

New ideas being explored:

- Spanish Class – needs new tutor
- Pilates – needs new tutor
- Thursday cookery classes
- Monthly/Weekly book club
- **Whist / Card Club** Wednesdays 1.00-3.00

Café

Café – open Mondays, Wednesdays, Thursdays and selected Saturdays 10.00-2.00, Tuesdays 11.00 – 2.00 plus the Warm Hub 9.30-12.00 Fridays

Bookings – contact: events@caerphillyminerscentre.org.uk

Wellness Hub 2nd floor is open including:

Back2You - Osteopaths & Chiropodist, 02920 888100

Lisa Morgan Beauty www.lisamorganbeauty.co.uk

Intherapy Counselling www.intherapy-counselling.com

Hair by Lyndy Robinson 07791 627297

Optimum Health and Wellbeing 07813 117270 (Tel/Text)

Aura Homeopathy & Yoga www.aurayoga.co.uk

Please give us feedback about your visit to Caerphilly Miners Centre by leaving a Google Review

029 2167 4242 10.00-12.00 Mon-Fri



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.

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.

Contact: RoomHire@caerphillyminerscentre.org.uk

We rely on and appreciate support from volunteers. If you would like to make a positive difference to our centre, please contact: Volunteer@caerphillyminerscentre.org.uk

Winter 2024

caerphillyminerscentre.org.uk

Core programme run by the Miners & Partners

Older people's wellbeing/social inclusion:

Crafts and Chat Workshop – Monday 1.00-3.00 Cost: £3

Mondays Men's Shed - Mondays 10.00 - 11.30 Cost £3

Thursdays Men's Shed 10.00 -11.30 Cost £3

Tai Chi: Mondays 10.00-11.00am (Run by Age Cymru)

Tuesdays 5.45 – 6.45pm Wednesdays 10.00-11.00am £3

Seated Tai Chi: Tuesdays 11.30-12.30pm £3

Dance 50+ Mondays 12.30 - 1.30pm Cost £4

Seated Dance 1.30-2.30pm Monday Cost £4

Elderberries' Social Afternoons / Cinema Club:

1.30 – 3.30 Tuesdays. Cost £3 Programme available.

Chair Exercises Thursday 1.30-2.15 Cost £3 also on Zoom

Blankets/ Knitting Project Knitting rectangles for blankets at home – contact office 02921 674242 or email Secretary

Digital Inclusion – Friday Drop-In 10.00-12.00

Galw i mewn Digidol (Welsh language Digital Drop in) monthly

Wednesdays 10.00-12.00

Wire Work 9.30 - 12.30 Thurs cost £6

Children's / Youth Activities

- **Stay and Play:** 9:30 – 11:00 Fri Drop In free
- **Glowyr Bach (Welsh Stay and Play)** 9.30 – 11.00 Tues free (booking required)
- **After School Art** 7-11 yrs 4.00-5.30 Mon £4 per child
- **After School Drama** 8-11 yrs 5 pm – 6 pm Cost £4
- **After School Lego Club** Weds 4.00-5.30 5-8 yrs £3 per child
- **Taekwondo** 10.00-11.00 Saturday Cost £3

Climate change

Climate Change Garden project Wednesdays weekly 9.30-11.30

Repair Café – 1st Saturday every month

Cost of Living

Warm Hub – every Friday 9.30-12.00 includes digital drop in, Stay & Play, Community Connectors, food & warm drinks.

Languages

- **Welsh** conversation Mon 3.00-4.00 (on Zoom) - donation
- **French** Improvers Mon 7.00-8.00 cost £5 per session (on Zoom)

Coleg Gwent Welsh:

- **Welsh** Level 1 Monday 9.30-11.30
- **Welsh** Intermediate Monday 1.00-3.00
- **Welsh** Higher level Wednesday 10.00-12.30

Active Leisure

Dance:

- **DDMIX** Dance Fitness Mondays 5.00-6.00 Cost £5.00
- **Silver Swans** 1.30-2.30 Wednesdays £5.00 (£4.00 pensioner rate)

Yoga:

- Monday 11.30-12.30. Cost £7.00; 8.00-9.00 pm Cost £6.00
- Tuesday 7.15 - 8.15 pm Cost £6.00
- Wednesday 11.30–12.30 Cost £6.00; 6.30–7.30 Cost £6.00

Art

- Thursday 6.30-8.30 Cost £7.00 per session (£35 for 5 weeks)

Choirs:

Caerphilly Ladies Choir 7.30 – 9.00 Tuesdays (termtime)

MS Choir monthly 2nd Saturday 10.30-12.00

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(Phones manned 10.00-12.00 Mon-Fri)