

Disabilities and Self Help Delio ag Anabledd a Sialens Hunangymorth

Activity Days 2023

Tuesday 1st August	Wednesday 2 nd August	Thursday 3 rd 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 th 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 nd August	Wednesday 23 rd August	Thursday 24 th 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	
And Grants		Real Provide American Ame American American Am American American A