



Carmarthenshire People First

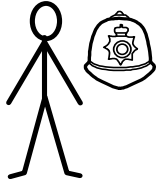
Time Bank Activities



September - December 2016



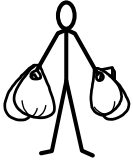
Thursday 29th September - Pizza making and baked sweet potatoes (£2.50)



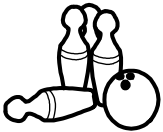
Thursday 13th October - Police talk (Jenny)*



Thursday 27th October - Karen's crafts *



Thursday 10th November - Christmas budgeting



Thursday 24th November - Bowling*



Thursday 8th December - Christmas buffet and karaoke (£3)

* Activities may change on these dates

Our meetings take place in 16 Spilman St,



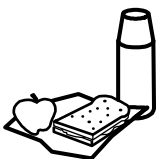
Carmarthen, SA31 1JY



Between 12 and 2pm.



Please bring a packed lunch.



For further information, call Ffion on



01267 234635