

CWTSH

€ «Ö» «À. + À»

g«î ý«Ù ž «ñ) ') +

cÀõÿ
o gÀ Ú

` âÚý Ù Àõý«ñ



a a e

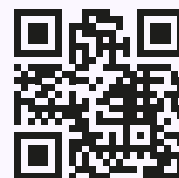
K âÚ» «ÿâÚýÀ «¥œ

O er i e O I

&ZYXVYH FSI ; IXZFœ .R UFVWI 7ZLG^ ^JFWœX	7IXHF 7ZLG^ (œG	UR
< FœSL +TTYGFœ 4[JW X	7IXHF 1JIXZW (JSW	UR
' TI ^ (TSI NTSISL	7IXHF 1JIXZW (JSW	UR
, VWZU (^HœSL	7IXHF 1JIXZW (JSW	UR
5T\ JW>TLF +œ\	7IXHF 1JIXZW (JSW	UR
+NBYU X	8Y 2 FWFVYX (MZMM- Fœ	UR
(œGGJVMIXJ	8Y2 FVYX (MZMM- Fœ	UR
8MTW9JSSIX 8THNFœ	7IXHF 1JIXZW (JSW	UR
&I ZœX 9TYFœ TI ^) JKSHJ (œXX	8Y/TMœ &R GZœSHJ - Fœ	UR
>TLF \ NM&ZI W^	9NR J < JœJISL (JSW	UR
OJYQ GJœ	7IXHF 1JIXZW (JSW	UR
2JSX) FVX	(TR R JVMNFQSS 7IXHF	UR
&VZF &JWGNHX	7IXHF 1JIXZW (JSW	UR

O «õÿ'

(MNTUVWHYH FSI < JœJXX 8JVWYHJ X	7IXHF (MNTUVWHYH FSI < JœJXX (œNH	&UUTISYR JSYX
(TZSXJ œSL YMJ VWUJZYH XJ VVWYHJ X	9NR J < JœJISL (JSW	&UUTISYR JSYX
(FKJ	8SZL (TKKJ 8MTU	FR UR
8œR R ISL < TVœ	7IXHF 8JSNTW(NNJSX - Fœ	FR FR
, VWZU (^HœSL	7IXHF 1JIXZW (JSW	FR
7IXHF +TTI GFSP FSI 5œYKTVR	7IXHF 8FœFYNTS &VR ^ - Fœ	FR
< JœTR J 8UFHJ KVVJ VWVWVXMR JSYX	7IXHF 1œGVW	FR UR
+TTI 5FSW	9MJ 5FSYVM7IXHF	FR UR
*841 1FSLZFLJ HTZVWJ	4]KTW - TZXJ 7IXHF	FR UR

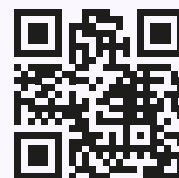


Scan QR code for
more details
Or visit
cwtsh.wales

Tuesday (continued)

TTO = Term Time Only

The Parent Network (TTO)	Ty Sign Methodist Church, Risca	10 am - 12 pm
Pilates	Risca Leisure Centre	10.15 - 11 am
Kettlebells	Risca Leisure Centre	10.30 - 11.15 am
Toddlers Story and Rhyme Time (TTO)	Risca Library	11 am - 12 noon
Community Feeds (Welcome Space)	TLC cafe, Ty Sign	11 am - 1.30 pm
Chatty Cafe	Snug Coffee Shop	12.30 - 2 pm
Craft Club (Bring your project)	The Hive	12.45 - 2.45 pm
Friends Together (Games group)	Bethany Baptist Church, Risca	2 - 4 pm
Help Me Quit (Smoking) (appointment required, ring 0800 085 2219)	Wellspring Medical Centre	2 - 4 pm
Welcome Space (free refreshments)	Risca Library	2 - 5 pm
Tinnitus Support (17th Sept)	Risca Library	2 - 5 pm
Hiit	Risca Leisure Centre	4.30 - 5.15 pm
Pilates	Risca Leisure Centre	5 - 5.50 pm
Junior Lifeguard	Risca Leisure Centre	5.30 - 6.25 pm
Dance Fit	Risca Leisure Centre	5.30 - 6.45 pm
Group Cycling	Risca Leisure Centre	6 - 6.45 pm
Zumba	Channel View Community Centre	6 - 7 pm
Yin Yoga Flow	Risca Leisure Centre	6 - 7.30 pm
Intro2HIIT	Risca Leisure Centre	6.30 - 7.15 pm
Beginners Line Dance Class	St. Mary's Church Hall	6.30 - 7.30 pm
FitSteps	St. Margarets Church Hall	6.30 - 7.30 pm
Women's Wellbeing Group	Time Wellbeing Centre	6.45 - 8.15 pm



