

## New activities starting September at the Miners

Tai Chi – 10 am -11 am Wednesdays from 6 September Cost £3  
Wire Work & Jewellery Making 9.30 - 11.30 am Thurs from 7 Sept  
After School Drama 5-7 yrs 4.15 pm – 5 pm; 8-11 yrs Cost £3  
5 pm – 6 pm from 7 September Cost £4  
Men's Thursday Group 10 am – 12 noon (free)

## Returning September

Children's Ballet with Victoria – Sunday 3<sup>rd</sup> September  
Children's After School Art – Monday 11<sup>th</sup> September  
French – 4<sup>th</sup> September  
Elderberries – Tuesday 5<sup>th</sup> September  
Caerphilly Ladies Choir – Tuesday 5<sup>th</sup> September  
Children's After School Cookery – Wednesday 6<sup>th</sup> September  
Adult Art – Thursday 7<sup>th</sup> September  
Spanish Improvers (to be confirmed) Thursday 7<sup>th</sup> September  
Week starting 11 September – Coleg Gwent Welsh

## Special events for September

Volunteer Coffee morning Saturday 9 September 10 am – 12 pm  
AGM Saturday 23 September 10 am – 12 pm

### Wellness Hub 2<sup>nd</sup> floor is open including:

**Back2You - Osteopaths & Chiropodist**, 02920 888100

**Lisa Morgan Beauty** [www.lisamorganbeauty.co.uk](http://www.lisamorganbeauty.co.uk)

**Intherapy Counselling** [www.intherapy-counselling.com](http://www.intherapy-counselling.com)

**Balans Acupuncture** 07949337007

**Hair by Lyndy Robinson** 07791 627297

**Optimum Health and Wellbeing** 07813 117270 (Tel/Text)

**Nurturing Therapies by Deirdre Davies** 07580 328268

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

September 2023

[caerphillyminerscentre.org.uk](http://caerphillyminerscentre.org.uk)

## Activities September 2023

### Older people's wellbeing/social inclusion:

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

**Men's Shed @ The Miners** Mondays 10.00 -11.30 Cost £3

**Tai Chi:** Mondays 10.00-11.00 - donation

**Walking Group:** Mondays 11.30-12.30 run by Age Cymru – donation

**Dance 50+** Mondays 12.30- 1.30 Cost £4

**Seated Dance** 1.30-2.30 Monday Cost £4

**Elderberries' Social Afternoons / Cinema Club:**

1.30 – 3.30 Tuesdays. Cost £3 Programme available.

**Whist Club** Wednesdays 1.00-3.00 Cost £3

**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

**Food for Growth** cookery classes Thursdays 10.00-12.00 free

### Climate change

**Climate Change Garden project** Wednesdays weekly 9.30-11.30

**Repair Café** – 1<sup>st</sup> Saturday every 2 months even months

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

### Café

**Café** – open Mondays, Wednesdays and selected Saturdays 10.00-12.00 plus the Warm Hub 9.30-12.00 Fridays

**Bookings - contact [events@caerphillyminerscentre.org.uk](mailto:events@caerphillyminerscentre.org.uk)**

To join an activity on Zoom, a link will be required, please contact [secretary@caerphillyminercentre.org.uk](mailto:secretary@caerphillyminercentre.org.uk)

## Core programme run by the Miners & Partners

### Children's / Youth Activities (termtime only)

- Stay and Play: 9:30 – 11:00 (Fri) Drop In-free
- Glowyr Bach (Welsh Stay and Play) 9.30 – 11.00 (Tues) free
- After School Art 7-11 yrs 4.00-5.30 Mon £4 p/session
- After School Cookery 4.00–5.30 Wed (primary) £4 per session

### Languages

- **Welsh** conversation Mon 3.00-4.00 (on Zoom) - donation
- **French** Improvers Mon 7.00-8.00 cost £5 per session (on Zoom)
- **Spanish** for Improvers Thurs 6.15-7.15 £6.50 or £25 / 5 sessions

### 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 7.00-8.00 pm Cost £6.00
- Wednesday 11.30–12.30 Cost £6.00; 6.30–7.30 Cost £6.00; 8.00-9.00 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 2<sup>nd</sup> Saturday 10.30-12.00

Taekwondo 10.00-11.00 Saturday Cost £3

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