



# Bloomfield House

NDCSA  
Community Centre  
Narberth and District Community and Sports Association



Programme 2019/2020

Charity Number 512032

# Message from the Committee

Bloomfield House celebrated its 200th Birthday in July 2019 with a summer fete. Childcare staff from Bloomfield Day Nursery and Bloomfield After School & Holiday Club, along with some of the groups and organisations that are based at Bloomfield, set out their stalls in the garden and were joined by many friends, old and new, on a lovely sunny afternoon, to enjoy smoothies and cakes prepared with items which had been donated to the Community Fridge and Larder.

**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 you can commit some time and energy to help maintain the high standards 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 21st October 2019.

Narberth Community Fridge and Larder is now well established at Bloomfield and is redistributing over a tonne of food per month. The project is funded until March 2020 by LEADER and the Bluestone Foundation. Community Fridges are a great way of stopping good food ending up in the bin. Surplus food is provided by local businesses or members of the public and is then available to all members of the community. The Community Fridge at Bloomfield is located on the corridor outside Bloomfield Nursery and has a food hygiene rating of 5. You can now view items in the fridge from home on our webcam via the Bloomfield website. For more information or to volunteer contact Vicki our Community Fridge Coordinator on [narberthcommunityfridge@outlook.com](mailto:narberthcommunityfridge@outlook.com)

This autumn we will be offering a broad programme of activities and adult education classes through a variety of providers. 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.org](http://www.bloomfieldcommunitycentre.org) 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.



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

## Community Fridge



## Membership Rates

'Narberth & District Community & Sports Association' runs **Bloomfield House Community Centre** and is a membership organisation where **regular users must become members**. Annual **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. Membership also entitles you to use our Members WiFi.

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



# ADULT EDUCATION CLASSES

With over 50 classes to choose from you should 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.

<https://www.pembrokeshire.gov.uk/adult-learning/> and <https://learnwelsh.cymru/learning/find-a-course/>

| Key                | Course Description                       | Start Date | Day       | Time          | Number of weeks |
|--------------------|------------------------------------------|------------|-----------|---------------|-----------------|
| <b>Learn Welsh</b> |                                          |            |           |               |                 |
| LP                 | Mynediad 2                               | 23/09/2019 | Monday    | 09.30 - 11.30 | 30              |
| LP                 | Uwch 1                                   | 23/09/2019 | Monday    | 09:30 - 11:30 | 30              |
| LP                 | Mynediad 1                               | 23/09/2019 | Monday    | 13:00 - 15:00 | 30              |
| LP                 | Myn 1 & 2                                | 24/09/2019 | Tuesday   | 19:00 - 21:00 | 30              |
| LP                 | Canolradd 2                              | 24/09/2019 | Tuesday   | 09:30 - 11.30 | 30              |
| LP                 | Sylfaen 2                                | 24/09/2019 | Tuesday   | 18:00 - 20:00 | 30              |
| LP                 | Mynediad 2                               | 24/09/2019 | Tuesday   | 19:00 - 21:00 | 30              |
| LP                 | Cyrsiau 'Try Before you Buy' Hydref 2019 | 10/09/2019 | Tuesday   | 19.00 - 21.00 | 1               |
| LP                 | Cyrsiau 'Try Before you Buy' Hydref 2019 | 17/09/2019 | Tuesday   | 19.00 - 21.00 | 1               |
| LP                 | Hyfedredd                                | 25/09/2019 | Wednesday | 10:00 - 12:00 | 30              |
| LP                 | Myn 1 & 2                                | 26/09/2019 | Thursday  | 19:00 - 21:00 | 30              |
| LP                 | Sylfaen 2                                | 27/09/2019 | Friday    | 13:00 - 15:00 | 30              |
| LP                 | Sadwrn Siarad                            | 22/03/2020 | Saturday  | 09:00 - 15:00 | 1               |

