

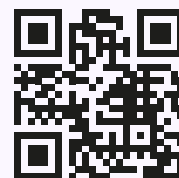


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Monday

TTO = Term Time Only

The Fit Yard - senior citizens class	Cascade Youth Centre, Penpedairheol	9 - 10 am
Help Me Quit (Smoking) (appointment required, ring 0800 085 2219 or text HMQ to 80818)	Gelligaer Surgery	9 am - 12 pm
Fresh Start Bible Reading	Mount Pleasant Church, Maesycwmmmer	9.30 am
Parent and Toddler Group (TTO)	Cefn Hengoed Community Centre	9.30 - 11 am
Welcoming Space (free refreshments)	Ystrad Mynach Library	9.30 am - 1 pm
Baby Rhyme Time (TTO)	Ystrad Mynach Library	10 am
Gardening Club (weather dependent)	Holy Trinity Church, Ystrad Mynach	10 am
Pram Fit (0 to pre-school)	Evolution Fitness	10.15 - 11 am
YM Bit's and Bobs Community Group (TTO)	Siloh Christian Centre, Ystrad Mynach	10.30 am - 12.30 pm
Free breakfast	Evolution Fitness	11 am - 12 pm
Goldies Cymru (Singalong) (3rd Mon)	Ystrad Mynach Library	11.30 am - 12.30 pm
Senior Citizens Meals Menu	The Coopers, Ystrad Mynach	12 - 2.30 pm
Archery	Holy Trinity Church, Ystrad Mynach	1 - 3 pm
Craft and Cuppa Club	Cefn Hengoed Community Centre	1.30 - 3.30 pm
Welcoming Space (free refreshments)	Ystrad Mynach Library	2 - 5 pm
Community Singing Group (1st Mon)	Valley View Care Home, Cefn Hengoed	3.30 - 4.30 pm
After School Club	Mount Pleasant Church, Maesycwmmmer	3.30 - 4.30 pm
Cascade Brownies (TTO)	Cascade Community Centre	5 - 6.30 pm

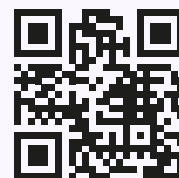


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Monday (continued)

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Super Strikers (2 - 4 years) (TTO)	Penybryn Community Centre	5.15 - 6 pm
Slimming World	Siloh Chapel, Ystrad Mynach	5.30 pm
The Fit Yard - Fitness Class	Cascade Youth Centre, Penpedairheol	5.30 - 6.30 pm
Boys & Girls Club (8 - 18 years)	Ystrad Mynach Boys & Girls Club	5.30 - 8 pm
Kids Class	Evolution Fitness, Ystrad Mynach	6 pm
Bingo	Non Political and Social Club	6 - 8.45 pm
Spiritual Friendship Circle	Cefn Hengoed Community Centre	6 - 9 pm
Zumba	Hengoed Community Centre	6.30 pm
Next Steps Class (fortnightly)	Mount Pleasant Church, Maesycwmmmer	6.30 pm
Royal Air Force Air Cadets (12-17years)	Cascade Joint Cadet Centre, CF82 8BU	6.30 - 9.30 pm
Zumba	Cascade Community Centre	7 - 8 pm
Melody Makers Ladies Choir (TTO)	Siloh Christian Centre, Ystrad Mynach	7 - 9 pm
Ystrad Mynach Ladies Club (1st Mon)	Maesycwmmmer OAP Hall	7 - 9 pm
Ystrad Mynach Male Choir	Bethany Chapel, Ystrad Mynach	7.15 - 9 pm
Adult Beginners Dance Class	Shappelles, Ystrad Mynach	8.30 - 9.30 pm

