

WHAT'S ON IN LLANTWIT MAJOR – CLUBS AND ORGANISARTIONS

MONDAY

Llantonian Hall

Ageing Well Club – 10:00 to 11:30

Bridge Club – 18:50 to 22:00

Compass Building

Monday Art Group – 14:00 to 16:00

CF61

St Donat's Chorale – 19:30

Our Lady and St Illtyd Church

Llantwit Major Ladies Choir – 14:00 to 16:00

TUESDAY

Llantonian Hall

Looseboots – 10:00 to 11:00 for beginners, 11:00 to 12:00 for anyone

Llantwit Major Photography Club – Monthly on 3rd Tuesday 19:00 to 21:30

Rugby Club

Ukulastics – 14:00 to 16:00

Our Lady and St Illtyd Church

Dementia Café Llantwit Major – 2nd and 4th Tuesday each month 14:00 to 16:00pm

Bethel Baptist Church

Renew Wellbeing – 14:00 to 16:00

WEDNESDAY

Llantonian Hall

Cardiac Rehab Cymru – 11:30 to 12:30

Music in Mind – Exercise Group 14:30 – 16:00

History Society – Monthly on 2nd Wednesday 19:30 – 21:30

Vale Wine Circle – Monthly on 3rd Wednesday 19:30 to 22:00

Horticultural Society - Monthly on 4th Wednesday 19:00 to 21:00

Town Hall

Valeways, Coffee Shop Strollers – fortnightly at 14:30

Vale Dragon Tai Chi – 18:00 to 21:00

THURSDAY

Llantonian Hall

Music in Mind – Singing Group 14:15 to 16:15

CF61

Chatty Café – Monthly on 3rd Thursday 13:00 – 14:00

More than Food Hub – Monthly on 3rd Thursday 13:00 - 15:00

History Society – Monthly repeats on 3rd Thursday 11:00 – 13:00

Compass Building

Llantwit Major Youth Council – Last Thursday of the month 17:00 to 19:00

St Illtud's Church

Llantwit Major Bell Ringers – 19:30 to 20:30

Rugby Club Car Park

Llanilltud Fawr Nordic Walking Group, Age Cymru – 14:00

FRIDAY

Town Hall

Restart Yoga – 09:30 – 12:30

Compass Building

Ti a Fi - 9:00 to 12:00 (Term Time)

SATURDAY

CF61

Chatty Café – Monthly on 1st Saturday 10:30 – 11:30

Ageing Well Club – All Welcome, no prior booking necessary, £3 per week. Refreshment on arrival. Different activities each week – Singing, Guest Speakers, Quizzes, Tai Chi.

Art Group – An informal group but with limited space. Please contact 01446 774159 or pop along during the session for a chat.

Bridge Club – 18:50 for 19:00 start, finish at 22:00. Duplicate bridge meaning all pairs play the same boards over the course of the evening. Ideally people attend in pairs although they will try to cater for those without a regular partner. Visitors with a grasp of the basic rules are most welcome, with only a £2 fee per evening. Annual fee of £35. Booking is not necessary a friendly club of intermediate players prepared to assist with advice if requested. For further information please contact 07815 105997.

Cardiac Rehab Cymru – You don't have to be referred by a GP, anybody's welcome. It is a circuit class designed to work different parts of the body, but the main aspect is strengthening your heart

or helping someone recover from a heart attack. Classes are also online via zoom. For further information please contact cardiaccymru@gmail.com

Chatty Café – A community group for everyone and is absolutely free. For more information, please email moreincommonllantwit@gmail.com

Dementia Café – Welcomes people living with dementia and their carers. A Safe and supportive place to make new friends, get additional information and share experiences. Visitors will receive a warm welcome and the café will provide fun entertainment and refreshments. No need to book, please just turn up. For more information contact Tricia on 07719 029777.

History Society – For more information on the Lectures programmes for 2022 – 2023 or to become a member please visit the Llantwit Major History Society website or contact - Email llantwitmajorlhs@gmail.com or S Patterson on 07742 178342.

Horticultural Society – A busy and very active society. We always welcome new members and we have a website that has information about this at <https://www.llantwit-major-horticultural-society.com>. We meet on the last Wednesday of every month (not August) and we arrange different speakers on a range of different topics. We do arrange trips away these are hoped to resume post the pandemic, again the web site has information about these trips. Finally, we hold an Annual show in the Llantonian Hall in August - exhibits Flowers vegetables and cakes and preserves and we encourage all to participate including the old and very young and everyone in between.

Llanilltud Fawr Nordic Walking Group, Age Cymru – Keeping their over 50's fit and exercising every muscle in your body, gently and you can still lose weight. Courses are free. For more information, please contact Nordic Walking instructor Tim Ingram on 07866 921906 or email llanilltudnw@gmail.com

Llantwit Major Bell Ringers – All Welcome and is completely free. For more information, please contact 07947 395719.

Llantwit Major Ladies Choir – All welcome, no prior booking necessary. £2 per week, which includes tea/coffee.

Llantwit Major Photography Club – For more information please contact [johndudley1927@gmail.com](mailto: johndudley1927@gmail.com)

Llantwit Major Surf Life Saving Club – For further information on training schedules etc. please contact them via their website www.llantwitmajorslsc.org.uk

Llantwit Major Youth Council – A group of young people aged 11-18 who meet once a month to discuss local news, issues and the ideas of young people. For more information call 01446 709308 or email lyc@valeofglamorgan.gov.uk

Looseboots – A fun friendly line dancing class/group for all abilities. For more information, please contact via Facebook page or 07877 032786.

More than Food Hub – Come along for a chat and a free cuppa. The hub aims to help people access good food and to find out what local support is out there – Age Connects, Bentyg, St Athan Clothes Bank, CF61 Food share, Financial Advice and Support and Cooking demos.

Music in Mind – No need to book- just turn up and a warm welcome awaits. Both singing and gentle exercise have enormous benefits for the body and the mind, and our groups are a great place to enjoy these benefits whilst socialising and meeting new people. New members are always welcome,

and your first session is free. For more information, please email info@withmusicinmind.co.uk or call 07500 776295.

Renew Wellbeing – Bring and share a hobby. All are welcome to join in various activities; or you can relax and chat or enjoy the peace in our quiet area. For more information, please contact the church office 01446 792348 or email bethal.llantwit@gmail.com

St Donat's Chorale – No Audition all welcome. For further information contact 07947 395719.

Ti a Fi – Welsh medium toddler group, term time. For more information contact cylch.meithrinllanilltudfawr@gmail.com or 07908 308294.

Ukulastics – Ukulele Band – For more information visit the practice session at the Rugby Club.

Valeways Strollers – All welcome and it's completely free! Walks are led by experienced walk leaders and there are no stiles, steps or steep inclines. Drinks at a local coffee shop are enjoyed at the end of every walk. For more information contact 01446 749000 or visit www.valeways.org.uk

Vale Dragon Tai Chi – two sessions 18:00 and 19:10. Chen Style Tai Chi Health classes focus on traditional Tai Chi, breathing exercises and gentle stretching. Tai Chi Kung Fu teaches martial applications of Tai Chi. Classes focus on traditional Tai Chi, self-defence and seize and control techniques. For more info contact valedragontaichi@gmail.com