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## Monday

TTO = Term Time Only

Baby Rhyme Time (TTO)	Caerphilly Library	10 - 10.45 am
Tai Chi Qi-Gong	Caerphilly Miners Centre	10 - 11 am
Craft And Cuppa	Van Community Centre	10 - 11.30 am
Men's Shed	Caerphilly Miners Centre	10 - 11.45 am
The Beech Tree Coffee House	Caerphilly Miners Centre	10 am - 2 pm
RecRock Music Session	Caerphilly Miners Centre	10.30 am
Messy Hands (Play Group)	Trecenydd Community Centre	10.30 - 11.30 am
Singing for the Brain (Alzheimer's Society Activity Group)	Pwll Y Pant Village Hall	10.30 am - 12 pm
Teenie Butterflies Play Group (0-4years) (TTO)	St James ICC	10.30 am - 12.30 pm
Knit and Natter	Caerphilly Library	10.30 am - 12.30 pm
Dance (50+ years)	Caerphilly Miners Centre	12.30 - 1.30 pm
Craft and Chat	Caerphilly Miners Centre	1 - 3 pm
Bring your own craft (Autism support group)	Autistic Minds, Unit A, CF83 1NX	1 - 3 pm
Seated Dance	Caerphilly Miners Centre	1.30 - 2.30 pm
Board Busters (board games) (TTO)	Caerphilly Library	3.30 - 4.30 pm
After School Art Class (7-12 years)	Caerphilly Miners Centre	4 - 5.30 pm
Only Boys Aloud Caerphilly	Vanguard Centre, CF83 1JZ	6 - 7.30 pm
Aber Valley Male Voice Choir	Cons Club 47, Bartlett Street	7 - 9 pm



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## Tuesday

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Welsh Speaking Play Group	Caerphilly Miners Centre	9.30 - 11 am
The Parent Network (TTO)	Caerphilly Fire Station	9.30 - 11.30 am
Age Cymru Gwent Housing Support Drop-in	Lansbury Park - House Office Attlee Court	9.30 am - 3.30 pm
Walk & Talk (variety of locations, transport available)	Van Ward Allotments	10 am
Toddler Time (1-3 years) (TTO)	Caerphilly Library	10 - 10.45 am
Tai Chi Qi-Gong	Caerphilly Miners Centre	10 - 11 am
Digital Literacy	Van Community Centre	10 am - 12 pm
Housing Related Support (Platform)	Parcyfelin Integrated Children's Centre	10 am - 12.30 pm
Growing Space (Gardening)	Ty-Siriol, St Martin's Road	10 am - 1 pm
The Beech Tree Coffee House	Caerphilly Miners Centre	11 am - 2 pm
CHATS Social Group (for people with hearing difficulties) (2nd Tues)	Caerphilly Library	10.30 am - 12 pm
Caerphilly Foodbank	Connect Life Church	10 am - 1 pm
New and Pre-Loved School Uniform	Caerphilly Uniform Exchange	10 am - 2 pm
Time to get Crafty (Adult Craft)	Caerphilly Library	11 am - 1 pm
Seated Tai Chi	Caerphilly Miners Centre	11.30 am - 12.30 pm
Table Top Gaming (Autism support group)	Autistic Minds, Unit A, CF83 1NX	1.30 - 3 pm
Elderberries and Cinema Club	Caerphilly Miners Centre	1.30 - 3.30 pm
Lego Club (TTO)	Caerphilly Library	3.30 - 4.30 pm
Slimming World	St Andrews Church, Penyrheol	5.30 pm



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## Tuesday (continued)

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Ladies Bowls Club	Trecenydd Community Centre	5.30 pm
Tai Chi Qi-Gong	Caerphilly Miners Centre	5.45 - 6.45 pm
Menopause Cafe (last Tuesday)	Caerphilly Miners Centre	6 - 8 pm
Side by Side (Choir and Autism Support Group) (TTO)	Caerphilly Workmen's Hall and Institute	6.30 - 8.30 pm



