

## Information for Young People

### Pembrokeshire Activity Centre's NEW Trim Trail

#### Get Fit & Have Fun!

This summer sees the opening of an exciting new 'Trim Trail' through the woods at Pembrokeshire Activity Centre, at Warrior Way, Pembroke Dock.

The project is funded by the Sports Council for Wales and the Trail opens officially to the public on 30<sup>th</sup> May. With help from the Princes Trust Team and the Splash project a local company has constructed a 'Green Gym' dotted along a wooded walk. It is ideal for family walks and there is also a barbecue area.

It is a real asset to the Llanion ward as it provides a safe, pleasant recreational space and regular exercise is vital to health and wellbeing, as well as being good fun!

**For more information call Pembrokeshire Activity Centre on 01646 622013.**



GENNEX is all about providing young people with a voice. We provide opportunities for you to become more involved in your community. We hold youth forums throughout the county, so that young people can discuss community issues that affect their lives. You get to decide what needs to change, and work with other young people to make it happen.

**For more information please contact [gennex@pavs.org.uk](mailto:gennex@pavs.org.uk) or call 01646 682823**

#### Regular Events for Young people in Llanion

##### Monday

Mothers & Babies St Johns 1pm — 3pm

##### Tuesday

Driving Test Theory St Johns 9.30am — 11.30am

##### Wednesday

Family Crafts Blue School 1pm — 2.45pm  
Dance Academy Pater Hall 4.15pm — 8pm

##### Thursday

CLAIT training Blue School 9.30am — 11.30am

##### Friday

Parent and Toddlers St Johns 10am — midday  
Support / IT Drop In St Johns 10am — 3pm  
IT for beginners St Johns 1pm — 3pm  
Internet Access Yo-Yo Centre 10am — midday  
Internet Access Blue School 1pm — 3pm

##### Sunday

Sunday School St Johns 9.30am—10.30am  
Jujitsu St Johns 6pm — 8pm

### Get out and active with Go4It!

Go4It!'s second summer of outdoor fun is approaching fast - will you be making getting more active in the outdoors part of your life? Even if you think that **you** are active enough, there may be a young person (11-25) that you care about and could encourage to join up.

**Your support now could improve their physical fitness for the rest of their lives, even reduce their chances of suffering from depression, stress or anxiety!**

Go4It! is always listening to the young people who are involved and try and make sure that activities develop in the best way possible. We are aiming activities at young people who may be 'worried about the behaviour of other young people', 'who don't think that they are fit enough', or even say 'going outdoors just isn't for me'. If you give us a chance, we'd like to prove you wrong!



Why not join one of our **woodland activity days** for some gentle relaxation or get involved in our local **bike clubs** and get up and away with the new **5x60 after-school climbing club** supported by Go4It! and Llanion Communities First.

Keep your eyes out for free days where all the family can come and try canoeing and kayaking; fitness, fun and brilliant family bonding / quality time.

Whatever your level of fitness, motivation or confidence we can help you to Get Out, Get Active. Join all the young people who have already found out how much better they feel in all kinds of ways.

**Call Tom on 07773788205 for a chat about how Go4It! could help you or someone you know!**



### Kids Bored over the Summer Holidays?

There are a variety of **FREE** local activities available to children and families alike throughout the school summer holidays.

**BAPTARA Funday**  
A selection of stalls and activities suitable for all the family  
Quarry Park & Pembroke Dock Youth Centre  
Saturday, August 16th between 12 midday and 4pm

**SPLASH**  
Outdoor activities for 13-17 year olds  
Pembrokeshire Activity Centre  
Between July 28th and August 29th

**Activity Funday**  
A range of activities and competitions for all the family  
Pembrokeshire Activity Centre  
Saturday, July 26th between 11am and 6pm

**CANDo Craft Workshops**  
Fun for all the family throughout the summer break  
Pembroke Dock Youth Centre  
Every Thursday between 10am and 4pm

**FREE swimming**  
For the under 16's throughout the summer  
Pembroke Leisure Centre  
During public swim sessions before 5pm daily