Scan QR code for
more details
Or visit
cwtsh.wales

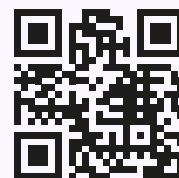
Tuesday (continued)

TTO = Term Time Only

Circuits	Risca Leisure Centre	7 - 7.45 pm
SHADE (self-help depression group)	Dan-y-Graig Church Hall, Risca	7 - 9 pm
Adults Self Defence	Risca Leisure Centre	7.30 - 9.30 pm
DDP Yoga	Channel View Community Centre	7.45 - 8.45 pm
Darts	Commercial Inn, Risca	8 pm

Wednesday

Chiropractic and Wellness Services	Risca Chiropractic and Wellness Clinic	Appointments
Counselling/therapeutic services	Time Wellbeing Centre	Appointments
Cafe	Snug Coffee Shop	8 am - 2.30 pm
TLC Community Cafe	TLC cafe, Ty Sign	9 am - 1 pm
Foodbank Support	TLC cafe, Ty Sign	9 am - 1 pm
Toddler Time (TTO)	St David's Church	9.15 - 11.15 am
Group Cycling	Risca Leisure Centre	9.30 - 10.15 am
Woodworking	Oxford House, Risca	9.30 - 11.30 am
Welcome Space (free refreshments)	Risca Library	9.30 am - 1 pm
HART Recruitment Event (11th Sept)	Risca Library	9.30 am - 3.30 pm
Golden Girls (over 50's Fitness)	Risca Senior Citizens Hall	10 - 11 am
ESOL Language course	Oxford House, Risca	10 am - 12 pm
Welsh ICE Business Poo-up (4th Sept)	Risca Library	10 am - 12 pm
Wellbeing Walk	Snug Coffee Shop	10 am
Get Pumped	Risca Leisure Centre	10.30 - 11.15 am
Creative Writing for Pleasure	Risca Library	10.30 am - 12.30 pm
Lunch Club	Risca Salvation Army Hall	12 - 1 pm



Scan QR code for
more details
Or visit
cwtsh.wales

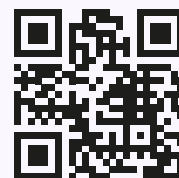
Wednesday (continued)

TTO = Term Time Only

Essential Skills	Risca Library	12.30 - 3 pm
Chair Fit	Risca Leisure Centre	12.45 - 1.30 pm
Aqua Aerobics	Risca Leisure Centre	1.45 - 2.30 pm
Digital Skills	Oxford House, Risca	2 - 4 pm
Hearing Aid Repair Service (25th Sept)	Risca Library	2 - 4 pm
Welcome Space (free refreshments)	Risca Library	2 - 6 pm
Code Club (9-12 years) (TTO)	Risca Library	4 - 5 pm
Reading Group (25th Sept)	Risca Library	4 - 5 pm
Group Cycling	Risca Leisure Centre	6 - 6.45 pm
Step with Weights	Risca Leisure Centre	6 - 7 pm
Baking Class	Oxford House, Risca	6 - 8 pm
Numeracy Pre-GCSE	Oxford House, Risca	6 - 8 pm
Boxercise	Risca Leisure Centre	7 - 7.45 pm
Dragons AllStars (mixed ability rugby)	Risca Rugby Club	7.30 - 8.30 pm

