


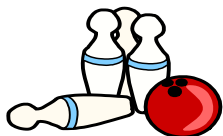







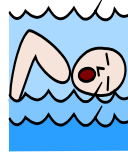
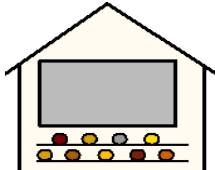


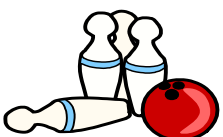





Charity Number 1163672 Rhif Elusen

DASH

Disabilities and Self Help / Delio Ag Anabledd A Sialens Hunangymorth

Friendzabout Activity Days

<p>Tuesday 30th July Botanic Gardens, Carmarthen</p>  <p>National Botanic Garden of Wales Gardd Fotaneg Genedlaethol Cymru</p>	<p>Wednesday 31st July Bowling X-Cel Bowl, Carmarthen</p> 	<p>Thursday 1st August UNO Day</p>  <p>Planting and pot decorating</p> 
<p>£15.00</p>	<p>£15.00</p>	<p>£15.00</p>
<p>Tuesday 6th August Cilgerran Wildlife Park, Cardigan</p> 	<p>Wednesday 7th August Manor Wildlife Park</p> 	<p>Thursday 8th August UNO Day</p>  <p>Making snacks</p> 
<p>£15.00</p>	<p>£15.00</p>	<p>£15.00</p>
<p>Tuesday 13th August Swimming, Blue Lagoon Water Park</p>  	<p>Wednesday 14th August Cinema</p> 	<p>Thursday 15th August UNO Day</p>  <p>Crafts</p> 
<p>£15.00</p>	<p>£15.00</p>	<p>£15.00</p>
<p>Tuesday 20th August Bowling X-Cel Bowl, Carmarthen</p> 	<p>Wednesday 21st August Heatherton</p> 	<p>Thursday 22nd August UNO Day</p>  <p>Making Pizzas</p> 
<p>£15.00</p>	<p>£15.00</p>	<p>£15.00</p>