

# Bloomfield House

NDCSA  
Community Centre

Narberth and District Community and Sports Association



Programme 2017/2018

Charity Number 512032

# Message from the Committee

Narberth and District Community and Sports Association have provided social welfare, education, sport and leisure facilities for the local community at Bloomfield House Community Centre in Narberth, Pembrokeshire since 1980. The organisation is a registered charity and the centre is managed by a volunteer committee. As Bloomfield is a membership organisation, you can play a full part in the management of the Centre, by joining us at the Annual General Meeting. We are always looking for more users to join the management committee to make sure that it is representative of our membership. Typically the General Committee meets three times annually, if you feel that you can commit some time and energy to help maintain the high standards that the Association has achieved in the past and to contribute to a vibrant future for this valuable, local resource, then please join us at 7.30pm on Monday 30th October 2017.

It has long been our aim to provide public access wifi throughout the Centre, and this has now been made possible thanks to a legacy from Aubrey Mason. One of the founding members of this organisation, Aubrey was involved on a weekly basis with the running of the Centre, providing advice and support to staff and serving as our Chair for many years.

In November 2016, thanks to LEADER funding achieved through PLANED we were able to appoint an Older Persons Project Developer for a year to engage with the community to examine facilities and services for older people in Narberth. Events were held in December and March with another planned for July 2017, a questionnaire has been developed to aid the process and several volunteers have come forward to assist with the project, a full report of the findings will be available in early 2018.

This autumn we will be offering a broad programme of activities and adult education classes through a variety of providers; these include Learning Pembrokeshire, STEP project with Pembrokeshire College, the Lifelong Learning department from Aberystwyth University, the Adlerian College of Wellbeing and several private tutors.

We hope that we continue to meet the needs of our users, but if we don't please feel free to use the suggestions boxes in every room and at reception, so that you can let us know your views and help us to meet your expectations

Please check out our Facebook page for updates or our website [www.bloomfieldcommunitycentre.co.uk](http://www.bloomfieldcommunitycentre.co.uk) and take a look through this brochure to find out more about our great facilities for sport, leisure, room hire and childcare. Whatever your needs you can be assured that at Bloomfield we will do our very best to accommodate them.



# Contents

	Page		Page
Welcome .....	02	Holiday Club and Activities .....	08
New This Year .....	03	Cylch Meithrin/Ti a Fi .....	09
Membership Rates .....	03	Groups and Societies .....	10
Open Evening .....	03	Room Hire .....	10
Classes .....	04-05	Bloomfield/Dial a Bus .....	11
Sport, Leisure & Music .....	06-07	Lee Davies Day Centre .....	11
Bloomfield Nursery .....	08	Community IT .....	11
Bloomfield After School Club .....	08	Contact Us .....	12

A list of classes and activities is available in Welsh, please call for details

## New This Year

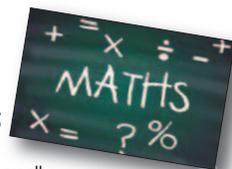
**Workshops:** Art for a Day, Pastels; Rustic Hedgerow Basket Making; Needle Felt Angels; Willow Angel Sculptures

**Classes:** GCSE Maths; Recite; Vocal Health in the Workplace; French Conversation, Advanced; Mandarin; Italian Year 6; Creative Writing for Beginners; Yoga for MS; Classical Hatha Yoga with Amelia; 50+ Fitness Class; Bounce Fit; Strictly Fit; Pyjama Drama; Creation Station



## Old Favourites

HIIT; Tai Ji Quan; Karate; Pilates; Yoga; Junior & Adult Ballet; Adult Tap Dance; Gymnastics; Bowls Club; Cardiac Circuits; Netball; Table Tennis Club; Badminton Drop In; Guitar Lessons; Woodwind Lessons; Narberth Autistic Friendly Youth Club; Welsh; French; Italian; Spanish; Willow Workshops; Dressmaking for Beginners & Advanced; Creative Writing; Crochet; History; Environmental Science;



## Membership Rates

Bloomfield House Community Centre is a membership organisation and regular users must become members. Membership entitles users to discounted rates and the right to stand for election to the General Committee and to play a part in the management of the centre.

Adults	£5
Concessions (over 60 or under 18)	£3
Family	£12



## Open Evening

**Thursday 14th September, 6:30pm**

Everyone welcome, come along to the centre and meet tutors, view facilities or just come and see the display of paintings by students of the Art class and some clothes made by the dressmaking class. Refreshments provided.



