



Scan QR code for  
more details  
Or visit  
[cwtsh.wales](http://cwtsh.wales)

## Monday

TTO = Term Time Only

Welcome Space	Treown Stars AFC	8.30 am - 2.30 pm
Dementia Cafe	Newbridge Memo	10 am - 12 pm
Toddler Time	Newbridge Library	10.15 - 11 am
Welcome Space (Coffee and Craft, Seated Movement)	St Paul's Church Hall	11 am - 1 pm
Digita Skills	Newbridge Library	2 - 4 pm

## Tuesday

Welcome Space	Treown Stars AFC	8.30 am - 2.30 pm
Crafty Corner	Newbridge Library	4 - 5.30 pm
Creative Cafe (free breakfast, art workshop and toddler lunch break)	Newbridge Memo	10 am - 2 pm
Tuesday Night Dance	Newbridge Memo	7.30 - 10.30 pm

## Wednesday

Welcome Space	Treown Stars AFC	8.30 am - 2.30 pm
Afternoon Tea Dance	Newbridge Memo	2 - 4 pm
Under 15s Performing Arts	Newbridge Memo	5.30 - 7.30 pm
16+ Performing Arts	Newbridge Memo	6 - 8 pm
Newbridge and District Ladies Choir practice	St Pauls Church Hall	7 - 9 pm



Scan QR code for  
more details  
Or visit  
[cwtsh.wales](http://cwtsh.wales)

## Thursday

TTO = Term Time Only

Welcome Space	Treown Stars AFC	8.30 am - 2.30 pm
The Parent Network (TTO)	Trinant Sports and Social Club	10 am - 12 pm
Kids Dance Class (2-5 years)	Newbridge Memo	3.45 pm
Kids Dance Class (6-10 years)	Newbridge Memo	4.45 pm
Clubbercise with Sian	Newbridge Memo	6 - 7 pm
Social Group (Welcome Space)	Pentwynmawr Community Hall	6.30 - 8.30 pm

## Friday

Digital Fridays	Newbridge Library	10 am - 1 pm
Reading Group	Newbridge Library	11 am - 12 pm
Friday Night Film Night	Newbridge Memo	7 pm



Scan QR code for more details  
Or visit [cwtsh.wales](http://cwtsh.wales)

## Saturday

TTO = Term Time Only

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

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](mailto: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](http://www.cwtsh.wales) or scan the QR code opposite.

More information on wellbeing activities and support is also available at:  
[www.dewis.wales](http://www.dewis.wales)



Are you struggling with loneliness or isolation? Please contact Caerphilly Cares on 01443 811490, email [caerphillycares@caerphilly.gov.uk](mailto:caerphillycares@caerphilly.gov.uk) or text SUPPORT to 07537 414 443



Scan QR code for more details

Or visit [www.cwtsh.wales](http://www.cwtsh.wales)