

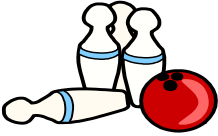

















Charity Number 1163672 Rhif Elusen

# DASH

Disabilities and Self Help / Delio Ag Anabledd A Sialens Hunangymorth

## Friendzabout Activity Days

<p><b>Tuesday 31<sup>st</sup> July</b></p> <p><b>Bowling</b> X-cel Bowl, Carmarthen</p>  <p><b>£12.00</b></p>	<p><b>Wednesday 1<sup>st</sup> August</b></p> <p><b>Anna's Welsh Zoo</b></p>  <p><b>£15.00</b></p>	<p><b>Thursday 2<sup>nd</sup> August</b></p> <p><b>UNO Day</b></p>  <p>Planting and pot decorating</p>  <p><b>£10.00</b></p>
<p><b>Tuesday 7<sup>th</sup> August</b></p> <p><b>Heatherton</b></p>  <p><b>£18.00</b></p>	<p><b>Wednesday 8<sup>th</sup> August</b></p> <p><b>Cilgerran Wildlife Park</b></p>  <p><b>£10.00</b></p>	<p><b>Thursday 9<sup>th</sup> August</b></p> <p><b>UNO Day</b></p>  <p>Treasure Hunt</p>  <p><b>£10.00</b></p>
<p><b>Tuesday 14<sup>th</sup> August</b></p> <p><b>Cinema</b></p>  <p><b>£12.00</b></p>	<p><b>Wednesday 15<sup>th</sup> August</b></p> <p><b>Oakwood</b></p>  <p><b>£18.00</b></p>	<p><b>Thursday 16<sup>th</sup> August</b></p> <p><b>UNO Day</b></p>  <p>Swimming</p>  <p><b>£10.00</b></p>
<p><b>Tuesday 21<sup>st</sup> August</b></p> <p><b>Llandysul Paddlers</b> Kayaks / rafts / inflatables</p>  <p><b>£15.00</b></p>	<p><b>Wednesday 22<sup>nd</sup> August</b></p> <p><b>Bowling</b> X-Cel Bowl, Carmarthen</p>  <p><b>£12.00</b></p>	<p><b>Thursday 23<sup>rd</sup> August</b></p> <p><b>UNO Day</b></p>  <p>Making Snacks</p>  <p><b>£10.00</b></p>

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