

Disabilities and Self Help Delio ag Anabledd a Sialens Hunangymorth

## Activity Days 2023

Tuesday 1st August	Wednesday 2 <sup>nd</sup> August	Thursday 3 <sup>rd</sup> August
£15.00	£15.00	£15.00
DASH Bungalow	Swimming	Bowling
Llanilar	Aberaeron Pool	Xcel Bowl, Carmarthen
Arts and Crafts		
Tuesday 8th August	Wednesday 9th August	Thursday 10 <sup>th</sup> August
£15.00	£15.00	£15.00
DASH Bungalow	Fort Alpacas	HEATHERTON
Llanilar	Tregaron	
Yoga Session		
Tuesday 45th August	Wedgesday 16th August	Thursday 47th August
Tuesday 15th August	Wednesday 16th August	Thursday 17th August
£15.00	£15.00	£15.00
DASH Bungalow	DASH Bungalow	Oakwood
Llanilar	Llanilar	
Gardening	Cooking	
Tuesday 22 <sup>nd</sup> August	Wednesday 23 <sup>rd</sup> August	Thursday 24 <sup>th</sup> August
£15.00	£15.00	£15.00
DASH Bungalow	Bowling	Hangar 5
Llanilar	Xcel Bowl, Carmarthen	Trampoline Park, Haverfordwest
Arts and Crafts	Acei Dowi, Gaimai (nen	
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