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Monday

TTO = Term Time Only

| | | |
|--|-------------------------------|-----------------|
| Parent and Toddler Fitness Class (Perspective Health and Wellbeing) | Cwmfelinfach Community Centre | 9.30 - 10.30 am |
| Crochet, Knit and Crafting | Cwmfelinfach Community Church | 10 am |

Tuesday

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| Community Food Pantry | Sirhowy Valley Hub | 2 - 5 pm |
| Family Welcome Space | Sirhowy Valley Hub | 3 - 5 pm |

Wednesday

| | | |
|--|---|-----------------|
| Sewing, Knitting and Crochet Club | Cwmfelinfach Community Centre | 9 am - 3 pm |
| Nordic Walking (with Caerphilly Nordic Walks) | Various locations contact 07906 365280 | 11 am |
| Men's Wellbeing Group (Welcome Space) (fortnightly) | Sirhowy Valley Hub | 11 - 2 pm |
| The Parent Network Farming Allotment Forum | Ynys Hywel Farm, NP11 7NY | 12.30 - 2.30 pm |
| Community Food Pantry | Sirhowy Valley Hub | 1 - 3 pm |

Thursday

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|--------------------------|--|----------|
| Pilates | Sardis Community Chapel Hall, Ynysddu | 9.30am |
| Community Food Pantry | Sirhowy Valley Hub | 1 - 3 pm |
| The Parent Network (TTO) | Cwmfelinfach Community Centre | 1 - 3 pm |



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Friday

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| | | |
|--------------------------------------|---------------------------------------|--------------|
| Yin Yoga | Sardis Community Chapel Hall, Ynysddu | 9.30 am |
| Breakfast Club (Welcome Space) | Sirhowy Valley Hub | 9.30 - 11 am |
| Hatha Yoga | Sardis Community Chapel Hall, Ynysddu | 10.45 am |
| Residents Coffee Afternoon (2nd Fri) | Cwmfelinfach Community Centre | 2 pm |
| Kids Self Defence Class | Sardis Community Chapel Hall, Ynysddu | 5 - 6.30 pm |

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 |

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 |

Looking to add an activity?

Email: info@cwtsh.wales

Call: 07581019410

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[CaerphillyCwtshCommunity](https://www.facebook.com/CaerphillyCwtshCommunity)



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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