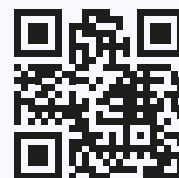


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Tuesday

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Food co-op	Holy Trinity Church, Ystrad Mynach	9.30 - 11 am
Welcoming Space (free refreshments)	Ystrad Mynach Library	9.30 am - 1 pm
Knit & Natter	Gelligaer Bowls Club	10 am - 12 noon
Toddler Time (TTO)	Ystrad Mynach Library	10 - 10.45 am
Yoga	Neuadd St Catwg Community Hall	10 - 11 am
Cwtch Coffee Morning (TTO)	Bethel Chapel, Cefn Hengoed	10 - 11.30 am
Cascade Carving Club	Cascade Methodist Chapel	10 am - 12 pm
Spiritual Friendship Circle	Cefn Hengoed Community Centre	10 am - 12.30 pm
Welcome Space (free refreshments)	Evolution Fitness, Ystrad Mynach	11 am - 2 pm
Senior Citizens Meals Menu	The Coopers, Ystrad Mynach	12 - 2.30 pm
The Parent Network (TTO)	Gelligaer Community Centre	12.30 - 2.30 pm
Ystrad Mynach Quilters	Siloh Chapel, Ystrad Mynach	1.30 - 3 pm
Welcome Space (free refreshments)	Ystrad Mynach Library	2 - 6 pm
Slimming World	Cascade Community Centre	4 pm
Netball Tots (3 - 6 years)	Sue Noake Leisure Centre	5 - 6 pm
Slimming World	Cascade Community Centre	5.30 pm
Police Cadets	Coleg y Cymoedd, Ystrad Mynach	5.30 - 6.30 pm
Boys & Girls Club (8 - 18 years)	Ystrad Mynach Boys & Girls Club	5.30 - 8 pm
The Fit Yard - Running Club	Cascade Youth Centre	6 pm
Kids Class	Evolution Fitness, Ystrad Mynach	6 pm
Ass and Abs	Cefn Hengoed Community Centre	6 - 7 pm
1st Ystrad Mynach Girl Guides (10-14 years) (TTO)	Scout and Guide Hall, Ystrad Mynach	6.30 - 8.30 pm

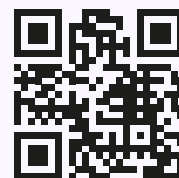


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Tuesday (continued)

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Slimming World	Cascade Community Centre	7 pm
Maesycwmmmer Camera Club	Ystrad Mynach Methodist Church	7 - 9 pm
Line Dancing (Beginners)	Beech Grove Social Club, Cascade	7 - 8 pm
Line Dancing (Improvers/Intermediate)	Beech Grove Social Club, Cascade	8 - 8.30 pm
New Modern Sequence Dancing	Ystrad Mynach Non-Political Club	8 - 10.30 pm
Yoga	Shappelles, Ystrad Mynach	8.15 - 9 pm
Adult Beginners Dance Class	Shappelles, Ystrad Mynach	8.30 - 9.30 pm

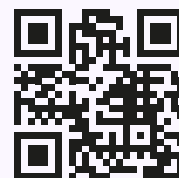


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Wednesday

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Slimming World	Siloh Chapel, Ystrad Mynach	7.30 am & 9 am
The Fit Yard – senior citizens class	Cascade Youth Centre	9 – 10 am
Smart Money Cymru	Neuadd St Catwg Community Hall	9 – 10.30 am
Hatha Yoga with Serenity	Maesycwmmmer Community Centre	9.30 am
Welcoming Space (free refreshments)	Ystrad Mynach Library	9.30 am – 1 pm
Citizens Advice Bureau Drop-In	Cefn Hengoed Youth Centre	10 am – 12.30 pm
Caerphilly Employment Support (fortnightly)	Cefn Hengoed Youth Centre	10 am – 12.30 pm
Singing for the Brain	Holy Trinity Church, Ystrad Mynach	10.30 am – 12 noon
Slimming World	Siloh Chapel, Ystrad Mynach	10.30 am
Welcome Space (free refreshments)	Evolution Fitness, Ystrad Mynach	11 am – 2 pm
Senior Citizens Meals Menu	The Coopers, Ystrad Mynach	12 – 2.30pm
Tai Chi	Hengoed Community Centre	2 – 3 pm
Cefn Hengoed Old Age Group (50+ years)	Cefn Hengoed Community Centre	2 – 4 pm
Maesycwmmmer Over 50's group (fortnightly)	Maesycwmmmer OAP Hall	2 – 4 pm
Welcoming Space (free refreshments)	Ystrad Mynach Library	2 – 5 pm
Super Strikers (4 & 5 years) (TTO)	Penybryn Community Centre	5.15 – 6 pm
Children's Dance (Under-12)	Shappelles, Ystrad Mynach	5.30 – 6.15 pm
The Fit Yard – Fitness Class	Cascade Youth Centre	5.30 – 6.30 pm

