

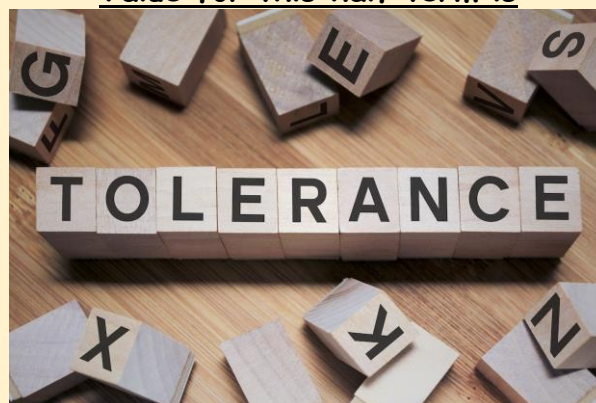


GARNTeg PRIMARY SCHOOL
Hillcrest Garndiffaith Pontypool Torfaen NP475J
01495 742934
Garntegschool.office@torfaen.gov.uk
www.garntegprimary.co.uk



Newsletter - 26th June 2026
Cylchlythyr - 26th Mehefin 2026

Value for this half term is



Gwerth yr hanner tymor
Croeso Yn Ôl

INSET DAYS

Friday 17th July 2026

Monday 20th July 2026

June

Monday 29th June 2026 - KS2 Sports Day

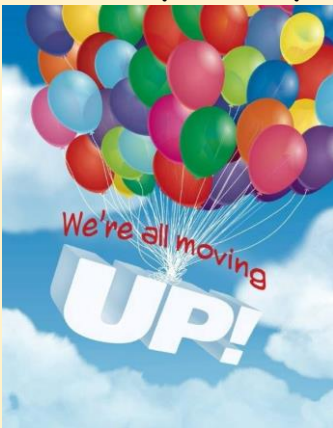
Year 3 & 4 - 9.30am

Year 5 & 6 - 1.30pm

Tuesday 30th June 2026 - Year 5 Health and Wellbeing Day at Abersychan School

July

Wednesday 1st July - Move Up Day



Nursery Intake September 2026

We would like to invite All nursery intake pupils for September 2026 to attend move up day on **Wednesday 1st July** in the morning between 10am-11.30am If pupils can be brought in through the main entrance, children will then be taken to Nursery.

The parents/carers information meeting will take place on Wednesday 1st July at 10:15am, parents/carers can go through to the main hall for the meeting after dropping the children off. Parents/carers will also be able to see our excellent Nursery setting and activities we provide. We really look forward to meeting the children and yourselves on that day.

Our current Rising 3's will need to attend on Wednesday 1st July the afternoon session at 12:45pm-3:15pm. This is due to our moving up day and it ensures your child will still have a session on that day.

Please see Nursery's class information below for further details of leavers concerts.

Reception Intake September 2026

We are looking forward to welcoming our Reception intake for September 2026. We have scheduled an intake programme to provide as much information as possible to support a smooth transition for your child.

Your child will be invited into their reception class for our school move up day on **Wednesday 1st July 2025 at 9:00am to 2.30pm.**

School will provide a meal for your child, if you wish your child may bring their own packed lunch. Pupils may enter and leave school through either the top or bottom gate and will be met by a member of staff.

We also look forward to meeting parents and carers at our information sharing event on **Wednesday 1st July at 1:45pm.**

Abersychan Moving Up Day



MOVING UP DAY

Ysgol Abersychan School

Wednesday 1st July

We are looking forward to welcoming our new starters to Abersychan School on Wednesday 1st July!

- ✓ MEET THE TEACHERS
- ✓ TOUR THE SCHOOL
- ✓ EXPERIENCE LESSONS

school.office@abersychanschool.co.uk

www.abersychanschool.org.uk

Thursday 2nd July 2026 - Nursery AM Leavers Assembly

Monday 6th July 2026 - Nursery PM Leavers Assembly

Friday 3rd July 2026 - Year 6 Prom

Thursday 9th July 2026 - Year 6 Leavers Assembly

Friday 10th July 2026 - Year 6 Leavers Assembly

Year 5/6 Diary

JUNE '26



PACKED LUNCH REQUIRED



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
01 Y6 Road safety talk	02	03	04	05
08	09	10 Final enhanced transition visit (select pupils) Introduction to sign language Y6	11 Y6 Girls in STEM session 2	12
15 Y6 Transition Abersychan	-----SAFE CYCLING WEEK- BRING YOUR BIKES TO SCHOOL-----			
22 Y6 Transition Abersychan	23	24 KS2 sports day	25 Y6 Girls in STEM session 3	26 Y5 Blenheim Bomber Walk
29	30			

