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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
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Wednesday

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



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Wednesday (continued)

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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
Pontymister Angling Club meeting (Last Weds)	Crosskeys Rugby Club	7.30 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	New Life Christian Church, Abercarn	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

CWTSH

Wellbeing Guide

September 2024

Crosskeys
Abercarn
Cwmcarn



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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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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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