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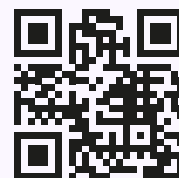
Monday

TTO = Term Time Only

Welcome Space (free refreshments)	Abercarn Library	9.30 am - 1 pm
Knit and Natter (fortnightly)	Abercarn Library	10 am - 12 pm
Welcome Space (free refreshments)	Zion Baptist Church, NP11 7EF	10.30 am - 1 pm
Knit and Natter	Cwmcarn OAP Hall	2 - 4 pm
Welcome Space (free refreshments)	Abercarn Library	2 - 5 pm
Rhyme Time (TTO)	Abercarn Library	2.15 - 2.45 pm
Junior Boxing (8 - 16 years)	Cwmcarn Boxing Club	5 - 6 pm
Crosskeys Youth Club (TTO)	Crosskeys Youth Centre	5 - 7 pm
Boxing (16+ years)	Cwmcarn Boxing Club	6 - 7 pm
Zumba	Abercarn Scout Hut	7 pm

Tuesday

Low Impact Fitness	New Life Christian Church, Abercarn	9.30 am
FitSteps	Crosskeys Rugby Club	6.30 - 7.30 pm



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Wednesday

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Welcome Space (free refreshments)	Abercarn Library	9.30 am - 1 pm
Free 60+ Walking group (booking required) (fortnightly)	Cwmcarn Forest Drive	10 am - 2 pm
Free 60+ E-Biking group (booking required) (fortnightly)	Cwmcarn Forest Drive	10 am - 2 pm
Newbies & 2bies (mobile toddlers) (TTO)	New Life Christian Church, Abercarn	10.15 - 11.45 am
Numeracy Course (TTO)	Abercarn Library	10.30 am - 12.30 pm
Newbies & 2bies (Non-mobile toddlers) (TTO)	New Life Christian Church, Abercarn	1 - 2 pm
Welcome Space (free refreshments)	Abercarn Library	2 - 6 pm
Junior Boxing (8 - 16 years)	Cwmcarn Boxing Club	5 - 6 pm
Crosskeys Youth Club (TTO)	Crosskeys Youth Centre	5 - 7 pm
Boxing (16+ years)	Cwmcarn Boxing Club	6 - 7 pm

Thursday

Welcome Space (free refreshments)	Abercarn Library	9.30 am - 1 pm
Reading Group (1st Thurs)	Abercarn Library	10 - 11 am
Crafting on a budget	Abercarn New Life Church	10 am - 12 pm
Welcoming Space	New Life Christian Church, Abercarn	11 am - 2 pm
Welcome Space (free refreshments)	Abercarn Library	2 - 5 pm
Lego & Colouring Club (TTO)	Abercarn Library	3.30 - 4.30 pm
Step and Tone	New Life Christian Church, Abercarn	6 - 6.45 pm



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Friday

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Cwmcarn Friday Get Together	Cwmcarn OAP Hall	1.30 - 4 pm
Junior Boxing (8 - 16 years)	Cwmcarn Boxing Club	5 - 6 pm
Boxing (16+)	Cwmcarn Boxing Club	6 - 7 pm

Saturday

Park Run (5km)	Penallta House, Ystrad Mynach	9 am
Park Run (5km)	Parc Bryn Bach, Tredegar	9 am

Sunday

Junior Park Run (2km, 4-14years)	Parc Bryn Bach, Tredegar	9 am
Junior Park Run (2km, 4-14years)	Penallta House, Ystrad Mynach	9 am

Looking to add an activity?

Email: info@cwtsh.wales

Call: 07305 714695

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Download the VZTA Smart Towns App to explore Risca. Scan the QR Code.

More details

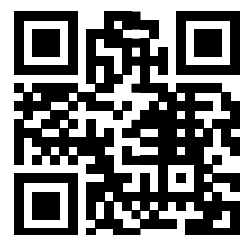
For more details of the activities and providers, visit www.cwtsh.wales or scan the QR code opposite.

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



www.dewis.wales

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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