



THE SOCIABLES

Saturday 21st June

What a lovely time we all had at The Outdoor Place @ Baldhu on Saturday.

An amazing place with so many different areas for people to learn skills and develop their confidence.

All finished off with a BBQ & toasted marshmallows along with Bingo from Rachel and Jenny.

Everyone was then put through their paces with chair exercises with Billie from Benefit, Body and Mind.

Thank you to everyone who came along and a BIG thank you to everyone at The Outdoor Place and Billie and Danny from Benefit, Body and Mind.

See you all again soon!

Rachel and Jenny

Scroll down for pictures



