JULY '26



PACKED LUNCH REQUIRED



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Move Up Day- all children	2 Y6 Safe Cycling Assessment	3 Y6 PROM- 6-8 School Hall
6	7	8 Y6 Abersychan Visit- Wizard of Oz	9 Y6 Class 9& 10 Leavers assembly 1.30	10 Y6 Class 11 Leavers assembly 1.30
13 Y6 Girls in STEM session 4	14	15	16 Last day of term	17

Term Dates - 2025/2026 Academic Year

Term	Term Begins	Half Term Begins	Half Term Ends	Term Ends
Autumn	Monday 01.09.25	Monday 27.10.25	Friday 31.10.25	Friday 19.12.25
Spring	Monday 05.01.26	Monday 16.02.26	Friday 20.02.26	Friday 27.03.26
Summer	Monday 13.04.26	Monday 25.05.26	Friday 29.05.26	Monday 20.07.26

2026/2027 Academic Year

Term	Term Begins	Half Term Begins	Half Term Ends	Term Ends
Autumn	Tuesday 01.09.26	Monday 26.10.26	Friday 30.10.26	Friday 18.12.26
Spring	Monday 04.01.27	Monday 08.02.27	Friday 12.02.27	Friday 19.03.27
Summer	Monday 05.04.27	Monday 31.05.27	Friday 04.06.27	Tuesday 20.07.27

Hot Weather 🌞

Please ensure children bring a refillable drink, hat and make sure they wear suncream to school as the weather becomes hotter.



Big Bocs Bwyd

The school received excellent news a few weeks ago, we have been accepted on the Big Bocs Bwyd project. This project is about Food Literacy and reducing wastage of food and is available to the whole community. Each week **starting Monday 22nd June 2026** there will be a range of food available such as fruit and vegetables and non-perishable foods such as tins (fruit, soups, beans etc) and packets (pasta, rice) which has been received from Fareshare and supermarkets. All we

ask for is a 'Pay As You Feel' donation. Whilst we await the cabins for the project, we will be running it from our Food For Growth classroom on KS2 yard.

The times the shop will be open are:

Every Monday 2:00-3:00pm and every Thursday 2:00-3:00pm.

For more information about Big Bocs Bwyd please click on the link below:

<https://bigbocsbwyd.co.uk/>

Summer Under the Arch 2026



FREE SUMMER EVENT FOR OUR VALLEY

++++

SUNDAY
28 JUN

**SUMMER
UNDER THE ARCH**

Noddfa Church and Garnteg School
In partnership with NEW HOPE Atlanta Georgia, USA

**School Assembly
Bangerz**

FREE
Because we
LOVE YOU

Start
5 PM

**CHOIRS
BANDS
CRAFT**

**FOOD
DRINK
STALLS**

www.NoddfaChurch.com The Big Arch Abersychan

The poster is a purple-themed graphic with white and pink text. It features three images: three girls in red shirts under a colorful floral arch, a girl shouting with her hands to her mouth in a tunnel, and a large crowd of people sitting in a tunnel. The text is arranged in a grid-like fashion, providing event details and activities.

Breakfast Club

A reminder that our breakfast club begins at **8.20am** and finishes at **8.50am**. Please ensure children arrive on time. 🍳 🍴

Late Arrivals ⌚

If pupils arrive at 9:00am and after, please can all Parents & Carers (or whoever brings them to school) take them to the school office for their registration mark and lunch choice. Pupils need to be handed over to office staff. Can Parents & Carers please let other adults who bring children to school know this information too.

