	Blackwood Miner's Institute	10 - 11 am
Learn to Crochet	The Talking Shop	10 am - 12 pm
Slimming World	The Woodbine Club	10 am
Cylch Ti a Fi	Studio 54, Blackwood	10 - 11 am
Writing for Pleasure (TTO)	Cefn Fforest Community Centre	10 am - 12 pm
Literacy Course	Blackwood Miner's Institute	10 am - 12 pm
Caerphilly Carers Support Group (last Tuesday)	McKenzie's Cafe, Blackwood	10.30 am - 12 pm
Creative Writing Group (1st and 3rd Tuesday)	Blackwood Library	10.30 am - 12.30 pm
Reading Group (2nd Tues)	Oakdale Library	11 am - 12 pm
Chair based Dance & Fitness Class	Blackwood Miner's Institute	11.30 am - 12.30 pm
ESOL (English for Speakers of another language) (TTO)	Blackwood Miner's Institute	12.30 - 2.30 pm
Jigsaws and Games	Blackwood Library	2 - 6 pm



Tuesday (continued)

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Games Club	Oakdale Library	3.30 - 5 pm
Ballet, Tap and Jazz Dance	Blackwood Miner's Institute	5 - 9 pm
Islwyn Running Club	Pontllanfraith Llanarth Club	6.30 pm
Dancing Queens Dance Class	Studio 54, Blackwood	6.30 - 7.15 pm
Walking Football (Ladies)	Pontllanfraith Leisure Centre	8 - 9 pm
Walking Football (Mens)	Pontllanfraith Leisure Centre	8 - 9 pm

Wednesday

Aura Yoga with Geri	Blackwood Methodist Church	9.30 - 10.30 am
Jigsaws and Games	Blackwood Library	9.30 am - 1 pm
Routes2Life (Gardening)	Blackwood NP12 2QA	9.30 am - 2 pm
Information (Drop-in)	The Talking Shop	9.30 am - 5.30 pm
Yarn Club	Blackwood Miner's Institute	10 - 11.30 am
The Parent Network (TTO)	Oakdale Community Centre	10 am - 12 pm
Coffee Morning	Oakdale Community Centre	10 am - 12 pm
Art for Wellbeing (booking required)	Blackwood Miner's Institute	10 am - 12 pm
Working Families Food Bank (parcels need to be ordered)	HCT, Unit B, 28 Bridge Street	10.30 am - 12 pm
Music with Rec Rock	Libanus Lifestyle	10.30 am - 12.30 pm
Nordic Walking (with Caerphilly Nordic Walks)	Various locations contact 07906 365280	11 am
Reading Group (1st Weds)	Oakdale Library	11 am - 12 pm
Blackwood Line Dancing	Moose International Blackwood Lodge	11.30 am - 1.30 pm
Literacy Course	Blackwood Miner's Institute	10 am - 12 pm
Little Rainbows (Crawlers and Tots) Play (12th June - 17th July)	Plas Mawr Community Centre	1 - 1.45 pm



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Wednesday (continued)

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Dance for Parkinson's (TTO)	Blackwood Miner's Institute	1.45 - 3 pm
Jigsaws and Games	Blackwood Library	2 - 5 pm
Taekwon-Do Wales (TTO)	Libanus Primary School	3.25 - 4.25 pm
Tip Toes Dance (5-8 years)	Blackwood Miner's Institute	4.15 - 5 pm
Slimming World	St Augustines Church Hall	4.30 pm & 6 pm
Revolve Dance (9-12 years)	Blackwood Miner's Institute	5 - 6 pm
Destiny Dace (13+ years)	Blackwood Miner's Institute	6 - 7 pm
Spin	Elite Fitness, Blackwood	6 pm
Kyokushin Karate Club (6+ years)	Blackwood Comprehensive School	6.30 - 8 pm
Mynyddislwyn Ladies Choir	Penmaen Choir Hall	7 - 9 pm

