

Timetable of Activities

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>ALL DAY</b>	Sunflowers Tots (Term time only)	Sunflowers Tots (Term time only)	Sunflowers Tots (Term time only)	Sunflowers Tots (Term time only)	Sunflowers Tots (Term time only)	
<b>ALL DAY</b>	Sunflowers Tiny Tots (Term time only)	Sunflowers Tiny Tots (Term time only)	Sunflowers Tiny Tots (Term time only)	Sunflowers Tiny Tots (Term time only)	Sunflowers Tiny Tots (Term time only)	
<b>ALL DAY</b>	Holiday Club (Easter & Summer holidays only)	Holiday Club (Easter & Summer holidays only)	Holiday Club (Easter & Summer holidays only)	Holiday Club (Easter & Summer holidays only)	Holiday Club (Easter & Summer holidays only)	
<b>AM</b>	Breakfast Club, 8 – 9 am (Term time only)	Breakfast Club, 8 – 9 am (Term time only)	Breakfast Club, 8 – 9 am (Term time only)	Breakfast Club, 8 – 9 am (Term time only)	Breakfast Club, 8 – 9 am (Term time only)	Dads Breakfast Club Term time only 10 – 12 Every other week
<b>AM</b>	9.30 – 12.30 CCLD Level 3 Children's Care, Learning and Development	9.30 – 12.30 Careers Wales Appointment only	Job search, 9.30 -11.30		Dad's Group, 9.15 – 11.45	ADHD Group 2 -4 Monthly
<b>AM</b>	9.15am 2 yr old play group (Term time only)	9.15am 2 yr old play group (Term time only)	9.15am 2 yr old play group (Term time only)	9.15am 2 yr old play group (Term time only)	9.15am 2 yr old play group, (Term time only)	
<b>AM</b>	Community Café 8.30 – 1	Community Café 8.30 - 1	Community Café 8.30 - 1	Community Café 8.30 - 1	Community Café 8.30 - 1	
<b>AM</b>		9.30 – 11.30 Introduction to Health & Social Care Level 2			9.30 – 11.30 Arts & Crafts Level 2	
<b>AM</b>	Older Persons Walking Group 10.30 – 11.30	10 – 11 am Exercise Class	9.30 – 11.30 Hearing Impairment Family Support			
<b>AM</b>		Computer Classes 10 – 12 noon	Food Co-operative, 10.30 – 12 £2.50 per bag			
<b>Lunch Time</b>	Munch Bunch, (Term time only)	Munch Bunch, (Term time only)	Munch Bunch, (Term time only)	Munch Bunch, (Term time only)	Munch Bunch, (Term time only)	
<b>PM</b>	Baby Clinic 1 – 2.30	10 – 11.30 Ti a Fi	12.30 – 2.30 Psychology Level 2	1 – 2.30 Stay & play	Grandparents Group 10 – 12 Monthly	
<b>PM</b>	Older Persons Luncheon Club 12.30 – 2 pm Every other week					
<b>PM</b>	Breast Buddies 1 – 2			1 – 3 Art Classes Rise Suite		
<b>PM</b>	Parent Craft 2.30 – 4.30	Teeny Tribe 4.30 – 6		2 – 2.30 Extend Programme		
<b>PM</b>	After School Club, 3 -5 pm (Term time only)	After School Club, 3 -5 pm (Term time only)	After School Club, 3 -5 pm (Term time only)	After School Club, 3 -5 pm (Term time only)	After School Club, 3 -5 pm (Term time only)	
<b>PM</b>	Open Access Play 3.30 – 5.30		Open Access Play 3.30 – 5.30	3.30 – 5.30 Bike Club		
<b>PM</b>	4 – 6pm Football	5 – 6 pm 7 – 11 years Racquet sports		Adult swimming 7 – 8	4 – 6 Volunteer Mentoring Sessions	
<b>PM</b>	Bob's Dance 4 - 4.30 Gems 5 - 6pm Diamonz		5 – 8pm Swimming Lessons	Youth Forum 5.30 – 6.30pm		
<b>PM</b>		6 – 7pm Ages 12 – 15 Mixed Multi sports	6 – 7 Senior Futsal Duffryn High School	5.30 – 6.30 pm Belly Dancing	5.30pm – 7.30pm Friday Youth Group, age 11+	
<b>PM</b>			5.30pm – 7.30pm age 11+ Wednesday Youth Group, Healthy Living Programme	Bingo 7 – 9pm	Friday Night Project 7 – 9pm	
	Contact : Duffryn Community Link 01633 816916	Venue: Forest Children Centre				Activities you might be interested in! Call us if you want, we can call you right back.
	Contact: Forest Children Centre 01633 816916	Venue: Forest Children Centre				
	Contact: Duffryn Community Link 01633 816916	Venue: Duffryn Sports Centre				
	Contact: Duffryn Community Link 01633 816916	Venue: Duffryn Community Centre				
	Contact Duffryn Community Centre 01633 817743	Venue: Duffryn Community Centre				
	Contact: Duffryn Community Link 01633 816916	Venue: Duffryn Community Link				
	Contact: Duffryn Community Link 01633 816916	Venue: Nightingale				