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
- Supporting projects and activities
- Helping with one off events.

Training will be given for all activities. T 07871 593038
Contact; :**Volunteer@caerphillyminerscentre.org.uk**

Wellbeing Therapy Hub 2nd floor is open including:

Back2You Osteopaths chiropodist, reflexologist 02920 888100
Lisa Morgan Beauty www.lisamorganbeauty.co.uk
Intherapy Counselling www.intherapy-counselling.com
Balans Acupuncture 07949337007
Hair by Lyndy Robinson 07791 627297

Please give us feedback about your visit to Caerphilly Miners Centre
Thank you!

Contact: **secretary@caerphillyminerscentre.org.uk**

Caerphilly Miners
Centre for the Community
Canolfan Glowyr Caerffili
ar gyfer y Gymuned

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.

April 2022

caerphillyminerscentre.org.uk

Activities April 2022

Covid safety

Please note that all our activities are run according to Covid Safety rules. Please stay away if you have Covid symptoms.

Projects & Initiatives

Children's Gardening Club
2nd Saturday 3 – 8 year olds 10.30-11.45
(April 2nd, 13, 20; May 14, June 12)

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

Men's Shed @ The Miners, Repair Café and Café
These are all in development.

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.

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

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
- Craft and Chat Wednesdays 1.00 – 3.00 pilot sessions – no cost
- 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

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 £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 11.00-12.00 Cost £6.00; 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 £6.00
- 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
- Whist Club Wednesdays 1.00-3.00 £3 per session

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