



Disabilities and Self Help
Delio ag Anabledd a Sialens Hunangymorth
Charity Number: 1163672

DASH is a charity which supports disabled children and their families in Ceredigion
What we do, how we can help you, how you can help us

Since 1978 DASH has been organising a variety of leisure schemes for disabled children and young people in Ceredigion. We do this so that local disabled children and their families can have a better quality of life with access to a wider choice of leisure facilities and other opportunities.

Holiday Playschemes and Teenschemes (Playschemes – 4-11, DASHAbout – 12-25)

DASH offers Playschemes and Teen schemes during school holidays and a term time mobile youth club where we provide opportunities for socialisation, fun and exercise

Respite and Life skills development (DASHAway Weekends 8-18, DASH Bungalow 14-25)

There are several residential weekends that run throughout the year at a purpose-built venue. The young people enjoy a fun and relaxing weekend whilst their parents and carers can have a short break from caring.

We also offer life skills weekends at another adapted setting, supporting older children as they transition into a new period of their lives.

Weekly Youth Club (FrendzAbout 12 - 25)

DASH will be offering a weekly mobile youth club from September 2022 a chance for young people to meet socialise and have fun out of school hours.

Supporting integrated childcare (Ymuno 4 – 11)

Ymuno helps registered childcare settings to provide additional staffing to support disabled children to attend.

How can you help?

Volunteers are a valuable asset to DASH and support the staff at our schemes. DASH recruits volunteers from all areas of the community and supports them to either organise fund raising events or join in directly with our schemes.

Interested ? Contact us:

01545 570 951 or **vols@dashceredigion.org.uk**

Donations help support the work we do. Donate at one of our collection boxes in shops around the county or via our online donation platform,

<https://localgiving.org/charity/dash-disabilities-and-self-help/>

Want more information? Contact 01545 570 951 or Office@dashceredigion.org.uk