



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

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 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
Learn Welsh					
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	tbcMonday tbc	12:00 - 14:00	30
LP	Essential Skills	23/09/2019	tbcMonday 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.

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



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.



Bloomfield Group/Society	Contact	Tel	Email/Website
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 cynthiacoedllys@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 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 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 Tebutt	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 www.taijiquanwest.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.

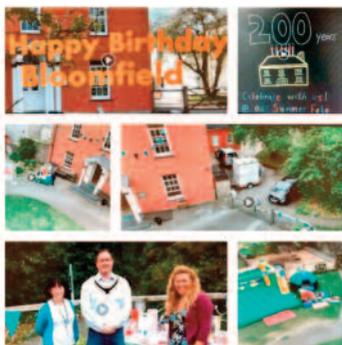
Your driver must be MIDAS trained.

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, Yerbeston 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.

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 - 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