Appropriate Footwear 👟

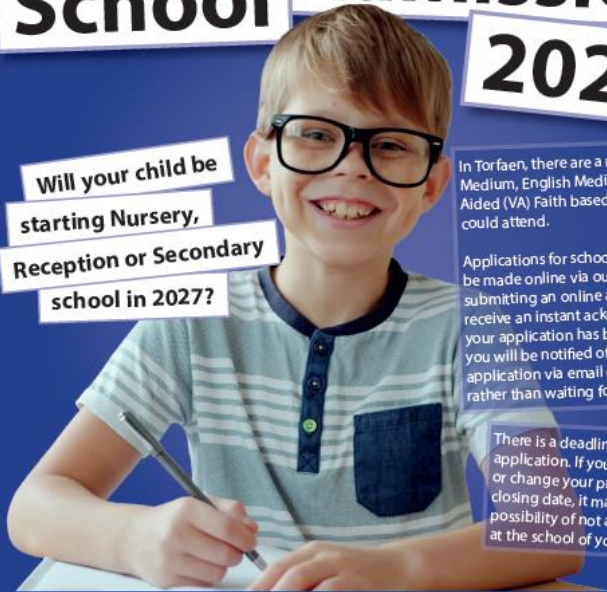
A reminder to ensure children are wearing appropriate footwear in school, closed toe shoes are necessary for daily mile and climbing frame activities.

Allotment Donations

We would be grateful for any plants or seeds for our allotment this Summer Term. Donations can be brought to the office. Thank you! 🌷 🌸 🌻

School Admissions 2027

Will your child be starting Nursery, Reception or Secondary school in 2027?



In Torfaen, there are a number of Welsh Medium, English Medium and Voluntary Aided (VA) Faith based Schools your child could attend.

Applications for school/nursery can be made online via our website. In submitting an online application, you will receive an instant acknowledgment that your application has been received and you will be notified of the outcome of your application via email on the decision date, rather than waiting for a letter in the post!

There is a deadline for making your application. If you miss this deadline, or change your preference after the closing date, it may increase the possibility of not achieving a place at the school of your choice.

September 2027 Admission Groups	Admission Round Commences	Closing Date for Applications	Decision Date
Nursery	8 June 2026	20 July 2026, 5pm	18 September 2026
Reception	13 November 2026	15 January 2027, 5pm	16 April 2027*
Secondary	18 September 2026	30 October 2026, 5pm	1 March 2027*

*This is a common offer date across all Welsh admission authorities.



Scan the QR code now to view the application process!

You are invited to join our free virtual swap shop:



FREE SCHOOL CLOTHES.com

Join our **growing community**. Easy to adopt with significant benefits for schools and families:

FreeSchoolClothes.com is a free, not-for-profit "virtual swap shop" helping families share and reuse school clothes and other essentials locally within your school community, for free.

- Help families to save money.
- Protecting our planet by reducing waste.
- Strengthening our communities.

Founded in 2022 at Ysgol Treganna, Cardiff. **Now covering all UK schools.**

It's easy to get started. Simply share this message and QR code with your families.

- **Your school is already live** on the platform and ready to go.
- **Free to join and use.** Not-for-profit.
- **No storage or handling** of clothes, redistribution happens directly between families.
- **Sustainability goals:** live impact data show money saved and carbon offset for your school.
- **Always open:** when families need it most, evenings, weekends and school holidays.
- **Compliments existing physical swap shop initiatives**, if you have one.

Please visit [FreeSchoolClothes.com](https://www.freeschoolclothes.com) to join our new virtual swap shop.

Offer outgrown school clothes to other families in our school community. Browse and request things that you need, for free. Save money and protect the planet.



For **support** or to volunteer as a school champion please contact: support@freeschoolclothes.com

Torfaen Play Food and Fun Camp



Pontypool Community Council
Working in partnership with Torfaen Play



FOOD & FUN CAMPS

FUN ACTIVITIES BASED ON HEALTHY FOOD CHOICES
Having fun through sport, music, drama, cooking, arts & crafts and much more!

Monday 27th July to Thursday 20th August
For ages 5 to 11 years

Garnteg Primary School
Hillcrest, Garndiffaith
Pontypool, NP4 7SJ
10:00am - 3:00pm

- A wide range of activities linked to play, wellbeing and physical activity all Summer.
- Breakfast and lunch provided daily and free of charge. (there is no option to provide a packed lunch)
- Places limited - advance application only.
- FREE Family breakfast every Friday morning.



PRE-BOOKING REQUIRED
Please use the QR code
For more information please contact: torfaenplay@torfaen.gov.uk



*Support places may be limited due to large number of pre-registered requests for support.

