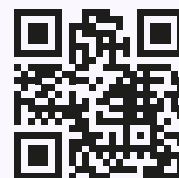


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## Monday

TTO = Term Time Only

Fit4living Fitness	Fit4living Gym	8 am - 9 pm
Furniture Revival show room	Unit 21 Lawn Industrial Estate, NP22 5PW	9 am - 4 pm
Cylch Meithrin (TTO)	St. David's Community Centre	9.15 - 11.30 am
Parent and Toddler group	Abertysswg Community Centre	9.30 - 11.30 am
St David's Cafe	St David's Community Centre	9 - 2.30 pm
General Play	PLAY Rhymney	9.30 am - 5.30 pm
Welcome Space (free refreshments)	Rhymney Library	9.30 am - 6 pm
Exercise with Ease	St. David's Community Centre	10 - 11 am
Arthritis Peer Support Group (2nd Mon)	Rhymney Library	10 am - 12 pm
FREE Music Group (2nd Mon)	Rhymney Day Centre	10 am - 12 pm
Caerphilly Employment Support	Ael-y-Bryn Community Centre	10 am - 12.30 pm
URV Wanderers Mixed Walk	Parc Cwm Darran	11 am
Craft-a-noon	Rhymney Library	11 am - 1 pm
Fochriw Tots (0-3 years)	Fochriw Community Centre	11.30 am - 1 pm
Welcome Space (Soup and a Roll)	St John's Church, Rhymney	12 - 3 pm
Potching Group	St David's Church, Rhymney	12 - 3 pm
Cylch Meithrin (TTO)	St. David's Community Centre	12.30 - 2.45 pm
Parent and Toddler Group (0-5 years)	Abertysswg Community Centre	12.30 - 2.30 pm
Bad Art Event (1st Mon)	Rhymney Library	4 - 6 pm
Pop in and Play	Abertysswg Community Centre	4.30 - 5.30 pm
Rhymney Youth Club (TTO)	Rhymney Youth Centre	5 - 7 pm
Kettlebell Fitness	St. David's Community Centre	6 - 7 pm

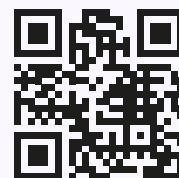


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## Monday (continued)

TTO = Term Time Only

Table Tennis	Ael-y-Bryn Community Centre	6 - 8 pm
Abertysswg Youth Club (TTO)	Abertysswg RFC	6 - 8 pm
Fochriw Youth Club (TTO)	Fochriw Community Centre	6 - 8 pm
St John Cymru - Badgers & Cadets	St John Ambulance Cymru	6.30 - 7.45 pm
Adult Craft Group	St. Tyfaelog's Church Hall	6.30 - 8.30 pm
Walking Football	Idris Davies School	7 - 8 pm
Kyokushin Karate	Pontlottyn Boys & Girls Club	7 - 8.30 pm
Bingo Night	The Brewery Club	7.30 pm

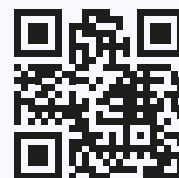


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## Tuesday

TTO = Term Time Only

Slimming World	Ael y Bryn Community Centre	7.30 am & 9 am
Fit4living Fitness	Fit4living Gym	8 am - 9 pm
St David's Cafe	St David's Community Centre	9 - 2.30 pm
Furniture Revival show room	Unit 21 Lawn Industrial Estate, NP22 5PW	9 am - 4 pm
Cylch Meithrin (TTO)	St. David's Community Centre	9.15 - 11.30 am
Baby Play	PLAY Rhymney	9.30 am
Citizens Advice Drop In	Rhymney Integrated Health Centre	9.30 am - 12.30 pm
Welcome Space (free refreshments)	Rhymney Library	9.30 am - 5 pm
General Play	PLAY Rhymney	9.30 am - 5.30 pm
Housing Related Support (drop-in)	Hafod Deg	10 am - 12.30 pm
Platform (Mental Health) Advice and Guidance drop-in	Rhymney Library	10 am - 1 pm
Caffi Croeso (Welsh - fluent and learners)	Rhymney Library	10.30 am - 12.30 pm
Coffee Morning	Elim Community Church, Pontlottyn	11 am - 12 pm
Knit and Natter	Rhymney Library	11 am - 12.30 pm
Foodbank (Gwent Valleys Evangelism)	Ael-y-Bryn Community Centre	11 am - 1 pm
Fibromyalgia Support Group (1st Tue)	Rhymney Day Centre (WigWam)	11 am - 1 pm
Rhymney Valley Foodbank	Hafod Deg	11 am - 1 pm
Cylch Meithrin (TTO)	St. David's Community Centre	12.30 - 2.45 pm
URV Men's Den	Rhymney Bowls Club	2 - 4 pm
Eat 'N' Play (After-school)	PLAY Rhymney	2.30 - 5.30 pm
Slimming World	Ael-y-Bryn Community Centre	3.30 pm