## Learn a Language

|    |                    |            |                |               |    |
|----|--------------------|------------|----------------|---------------|----|
| LP | Irish Year 1       | 23/09/2019 | Monday         | 12:00 - 14:00 | 10 |
| LP | French Year 3 or 1 | 23/09/2019 | Monday         | 11:30 - 13:00 | 25 |
| LP | French Year 2      | 23/09/2019 | Monday         | 13:30 - 15:00 | 25 |
| LP | French Year 5      | 23/09/2019 | Monday         | 15:15 - 16:45 | 25 |
| LP | Italian Year 7     | 23/09/2019 | Monday         | 17:00 - 19:00 | 25 |
| LP | Italian Year 2     | 23/09/2019 | Monday         | 19:00 - 21:00 | 25 |
| LP | Italian Year 1     | 26/09/2019 | Thursday (TBC) | 10:00 - 12:00 | 25 |
| LP | Spanish Year 1     | 26/09/2019 | Thursday (TBC) | 12:00 - 14:00 | 25 |
| LP | Spanish Year 2     | 26/09/2019 | Thursday (TBC) | 14:15 - 16:15 | 25 |

## Get Creative

|    |                                              |            |          |               |       |
|----|----------------------------------------------|------------|----------|---------------|-------|
| AB | Just Ink!                                    | 04/11/2019 | Monday   | 10:00 - 14:00 | 6     |
| AB | Natural History Illustration: Mosses lichens | 27/03/2020 | Sat/ Sun | 10:00 - 15:00 | 2 day |
| AB | Just Pencils!                                | 02/03/2020 | Monday   | 10:00 - 14:00 | 5     |
| AB | Watercolour for everyone                     | 13/01/2020 | Monday   | 10:00 - 14:00 | 5     |
| AB | Natural History illustration: Insects        | 26/06/2020 | Fri/Sat  | 10:00 - 15:00 | 2 day |
| LP | Photography                                  | 23/09/2019 | Monday   | 12:30 - 14:30 | 5     |
| LP | Art for All                                  | 05/06/2020 | Friday   | 10:00 - 15:00 | 5     |
| LP | Creative Writing - Beginners                 | 23/09/2019 | Monday   | 10:00 - 12:00 | 10    |



## Humanities and other studies. Geology and Landscape Discussions with Andrew Crossley

Number  
of weeks

|    |                                |                |            |               |    |
|----|--------------------------------|----------------|------------|---------------|----|
| P  | AC: From Rock to Rock          | 25/09/2019     | Wednesday  | 10:00 - 12:00 | 10 |
| P  | AC: Reading the Landscape      | 15/01/2020     | Wednesday  | 10:00 - 12:00 | 10 |
| P  | AC: Our Coastlines and Beaches | 22/04/2020     | Wednesday  | 10:00 - 12:00 | 10 |
| P  | Local History                  | 02/10/2019     | Wednesday  | 09:45 - 11:15 | 30 |
| LP | ESOL                           | 23/09/2019 tbc | Monday tbc | 12:00 - 14:00 | 30 |
| LP | Essential Skills               | 23/09/2019 tbc | Monday tbc | 10:00 - 12:00 | 32 |

## General Workshops

|    |                         |                  |          |               |   |
|----|-------------------------|------------------|----------|---------------|---|
| LP | Pastel Course           | ring for details | Saturday | 10:00 - 15:00 | 1 |
| LP | Acrylic Painting        | ring for details | Saturday | 10:00 - 15:00 | 1 |
| LP | Willow Christmas Crafts | 07/12/2019       | Saturday | 10.00 - 15:00 | 1 |
| LP | Aromatherapy            | 02/11/2019       | Saturday | 10.00 - 15.30 | 1 |
| P  | Belly Dance Basics      | 12/09/2019       | Thursday | 19:00 - 20:30 | 1 |

