



Inclusive Multi-Sport Drop-in Session



Open for Adults with Learning Disabilities
Scolton Manor, Green Barn

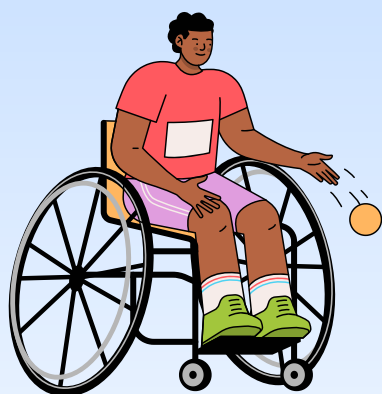
Thursdays 1000-1200



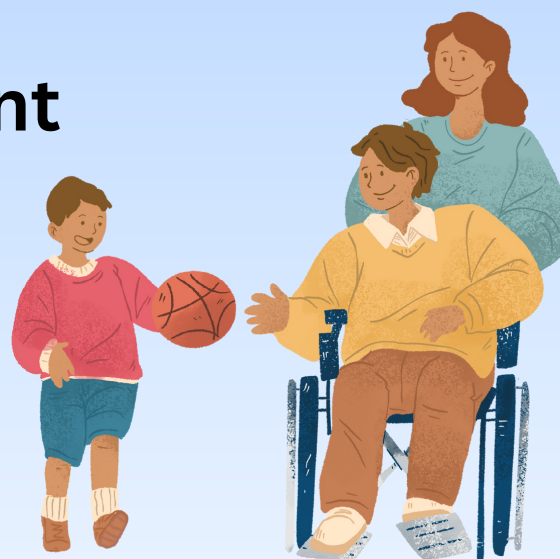
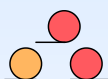
- Archery
- Table Tennis
- Boccia
- Badminton
- Sensory Tent



This event is **FREE**
To reserve your
place
call Emma on
07467 991 926



Having trouble getting to
Scolton Manor? Take a look
at Flexibus service.
Call 0300 234 0300 to
enquire



Click in this QR code to join our private Facebook group Exercise Buddies where updates and all news will be posted. For more information or questions email:
exercisebuddies@pembrokeshire.gov.uk





Sesiwn Galw Heibio Aml-chwaraeon Cynhwysol



Ar agor i oedolion ag anableddau
Ysgubor Werdd, Maenordy Scolton

Dydd Iau, 10am - 12pm

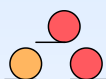
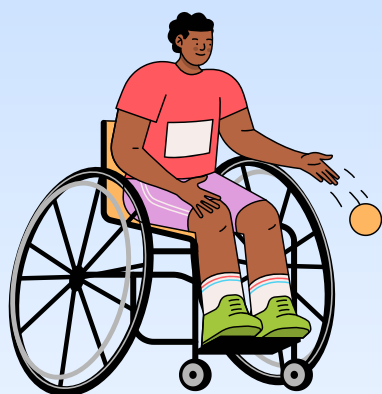
Mae'r digwyddiad
hwn AM DDIM. Er
mwyn cadw eich lle,
ffoniwch Emma ar
07467 991 926



- Saethyddiaeth
- Tennis bwrdd
- Boccia
- Badminton
- Pabell Synwraidd



Cael trafferth cyrraedd
Maenordy Scolton? Bwriwch
olwg ar wasanaeth Flexibus.
Ffoniwch 0300 234 0300 i
holi



Cliciwch ar y cod QR hwn i ymuno â'n grŵp Facebook preifat ar gyfer Cyfeillion Cadw'n Heini lle bydd diweddariadau wythnosol a'r holl newyddion yn cael eu postio. Am fwy o wybodaeth neu i holi cwestiynau, anfonwch e-bost at:
exercisebuddies@pembrokeshire.gov.uk