 @chwaraeortorfaenplay  Chwarae Torfaen Torfaen Play
 @torfaenplayservice  torfaenplay@torfaen.gov.uk



Moving Up Project



MOVING UP PROJECT
FOOD & FUN TRANSITIONAL CAMP

Pontypool Community Council
Supported by Torfaen Play

27th July - 20th August
10:00am - 3:00pm
8 - 12 years old

Supporting your journey into Secondary School in a fun and holistic way linked to play, wellbeing, mindfulness, nutrition and healthy lifestyle choices through sports, music, drama, cooking arts and craft and much more!!

They will also receive a nutritious breakfast and lunch from the school catering team.

FREE OF CHARGE

Abersychan Comprehensive School
Abersychan,
Pontypool,
NP4 8PQ

BOOKING IS REQUIRED
Please use the QR code to pre book
For more information please contact:
torfaenplay@torfaen.gov.uk

BWYD A HWYL FOOD AND FUN

@chwaraetorfaentorfaenplay | Chwarae Torfaen Torfaen Play
@torfaenplayservice | torfaenplay@torfaen.gov.uk

<https://my.torfaen.gov.uk/icustomer/?cuid=50ADF899271B3232003E0635F850B08FA8COB418&lang=en>

The ABUHB School Nursing Service

Parent/CarerLine



07507 330 206

Parent/CarerLine

SMS Text Service for parents/carers
of children aged 5-16

School Nursing Service
Gwasanaeth Nyswla Ysgol

Looked After Children
Plant fy'n Serbyddu Safon

GIG Cymru NHS Wales
Seraid I'fudd Wylgust
Awdurdod Iechyd
University Health Board

The ABUHB School Nursing Service are excited to launch Parent/CarerLine, a new SMS text service for parents and carers of children aged 5 to 16!

Parents and carers can text our school nurses on [07507330206](tel:07507330206) for expert advice and support with a child's health and wellbeing. * Texts are replied to Monday - Friday 9:00 - 16:00 (excluding bank holidays)

Who are School Nurses?

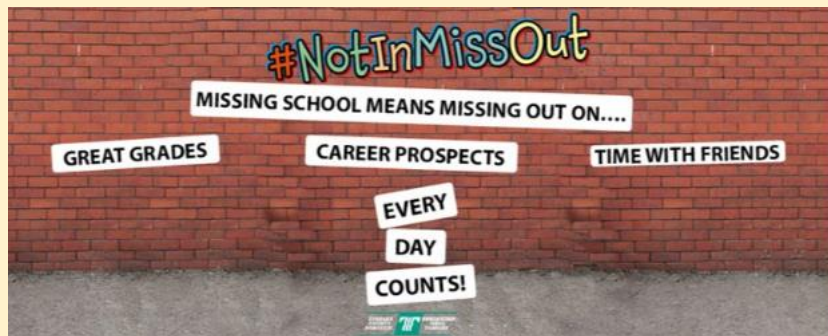
School nurses are specially trained public health nurses who can help with a range of physical and emotional health issues, such as emotional wellbeing, toileting, immunisations, low mood, exam stress, self-harm, behaviour, relationships, healthy eating and more.



Attendance Winners

15th June- 19th June 2026

Congratulations to Dosbarth 3 Miss Bones/Mrs Attewell who were foundation phase attendance winners with 86.43% and Dosbarth 6 Mr Phillips with 97.33%



WELL DONE! DA IAWN!

This week's attendance figures are

Year	% overall	Class	Percentage	Year	% overall	Class	Percentage
Nursery	68.57	0	68.57	3 / 4	83.52	5	83.72
Reception	87.19	1	87.19			6	83.33
		1	75.93	2	75.93	7	77.59
1 / 2	75.78					3	70.83
		4	80.73	5 / 6	73.06		
5 / 6	86.11			5 / 6	86.11	10	83.33
						11	88.89

Class	Target by end of year	Current percentage to date
3	95	90.29
4	95	91.80
5	95	92.56
6	95	90.85
7	95	94.08
8	95	87.97
9	95	91.15
10	95	92.35
11	95	92.27