## IT Courses

|    |                                   |            |           |               |    |
|----|-----------------------------------|------------|-----------|---------------|----|
| LP | Digital skills - First steps      | 23/09/2019 | Monday    | 10:00 - 12:00 | 10 |
| LP | Digital skills - First steps      | 25/09/2019 | Wednesday | 18:00 - 20:00 | 10 |
| LP | Digital literacy - More skills    | 17/09/2019 | Tuesday   | 09:30 - 11:30 | 10 |
| LP | ECDL - Essentials and Extra       | 30/09/2019 | Monday    | 18:30 - 20:30 | 30 |
| LP | ECDL - Essentials and Extra       | 19/09/2019 | Thursday  | 12:45 - 14:45 | 30 |
| LP | E-mailing                         | 25/09/2019 | Wednesday | 13:00 - 15:00 | 5  |
| LP | Introduction to the Internet      | 06/11/2019 | Wednesday | 13:00 - 15:00 | 5  |
| LP | Microsoft Office skills           | 17/09/2019 | Tuesday   | 12:30 - 14:30 | 10 |
| LP | Photoshop Elements - introduction | 23/09/2019 | Monday    | 10:00 - 12:00 | 5  |
| LP | Using your tablet - introduction  | 19/09/2019 | Thursday  | 10:00 - 12:00 | 10 |
| LP | Windows 10                        | 16/09/2019 | Monday    | 13:00 - 15:00 | 10 |

## IT Workshops

|    |                                      |            |           |               |   |
|----|--------------------------------------|------------|-----------|---------------|---|
| LP | Buying a computer - what to look for | 25/09/2019 | Wednesday | 09:00 - 12:00 | 1 |
| LP | Files and folders                    | 09/10/2019 | Wednesday | 09:00 - 12:00 | 1 |
| LP | Internet safety                      | 02/10/2019 | Wednesday | 09:00 - 12:00 | 1 |
| LP | Using Word creatively                | 16/10/2019 | Wednesday | 09:00 - 12:00 | 1 |

LP - Learning Pembrokeshire

P - Private

AB - Aberystwyth, School of Lifelong Learning

**See page 10 for contact details**



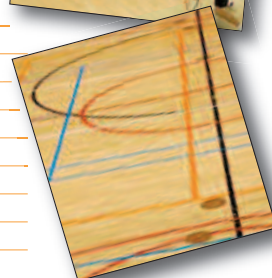
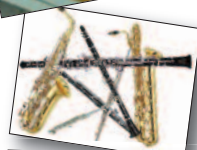