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## Wednesday

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Welcome Space	St Catherine's Church	8.30 am - 1.30 pm
Toddler Time (1-3 years) (TTO)	Caerphilly Library	10 - 10.45 am
Tai Chi Qi-Gong	Caerphilly Miners Centre	10 - 11 am
St Cenydd Church Foodbank	St Cenydd Church	10 am - 12 pm
Caerphilly Foodbank	Connect Life Church	10 am - 1 pm
Age Cymru Gwent Housing Support Drop-in	Caerphilly Job Centre	10 am - 2 pm
The Beech Tree Coffee House	Caerphilly Miners Centre	10 am - 2 pm
Valley Daffodils (Welcome Space for adults with additional needs)	Llanbradach Community Centre	10.30 am - 12.30 pm
Community Cafe	St Catherine's Church	11.30 am - 1.30 pm
Holistic Hoarding Support Group (1st Weds)	Llanbradach Community Centre	1 - 2.30 pm
Cards and Coffee	Caerphilly Miners Centre	1 - 3 pm
War Gaming (Autism support group)	Autistic Minds, Unit A, CF83 INX	1 - 3.30 pm
Book Club (2nd Weds)	Caerphilly Library	2 - 3.30 pm
Craft and Cuppa	Esquires Coffee Shop	2 pm
Coding After School Club (5+ years)	Caerphilly Miners Centre	4 - 5.30 pm
Train and Lego Club (3+ years)	Caerphilly Miners Centre	4 - 5.30 pm
Code Club (9 - 13 years)	Caerphilly Library	4.30 - 5.30 pm
Trecenydd Youth Club (8-16 years)	Trecenydd Community Centre	6 - 8 pm
Aber Valley Male Voice Choir	Cons Club 47, Bartlett Street	7 - 9 pm



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## Thursday

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Welsh Parent, Baby and Toddler Group (TTO)	St. James ICC	9.30 - 11.30 am
Baby Rhyme Time (TTO)	Caerphilly Library	10 - 10.45 am
Men's Shed	Caerphilly Miners Centre	10 - 11.45 am
Parent/Caregiver support group for those with Neurodivergent children (1st Thursday) (TTO)	St. James ICC	10 am - 12 pm
Trading Card Games (Autism support group)	Autistic Minds, Unit A, CF83 INX	10 am - 12 pm
Caerphilly Employment Support	Caerphilly Library	10 am - 12 pm
Growing Space (Gardening)	Ty-Siriol, St Martin's Road	10 am - 1 pm
New and Pre-Loved School Uniform	Caerphilly Uniform Exchange	10 am - 2 pm
The Beech Tree Coffee House	Caerphilly Miners Centre	10 am - 2 pm
Housing Related Support (POBL)	Caerphilly Job Centre Plus	10 am - 2 pm
Housing Related Support (POBL)	St Fagan's House, CF83 1FZ	10 am - 2 pm
Art Classes for Adults	Caerphilly Miners Centre	10.30 am - 12.30 pm
Connect Life Church Play Group	Van Community Centre	1 - 2.15 pm
Dungeons and Dragons (Autism support group)	Autistic Minds, Unit A, CF83 INX	1 - 3.30 pm
Chair Exercise	Caerphilly Miners Centre	1.30 - 2.15 pm
Dementia Cafe	Caerphilly Miners Centre	1.30 - 3.30 pm
Caerphilly Parkinson's Support Group (Last Thurs, except Aug+Dec)	Wesleyan Methodist Church	2 - 3.30 pm
Phoenix Club (over 55's)	Trecenydd Community Centre	2 - 4 pm
Musical Theatre Workshop (5 - 7 years)	Caerphilly Miners Centre	4.15 - 5 pm



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## Thursday (continued)

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Code Club (9 - 13 years)	Caerphilly Library	4.30 - 5.30 pm
Drama Club (8 - 11 years)	Caerphilly Miners Centre	5 - 6 pm
Kickboxing (4-7 years)	Trecenydd Community Centre	5 - 5.45 pm
Kickboxing (8-13 years)	Trecenydd Community Centre	6 - 7 pm
Art Classes for Adults	Caerphilly Miners Centre	6.30 - 8.30 pm
Adults Kickboxing & Karate (14+ years)	Trecenydd Community Centre	7 - 8 pm



