



Cysylltu
Connecting
Torfaen

Wellbeing
Friends



Wellbeing Friends are a way of making sure everyone, especially those who aren't on line has easy access to wellbeing information. We would like our wellbeing friends to share what's going on with friends and neighbours.

"To share health and wellbeing information and give everyone in Torfaen access to information that will help them stay happy, healthy and well."

Pentwyn Cricket Field & Lethbridge Community Centre launched a wonderful art club at the end of last year, funded from Torfaen's Community Resilience Grant. The class now charges £5 per session meaning that the group is no longer reliant on grant funding.

The group itself is very therapeutic and nourishing due to the relaxed and supportive environment that Artist Angela creates.

Ring and book your space now, but be quick because this class is in demand 😊

Feedback from participant

"I really look forward to it and we have a laugh, friendships are developing. She's such a lovely person and great teacher too."

Arts for Wellbeing



£5 per session
Booking Essential
07507397724

Every Wednesday 6-8pm

Pentwyn Cricket Field and Lethbridge Community Centre, NP4 7TH

Fun, casual art club for all adults for wellbeing.
All art materials provided or bring your own if you wish.
All abilities welcome!

With Local artist Angela Ferreira from Magic Paintings



Scan to access out
interactive map!

e:info@tvawales.org.uk
connecttorfaen.org.uk

Follow us on



Wellbeing
Friends



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Aneurin Bevan
University Health Board



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Bridge 46 to Five Locks canal group

Walk back to Health, Wellbeing and Heritage is a nature based intervention produced by the Bridge 46 to Five locks canal group.

For copies of the walk please contact
kate.noyes@torfaen.gov.uk or
Rebecca.smith23@wales.nhs.uk



melo

Helping you to look after
your mental wellbeing



Bwrdd Iechyd Prifysgol
Aneurin Bevan
University Health Board

melo.cymru



Free mental wellbeing courses provided by Melo Cymru
Taking care of our own mental wellbeing, and that of our loved ones has never been more important. That's why Melo Cymru is here to help you to develop new skills that will support you when life is difficult.

While we can't take away life's problems, we can help you find better ways to cope with them. For more resources to help your mental wellbeing, visit melo.cymru

Access the free courses using the links below. These courses teach you the skills you need to deal with symptoms of low mood, stress and anxiety.



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interactive map!

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Pontypool Dementia Group is an opportunity for people who care for a loved one with memory loss to meet fellow carers.

The friendly, informal group offers an array of weekly activities as well as information and support.

They meet at Pontypool Museum every Wednesday, between 2pm and 4pm, For more information, contact Dave Mynott on 07728 4823756 or email dave.mynott1@gmail.com



Starting
Friday 12th April

Womens Group

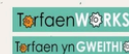
Fridays
10:30am - 12:30pm

AT BETHLEHEM CHAPEL, BLAENAVON

Sessions include:

ACTIVITIES
GUEST SPEAKERS
REFRESHMENTS

For further information,
please contact Alex Scott
on 07731 513994 or email
alexandra.scott@torfaen.gov.uk



Funded by UK Government  Wedi ei ariannu gan Llywodraeth y DU





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| | | |
|------------------|--|--|
| MONDAY | GYM SESSION HIGH ST GYM PONTYPOOL 10:30-11:30AM | |
| TUESDAY | GYM SESSION BLAENAVON HERITAGE SCHOOL 10:00am-11am | ZUMBA Millennium Hall Garndiffaith 12pm-1pm |
| WEDNESDAY | ZUMBA & PUMP & TONE WOODLANDS RD SPORTS & SOCIAL CLUB 10:00-12:30PM | |
| THURSDAY | GYM SESSION COLD BARN FARM GYM 10:00-12PM | |

**RING KAY ON 07980 277157
FOR MORE INFORMATION**

Transport can be provided

buildingresilientcommunitiesforfaen

brctorfaen@torfaen.gov.uk

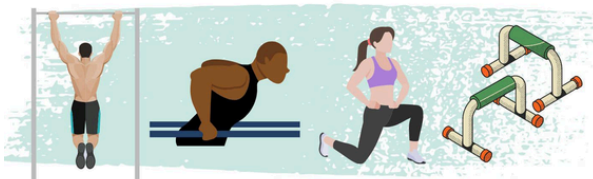
Llywodraeth Cymru
Welsh Government

Kay's aim is to help people build lifelong exercise knowledge and habits for a healthy future by creating a motivational and inclusive environment for all participants. By tailoring classes to accommodate everyone's fitness levels, each participant can challenge themselves and progress at their own pace. To find out more information and to make a referral, just contact Kay on 07980 277157 or kay.marsh@torfaen.gov.uk.



TorfaenWORKS

POP UP STREET WORKOUT



Our pop up street workouts are travelling around Torfaen. These workouts are tailored to individual goals. Our free sessions give you the opportunity to work with coaches to:-

- ~Increase your fitness
- ~Build strength and muscle
- ~Improve co-ordination and balance
- ~Learn a form of exercise that can be practiced at home or on the go for free

Location: Forgeside Community Hall

Day: Every Friday

Time: 10am-11:30am

Kay Marsh

07980277157

kay.marsh@torfaen.gov.uk

Aled Walker

07908215952

aled.walker@torfaen.gov.uk



GYM SESSIONS

TorfaenWORKS

Weekly Sessions

Monday:-

- Gym Session, 11am-12am, Cwmbran Stadium

Wednesday:-

- Gym Session, 10am-11am, Blaenavon Active Living Centre
- Spin Class, 12:00pm-12:30pm, PALC
- Gym Session, 12:30pm-1:30pm, PALC

Kay Marsh
07980277157
kay.marsh@torfaen.gov.uk

Eligibility criteria apply





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Cwmbran Community Council
Cyngor Cymuned Cwmbrân



New Mindfulness Meditation Class

Tuesdays 6.30pm–7.30pm, located in the Annex Building at the rear of The Council House, Old Cwmbran.

This remarkable ancient meditation technique is simply concentration on the breath, it is life calming and stress busting, Improving individuals peace of mind and contentment, enabling emotional stability within the individual.

No pre booking necessary, suitable for adults only.

Mother and daughter fitness sessions are as a result of the success of #ifyougoigo. not only is there a clear gap between the number of females participating in physical activity compared to males but there is clear gap between the amount of girls participating in physical activity compared to boys. The mother and daughter sessions helps to remove practical barriers and works to change how women and girls feel and think about exercise.

Evidence and insight show that women are far more likely to participate in physical activity if they have someone to go with them. The #ifyougoigo 10 week programme has highlighted the power that support/companionship can have, this is why I started the mother & daughter fitness sessions.





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For any enquiries regarding projects or referrals please contact

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Torfaen Voluntary Alliance
jo@tvawales.org.uk
07888 282254