# LEARNING PEMBROKESHIRE CLASSES

With just over 50 classes to choose from we hope you find something that suits, if you have any suggestions please use our new suggestion box in reception or talk to one of our friendly staff.

Key	Course Description	Start Date	Day	Time	Number of weeks
<b>Learn Welsh</b>					
LP	Mynediad 1	25/09/2017	Monday	09:30 - 11:30	30
LP	Uwch 2	25/09/2017	Monday	10:00 - 12:00	30
LP	Sylfaen 2	25/09/2017	Monday	19:00 - 21:00	30
LP	Sylfaen 2	26/09/2017	Tuesday	09:30 - 11:30	30
LP	Slyfaen 1	26/09/2017	Tuesday	13:00 - 15:00	30
LP	Mynediad 2	26/09/2017	Tuesday	18:00 - 20:00	30
LP	Siawns am Sgwrs	27/09/2017	Wednesday	09:00 - 13:00	30
LP	Canolradd 2	27/09/2017	Wednesday	19:00 - 21:00	30
LP	Canolradd 1	27/09/2017	Wednesday	19:00 - 21:00	30
LP	Welsh taster course	14/09/2017	Thursday	18:00 - 20:00	2
LP	Mynediad Combi	28/09/2017	Thursday	18:00 - 21:00	30
LP	Mynediad 2	29/09/2017	Friday	13:00 - 15:00	30
LP	Welsh for the Family	29/09/2017	Friday	09:30 - 11:30	30
LP	Sadwrn Siarad	24/03/2018	Saturday	09:30 - 14:30	1

## Learn a Language

LP	French - Year 1	25/09/2017	Monday	11:30 - 13:00	25
LP	French conversation - advanced	25/09/2017	Monday	13:30 - 15:00	25
LP	French - Year 3	25/09/2017	Monday	15:15 - 16:45	25
LP	Spanish - Year 1	25/09/2017	Monday	13:00 - 15:00	25
LP	Spanish - Year 2	25/09/2017	Monday	10:00 - 12:00	25
LP	Italian - Year 1	27/09/2017	Wednesday	18:00 - 20:00	30
LP	Italian - Year 4	28/09/2017	Thursday	18:00 - 20:00	30
LP	Italian - Year 6	25/09/2017	Monday	17:00 - 19:00	30
LP	Mandarin	29/09/2017	Friday	10:00 - 12:00	30

## Get Creative

LP	Dressmaking - intermediate and advanced	26/09/2017	Tuesday	19:00 - 21:00	25
LP	Dressmaking for beginners	27/09/2017	Wednesday	18:00 - 20:00	25
LP	Creative Writing	28/09/2017	Thursday	10:00 - 12:00	30
LP	Creative writing	28/09/2017	Thursday	13:00 - 15:00	30
P	Art with Mark Hinchcliffe	20/09/2017	Monday	10:00 - 13:00	20



Key	Course Description	Start Date	Day	Time	Number of weeks
-----	--------------------	------------	-----	------	-----------------

## Humanities & General Interests

LLP	GCSE Mathematics - Numeracy	20/09/2017	Wednesday	18:30 - 20:30	
LP	History - Local history	27/09/2017	Wednesday	10:00 - 11:30	30
P	Geology and Environmental Discussions - The Rocks that Shape our Land	27/09/2017	Wednesday	10:00 - 12:00	10
P	Geology and Environmental Discussions - Our Dynamic Environment	10/01/2018	Wednesday	10:00 - 12:00	10
P	Geology and Environmental Discussions - Coastlines and their Formation	25/04/2018	Wednesday	10:00 - 12:00	10
LP	Recite	28/09/2017	Thursday	10:00 - 12:00	10
LP	Vocal health in the workplace	09/11/2017	Thursday	10:00 - 12:00	5
STEP	Wine Tasting	10/11/2017	Friday	17:30 - 19:30	4

