



These sessions provide a fun and safe environment to socialise with your friends, learn new skills and take part in a wide variety of activities.

Although there is a timetable of activities, our sessions are not limited to these and additional sessions will be running alongside.

The activities cost:
£3 - 10.30am-1pm
£3 - 1pm-4pm
(unless otherwise stated)

Introducing DASH

DASH challenges peoples' perceptions and encourages disabled people of all ages to reach their full potential. We provide advice, support and activities that allow disabled people to take control of their lives and become more independent, confident and part of the community. DASH is an inclusive organisation and promotes independence to every individual.



Disability Does Not Mean Inability

ACTIVITY TIMETABLE

The DASH Hub,
1 Crown Walk, The Pavilions Shopping
Centre, Uxbridge, UB8 1GX

Ruislip Young Peoples' Centre,
Bury Street, Ruislip, HA4 7SX

020 8848 8319
www.dash.org.uk
info@dash.org.uk
Charity No. 1093818



Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
Curling & Boccia	Bingo	Aerobics	Golf	Multisports	
		Yoga	Keep Fit		
Lunch 12.00pm-12.30pm					
Multisports	Karaoke	Karaoke	Karaoke	Karaoke	Sunday Club £5 1.00pm-3.30pm Ruislip Young Peoples'Centre
	Seated Football	Arts & Crafts	Line Dancing	Tennis	
Games	Football Training 5.00pm-6.00pm	Multisports	Bowling		