# Sports, Leisure & Music Classes

| Course Title                                           | Time          | Day       |
|--------------------------------------------------------|---------------|-----------|
| Ballet - senior, with Alice Russel (AR)                | 19:15 - 20:15 | Monday    |
| Ballet, Adult (AR)                                     | 20:15 - 21:00 | Monday    |
| Cardiac Circuit Training                               | 09:00 - 10:00 | Monday    |
| Cardiac Circuit Training                               | 13:00 - 14:00 | Monday    |
| Yoga, Prayer & Yoga                                    | 14:00 - 15:00 | Monday    |
| Football, Lightning leagues                            | 20:00 - 21:00 | Monday    |
| Georgia's Dancercise                                   | 09:30 - 10:30 | Monday    |
| Pilates, Clinical Rehabilitation - not just pilates    | 18:00 - 18:45 | Monday    |
| Adult Tap Dance                                        | 18:00 - 19:00 | Tuesday   |
| Badminton Drop In                                      | 19:00 - 21:00 | Tuesday   |
| Ballet - junior (AR)                                   | 16:00 - 19:00 | Tuesday   |
| Cycle Fit (in winter)                                  | 19:30 - 21:00 | Tuesday   |
| Guitar Lessons (advanced)                              | 17:00 - 18:00 | Tuesday   |
| Guitar Lessons                                         | 18:00 - 19:00 | Tuesday   |
| Table Tennis Club                                      | 19:00 - 21:00 | Tuesday   |
| Tai Ji Quan                                            | 19:00 - 21:00 | Tuesday   |
| Ballet - senior (AR)                                   | 17:15 - 19:45 | Wednesday |
| Cheerleading                                           | 16:00 - 18:00 | Wednesday |
| Clarinet, Flute and Saxophone Lessons                  | from 15:00    | Wednesday |
| Marie's Marvels                                        | 18:00 - 19:00 | Wednesday |
| Pilates, Clinical Rehabilitation - not just pilates    | 10:30 - 11:30 | Wednesday |
| Pilates - It's just the beginning                      | 11:30 - 12:30 | Wednesday |
| Tai Ji Quan                                            | 16:00 - 17:50 | Wednesday |
| Yoga Therapeutic                                       | 13:00 - 14:00 | Wednesday |
| Yoga Mindfulness                                       | 14:00 - 15:00 | Wednesday |
| Dance, Belly Dance                                     | 19:00 - 20:00 | Thursday  |
| Dance, Irish Dancing                                   | 16:30 - 19:30 | Thursday  |
| Netball - Under 11s                                    | 17:00 - 18:00 | Thursday  |
| Netball - Under 13s                                    | 18:00 - 19:00 | Thursday  |
| Netball - Under 15s and over                           | 19:00 - 20:00 | Thursday  |
| Yoga, Hatha Akhanda                                    | 18:00 - 19:30 | Thursday  |
| Pembrokeshire Autism Friendly Youth Club (fortnightly) | 19:00 - 21:00 | Friday    |
| Football, Little Legsfootball                          | 15:45 - 18:00 | Friday    |
| Ballet - junior (AR)                                   | 15:45 - 19:00 | Friday    |
| Gymnastics -                                           | 13:00 - 13:45 | Friday    |
| Accompanied stay & play, walking - 3yrs                |               |           |
| Gymnastics - Independant 3 - 4yrs                      | 15:30 - 16:15 | Friday    |
| Gymnastics - 5 - 7yrs                                  | 16:15 - 17:15 | Friday    |
| Gymnastics                                             | 17:00 - 18:00 | Friday    |
| Karate                                                 | 19:00 - 20:30 | Friday    |
| Table Tennis Club                                      | 19:15 - 21:15 | Friday    |
| Ukulele                                                | 11:30 - 12:30 | Friday    |
| Yoga Level 2                                           | 09:30 - 10:45 | Friday    |
| Yoga for Beginners                                     | 11:00 - 12:15 | Friday    |

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, volleyball and cricket nets. Our popular fitness suite contains twenty top quality resistance and cardiovascular machines and a free weights area. Narberth Short Mat Bowls Club welcome new members. Little Legs whose motto "learn through football" re-joins us this year linking Early Years Foundation Stage curriculum to help your child develop social, communication, life and motor skills whilst improving confidence and football skills. Level 2 British Gymnastics sessions from walking age onwards in fun stay & play through to teenagers features in our Recreation Hall.

|                                              | <b>Hourly Rate – all users should be members</b>                                                                         |                                                                                                                          |
|----------------------------------------------|--------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------|
|                                              | <b>Before 5pm</b>                                                                                                        | <b>After 5pm</b>                                                                                                         |
| <b>Fitness</b>                               | £4.00<br>Induction £12.00<br>£30.00 Monthly Rate<br>£75.00 for 3 Months<br>£125.00 for 6 Months<br>£215.00 for 12 months | £4.50<br>Induction £12.00<br>£30.00 Monthly Rate<br>£75.00 for 3 Months<br>£125.00 for 6 Months<br>£215.00 for 12 months |
| <b>Squash Court</b><br>(40 minutes sessions) | £4.50 squash member /junior<br>£5.00 Adult                                                                               | £5.00 squash member/junior<br>£5.50 Adult                                                                                |
|                                              | <b>Adult</b>                                                                                                             | <b>Junior</b>                                                                                                            |
| <b>Badminton,<br/>Table Tennis</b>           | £ 3.50 per person<br>Max £14.00 per court                                                                                | £2.00<br>Max £8.00 per court                                                                                             |
| <b>Tennis</b>                                | £5.00                                                                                                                    | £2.50                                                                                                                    |
|                                              | <b>Adult casual group</b>                                                                                                | <b>Member group/junior</b>                                                                                               |
| <b>Sports Hall per hour</b>                  | £18.50                                                                                                                   | £16.50                                                                                                                   |
| <b>Recreation Hall</b>                       | £30.00 full hall<br>£18.50 half hall                                                                                     | £25.00 full hall<br>£16.50 half hall                                                                                     |