## Workshops

LP	Mosaics - Create and design	25/10/2017	Wednesday	10:00 - 15:00	1
LP	Driftwood Christmas Tree	15/11/2017	Wednesday	10:00 - 14:30	1
LP	Driftwood	29/11/2017	Wednesday	10:00 - 14:30	1
LP	Bushcraft Spoon Carving	19/10/2017	Thursday	10:00 - 13:00	1
LP	Bushcraft Spoon Carving	08/02/2018	Thursday	10:00 - 13:00	1
LP	Bushcraft Spoon Carving	17/05/2018	Thursday	10:00 - 13:00	1
LP	Art workshop	28/09/2017	Thursday	10:00 - 15:00	1
LP	Art workshop	02/11/2017	Thursday	10:00 - 15:00	1
LP	Art workshop	18/01/2018	Thursday	10:00 - 15:00	1
LP	Art workshop	01/03/2018	Thursday	10:00 - 15:00	1
LP	Art workshop	19/04/2018	Thursday	10:00 - 15:00	1
LP	Art workshop	24/05/2018	Thursday	10:00 - 15:00	1
LP	Fabric Flowers	25/11/2016	Friday	18:00 - 20:00	1
A	Intro to Printmaking	11/11/2017	Saturday	10:00 - 16:00	4
A	Sketchbook Studies	07/10/2017	Saturday	10:00 - 16:00	4
A	Up-Cycled Theatre Costume Design	13/04/2017	Saturday	10:00 - 15:30	4
LP	Rustic hedgerow basket making	28/10/2017	Saturday	09:30 - 16:30	1
LP	Willow Angel Sculpture	18/11/2017	Saturday	09:30 - 16:30	1
LP	Willow Christmas decorations	02/12/2017	Saturday	10:00 - 16:00	1
LP	Needle Felt Angels	16/12/2017	Saturday	10:00 - 13:00	1

LP - Learning Pembrokeshire P - Private

STEP - STEP Projects, Pembrokeshire College

A - Aberystwyth, School of Lifelong Learning

See page 10 for contact details



Learning Pembrokeshire / Sir Benfro yn Dysgu

### Get skills for life in a digital world!

From the basics of getting online to working safely in a digital world, Learning Pembrokeshire has the right courses for you.

For advice and guidance on which course to choose please contact the Community IT office on 01437 770130 or visit our website at [www.pembrokeshire.gov.uk/LearningPembrokeshire](http://www.pembrokeshire.gov.uk/LearningPembrokeshire)

[www.pembrokeshire.gov.uk/learningpembrokeshire](http://www.pembrokeshire.gov.uk/learningpembrokeshire)  
[www.facebook.com/LearningPembrokeshire](https://www.facebook.com/LearningPembrokeshire)  
[www.twitter.com/pembrokeshire](https://www.twitter.com/pembrokeshire)

# Sports & Leisure Classes

Course Description	Time	Day
Over 50's Exercise	09:30 - 10:30	Monday
Cardiac Circuit Training	09:00 - 10:00	Monday
Cardiac Circuit Training	14:00 - 15:00	Monday
Pilates - Rehabilitation Back Care	18:00 - 18:45	Monday
<b>Ballet</b>	<b>18:15 - 20:15</b>	<b>Monday</b>
Adult Ballet with Alice Russell	20:15 - 21:15	Monday
Bounce Fit	09:30 - 10:30	Tuesday
Strictly Fit	10:00 - 11:00	Tuesday
Adult Ballet Group	11:00 - 12:00	Tuesday
<b>Ballet</b>	<b>15:45 - 18:30</b>	<b>Tuesday</b>
Guitar Lessons (advanced)	17:00 - 18:00	Tuesday
Guitar Lessons	18:00 - 19:00	Tuesday
Adult Tap Dance	18:00 - 19:00	Tuesday
Badminton drop in	19:00 - 21:00	Tuesday
Table Tennis Club	19:00 - 21:30	Tuesday
Tai Ji Quan	19:00 - 21:00	Tuesday
Cycle Fit (in winter)	19:30 - 21:00	Tuesday
Yoga with Michelle	13:30 - 15:00	Wednesday
Yoga for MS	14:00 - 15:00	Wednesday
Clarinet, Flute and Saxophone Lessons	from 15:00	Wednesday
Pilates - Rehabilitation Back Care	10:30 - 11:30	Wednesday
Cheerleading	15:30 - 18:00	Wednesday
Marie's Marvels	18:00 - 19:00	Wednesday
<b>Ballet</b>	<b>18:30 - 20:15</b>	<b>Wednesday</b>
Table Tennis Club	19:00 - 21:30	Wednesday
Creation Station	13:00 - 14:00	Thursday
Marie's Marvels	19:00 - 20:00	Thursday
<b>Netball - Under 11's</b>	<b>17:00 - 18:00</b>	<b>Thursday</b>
<b>Netball - Under 14's</b>	<b>18:00 - 19:00</b>	<b>Thursday</b>
Netball Adults	19:00 - 20:00	Thursday
Pilates -	18:00 - 18:45	Thursday
Yoga with Bridget	19:00 - 20:30	Thursday
Table Tennis Club	19:00 - 21:30	Thursday
Austistic Friendly Youth and Parent Evening (fortnightly)	19:00 - 21:00	Friday
<b>Ballet</b>	<b>15:45 - 19:00</b>	<b>Friday</b>
HIIT Training and Stretch	09:30 - 10:30	Friday
Karate	19:00 - 20:30	Friday
Yoga	09:30 - 10:45	Friday
Classical Hatha Yoga with Amelia	12:00 - 13:15	Friday
<b>Gymnastics - various ages</b>	<b>09:30 - 18:00</b>	<b>Friday</b>
<b>Ballet</b>	<b>15:45 - 19:00</b>	<b>Friday</b>