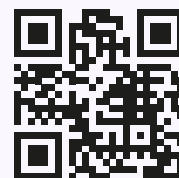


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Wednesday (continued)

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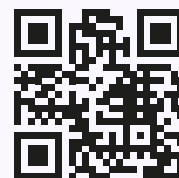
Cefn Hengoed Youth Club (11 - 25) (TTO)	Cefn Hengoed Youth Club	5.30 - 7.30 pm
Boys & Girls Club (8 - 18 years)	Ystrad Mynach Boys & Girls Club	5.30 - 8 pm
Body Blitz (Exercise class)	Hengoed Community Centre	6 pm
Walking Rugby	Sue Noakes Leisure Centre	6 - 7 pm
Bingo	Non Political and Social Club	6 - 8.45 pm
Children's Dance (Under-16)	Shappelles, Ystrad Mynach	6.30 - 7.15 pm
Complete Beginners Line Dance Class	Penybryn Community Hall	6.30 - 7.30 pm
Art and Crafts Club	Cascade Community Centre	6.30 - 8.30 pm
Royal Air Force Air Cadets (12-17years)	Cascade Joint Cadet Centre, CF82 8BU	6.30 - 9.30 pm
Hatha Flow (Yoga)	Hengoed Community Centre	7 - 8 pm
Cefn Hengoed Ladies Choir (TTO)	Derwendeg Primary School Hall	7 - 9 pm
Bible Study and Prayer	Mount Pleasant Church, Maesycwmmmer	7.30 pm
Advanced Adult Dance Class	Shappelles, Ystrad Mynach	8.30 - 9.30 pm



Thursday

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Croeso Cafe (Cuppas, chats and trips out)	Lindsay Club, Cefn Hengoed	9.30 - 11.30 am
Welcoming Space (Free refreshments)	Ystrad Mynach Library	9.30 am - 1 pm
Blackwood Stroke Support Group	Tir-y-Berth Village Hall	9.45 - 11.45 am
Knit & Natter	Ystrad Mynach Library	10 - 11 am
Baby Group (Welsh Story and Rhyme)	Ystrad Mynach Library	10 am
Penybryn Toddlers Group (TTO)	Penybryn Village Hall	10 - 11.30 am
Croeso Club (Welcome Space)	Lindsay Club, Cefn Hengoed	10 - 11.30 am
Knit and Natter	Maesycwmmmer OAP Hall	10.30 am - 12.30 pm
Welcome Space (Free refreshments)	Evolution Fitness, Ystrad Mynach	11 am - 2 pm
OAP Menu	The Coopers, Ystrad Mynach	12 noon - 2.30 pm
Lunch Club	Mount Pleasant Church, Maesycwmmmer	12.30 pm
Parent & Toddler Group (TTO)	Cefn Hengoed Community Centre	1 - 2.30 pm
Children's Dance (Under-6)	Shappelles, Ystrad Mynach	4.30 - 5.15 pm
Rhythmix Dance Classes (4 - 8 years)	Cefn Hengoed Community Centre	4.45 - 5.45 pm
Boys & Girls Club (8 - 18 years)	Ystrad Mynach Boys & Girls Club	5.30 - 8 pm
Kettlercise	Cefn Hengoed Community Centre	6 - 7 pm
Circuit Training	Sue Noake Leisure Centre	6 pm

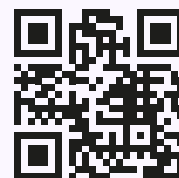


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The Fit Yard - Running Club	Cascade Youth Centre	6 pm
Bingo	Non Political and Social Club	6 - 8.45 pm
Zumba	Hengoed Community Centre	6.30 pm
Ystrad Mynach Male Choir	Bethany Chapel, Ystrad Mynach	7.15 - 9 pm
Ystrad Mynach & District Mixed Choir	Siloh Christian Centre, Ystrad Mynach	7.30 - 8.45 pm
Adult Beginners Dance Class	Shappelles, Ystrad Mynach	8.30 - 9.30 pm