Thursday

Chiropractic and Wellness Services	Risca Chiropractic and Wellness Clinic	Appointments
Counselling/therapeutic services	Time Wellbeing Centre	Appointments
Cafe	Snug Coffee Shop	8 am - 2.30 pm
Group Cycling	Risca Leisure Centre	9.30 - 10.15 am
Pilates	Risca Leisure Centre	9.30 - 10.15 am
Happy Tots (Parents & toddlers) (TTO)	Risca Senior Citizens Hall	9.30 - 11.30 am



Scan QR code for
more details
Or visit
cwtsh.wales

Thursday (continued)

TTO = Term Time Only

Welcome Space (free refreshments)	Risca Library	9.30 am - 1 pm
Coffee Morning	Tŷ Isaf Church, Risca	10 am - 12 noon
Seniors Coffee and Cake	TLC cafe, Ty Sign	10 am - 12 pm
Library Play Date (TTO)	Risca Library	10 am - 12 pm
Senior Coffee Morning	TLC cafe, Ty Sign	10 am - 12.30 pm
Family History Helpdesk (12th Sept)	Risca Library	10.30 am - 12.30 pm
Dressmaking Sewing Belles	Oxford House, Risca	10 am - 1 pm
Scrabble Club	Risca Library	10 am - 1 pm
Tenancy Support	Risca Library	10 am - 1 pm
Housing Officer	Risca Library	10 am - 4 pm
Body Conditioning	Risca Leisure Centre	10.15 - 11 am
Coffee Morning	Dan-y-Graig Church Hall	10.30 am - 12 noon
Caffi Croeso (all abilities welcome)	Risca Library	10.30 - 12 pm
Beginners Line Dance Class	Fusion Dance Studio	11 am - 12 pm
Yoga with Audrey	Time Wellbeing Centre	11 am - 12.30 pm
Dragons Sporting Memories Session	Risca Rugby Club	11.30 am - 1.30 pm
Caerphilly Carers Support Group (2nd Thurs)	The Coffee Mill, Risca	12 - 1.30 pm
Toddler Time (TTO)	St David's Church	12 - 2 pm
SHADE (self-help depression group)	Dan-y-Graig Church Hall	1 - 3 pm
Bingo	TLC cafe, Ty Sign	1 - 3 pm
Welcome Space (free refreshments)	Risca Library	2 - 5 pm



Scan QR code for
more details
Or visit
cwtsh.wales

September 2024

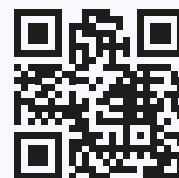
Thursday (continued)

TTO = Term Time Only

Pilates	Risca Leisure Centre	5 - 5.50 pm
Bilingual Textile Craft	Oxford House, Risca	5 - 8 pm
St John Cadets (11 - 18 years) (TTO)	St John Ambulance Hall	6 - 7 pm
Kettlebells	Risca Leisure Centre	6 - 6.45 pm
Yoga Flow	Risca Leisure Centre	6 - 7.30 pm
Patchwork	Oxford House, Risca	6 - 8 pm
Crochet Club	The Hive	6 - 8 pm
Circuits	Risca Leisure Centre	7 - 8 pm
Menopause Fit	Risca Leisure Centre	7 - 8 pm
Risca Male Choir practice	Old Council Offices, Risca	7 - 9 pm
St John Ambulance (17+ years)	St John Ambulance Hall	7.15 - 8.30pm
Quiz Night	Risca Workingmen's Branch Club	8 pm

Friday

Chiropractic and Wellness Services	Risca Chiropractic and Wellness Clinic	Appointments
Counselling/therapeutic services	Time Wellbeing Centre	Appointments
Cafe	Snug Coffee Shop	8 am - 2.30 pm
TLC Community Cafe	TLC cafe, Ty Sign	9 am - 1 pm
Foodbank Support	TLC cafe, Ty Sign	9 am - 1 pm
Bodyblast	Risca Leisure Centre	9.30 - 10.15 am
Risca Foodbank	Risca Salvation Army Hall	9.30 - 11.30 am
Welcome Space (free refreshments)	Risca Library	9.30 am - 1 pm
Caerphilly Employment support	Risca Library	9.30 am - 3.30 pm
Housing Related Support	Channel View Community Centre	10 am - 12 pm



Scan QR code for
more details
Or visit
cwtsh.wales

Friday (continued)