Adults Juniors Both

See page 10 for contact details





## SPORTS FACILITIES - All users should be members

We have great sports facilities available to hire; we have two squash courts, 5 a side football, basketball, netball, tennis, table tennis, Boccia and volleyball. We now have a fully refurbished fitness suite, the much improved facility contains twenty brand new top quality resistance and cardiovascular machines and an extended free weights area with new equipment.

	<b>Session Rates for Sports Facilities - all users should be members</b>	
	<b>BEFORE 5.00pm</b>	<b>AFTER 5.00pm</b>
<b>Tennis</b> 55 minutes	£4.50 per person adult £2.50 per person junior	£4.50 per person adult £2.50 per person junior
<b>Badminton</b> 55 minutes	£3.00 per person adult £2.00 person junior	£3.00 per person adult £2.00 person junior
<b>Fitness Suite</b>	£12.00 induction and programme £3.50 per session £30.00 monthly pass £75.00 for 3 months £125.00 for 6 months £215.00 for 12 months	£12.00 induction and programme £4.00 per session £30.00 monthly pass £75.00 for 3 months £125.00 for 6 months £215.00 for 12 months
<b>Squash Court</b> 40 minutes	£4.90 £4.40 squash members and junior £30.00 squash membership	£5.40 £4.90 squash members and junior £30.00 squash membership
<b>Recreation Hall</b> <b>Full Hall Hire</b> 55 mins	£28.00 casual rate £24.00 members/junior rate	£28.00 casual rate £24.00 members/junior rate
<b>Half Hall Hire</b> 55 minutes	£15.50 casual rate £13.50 members/junior rate	£15.50 casual rate £13.50 members/junior rate
<b>Sports Hall</b> 55 minutes	£17.50 casual rate £15.50 members/junior rate	£17.50 casual rate £15.50 members/junior rate

(NB All prices fixed until April 2018)

## Community Childcare

We have quality childcare facilities at the Centre, with the Bloomfield Day Nursery, Bloomfield After School and Holiday Club and Cylch Meithrin Arberth. All are CSSIW registered and they can help you free up some valuable time to work, study or play, while your child is cared for by qualified staff. We provide a link using the Bloomfield Bus, to Narberth CP School for children at the Nursery and the Cylch; working together to ensure access is available to all the opportunities that exist locally for early years education. In response to demand we extended the collection time at the After School Club to 18:00 to allow parents and carers more time at the end of the working day, and now offer early bird opening on request from 7.30am at the Bloomfield Nursery. The garden area has been improved, we have developed an exploration area, the size of the nursery garden has been increased and a climbing frame has been erected. Please come in to visit the settings and meet the staff.



## Bloomfield Day Nursery

Our excellent onsite nursery caters for children aged 6 weeks to 4 years old and is open from 7:30 (by arrangement) until 18:00 Monday to Friday. Fully qualified staff provide a warm and friendly environment in this dedicated facility. Check us out on Facebook - Bloomfield Day Nursery **Contact Evelyn Hayden on 01834 860293**



## Bloomfield After School Club & Holiday Playscheme

We collect children from Narberth and Templeton schools on the Bloomfield bus and provide quality diverse activities for children until 18:00 for 3 - 14 year olds. The children have opportunities to get involved in explorers club, multi sports, drama, gardening, arts and crafts, cooking and have plenty of time for free play. Each session includes a healthy snack and only costs £6.50.