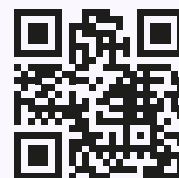


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Friday

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The Fit Yard – senior citizens class	Cascade Youth Centre	9 – 10 am
Maternity Smoking Cessation Group (Appointment needed)	Ysbyty Ystrad Fawr Antenatal Clinic	9 am – 12 noon
Smoking Cessation Group (Appointment needed)	Ysbyty Ystrad Fawr Outpatients	9 am – 12 noon
Welcome Space (Free refreshments)	Ystrad Mynach Library	9.30 am – 1 pm
Toddler Time (TTO)	Ystrad Mynach Library	10 – 10.45 am
Bethel Toddler Group (TTO)	Bethel Chapel, Cefn Hengoed	10 – 11.30 am
Clwb Miri (0–3 years Welsh medium session)	Siloh Christian Centre	10 – 11.30 am
Tai Chi	Hengoed Community Centre	10 – 11 am
Coffee Morning	Cascade Methodist Church	10.30 am – 12.30 pm
Reading Group (2nd Fri)	Ystrad Mynach Library	11.30 am – 12.30 pm
Senior Citizens Meals Menu	The Coopers, Ystrad Mynach	12 – 2.30 pm
Help Me Quit (Smoking) (appointment required, ring 0800 085 2219)	Ysbyty Ystrad Fawr (Outpatients Dept)	1.30 – 3 pm
Creative Writing	Ystrad Mynach Library	2 – 4 pm
Welcoming Space (Free refreshments)	Ystrad Mynach Library	2 – 6 pm
Little Tiger Cubs (Martial Arts 3–5 years)	Hengoed Community Centre	3.45 – 4.30 pm
Taekwondo	Hengoed Community Centre	4.30 – 5.30 pm
Zumba (Kids)	Cascade Community Centre	4.30 – 5.15 pm
Super Strikers (3 & 4 years) (TTO)	Penybryn Community Centre	5 – 5.45 pm

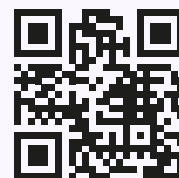


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Valley Taekwondo (Mixed Class)	Sue Noake Leisure Centre	5 - 6 pm
Trailblazers (5 - 11 years) (TTO)	Bethel Chapel, Cefn Hengoed	6 - 7 pm
Adult Beginners Solo Dance Class	Shappelles, Ystrad Mynach	7 - 8 pm
Bingo	Maesycwmmmer OAP Hall	7 - 9 pm



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Saturday

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Free Hiking Club (fortnightly)	Evolution Fitness, Ystrad Mynach	8.30 am
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
Rugby Tots (2 - 3.5 years)	Hengoed Community Centre	9 am and 9.40 am
Children's Dance (Under-6)	Shappelles, Ystrad Mynach	9.30 - 10.15 am
Family Fit (Parent and Child, 0 to pre-school)	Evolution Fitness	9.30 - 10.15 am
Welcoming Space (Free refreshments)	Ystrad Mynach Library	9.30 am - 1 pm
veterans Support Hub	Centre for Sporting Excellence	10 am - 12 noon
Free breakfast	Evolution Fitness	10.15 am - 12 pm
Rugby Tots (3.5 - 5 years)	Hengoed Community Centre	10.20 am and 11.15 am
Children's Dance (Under-16)	Shappelles, Ystrad Mynach	10.30 - 11.15 am
Zumba	Cascade Community Centre	10.30 - 11.30 am
Bingo	Non Political and Social Club	1 - 3.15 pm



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Sunday

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Junior Parkrun (2km, 4-14 years)	Parc Bryn Bach, Tredegar	9 am
Junior Parkrun (2km, 4-14 years)	Penallta House, Ystrad Mynach	9 am
The Fit Yard – Running Club	Cascade Youth Centre	9 am
ALN and Disability Dance Class	Neuadd St Catwg Community Hall	10 am
Church Service	Mount Pleasant Church, Maesycwmmmer	10.30 am
Sunday School	Mount Pleasant Church, Maesycwmmmer	10.30 am
Kids Sunday Club (4 - 11 years)	Bethel Church, Cefn Hengoed	10.45 - 11.45 am
Roller Skating	Sue Noakes Centre, Ystrad Mynach	11.30 am - 12.30 pm
Valley Taekwondo (Mixed class)	Siloh Christian Centre, Ystrad Mynach	5 - 6 pm
Church Service	Mount Pleasant Church, Maesycwmmmer	6 pm

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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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