(NB All prices fixed until April 2020)

## 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 CIW 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; we are 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 and the size of the nursery garden has been extended. Please come in to visit the setting and meet the staff.



## Bloomfield Day Nursery

Our excellent onsite nursery provides childcare for children aged 6 weeks to 4 years. The nursery is open 8:00am to 6:00pm (7:30am by arrangement) and is divided into 2 rooms – a Baby room – which caters for 6 babies aged 6 weeks to 2 years, and a main room – which caters for 11 children aged 2 to 4 years.



Our dedicated team provides a variety of age appropriate activities, such as: outdoor play, messy play, story time and singing and planned activities for your child to enjoy and take part in to help build confidence, self-esteem and develop their skills to enable them to progress further.

The nursery participates in the **Designed to Smile** and **Healthy and Sustainable Preschool Schemes** – which encourages children to be healthy and look after themselves with the support from the staff.

The nursery also offers the 30-hour Childcare Offer for Wales, in which parents can receive up to 30 hours per week of childcare for up to 48 weeks of the year. If you would like to come and visit the nursery or would like some more information about the nursery.

Please feel free to call or email us:

**Cheryl or Amy on 01834 860293**

**Email: [bloomfieldnursery@outlook.com](mailto:bloomfieldnursery@outlook.com)**





## Bloomfield After School Club & Holiday Club

We collect children from Narberth and Templeton School on the Bloomfield bus. Quality and diverse activities are provided for children aged 3 - 13 until 6:00pm. The children have opportunities to get involved in forest school, multi sports, arts and crafts, cooking and have plenty of time for free play indoors and out. Each session includes a healthy snack and costs only £8.00.

During holidays we have a fun packed varied itinerary: we facilitate multi sports, cooking, and have trips out to parks, beaches, and castles. The care is provided from 8:00am until 6:00pm or half days from 8:00am - 1:00pm or 1:00pm - 6:00pm with toast and snack included, all for £23.

A packed lunch is required.

Both clubs have caring, competent qualified staff who observes a high standard of care with healthy eating and quality activities. Please feel free to call in and visit the club:

**Vic on 01834 860293 or 07968 049150**

**Email: bloomfieldafterschoolclub94@gmail.com**

## Cylch Meithrin & Cylch Ti a Fi

Cylch Meithrin, Bloomfield's Welsh medium playgroup is now open every morning during the week, from 09:15 - 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 host seasonal school holiday workshops. All workshops are advertised locally prior to the event. Booking is advisable. This summer we enjoyed a fantastic Mary Popping summer theatre workshop with **Dynamix**. 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 £10.10 per hour, catering can be arranged using local caterers.**



