

Private Hire

The Centre is available for private / community bookings, meetings and training. We can also cater for parties and social events. Room rates and terms of booking available on request. T: 07508 360315
Contact: RoomHire@caerphillyminerscentre.org.uk

Volunteering

Most of our achievements are the result of voluntary effort. We appreciate all the support our community gives. We're currently looking for volunteer help with....

- Looking after the building and people using it,
- Digi-volunteers to help people to use tablets and phones
- Developing our climate change garden
- Supporting outreach projects
- Children's gardening projects on Saturday mornings

Training will be given for all activities. T 07871 593038

Contact: [:Volunteer@caerphillyminerscentre.org.uk](mailto:Volunteer@caerphillyminerscentre.org.uk)

Refurbishment Upstairs & Café

We're planning to open up our upstairs rooms in February 2022 and reopen our café as soon as we can recruit a volunteer team and refurbish our kitchen.

Back2You Osteopaths (including chiropodist, reflexologist and dry needle acupuncture) 02920 888100 and **Lisa Morgan Beauty** 07790 193214 run from the centre. New businesses – counsellor, hairdresser, Chinese acupuncturist – will join them soon.

Please give us feedback about your visit to Caerphilly Miners Centre

Thank you!

Contact: secretary@caerphillyminerscentre.org.uk



Welcome / Croeso



We are a group of local residents with a common aim of restoring the old Caerphilly Miners' for the benefit of our community. We are working to build a sustainable social enterprise, which can make a positive difference to people whatever their age or circumstances.

January 2022

caerphillyminerscentre.org.uk

Activities January 2022

Covid safety

Please note that all our activities are run according to Covid Safety rules. Please register before your visit, wear a mask indoors, socially distance, and stay away if you have Covid symptoms, have been told to isolate or are waiting for test results.

Projects & Initiatives

Children's Gardening Club

2nd Saturday 3-6 year olds 10.30-12.00

Last Saturday 5-8 year olds 10.30-12.00

Climate Change Garden project

Working parties Wednesdays weekly 9.30-11.30

Community Outreach Project

Taking our services out to the community and supported living schemes: Contact: outreach@caerphillyminerscentre.org.uk

Digital Inclusion Project

Supporting our community with digital training – short courses

Tuesdays 10.00-11.00 and Digi-drop in 11.00-12.00

Contact: digital.inclusion@caerphillyminerscentre.org.uk

Blankets/ Knitting Project

Knitting rectangles for blankets for distribution to needy families

Repair Café, Café project

We plan to return later in the year

Website Development Project

Currently being established

Projects are run by project administrators and coordinators. If you'd like to know more or want to set up a new initiative at The Miners' please contact our Secretary.

Core programme

Elderberries' Social Afternoons:

1.30 – 3.30 Tuesdays. Cost £3 per session Programme available. Currently run as hybrid (on Zoom/ at centre)

Children's / Youth Activities

- Stay and Play: 9.15 – 10.45 (Tuesdays / Thursdays)
Cost £3 per adult

Arts and crafts

- Crafts and Chat Workshop – Monday 1.00-3.00 Cost: donation only
- Art Thursday 6.30-8.30 Cost £6.00 per session
- Art Friday 10.00-12.00 (on Zoom) Cost £6.00 per session

Languages

- Welsh conversation Monday 3.00-4.00 £3 per session (on Zoom)
- French Improvers Monday 7.00-8.00 cost £4 per session (on Zoom)
- Spanish for Beginners 6.15-7.15 Improvers 7.30-8.30 cost £5 p/session on Thursdays (Zoom access on request)

Active Leisure

- Dance 50+ 12.30- 1.30 Seated Dance 1.30-2.30 Monday Cost £3.00
- Fitness Dance Mondays 5.00-6.00 Cost £3.00
- Silver Swans Dance 1.30-2.30 Wednesdays £3.00
- Yoga: Monday 11.30-12.30. Cost £7.00; 8.00-9.00 pm Cost £5.00
- Tuesday 11.00-12.00 Cost £5.00; 7.00-8.00 pm Cost £5.00;
Wednesday 11.30–12.30 Cost £5.00; 6.30–7.30 Cost £5.00; 8.00-9.00 Cost £5.00
- Chair Exercises Thursday 1.30-2.15 Cost £3.00 (hybrid)

Wellbeing/Feeling Good

- Slimming World Tuesday 4.45-5.45; 5.45-6.45
- Meditation Thursday 10.00 am -12.00 from 3 March

To join an activity on Zoom, a link will be required, please contact secretary@caerphillyminercentre.org.uk

Further details about activities: secretary@caerphillyminerscentre.org.uk or 029 2167 4242 or Facebook or website:

caerphillyminerscentre.org.uk