Thursday

BabyZone (TTO)	Elim Baptist Church, Pontllanfraith	9.15 - 11.15 am
Jigsaws and Games	Blackwood Library	9.30 am - 1 pm
Routes2Life (Gardening)	Blackwood NP12 2QA	9.30 am - 2 pm
Slimming World	St Thomas Church Hall, Cefn Fforest	9.30 am
Information (Drop-in)	The Talking Shop	9.30 am - 5.30 pm
ESOL (English for Speakers of another language)	Blackwood Job Centre	10 am - 12 pm
Blackwood and District Foodbank	Oasis Christian Centre	10 am - 12 pm
The Parent Network (TTO)	Trinant Sports and Social Club	10 am - 12 pm
Toddler Time (TTO)	Blackwood Library	10.30 - 11.30 am
Knit 'n' Natter	Blackwood Library	10.30 am - 12.30 pm
Lunch Club	Libanus Lifestyle	10.30 am - 1.30 pm



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Thursday (continued)

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Little Rainbows Messy Baby Play (27th June)	Siloh Christian Centre, Ystrad Mynach	11.15 am - 12 pm
Blackwood Line Dancing	Moose International Blackwood Lodge	11.30 am - 1.30 pm
ESOL (English for Speakers of another language)	Blackwood Job Centre	12 - 2 pm
Breast Feeding Support Group	Flying Start Bungalow, NP12 2PL	1 - 2.30 pm
Games Club	Blackwood Library	2 - 4 pm
Woodfieldside Senior Citizens Group	Woodfieldside OAP Hut	2 - 4 pm
Jigsaws and Games	Blackwood Library	2 - 5 pm
Ballet, Tap and Jazz Dance	Blackwood Miner's Institute	4.15 - 9.15 pm
Islwyn Running Club	Pontllanfraith Llanarth Club	6.30 pm
Slimming World	Oakdale Community Centre	7 pm
Blackwood Musical Theatre Society	Blackwood Miner's Institute	7 - 9 pm
Belly Dance with Joanne	Studio 54, Blackwood	7.30 pm
Aura Yoga with Geri	Blackwood Methodist Church	9.30 - 10.30 am

Friday

Jigsaws and Games	Blackwood Library	9.30 am - 1 pm
Information (Drop-in)	The Talking Shop	9.30 am - 5.30 pm
Baby Rhyme Time (TTO)	Blackwood Library	10.30 - 11.15 am
Little Rainbows (Babies) Play (14th June - 19th July)	Blackwood Methodist Church	10.30 - 11.15 am
Welcome Space	Libanus Lifestyle	10.30 am - 12.30 pm
Toddler time (TTO)	Oakdale Library	11.15 am - 12 pm
Little Rainbows (Crawlers and Tots) Play (14th June - 19th July)	Blackwood Methodist Church	11.45 am - 12.30 pm



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Friday (continued)

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Line Dancing Social Group	Woodfieldside OAP Hut	2 - 4 pm
Jigsaws and Games	Blackwood Library	2 - 6 pm
Lego Club	Blackwood Library	4 - 5 pm
Kids Klub (5-11 years)	Oakdale Christian Centre	6.30 - 7.30 pm
Kids Klub (11+ years)	Oakdale Christian Centre	6.30 - 8 pm

Saturday

Slimming World	Studio 54, Blackwood	7.30, 9 & 10.30 am
You're Never Alone (Men's Group) Cold Water Dippers	Bedwellty Pits, NP22 4BW	9 am
Ballet, Tap and Jazz Dance	Blackwood Miner's Institute	9 am - 2 pm
Jigsaws and Games	Blackwood Library	9.30 am - 4 pm
Information (Drop-in)	The Talking Shop	9.30 am - 5.30 pm
Kids Fitness Class	Elite Fitness, Blackwood	10 am
Welsh Conversation Group (1st Saturday)	Blackwood Library	12 - 2 pm

Looking to add an activity?

Email: info@cwtsh.wales

Call: 07305 714695

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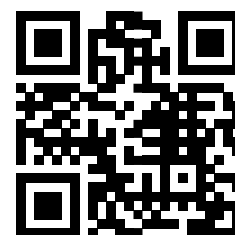
For more details of the activities and providers, visit www.cwtsh.wales or scan the QR code opposite.

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



www.dewis.wales

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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