| <b>Bloomfield Group/Society</b>          | <b>Contact</b>          | <b>Tel</b>   | <b>Email/Website</b>                                         |
|------------------------------------------|-------------------------|--------------|--------------------------------------------------------------|
| Aberystwyth, Lifelong Learning           | Sandra Gornall          | 01970 621580 | llstaff@aber.ac.uk                                           |
| Adult Tap                                | Angharad James          | 01267 243815 | angharad@acgc.co.uk                                          |
| After School Club (Bloomfield)           | Bloomfield              | 07968 049150 | bloomfieldafterschoolclub94@gmail.com                        |
| Ballet (adult and junior)                | Alice Russell           | 07929 226316 | vacances5@sky.com                                            |
| Bloomfield Nursery                       | Cheryl Crowdy           | 01834 860293 | bloomfieldnursery@outlook.com                                |
| Bloomin' Stitchers                       | Jennifer Forrest        | 01437 890257 | jenforrest@btinternet.com<br>cynthiacloedllys@btinternet.com |
| Bowls, Narberth Short Mat Bowls          | n/a                     | 01834 860293 |                                                              |
| Cheerleading and Georgia's Dancercise    | Georgia Osbourne-Davies | 07807 469545 | sparkle.motion@outlook.com                                   |
| Choir, Dyfed Choir                       | n/a                     | n/a          | www.dyfedchoir.co.uk                                         |
| Choir, Serendipity Ladies Choir          | Bloomfield              | 01834 860293 |                                                              |
| Choir, South Wales Male Voice Choir      | Peter Spacey            | 01834 861875 | https://southwalesmalechoir.co.uk/                           |
| Cycling, Narberth Cycling Club           | Andrew Rees             | 07766 081696 | info@narberthdynamos.co.uk                                   |
| Cylch Meithrin                           | Denise Mathias          | 07884 458820 | cmarberth@icloud.com                                         |
| Cylch Ti a Fi                            | Denise Mathias          | 07884 458820 | cmarberth@icloud.com                                         |
| Dance, Belly Dance                       | Melanie Collier         | 07794 310202 | dancingmoth1@gmail.com                                       |
| Dance, Irish Dancing                     | Katie Harries           | 01834 860293 | harries-hardy@outlook.com                                    |
| Football, Lightning Leagues              | Josh Layzell            | 07817 709816 | admin@lightningleagues.co.uk                                 |
| Football, Little Legs                    | Mark Murison            | 07961 811303 | mark@littlelegsfootball.com<br>www.littlelegsfootball.com    |
| Gateway Christian Fellowship             | Allan Tyler             | 01834 860767 | allan.tyler24@btinternet.com                                 |
| Geology and Landscape                    | Andrew Crossley         | 01267 222263 | ancrossley@ancrossley.plus.com                               |
| Guild of Weavers, Spinners and Dyers     | Bettina Becker          | 01437 563657 | pembsguildwsd.weebly.com<br>bettinab@dsl.pipex.com           |
| Gymnastics, Elements Academy             | Suzanne Wakefield       | 07967 620617 | enquiries@egagymnastics.co.uk                                |
| Help Me Quit                             | n/a                     | 0800 0852219 |                                                              |
| History, Local History Group             | Robert Nisbet           | 01437 763511 | robert.nisbet042@gmail.com                                   |
| Karate                                   | Mair Phillips           | 07868 522808 | mairphillips180@gmail.com                                    |
| Learning Pembrokeshire (Community IT)    | n/a                     | 01437 771030 | communityit.learning@pembrokeshire.gov.uk                    |
| Marie's Marvels                          | Marie Tilley            | 07572 660662 | maza3@hotmail.com                                            |
| Music, Guitar (Adult & Junior)           | Owain Harrison          | 07773 775383 |                                                              |
| Music, Thurston Woodwind                 | John McGarry            | 07977 013330 | johnmcgarry1@hotmail.co.uk                                   |
| Music, Ukulele                           | Dave Lee                | 01834 861546 | ukecandoit2019@gmail.com                                     |
| Netball Junior and Adult                 | Kathy Hicks             | 07773 091481 | ak.hicks@tiscali.co.uk                                       |
| Pembrokeshire Autism Friendly Youth Club | Lisa O'Sullivan         | 07584 304730 | glvjp@aol.com                                                |
| Pilates, Clinical Rehabilitation         | Janet Tebbut            | 07973 854942 | janettebutt@hotmail.com                                      |
| Quakers, Narberth Quakers                | Maura Hazeldon          | 01239 891603 | flofflach@yahoo.co.uk                                        |
| Quilters, Landsker Quilters              | Judy Rumbelow           | 07809 560409 | judy.rumbelow@gmail.com                                      |
| Squash, Narberth Squash Club             | Steve Haysom            | 07779 117027 | steve.haysom@hotmail.co.uk                                   |
| Table Tennis, Narberth Table Tennis Club | Nigel Firth             | 07966 389931 | nigelcfirth@aol.com                                          |
| Tai Ji Quan and Qigong                   | Clare Skelton           | 07989 896128 | clareskelton@outlook.com<br>www.taijiqanwest.com             |
| U3A                                      | Juliet Burgess          | 01834 218601 | julietfrances28@gmail.com                                    |
| Yoga, Beginners, Mindfulness             | Bethan Walton           | 07870 860049 | bethanwalton@aol.com                                         |
| Yoga, Hatha Akhanda                      | Catrin Rees-Doherty     | 07581 201477 | catrinreesdoherty@gmail.com                                  |
| Yoga, Level 2                            | Bethan Walton           | 07870 860049 | bethanwalton@aol.com                                         |
| Yoga, Prayer & Yoga                      | Rev Shirley Murphy      | 01834 450394 | revshirleymurphy@gmail.com                                   |
| Yoga, Therapeutic,                       | Bethan Walton           | 07870 860049 | bethanwalton@aol.com                                         |