TTO = Term Time Only

CVW Coffee Morning (free refreshments and fun)	Channel View Community Centre	10 am - 12 noon
British Sign Language Coffee Morning	Oxford House, Risca	10 am - 12 noon
Coffee Morning	Bethany Baptist Church	10 am - 12 noon
Kettlebells	Risca Leisure Centre	10.15 - 11 am
Tiny Talk for 0-2 years (TTO)	St Mary's Church Hall	10.30 - 11.30 am
Craft Club (Bring your project)	The Hive	10.30 am - 12.30 pm
Roald Dahl Story Day (13th Sept)	Risca Library	11 am
Knit and Natter	Risca Library	11 am - 12.45 pm
Group cycling	Risca Leisure Centre	11.30 am - 12 pm
Total Body Basics	Risca Leisure Centre	12 - 12.40 pm
Aqua Aerobics	Risca Leisure Centre	12.45 - 1.30 pm
Knit & Yarn/ Diamond Art	TLC cafe, Ty Sign	1 - 3 pm
Mobility/Flexibility	Risca Leisure Centre	1.30 - 2.15 pm
Welcome Space (free refreshments)	Risca Library	2 - 5 pm
Aqua Fun for Kids	Risca Leisure Centre	2.15 - 3 pm
Food Pantry	The Pantri, Risca	4 - 6 pm
Group Cycling	Risca Leisure Centre	4.45 - 5.30 pm
Kids Club (Age 4+)	Ty Isaf Church	6 - 7 pm
Zumba	Channel View Community Centre	6 - 7 pm
Pole Fitness	St David's Hall, Ty Sign	6.30 - 7.30 pm
Family Roller Skating	Risca Leisure Centre	7.15 - 8.45 pm



Scan QR code for
more details
Or visit
cwtsh.wales

September 2024

Saturday

TTO = Term Time Only

Chiropractic and Wellness Services	Risca Chiropractic and Wellness Clinic	Appointments
Counselling/therapeutic services	Time Wellbeing Centre	Appointments
Cafe	Snug Coffee Shop	8 am - 2.30 pm
Kettlebells	Risca Leisure Centre	8.30 - 9.15 am
Park Run (5km)	Penallta House, Ystrad Mynach	9 am
Park Run (5km)	Parc Bryn Bach, Tredegar	9 am
Group Cycling	Risca Leisure Centre	9.30 - 10.15 am
Welcome Space (free refreshments)	Risca Library	9.30 am - 4 pm
Games Day	Risca Library	9.30 am - 4 pm
Adult Reading Group (7th Sept)	Risca Library	10 - 11 am
Risca Food FEASTival (14th Sept)	Tredegar Park, Risca	10 am - 4 pm
Bodyblast	Risca Leisure Centre	10.30 - 11.15 am
Craft Club (Bring your project)	The Hive	10.30 - 12.30 pm
Story Time and Lego Club (TTO)	Risca Library	11 am - 12 pm
Food Pantry	The Pantri, Risca	12 - 2 pm
Karaoke (Live Music)	Commercial Inn, Risca	8 pm

CWTSH

Wellbeing Guide

September 2024

Risca
Ty Sign
Pontymister



Scan QR code for more details
Or visit cwtsh.wales

Sunday

TTO = Term Time Only

Pontymister Angling Club (every other Sunday, weather dependent)	Canal between Pontywaun Aquaduct and Manor Way	7.45 am
Junior Park Run (2km, 4-14years)	Parc Bryn Bach, Tredegar	9 am
Junior Park Run (2km, 4-14years)	Penallta House, Ystrad Mynach	9 am
Group Cycling	Risca Leisure Centre	9 - 9.45 am
Boxing Circuit	Risca Leisure Centre	10 - 10.45 am
Veterans group	TLC cafe, Ty Sign	12 - 2 pm
Risca Male Choir practice	Old Council Offices, Risca	6 - 8 pm

Looking to add an activity?

Email: info@cwtsh.wales

Call: 07305 714695

Follow us   



Download the VZTA Smart Towns App to explore Risca. Scan the QR Code.

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

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



Scan QR code for more details

Or visit cwtsh.wales