During holidays we have a fun packed varied itinerary, we facilitate multi sports and have trips out to parks, castles, the beach and forests, we make the most out of these outings with forest school trained staff.

The care is provided from 8:30 - 18:00 all for just £20 (half days are available and an early start of 8:00 am can be requested for an extra £1).

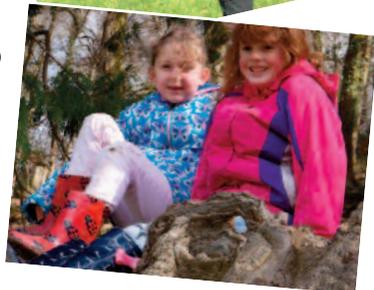
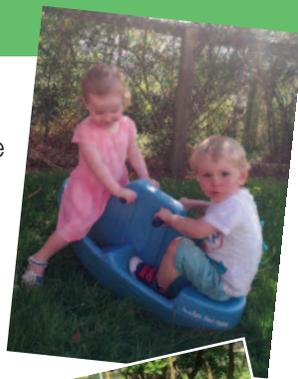
Both clubs have caring, competent qualified staff who observe a high standard of care with healthy eating and quality activities. Please feel free to drop in and have a look.

**01834 860293 or 07968 049150**

## Cylch Meithrin & Cylch Ti a Fi

Cylch Meithrin, Bloomfield's Welsh medium playgroup is now open every morning during the week, from 9:15 - 11:45am. Cylch Ti a Fi is every Monday afternoon 12:30 - 14:00.

**For more information call 01834 860293 or call Denise 07884 458820**



## School Holiday Workshops

In addition to the Holiday Play Scheme we also run seasonal school holiday workshops for 5-11 year old children which include cheerleading, drama and tennis. All workshops are advertised locally prior to the event.

Booking is advisable.

**Call 01834 860293 for details**

## Do you need space for a meeting, conference or party?

**Think Bloomfield!** Easily accessible from all areas of Pembrokeshire, Ceredigion and West Carmarthenshire, we have a variety of large or small rooms and sports halls available for hire. Prices start from £9.20 per hour, catering can be arranged using local caterers.



<b>GROUPS/SOCIETY</b>	<b>Contact</b>	<b>Tel</b>	<b>Email/Website</b>
Aberystwyth, Lifelong Learning	Sandra Gornall	01970 621598	
Adult Tap	Angharad James	01267 243815	angharad@acgc.co.uk
After School Club (Bloomfield)	Adam	07968 049150	bloomfieldafterschoolclub94@gmail.com
Badminton (Drop In)	Gus Phillips	01834 860091	gusphillips123@btinternet.com
Ballet (adult and junior)	Alice Russell	01437 563281	vacances5@btinternet.com
Bloomfield Nursery	Evelyn Hayden	01834 860293	narberth.learning@pembrokeshire.gov.uk
Bloomin Stitchers	Anne Embrey	01646 672003	
Bounce Fit	Ernie Portnaja		bouncefiternie@hotmail.com
Cheerleading and Over 50's Exercise	Georgia Osbourne-Smith - 07807 469545		
Classical Hatha Yoga with Amelia	Amelia Stone	07970 526560	info@bigplaynarberth.co.uk
Christian Community Church	Allan Tyler	01834 860767	allan.tyler@homecall.co.uk
Creation Station	Sarah Jones	07791 413091	sarahjones@thecreationstation.co.uk
Cylich Meithrin	Denise	07884 458820	
Cylich Ti a Fi	Denise	07884 458820	
Dyfed Choir	Rona Liggitt	01834 860293	secretary@dyfedchoir.co.uk
Elements Gymnastics	Jadie	07967 620617	
Environmental Studies	Andrew Crossley	01267 222263	ancrossley@ancrossley.plus.com
Guild of Weavers, Spinners and Dyers	Bettina Becker	01437 563657	www.pembsguildwsd.org.uk
Guitar (Adult & Junior)	Owain Harrison	07773 775383	hippyguitar@hotmail.co.uk
HIIT	Amber	07983 373833	www.kickstartfatlosspemb.co.uk
Junior and Adult Netball	Kathy Hicks	07773 091481	ak.hicks@tiscali.co.uk
Karate	Mair	07868 522808	
Landsker Quilters	Margaret Norcross	01834 861057	
Learning Pembrokeshire (Community IT)	n/a	01437 771030	communityit.learning@pembrokeshire.gov.uk
Marie's Marvels	Marie Tilley	07572 660662	
Narberth Cycling Club	Andrew Rees	07766 081696	info@narberthdynamos.co.uk
Narberth Quakers	Jill Whitehead	01834 844796	jillycytalltrees@talktalk.net
Narberth Short Mat Bowls	Lionel Phillips	01834 891350	
Narberth Squash Club	Gaz Salmon	01834 860177	
Narberth Table Tennis Club	John Mozdiak	01834 860293	
Patchwork & Quilting	Bloomfield	01834 860293	learning.narberth@pembrokeshire.gov.uk
Pembrokeshire Autism Friendly Youth Club	Lisa	07584 304730	
Pilates	Janet Tebbut	07973 854942	janettebutt@hotmail.com
South Wales Male Voice Choir	Keith Nixon	01834 871887	knixon12@btinternet.com
Strictly Fit	Eliza Hurdle	07890 160049	strictlyfity@gmail.com
STEP	n/a	01437 753139	community@pemb.ac.uk
Stop Smoking Wales	n/a	0800 0852219	
Table Tennis Club	John Mozdiak	01834 860293	
Tai Ji Quan	Claire Skelton	07989 896128	clare.s@talktalk.net
Thurston Woodwind	John McGarry	07977 013330	johnmcgarry1@hotmail.co.uk
U3A	Dave Dando	01834 869041	
Yoga with Bethan	Bethan Walton	01437 710929	
Yoga with Bridget	Bridget Witehead	01437 731523	bridgethappy@hotmail.com
Yoga for MS	Katie Cooke	02921 678922	katie.cooke@mssociety.org.uk

