

CWTSH

Your weekly wellbeing what's on guide for the Bargoed area

March 21 – 27, 2022

Monday 21 March

Community Library (Monday to Friday)	Bargoed YMCA	9.30 am - 1.30 pm
Over 50's Dance	St Margaret's Church, Gilfach	10.30 am - 11.30 am
Fareshare	St Gwladys Church Hall	1.00 pm - 2.30 pm
Community Craft Group	Hills Community Church	1.00 pm - 2.30 pm
Walking Group	Bargoed Community Hub	10.00 am
Food Pantry	Bargoed Community Hub	10.00 am - 12.00 pm
Community Laundry Room	Bargoed Community Hub	10.00 am - 12.00 pm
Tae-Kwondo	Heolddu Leisure Centre	5.00 pm - 6.00 pm
Aikido	Bargoed YMCA	6.30 pm - 9.30 pm

Tuesday 22 March

Toddler Club	Bargoed Salvation Army	9.30 am - 11.00 am
Deaf Club	Gilfach Scouts Hall	10.00 am - 12 noon
Communities For Work Drop In	Bargoed Community Hub	10.00 am - 12 noon
CPF Reconnect Focus Group	Bargoed YMCA	11.00 am - 3.00 pm
Cardio Classes	Bargoed YMCA	12.30 pm - 4.00 pm
Craft Group	St Gwladys Church Hall	1.00 pm - 3.00 pm
Quiz Night	Capel Hotel, Gilfach	8.00 pm - 10.30 pm

Wednesday 23 March

Talking Cafe	Bargoed Community Hub	10.00 am - 12.00 pm
Food Pantry	Bargoed Community Hub	10.00 am - 12.00pm
Little Movers	St Gwladys Church Hall	10.30 am - 12.00pm
Adult Dancing for Wellbeing	St Gwladys Church Hall	1.30 pm - 2.30pm
Slimming World	St Gwladys Church Hall	5 pm & 7 pm
Tae-Kwondo	Heolddu Leisure Centre	5.00 pm - 6.00pm

Thursday 24 March

Croeso cafe	St Gwladys Church Hall	10.00 am - 11.30am
Food pantry	Bargoed Community Hub	10.00 am - 12 noon
Working wardrobe	Bargoed Community Centre	10.00 am -12 noon
English/literacy training	Bargoed Library	10.00 am - 12 noon
Credit union	Bargoed Community Hub	10.30 am - 12 noon
COPD Group (beginners at 2pm)	Bargoed YMCA	1.00 pm - 3.00 pm
Aikido	Bargoed YMCA	6.30 pm - 9.30 pm
New modern sequence dancing	Gilfach Workmen's Club	8.00 pm - 10.30 pm

Friday 25 March

Slimming World	St Gwladys' Church Hall	7 am, 9 am & 10.30 am
Cardio Classes	Bargoed YMCA	9.30 am – 4.00 pm
Fun Fridays	Bargoed Community Hub	10.00 am - 12 noon
Knit & Bitch	Cartref Community Centre	10.00 am - 1.00pm
Bargoed Male Voice Choir	Bargoed YMCA	7.00 pm - 9.00pm
Bingo	Gilfach Workmen's Club	8.00 pm

Saturday 26 March

Valley Daffodils (Children with Disabilities group)	Bargoed YMCA	10.00 am - 12.00 pm
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Sunday 27 March

Bingo	Gilfach Workmen's Club	8.00 pm
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Please note there is a charge for some activities

We are not responsible for changes in events and activities

CWTSH

- To add your activities to the weekly CWTSH guide
info@cwtsh.wales or 07305 714695 (by Thursday each week)
 - To get your details onto DEWIS and Infoengine
lippia@caerphilly.gov.uk
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www.cwtsh.wales

in conjunction with



Dewis Cymru

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www.dewis.wales

infoengine.wales

the online directory of third sector services

www.infoengine.cymru

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