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## Friday

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Slimming World	Pwll Y Pant Village Hall	9.30 am
Stay and Play (Up to 3 years)	Caerphilly Miners Centre	9.30 - 11 am
Mini Athletics (1-4 years)	St Helen's Church	9.30 - 11 am
Welcome Space	Caerphilly Miner's Centre	9.30 am - 12 pm
Help Me Quit (Smoking) (appointment required, ring 0800 085 2219 or text HMQ to 80818)	Court House Medical Centre	9.30 am - 1 pm
Toddler Story and Rhyme Time (TTO)	Llanbradach Library	10 - 10.40 am
Console Gaming (Autism support group)	Autistic Minds, Unit A, CF83 1NX	10 am - 12 pm
The Parent Network (TTO)	St James ICC	10 am - 12 pm
Help with NHS Hearing Aids (1st Fri)	Caerphilly Library	10 am - 12 pm
Age Cymru Gwent Housing Support Drop-in	Van Community Centre	10 am - 2 pm
Knit and Natter	Llanbradach Library	10.45 am - 12.45 pm
Kinship Care Group (Last Fri, TTO)	St James ICC	12 - 2 pm
Welcome Space	Van Community Centre	12 - 4 pm
Grin and Tonic (Yoga and Pilates for Parkinson's)	Creazione Fitness Co	1 - 1.45 pm



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## Friday (continued)

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Art Group (Autism support group)	Autistic Minds, Unit A, CF83 1NX	1 - 3 pm
Sugar Craft (TTO)	St James ICC	1 - 3 pm
Caerphilly Carers Support Group (3rd Fri)	The Old Library	2 - 3.30 pm
Welsh Reading Group (Last Fri)	Caerphilly Library	2 - 3.30 pm
Cwtsh Cafe (meal, cuppas, chats, entertainment and bingo)	Van Community Centre	2 - 4 pm
Play Group (up to 11 years) (TTO)	Twyn Community Centre	3.30 - 5 pm
Kickboxing (4-7 years)	Trecenydd Community Centre	5 - 5.45 pm
Kickboxing (8-13 years)	Trecenydd Community Centre	6 - 7 pm
Taekwondo	Van Community Centre	6 - 8 pm
Adults Kickboxing & Karate (14+ years)	Trecenydd Community Centre	7 - 8 pm
Caerphilly Community Chorus (TTO)	Vanguard Centre	7.30 - 9 pm





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## Saturday

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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
Irish Dancing Class for ages 4+	Trecenydd Community Centre	9.30 - 10.30 am
Mini Athletics (1-7 years)	St Catherine's Church	9.30 - 11.15 am
Toddler Time (1-3 years) (TTO)	Caerphilly Library	10 - 10.45 am
Book Club (Last Sat)	Caerphilly Library	10 am - 12 pm
Art Club (1st Sat)	Caerphilly Library	10 am - 12 pm
The Beech Tree Coffee House	Caerphilly Miners Centre	10 am - 2 pm
Jellybeans (baby/toddler playgroup for Dads) (2nd Sat)	Connect Life Church	10.15 - 11.30 am
Chatty Saturdays (speaking Welsh) (3rd Sat)	Caerphilly Library	11 am - 1 pm
Lego Club	Caerphilly Library	2 - 3 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
Poundfit with Kelsey (drumming fitness class)	Trecenydd Community Centre	4.30 pm
Bingo	Trecenydd Community Centre	6 - 8 pm

## Looking to add an activity?

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

Call: 07581019410

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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)



Are you struggling with loneliness or isolation? Please contact Caerphilly Cares on 01443 811490, email [caerphillycares@caerphilly.gov.uk](mailto:caerphillycares@caerphilly.gov.uk) or text SUPPORT to 07537 414 443



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