Seren Yr Wythnos

Foundation Phase		Key Stage 2	
Class	Seren Yr Wythnos	Class	
Nursery - Mrs Rogers	AM- Whole class PM-whole class	Dosbarth 5 - Mr Key	Whole class
Dosbarth 1 - Mrs Lewis	Whole class	Dosbarth 6 - Miss Williams	Whole class
Dosbarth 2 - Miss Dalton	Whole class	Dosbarth 7 - Mr Phillips	Whole class
Dosbarth 3 - Miss Bones / Mrs Attewell	Whole class	Dosbarth 8 - Mrs Ngwenya	Whole class
Dosbarth 4 - Miss Brooks	Whole Class	Dosbarth 9 - Mrs Emanuel	Whole class
		Dosbarth 10 - Mrs Lee	Whole class
		Dosbarth 11 - Mrs Parker-Evans	Whole class

Meithrin - Bendigedig pawb. You were all amazing on Sports Day and worked really hard to win your stickers. Also, a big well done to the children who attended our blended learning sessions over the last two days. Just a reminder that the children who are staying in the nursery in September will need to attend afternoon session on Wednesday 1st July at 12:45PM-3:15PM as the new children will be attending the nursery in the morning.

On Move up day on 1st July the reception children will meet their new teacher and are invited to have school dinners in the hall alternatively they can bring in a packed lunch from home

On Thursday 2nd July the morning children that are staying in nursery will need to the afternoon session (12:45PM-3:15PM) as we have the leavers concert for the morning children who are going into reception in September. Parents are invited in at 10:00AM.

On Monday 6th July the afternoon children who are staying in nursery will need to attend the morning nursery session (9:00AM-11:30AM) as we have the leavers concert for the afternoon children who are

going into reception in September. Parents are invited into nursery at 1:45PM. Many thanks for cooperating with these changes.

Dosbarth 1 - What a fantastic week in Reception! The children were amazing during Sports Day, showing great enthusiasm and teamwork. They were wonderful role models for the Nursery children, and we are so proud of them. A big **diolch** to everyone who joined us online for our blended learning *Climb to Sparkle* tasks during the heatwave. We are incredibly proud of all the children. Next week, the children will enjoy their Move Up Day on Wednesday 1st July, where they will meet their new teacher and visit their new classroom ready for September. Diolch yn fawr for your continued support and have a lovely weekend! 😊



Dosbarth 2- This week in Dosbarth Dau, we began writing our fantasy stories based on *The Wall and the Wild*. Using our plans and imagination, we wrote about what was behind the wall, using descriptive language and showing increasing independence with our writing abilities. We also used our pattern knowledge to create mosaic seed ornaments, which will be on sale at Summer Under the Arch on Sunday.

A big well done to everyone for their fantastic effort and positive attitude during Sports Day!

It was lovely to meet with you online to share our home learning and celebrate our achievements on Wednesday and Thursday. A reminder that move Up Day is on Wednesday 1st July, when the children will visit their new classes and meet their new teachers. Gwaith da, Dosbarth Dau! 😊

Dosbarth 3 -

Da iawn for a lovely week of learning both at school and at home this week! 😊 ☀️ We started the week planning our fantasy stories, using our imaginations and including lots of wow words, adjectives and extended sentence patterns. We also made keyrings and bracelets to sell at Summer Under the Arch on Sunday. Next, we had our fantastic Sports day. Well done everyone for your fantastic efforts and achievements. It was also lovely to see learners taking part in their home learning and sharing it with friends and teachers online 😊 Lots of Dojos awarded! A reminder that next week is Move-up day - children will meet their new teachers and classes. We are all very excited! 😊 Diolch for your continued support!

Dosbarth 4 - Gwaith da for a very unusual week this week! Your determination to join online in the sun was fantastic and the work we received blew me and Miss Edwards away!! This week when in school we were able to make vanilla biscuits in order to sell at Summer Under the Arch and they smelt and looked so good! I loved how you chose different colours on them! A reminder that next Wednesday is move up day and children will meet their new teacher in their new classroom. Diolch for this week!

Dosbarth 5 - A huge bendigedig, well done to all for their amazing work this week, including fantastic efforts from the class when taking part in blended learning during our hot days this week! We are looking forward to summer under the arch on Sunday, and sports day on Monday morning! Please wear sports clothes and suitable footwear, a refillable bottle, hat and sunscreen. Have a wonderful weekend!