## Bloomfield Bus

Bloomfield Bus is a 16-seater community bus, which is fully accessible for disabled passengers. The bus is available for hire at excellent rates to members and affiliated groups. Your driver must be MIDAS trained.

**Call now for further information: 01834 860293**



## Dial a Bus

Dial-A-Bus is largely a door to door bus service for all the community, including the young and elderly, specially designed for people who cannot use conventional buses and for communities with infrequent public transport provided in association with Pembrokeshire County Council and the Welsh Assembly Government.

**Tuesday/Friday:** Herons Brook, Loveston, Reynalton, Jeffreyston, Cresselly, Cresswell Quay, Lawrenny, Martletwy, Landshipping, Yerboston and Crosshands

**Wednesday:** Lllawhaden, Llanddewi Velfrey, Lampeter Velfrey, Penblewin, Llanteg, Heron's Brook, Cold Blow, Tavernspite and Ludchurch

Arrives Narberth 10:50am Departs Narberth 12:15pm & 16:15pm

**Just call before 15:00 the day before you wish to travel  
on Free-phone 0800 7831584**



***\*Steps to Health Social Walkers Group utilise the bus on Wednesdays.***

## Lee Davies Day Care Centre

The Lee Davies Day Care Centre provides a warm, friendly caring & safe environment during the day for people who are housebound or living alone, helping maintain their independence whilst enjoying companionship & support. We provide an opportunity to meet new people, join in with activities/entertainment, share interest, along with trips out. We provide hot nutritional meals & refreshments throughout the day & transport can be arranged if necessary.

*"Coming to the day centre keeps me young; it's a friendly, caring positive place to be & a home from home"* Client

**New clients welcome, call 01437 764551 for a referral or 01437 775867 for information.**

# Narberth and District

## Community and Sports Association

Bloomfield House Community Centre,  
Redstone Road, Narberth,  
Pembrokeshire SA67 7ES



### Opening Hours

Monday to Friday 8am - 10pm

Saturday 9am - 5pm

Sunday 9am - 1:30pm

Bank Holidays 9am - 1pm

**01834 860293 / 860722 / 01437 770136**

[www.bloomfieldcommunitycentre.co.uk](http://www.bloomfieldcommunitycentre.co.uk)  
[narberth.learning@pembrokeshire.gov.uk](mailto:narberth.learning@pembrokeshire.gov.uk)  
[ndcsa@outlook.com](mailto:ndcsa@outlook.com)