



ILA-WALES CIC
IBERIANS & LATIN
AMERICANS IN WALES

WHAT WE DO

**WELLBEING
PROJECT:
THERAPIES &
TRAINING**



**ARTS & CRAFTS
PROJECT &
EXHIBITIONS**



**HERITAGE DANCE
PROJECT:
REHEARSALS &
PERFORMANCES**



**COMMUNITY
GARDEN**



**COOKERY
WORKSHOPS**



**POETRY AND
FILMS**



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