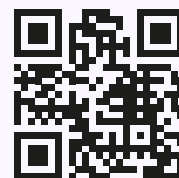


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## Tuesday (continued)

TTO = Term Time Only

Fun and Games Session	Pontlloftyn Boys and Girls Club	4.30 - 5.30 pm
Yoga	Abertysswg Community Centre	5 - 6 pm
Slimming World	Ael-y-Bryn Community Centre	5.30 pm
Coffee and Chat	Abertysswg Community Centre	6 - 6.30 pm
BeatFit Fitness Class	St. David's Community Centre	6 - 7 pm
Weight Watching Class	Pontlloftyn Boys and Girls Club	6.45 pm
Slimming World	Ael-y-Bryn Community Centre	7 pm
Elevated Elegance Chair and Floor Dance	St David's Community Centre	7.15 pm
Rhymney Silurian Choir Practice (TTO)	Idris Davies School	7.30 - 9 pm
Bingo Night	Ael-y-Bryn Community Centre	7.30 - 9 pm
Ladies Boxercise	Pontlloftyn Boys and Girls Club	7.45 pm
Darts	Rhymney Social Club	8 - 10 pm

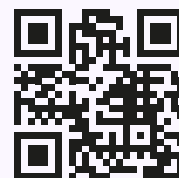


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## Wednesday

TTO = Term Time Only

Fit4living Fitness	Fit4living Gym	8 am - 9 pm
The Parent Network (TTO)	Abertyswg Community Centre	9 - 11.30 am
Furniture Revival show room	Unit 21 Lawn Industrial Estate, NP22 5PW	9 am - 4 pm
Cylch Meithrin (TTO)	St. David's Community Centre	9.15 - 11.30 am
Parent and Toddler Play	PLAY Rhymney	9.30 am
The Parent Network (TTO)	Ysgol Y Lawnt, Rhymney	9.30 - 11.30 am
General Play	PLAY Rhymney	9.30 am - 5.30 pm
Welcome Space (free refreshments)	Rhymney Library	9.30 am - 6 pm
Cwtsh Cafe (cuppas, company & more)	St. David's Community Centre	10 am - 12 noon
Art Group	Rhymney Day Centre (Wigwam)	10 am - 12 noon
Lloyds Bank (drop-in) (fortnightly)	Rhymney Library	10 am - 12 pm
Growing Space activities	Hafod Deg	10 am - 1 pm
Digital Literacy (Basic Skills) (TTO)	Rhymney Library	11 am - 1 pm
The Parent Network (TTO)	St. David's Community Centre	12 - 2 pm
St David's Cafe	St David's Community Centre	12.15 - 2.15 pm
Crafteas (Adult craft group)	Fochriw Pentecostal Church	12.30 - 2.30 pm
Cylch Meithrin (TTO)	St. David's Community Centre	12.30 - 2.45 pm
Games for All	Rhymney Library	2 - 4 pm
Eat 'N' Play (After-school)	PLAY Rhymney	2.30 - 5.30 pm
St. David's Den (After school club)	St. David's Church, Rhymney	3.30 pm

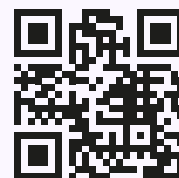


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## Wednesday (continued)

TTO = Term Time Only

Drama Group (4-8 years)	St. Tyfaelog's Church Hall	4.30 - 5.30 pm
Tic Together (Tic and Tourette's Support Group) (every other week)	Rhymney Youth Centre	5 - 7 pm
Kids BoxFit (3-5 years)	Pontlloftyn Boys and Girls	5.15 pm
Drama group (8+ years)	St. Tyfaelog's Church Hall	5.30 - 6.30 pm
Table Tennis	Ael-y-Bryn Community Centre	5.30 - 6.30 pm
Kids BoxFit (7-11 years)	Pontlloftyn Boys and Girls	6 pm
Abertysswg Youth Club (TTO)	Abertysswg RFC	6 - 8 pm
Outdoor Fitness Class (with Raw Performance)	Rhymney War Memorial Park Playground	7 - 8 pm
Line Dancing	The Brewery Club	7.30 - 10 pm

