

CWTSH

Wellbeing Guide

February 2025



Scan QR code for
more details
Or visit
cwtsh.wales

TTO = Term Time Only

Tuesday

Tommy's Tots (Baby and Toddler Movement Session) (11th Feb)	Bedwas Workmen's Hall	9.30 - 11 am
Craft workshop with Multiply (4th, 11th, 18th and 25th Feb)	Bargoed YMCA	10 - 11.45 am
Craft workshop with Multiply (4th, 11th, 18th and 25th Feb)	Bargoed YMCA	12.15 - 2 pm
Aber Valley Litter Pick (25th Feb)	Senghenydd	10.30 am

Wednesday

Craft workshop with Multiply (5th, 12th, 19th and 26th Feb)	Bargoed Community Centre	10 - 11.45 am
Craft workshop with Multiply (5th, 12th, 19th and 26th Feb)	Bargoed Community Centre	12.15 - 2 pm



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Thursday

Craft workshop with Multiply (6th, 13th, 20th and 27th Feb)	Rhymney Library	10 – 11.45 am
Craft workshop with Multiply (6th, 13th, 20th and 27th Feb)	Rhymney Library	12.15 – 2 pm
Craft workshop with Multiply (6th, 13th, 20th and 27th Feb)	Sycamore Centre, Ty Sign	10 – 11.45 am
Craft workshop with Multiply (6th, 13th, 20th and 27th Feb)	Sycamore Centre, Ty Sign	12.15 – 2 pm

Friday

Meet your Town and County Councillors (7th Feb)	Bargoed Library	2 – 3 pm
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Saturday

Rhymney Valley Music Club Concert (South Wales Clarinet Choir) (15th Feb)	Lewis Girls' School, Ystrad Mynach	2.30 pm
Blackwood ALN Play and Craft (1st Feb)	St Margarets Church, Blackwood	10.30 am

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Sunday

Car Boot Sale (9th Feb)	Morrisons Bargoed	8 am
Car Boot Sale (23rd Feb)	Morrisons Bargoed	8 am

Looking to add an activity?

Email: info@cwtsh.wales

Call: 07581019410

Follow us

 [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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