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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
Growing Space	Hafod Deg Community Garden	9.30 - 3 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
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
Fochriw Tots (0-3 years)	Fochriw Community Centre	12.30 - 2 pm
Bad Art Event (1st Mon)	Rhymney Library	4 - 6 pm
Pop in and Play	Abertysswg Community Centre	4.30 - 5.30 pm
Rhymney Tunes Club (2nd Mon)	Rhymney Library	4.30 - 6 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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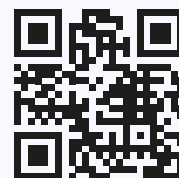
Monday (continued)

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

Tuesday

Slimming World	Ael y Bryn Community Centre	7.30 am & 9 am
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
Baby Play	PLAY Rhymney	9.30 am
Citizens Advice Drop In	Rhymney Integrated Health Centre	9.30 am - 12.30 pm
St David's Cafe	St David's Community Centre	9.30 - 2.30 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



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Tuesday (continued)

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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
Fun and Games Session	Pontlottyn 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	Pontlottyn 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	Pontlottyn Boys and Girls Club	7.45 pm
Darts	Rhymney Social Club	8 - 10 pm

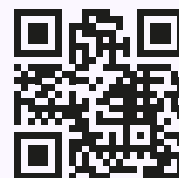


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Wednesday

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Fit4living Fitness	Fit4living Gym	8 am - 9 pm
The Parent Network (TTO)	Abertysswg 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
Wellbeing Group (Gwelcol)	Hafod Deg	10.15 - 11.15 am
Digital Literacy (Basic Skills) (TTO)	Rhymney Library	11 am - 1 pm
Cooking Group (Gwelcol-Referral required)	Hafod Deg	11.30 - 1.30 pm
The Parent Network (TTO)	St. David's Community Centre	12 - 2 pm
St David's Cafe	St David's Community Centre	12.15 - 2.45 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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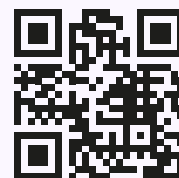
Wednesday (continued)

TTO = Term Time Only

Drama Group (4-8 years)	St. Tyfaelog's Church Hall	4.30 - 5.30 pm
Kids BoxFit (3-5 years)	Pontlottyn 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)	Pontlottyn Boys and Girls	6 pm
Abertysswg Youth Club (TTO)	Abertysswg RFC	6 - 8 pm
Line Dancing	The Brewery Club	7.30 - 10 pm

Thursday

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
Growing Space (Men's Shed)	Hafod Deg Community Garden	9.30 - 3 pm
Welcome Space (free refreshments)	Rhymney Library	9.30 am - 5 pm
General Play	PLAY Rhymney	9.30 am - 5.30 pm
Help Me Quit (Smoking) (appointment required, ring 0800 085 2219)	Rhymney Library	10 am - 12 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



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Thursday (continued)

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Cylch Meithrin (TTO)	St. David's Community Centre	12.30 - 2.45 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
Rhymney Youth Club (TTO)	Rhymney Youth Centre	5 - 7 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	Pontlottyn 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

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Fit4living Fitness	Fit4living Gym	8 am - 9 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
Music Session with RecRock	Rhymney Day Centre (Wigwam)	10 am - 12 pm
Rhymney Social Strollers (except 1st Fri)	Locations on our Cwtsh Facebook page	10 am
Community Litterpick with Rhymney Social Stroller (1st Fri)	Rhymney Bowls Pavilion	10 am
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

Saturday

Fit4living Fitness	Fit4living Gym	9 am - 1 pm
Park Run (5km)	Parc Penallta. Ystrad Mynach	9 am
Park Run (5km)	Parc Bryn Bach	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

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Fit4living Fitness	Fit4living Gym	8 am - 1 pm
Junior Park Run (2km, 4-14years)	Parc Bryn Bach	9 am
Junior Park Run (2km, 4-14years)	Parc Penallta. 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)	Abertysswg Community Centre	6 - 8 pm
Bingo Night	Rhymney Rugby Club	7 - 9 pm

Looking to add an activity?

Email: info@cwtsh.wales

Call: 07305 714695

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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

Should you lack confidence or feel you need support to engage with a group, please contact Community Wellbeing Connectors on 01443 811490 or text SUPPORT to 07537 414443



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