## 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.

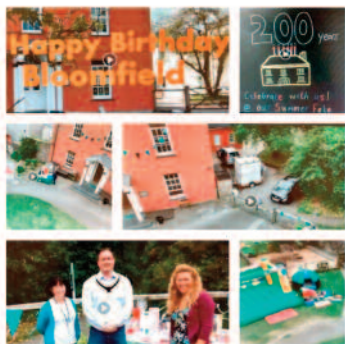
Your driver must be MIDAS trained.

**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 through to the elderly, especially designed for people who cannot use conventional buses and for communities with infrequent public transport; it is 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:** Llawhaden, Llanddewi Velfrey, Lampeter Velfrey, Penblewin, Llanteg, Heron's Brook, Cold Blow, Tavernspite and Ludchurch  
Arrives in Narberth by 10:50

Departs Narberth 12:15 & 16:15

**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

(referral required via Pembrokeshire County Council)

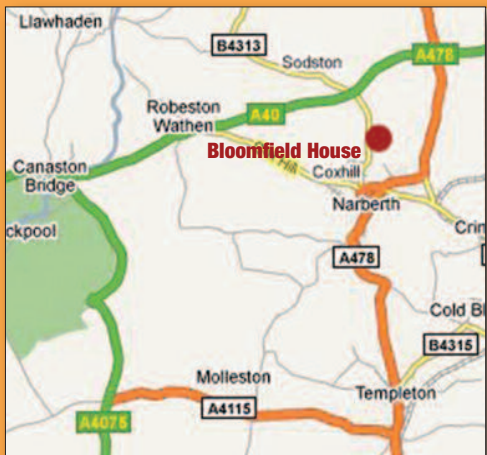
The Lee Davies Day Care Centre provides a warm, friendly caring & safe environment during the day for people who are housebound or living alone, helping maintain their independence whilst enjoying companionship & support. They provide an opportunity to meet new people, join in with activities/entertainment, share interest, along with trips out. They 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*

**Call Social Services on 01437 764551 for a referral or 01437 775867 for information.**

## 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 - 1pm**

**(extended hours subject to arrangement)**

**Bank Holidays 9am - 1pm**

**Please note the fitness suite closes ½ hour before the centre does**

**01834 860293 / 860722 / 01437 770136**

**ndcsa@outlook.com**

[www.bloomfieldcommunitycentre.org](http://www.bloomfieldcommunitycentre.org)