Dosbarth 6 & 7 - Well done for all of your excellent work this week, da iawn everyone! It was lovely to see you using your ICT skills during our blended learning and we have thoroughly enjoyed seeing all of the work you completed. We are looking forward to summer under the arch on Sunday, and sports day on Monday morning! Please wear sports clothes and suitable footwear, a refillable bottle, hat and suncream. Have a wonderful weekend!

Dosbarth 8, 9 & 10 - Well done for all your fantastic efforts with blended learning and hard work during the heatwave! A reminder that our sports day will now take place on Monday afternoon. Please make sure you wear suitable clothing and footwear, bring plenty to drink and wear hats and suncream into school. Have a wonderful weekend! 😊

Dosbarth 11 - I am so impressed with your hard work and determination this week during blended learning year 6, well done! Please remember you'll need your bikes and helmets on Thursday for your safe cycling assessments. Have a wonderful weekend and stay cool! 😊

Community Notices

We would like to share with you details of the next series of Talks in Torfaen for parents/caregivers - please see flyer attached).

These are **FREE** 1-hour wellbeing talks that take place weekly on **Fridays from 9.30 - 10.30am**, and start on **Friday 12th June 2026**. Talks take place online using Microsoft Teams and are facilitated by NHS Clinical Psychologists.

To register to attend these talks, you can click the link here: [Primary Talks in Torfaen for Parents & Caregivers: Summer 2026 Sign Up Form - Fill in form](#)

primary Talks in Torfaen for Parents & Caregivers

Summer 2026

A series of talks for **ALL** parents & caregivers of children who are **nursery** or **primary** school age (1-10 years old) in Torfaen.

Talks will take place online using **Microsoft Teams** and are delivered by **NHS Psychologists**.

Talks are about **supporting your child with their...**

with Dr. Charlie Cowtan (Clinical Psychologist)

Friday 12th June 9:30 - 10:30am
Emotional Wellbeing

Friday 19th June 9:30 - 10:30am
Difficult Emotions
e.g. separation anxiety, anger, feeling nervous

Friday 26th June 9:30 - 10:30am
Development
e.g. understanding emotions, social skills, concentration






DEEP DIVE

Friday 3rd July 9:30 - 11.00am
Screens & Devices

Friday 10th July 9:30 - 10:30am
Going back to School
e.g. after summer holidays, start of new school year

If you would like to book on to these talks please click on the link below or scan the QR code

<https://forms.cloud.microsoft/e/CXaZnC3tFa>

amgueddfa.cymru **AMGUEDDFA CYMRU** museum.wales

Y PARTI MAWR THE BIG BASH

Cerddoriaeth, bwyd, gweithgareddau i'r teulu a llawer mwy! Music, food, family activities and much more!

Mynediad am Ddim Free Entry

Gorffennaf 4 July 2026

 Big Pit Amgueddfa Lofaol Cymru, Blaenafon
Big Pit National Coal Museum, Blaenafon

 Ffôn ym Gyngorfael Cymru
Wales Government

Are you supporting a child with ND/ADHD and would like to join a peer support group?



Peer Support For Adult Parent/Carers of ND children.

Run By Volunteers With Lived Experience.

No Diagnosis Needed
Based In Gwent
Regular Face-To-Face Meetings
Friendly, Supportive And Non-Judgemental
Focus On ADHD Plus Other Neurodivergent Conditions
Such As Autism.

NEW GROUP In Abergavenny

**4th Tuesday of the month
during term time 10am-12.**

GPCN Hub

**The Old Police Station, Lewis
Lane, Abergavenny
NP7 5BB**



Find us on Facebook
ADHD + Newport



Caring Canines Cymru Charity Fund Raising Event 2026

*** 3 Raffle categories ***



4 x tickets Vue Cinema **Family** 4 x tickets Hollywood Bowl **Family**
£30 voucher at the Dorallt Inn, Cwmbran **Family**
£15 gift voucher The Entertainer **Family**
Entry for 4 at Cheeky Monkeys (2 adults, 2 children) **Family**
Sweets from Ye Olde Sweet Shop **Family**

4 x 30 min therapy sessions with Caring Canine **Family** ** 4 x individual prizes
4 x Family passes Green Meadow Community Farm (entry for 2 adults, 2 children) **Family** **** 4 x individual prizes

