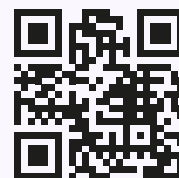


CWTSH

Wellbeing Guide

January 2025



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Monday

TTO = Term Time Only

Happy Blue Monday event (including music from St James School and information/advice stalls) (20th Jan)	Van Community Centre	2 - 5 pm
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Tuesday

Tommy's Tots (free play, crafts, snack, story and singing) (14th Jan)	Bedwas Workmen's Hall	9.30 - 11 am
Craft with Multiply (7th, 14th, 21st and 28th Jan - email multiply@educ8training.co.uk)	Bargoed YMCA	10 - 11.45 am
Craft with Multiply (7th, 14th, 21st and 28th Jan - email multiply@educ8training.co.uk)	Bargoed YMCA	12.15 - 2 pm
Craft with Multiply (7th, 14th, 21st and 28th Jan - email multiply@educ8training.co.uk)	Van Community Centre	1 - 3 pm

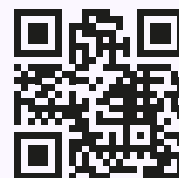
Wednesday

Craft with Multiply (8th, 15th, 22nd and 29th Jan - email multiply@educ8training.co.uk)	Bargoed Community Centre	10 - 11.45 am
Craft with Multiply (8th Jan - email multiply@educ8training.co.uk)	Rhymney Library	10 - 11.45 am
Craft with Multiply (8th Jan - email multiply@educ8training.co.uk)	Rhymney Library	12.15 - 2 pm
Craft with Multiply (8th, 15th, 22nd and 29th Jan - email multiply@educ8training.co.uk)	Bargoed Community Centre	12.15 - 2 pm

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Thursday

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Crafting with Multiply (9th, 16th, 23rd and 30th Jan - email multiply@educ8training.co.uk)	Rhymney Library	10 - 11.45 am
Crafting with Multiply (9th, 16th, 23rd and 30th Jan - email multiply@educ8training.co.uk)	St David's Church, Risca	10 - 11.45 am
Crafting with Multiply (9th, 16th, 23rd and 30th Jan - email multiply@educ8training.co.uk)	Rhymney Library	12.15 - 2 pm
Crafting with Multiply (9th, 16th, 23rd and 30th Jan - email multiply@educ8training.co.uk)	St David's Church, Risca	12.15 - 2 pm
Come and chat with ABUHB Communication and Engagement Team about healthcare services (9th Jan)	Bargoed Library	2 - 4 pm

Friday

Meet your Town and County Councillors (3rd Jan)	Bargoed Library	2 - 3 pm
Roller Skating with TJ's Roller Skating (advance bookings only) (3rd Jan)	Risca Leisure Centre	7.15 - 8.45 pm

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Saturday

New Years Crafts (4th Jan)	Risca Library	11 am - 12 pm
Reading Group 3 (4th Jan)	Risca Library	10 - 11 am
Welsh Chatty Saturday (11th Jan)	Risca Library	10 am - 12 pm
'Winnie the Pooh' Day (Story time and craft) (18th Jan)	Risca Library	11 am - 12 pm
Saint Dwynwen Day Craft (25th Jan)	Risca Library	11 am - 12 pm
Rhymney Valley Music Club Concert (Stacey Wheeler and Friends) (11th Jan)	Lewis Girls' School, Ystrad Mynach	2.30 pm
PAT Testing Training Course (18th Jan)	Bedwas Workmen's Hall	9.45 am - 4.30 pm

Sunday

Roller Skating with TJ's Roller Skating (advance bookings only) (12th Jan)	Sue Noake Leisure Centre, Ystrad Mynach	10.45 - 11.45 am
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Looking to add an activity?

Email: info@cwtsh.wales

Call: 07581019410

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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



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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