

Timetable of Activities

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
ALL DAY	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)	
ALL DAY	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)	
ALL DAY	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)	
AM	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
AM	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
AM	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)	
AM	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	
AM		9.30 – 11.30 Introduction to Health & Social Care Level 2			9.30 – 11.30 Arts & Crafts Level 2	
AM	Older Persons Walking Group 10.30 – 11.30	10 – 11 am Exercise Class	9.30 – 11.30 Hearing Impairment Family Support			
AM		Computer Classes 10 – 12 noon	Food Co-operative, 10.30 – 12 £2.50 per bag			
Lunch Time	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)	
PM	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	
PM	Older Persons Luncheon Club 12.30 – 2 pm Every other week					
PM	Breast Buddies 1 – 2			1 – 3 Art Classes Rise Suite		
PM	Parent Craft 2.30 – 4.30	Teeny Tribe 4.30 – 6		2 – 2.30 Extend Programme		
PM	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)	
PM	Open Access Play 3.30 – 5.30		Open Access Play 3.30 – 5.30	3.30 – 5.30 Bike Club		
PM	4 – 6pm Football	5 – 6 pm 7 – 11 years Racquet sports		Adult swimming 7 – 8	4 – 6 Volunteer Mentoring Sessions	
PM	Bob's Dance 4 - 4.30 Gems 5 - 6pm Diamonz		5 – 8pm Swimming Lessons	Youth Forum 5.30 – 6.30pm		
PM		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+	
PM			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				