Meal voucher at the Farmers Table at Community Farm **Family**
Round of golf for 4 West Mon Golf Club **Adult**
2 x grounds passes at Chepstow Race Course **Adult**
Just feet by Jacqui - foot care treatment voucher **Adult**
Bannatynes beauty voucher **Adult**
Psychic / Medium event tickets or private session **Adult**
Complexion beauty salon, Caerleon voucher **Adult**
Jelena beautician voucher - £30 ear piercing **Adult**
Mutley Crew course of sessions (choice of courses available) **Dog**



and many more prizes - Good luck

**foster
wales**
Torfaen



**help teenagers foster their own story.
visit torfaen.fosterwales.gov.wales**

fostering a teenager means being there for key moments in their life.

your support can offer stability, encouragement, and a safe space to grow. It's not just about changing a life – it's about empowering a young person to write their own life story.

as a foster carer with us, you'll receive:

- support from your local fostering team

- access to your local fostering community


- fees and allowances


- training and development


- Fostering Network membership – the UK's leading fostering charity

- New Family Social membership – a support network for LGBTQ+ foster carers

- refer a friend bonus

 torfaen.fosterwales.gov.wales

 01495 766669

 fosterwalestorfaen@torfaen.gov.uk



BABY & ME
EXERCISE CLASS

PERSONAL TRAINER
Shelite
TRAINER

Pontypool Community Council
Cyngor Cymuned Pont-Y-Pŵl

FREE BABY & MUM EXERCISE CLASS!

★ **STARTING THURSDAY 4th JUNE at 1PM** ★

Contact me at shelitefitness@live.co.uk to register!

Benefits for the Mother

- **Physical Recovery:** Restores strength and tones abdominal and pelvic muscles.
- **Weight Management:** Helps with losing post-pregnancy weight.
- **Mental Well-being:** Reduces stress, anxiety, and symptoms of postpartum depression.
- **Increased Energy:** Improves energy levels and sleep.
- **Social Connection:** Meet other new mums in a supportive setting.

Benefits for the Baby

- **Bonding:** Builds emotional connection with mum.
- **Development:** Stimulates social awareness, fine motor skills, and balance.
- **Comfort:** Soothes colic and aids digestion.
- **Relaxation:** Helps babies relax and sleep better.

Funded via
Pontypool Community Council

CAMHS
Mental Health & wellbeing
WORKSHOPS

FOR YOUNG PEOPLE. ONLINE.
MAY HALF TERM

Understanding your emotions

A 1.5 hour workshop exploring feelings and emotions and learning new ways to regulate our emotions. Suitable for year 5 and older

Thursday 28th
May 13:30-15:00

5 ways to wellbeing

1.5 hour workshop sharing tips and ideas on easy ways that students can actively improve their own well being

Wednesday 27th
May 13:00-14:30

Transition

1.5 hour workshop exploring feelings and emotions associated with transition and change. We look at common worries associated with transition and discuss some coping strategies to positively manage. For year 6s.

Tuesday 26th
May 11:00-12:30

Looking after yourself during exam season

1.5 hour workshop supporting students to understand what stress is, how it can present itself in the body and providing strategies to combat the impact of exam stress.

Thursday 28th
May 11:00-12:30

Scan to book on

GIG NHS Health and Wellbeing Hub

LEARN TO SWIM

AT HALO LEISURE

Learning to swim is more than fun – it's lifesaving.

Build confidence, stay safe, and enjoy the water with Halo's Learn to Swim Programme.



Sign up to our learn to swim programme between 1st & 30th June 2026 and enjoy:

First 2 lessons
FREE+
50% OFF
first 2 months

**SAFER
SWIMMERS
START HERE**



JOIN TODAY

Let's make swimming second nature.



Call **01432 842075**
or pop into your
local Halo pool.

www.haloleisure.org.uk



halo



SPOTLIGHT DANCE FITNESS

Gentle Spotlight Dance Fitness

Move at your own pace with simple choreography, uplifting music,
and a relaxed, supportive atmosphere.

A softer take on the classic Spotlight session – same fun, less intensity.



Thursdays - 10:30am Garndiffaith Millennium Hall

Fridays - 11am Blaenavon Workmen's Hall

No experience needed. Everyone welcome.