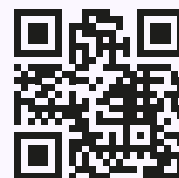


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## Thursday

TTO = Term Time Only

Fit4living Fitness	Fit4living Gym	8 am - 9 pm
The Parent Network (TTO)	Pontlottyn Boys and Girls Club	9 - 11.30 am
Furniture Revival show room	Unit 21 Lawn Industrial Estate, NP22 5PW	9 am - 4 pm
Cylch Meithrin (TTO)	St. David's Community Centre	9.15 - 11.30 am
Baby Play	PLAY Rhymney	9.30 am
Welcome Space (free refreshments)	Rhymney Library	9.30 am - 5 pm
General Play	PLAY Rhymney	9.30 am - 5.30 pm
Caerphilly Employment Support	Rhymney Library	10 am - 3 pm
Reading Group (1st Thurs)	Rhymney Library	10.30 - 12 pm
St David's Cafe Corner	St David's Church, Rhymney	10.45 am - 12 pm
Rhymney Heritage Story Walk	Start location - confirmed online	11 am
The Parent Network (TTO)	Fochriw Community Centre	12.30 - 2.30 pm
Cylch Meithrin (TTO)	St. David's Community Centre	12.30 - 2.45 pm
ESOL class (English for Speakers of another Language)	Rhymney Library	1 - 3 pm
Adult Art and Craft/Welcome Space	Rhymney Day Centre (Wigwam)	2.30 - 4.30 pm
Eat 'N' Play (After-school)	PLAY Rhymney	2.30 - 5.30 pm
Football Coaching (Boys 8 - 11)	Pontlottyn Boys & Girls Club	4.30 - 5.30 pm



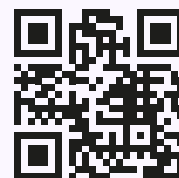
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## Thursday (continued)

TTO = Term Time Only

Rhymney Youth Club (TTO)	Rhymney Youth Centre	5 - 7 pm
Bingo	St David's Church, Rhymney	6 pm
Get Fitter, Get Stronger (Exercise Class)	Ael y Bryn Community Centre	6 - 7 pm
Kettlebell Fitness	St. David's Community Centre	6 - 7 pm
Fochriw Youth Club (TTO)	Fochriw Community Centre	6 - 8 pm
Ladies Boxercise	Abertysswg Community Centre	7 - 8 pm
Kyokushin Karate	Pontlloftyn Boys & Girls Club	7 - 8.30 pm
Open Mic Night	The Farmers Arms	7 pm
Rhymney Millennium Chorale	Idris Davies School	7.30 - 9 pm
Quiz	The Brewery Club	8 pm
Pool	Rhymney Social Club	8 pm



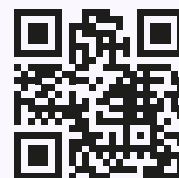


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## Friday

TTO = Term Time Only

Fit4living Fitness	Fit4living Gym	8 am - 9 pm
Welcome Space (with Sewing)	St Tyfaelog's Church Hall	9 am - 12 pm
Help Me Quit (Smoking) (appointment required, ring 0800 085 2219)	Rhymney Integrated Health Centre	9 am - 1 pm
Furniture Revival show room	Unit 21 Lawn Industrial Estate, NP22 5PW	9 am - 4 pm
Cylch Meithrin (TTO)	St. David's Community Centre	9.15 - 11.30 am
Welcome Space (free refreshments)	Rhymney Library	9.30 am - 5 pm
General Play	PLAY Rhymney	9.30 am - 5.30 pm
Rhymney Valley Rockers (Music group)	Rhymney Day Centre (Wigwam)	10 am - 12 pm
Fruity Fridays (Arts and Crafts)	Fochriw Community Centre	10 am - 12 noon
Quiet Play Time (ALN)	PLAY Rhymney	12.30 pm
Cylch Meithrin (TTO)	St. David's Community Centre	12.30 - 2.45 pm
Kids BoxFit (3-6 years)	Abertysswg Community Centre	5.15 pm
Taekwondo Classes (8+ years)	Ael-y-Bryn Community Centre	5.30 - 6.30 pm
Kids BoxFit (7-11 years)	Abertysswg Community Centre	6 pm



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## Saturday

TTO = Term Time Only

Fit4living Fitness	Fit4living Gym	9 am - 1 pm
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
General Play	PLAY Rhymney	9.30 am - 5 pm
Football Coaching (Boys: 8-11years)	Pontlottyn Boys & Girls Club	10.30 - 11.30 am



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## Sunday

TTO = Term Time Only

Fit4living Fitness	Fit4living Gym	8 am - 1 pm
Junior Parkrun (2km, 4-14 years)	Parc Bryn Bach, Tredegar	9 am
Junior Parkrun (2km, 4-14 years)	Penallta House, Ystrad Mynach	9 am
General Play	PLAY Rhymney	9.30 am - 5 pm
Walk & Talk Women's Group (Blaenau Gwent)	Parc Bryn Bach	10 am
Tai Chi Movement Class	St. David's Community Centre	10 - 11 am
The Welcome Hub (Free Drinks)	Calvary Church, Rhymney	1 - 5 pm
Taekwondo Classes (8+ years)	Ael-y-Bryn Community Centre	5 - 6 pm
Bingo (18+ years)	Abertyswg Community Centre	6 - 8 pm
Bingo Night	Rhymney Rugby Club	7 - 9 pm

## Looking to add an activity?

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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



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