Contact Rachael: 07484 737410



WEEKLY ACTIVITIES IN GARNDIFFAITH AND ABERSYCHAN

MONDAY

10 am - 11am

Yoga - Cwmavon Village Hall
Baby & Me - Millenium Hall

10 am - Midday

Drawing & Talking - Coedwedd
Community Hub

12.30 - 2.30pm

Open art session - Coedwedd
Community Hub

1pm - 3pm

Wellbeing Through Stitch -
Cwmavon Village Hall

TUESDAY

10 am - 11am

Couch to 5km - Coedwedd
Community Hub

10 am - Midday

Coffee Morning - Trinity
Methodist Church

10.30am - 11am

Tai Chi Talywain OAP Hall

11.30am - 12.30pm

Body Weight Exercise Class -
Millenium Hall

Midday - 2pm

Lunch club - Talywain Rugby
Club

2.30pm - 4.30pm

Pensioners Club - Victoria
Village Hall

WEDNESDAY

10 am - 11am

Tai Chi - Millenium Hall

10am - 2.30pm

Men's shed - Coedwedd
Community Hub

2pm - 4pm

Prize Bingo - Victoria Village
Hall

Cwmavon & Blaenavon
Crafters - Cwmavon Village
Hall

6pm - 8pm

Noddfa Teens - Noddfa
Church

8pm - 10pm

Old Time Modern Dancing -
Millenium Hall

THURSDAY

10am - 11.30am

Shelite (gentle exercise class) -
Millenium Hall

10am Start

Wellbeing Walk - Coedwedd
Community Hub

10am - Midday

Art for Everyone - Cwmavon
Village Hall

12.30pm - 2.30pm

Little Feet (parent and baby
group) - Noddfa Church

1.30pm - 3.30pm

Knifty Knitters - Millenium Hall

FRIDAY

9.30 - 10.30am

Pop in & Play (family with pre-
school children) - Millenium
Hall

10am - 11am

Tai Chi - Cwmavon Village Hall

10am - Midday

Feet-Up Friday - Noddfa
Church

10am - 2.30pm

Fun & Games - Coedwedd
Community Hub

6pm - 8pm

Noddfa Juniors - Noddfa
Church

The Millennium Hall are running 3 warm hubs on a weekly basis for the next few months.

Monday: 11am - 2pm will be just a warm hub (free refreshments and somewhere to go and have a chat)

Wednesday: 1pm - 4pm will be a film club (free to attend)

Saturday: 11am - 2pm will be a family film club (free to attend)

Victoria Village Hall:

Thursday: Cake and Company 11am - 1pm (free refreshments)

Coedwedd Community Hub

Coedwedd Community Hub offer sessions in our local community for adults, including DIY, Chat and Snack and Craft and Relax. Please visit their website to find out more. [Coedwedd Community Hub | Home | Stanley](#)

[Road, Gardiffaith, Abersychan, Pontypool](#)



Everyone is welcome
Coedwedd Community Hub

Wellness in the Workshop
Wellbeing Walks
Coffee Mornings
Social Garden
Drawing & Talking

“Strangers are just friends we haven't met yet”
“Mae dieithriaid yn ffrindiau nad ydym wedi cwrdd â nhw eto”

info@coedwedd.org
Coedwedd Community Hub
MEN'S SHEDS CYMRU
Stanley Road Garndiffaith, NP4 7LY (opposite Premier shop)
Coedwedd Communitu Hub

Weekly Schedule

LET'S TALK

Monday 10am - 3pm	Drawing & Talking 10am - Midday Open House Art 12:30 - 14:30
Tuesday 10am - 3pm	To Be Confirmed
Wednesday 10am - 3pm	Coffee Morning 10:00 - Midday Men's Shed (Social & Workshop) 10:00 - 14:30
Thursday 10am - 3pm	Social Walk 10:30 - 13:00
Friday 10am - 3pm	Fun & Games 10am - 14:30

Unit 14, Gilchrist Thomas Industrial Estate, Blaenavon. NP4 9RL

GARNTEG COMMUNITY PARTNERSHIP

Community Hub

Monday - Friday 9am - 4:30pm

- Coffee Corner
- FREE WIFI and Computer Library
- Community Kitchen
- Pantry
- FoodBank
- BabyBank
- Fuel Support
- Prescription and Welfare Support Packages
- Befriending Calls
- Volunteering
- Training Courses
- Bike Recycling
- Furniture Retail Shop

01495 774453

Kindest Regards,

Mrs Roche & all the staff at Garnteg Primary School