



Sport Pembrokehire  
Chwaraeon Sir Benfro



# Disability SPORT Pembrokeshire



Every person in Pembrokeshire to be more active more often  
**January 2017**





For a copy of this publication in Braille, large print, audio tape or an alternative language please contact Pembrokeshire County Council on 01437 776613.



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There is a wide range of sporting opportunities available in Pembrokeshire for people with a disability. This brochure contains information on opportunities with Pembrokeshire Leisure, together with opportunities at disability specific clubs and inclusive clubs, all of which have achieved the insport club award.

**There are opportunities to participate at grass roots level, leading on to performance sport.**

## Sport Pembrokeshire - Who are we?

Ben Field	Sport Pembrokeshire Manager
Alan Jones	Sports Development Officer/Golf Development Officer
Lois Hilling	Sports Development Officer
Russell Jones	Sports Development Officer
Matt Freeman	Active Young People Manager
Martin Jones	Cricket Development Officer
Joanne Williams	Active Young People Manager
Angela Miles	Disability Sport Officer
Amanda John	Active Young People Officer – Primary Schools
Barry John	Active Young People Officer – Primary Schools
Dan Bellis	Active Young People Officer – Secondary Schools
Elgan Vittle	Active Young People Officer – Community
Rominy Colville	Active Young People Officer – Community
Wyndham Williams	Active Young People Officer – Secondary Schools
Menna Kerrison	Active Young People Officer – Primary Schools

**Contact Us - If you would like to work with us please get in touch via:**

T – 01437 776191      E – [sport@pembrokeshire.gov.uk](mailto:sport@pembrokeshire.gov.uk)

[www.pembrokeshire.gov.uk/sport](http://www.pembrokeshire.gov.uk/sport)



@sportpembs



/SportPembrokeshire

[www.pembrokeshire.gov.uk/sport](http://www.pembrokeshire.gov.uk/sport)

insport Club is a four-stage award programme, designed to support clubs down the path towards inclusion, by supporting clubs through the process of opening opportunities up to disabled people, in terms of participation, coaching, volunteering, and officiating.

There are 4 standards to the insport process, Ribbon, Bronze, Silver and Gold. All clubs within this brochure are insport accredited clubs and the logos below demonstrate which insport standard has been achieved.



Disability Sport Wales offer a range of full (6 hr) or ½ day (3 hr) courses, intended to support those working in sport, leisure and physical education to deliver inclusively and are tailored to suit the following:

**Coaches and Volunteers (6 hr)**

**Sport Development Officers (3 hr)**

**National Governing Bodies of Sport (3 hr)**

**Leisure Service Personnel (3 hr)**

**Teachers and Learning Support Assistants (6 hr)**

#### **Theory – 3 hours**

Covering, perceptions and experiences, disability awareness, relevant legislation, potential barriers and how to remove them, with information about further contacts.

#### **Practical – 3 hours**

The session combines a theory with a practical – which really does help to apply information relating to the Sports Inclusion Model and STEPS to an active environment which will give you ideas about how to develop and adapt skill-based activities which are relevant to your sport.

## Volunteering

# The majority of opportunities in this booklet are run by volunteers

- Do you want to enhance and build your CV if you are unemployed?
- Do you want to gain work experience?
- Do you want to develop your skills, gain qualifications and increase your job prospects?
- Do you want to evidence your volunteering?
- Do you want to help your local community?

### ***If the answer is yes, please contact:***

Sport Pembrokeshire

t: 01437 776191 e: [sport@pembrokeshire.gov.uk](mailto:sport@pembrokeshire.gov.uk)

[www.pembrokeshire.gov.uk/sport](http://www.pembrokeshire.gov.uk/sport)



[www.pembrokeshire.gov.uk/sport](http://www.pembrokeshire.gov.uk/sport)

# Pembrokeshire Leisure

## Contact Details



### **Pembroke**

Manager - Mr D Bowen  
**01437 776 660**

[www.facebook.com/pembrokeleisurecentre](http://www.facebook.com/pembrokeleisurecentre)

### **Milford Haven**

Manager - Mr J Walters  
**01437 775959**

[www.facebook.com/milfordleisurecentre](http://www.facebook.com/milfordleisurecentre)

### **Tenby**

Manager - Mr D Bowen  
**01437 775 678**

[www.facebook.com/tenbyleisurecentre](http://www.facebook.com/tenbyleisurecentre)

### **St David's Sports Hall**

Manager - Mrs S Fair  
**01437 775506**

### **Fishguard**

Manager - Miss K Richards  
**01437 775 504**

[www.facebook.com/fishguardleisurecentre](http://www.facebook.com/fishguardleisurecentre)

### **Haverfordwest Tennis Centre**

Manager - Mrs S Fair  
**01437 776124**

### **Crymych**

Manager - Miss K Richards  
**01437 776 690**

[www.facebook.com/crymychleisurecentre](http://www.facebook.com/crymychleisurecentre)

### **Sir Thomas Picton Sports Centre**

Manager - Mrs S Fair  
**01437 765901**

### **Haverfordwest**

Manager - Mrs S Fair  
**01437 776676**

[www.facebook.com/haverfordwestleisurecentre](http://www.facebook.com/haverfordwestleisurecentre)

*Activity  
for Life*

[www.pembrokeshire.gov.uk/sport](http://www.pembrokeshire.gov.uk/sport)

## **Inclusive Swimming Lessons for all abilities**

Taught in Small Groups or One to One / One to Two ratio's

All lessons taught by qualified ASA Instructors following the  
National Teaching Plan for Swimming

**Contact your local leisure centre for more details**

**Crymych**  
**01437 776690**

**Haverfordwest**  
**01437 776676**

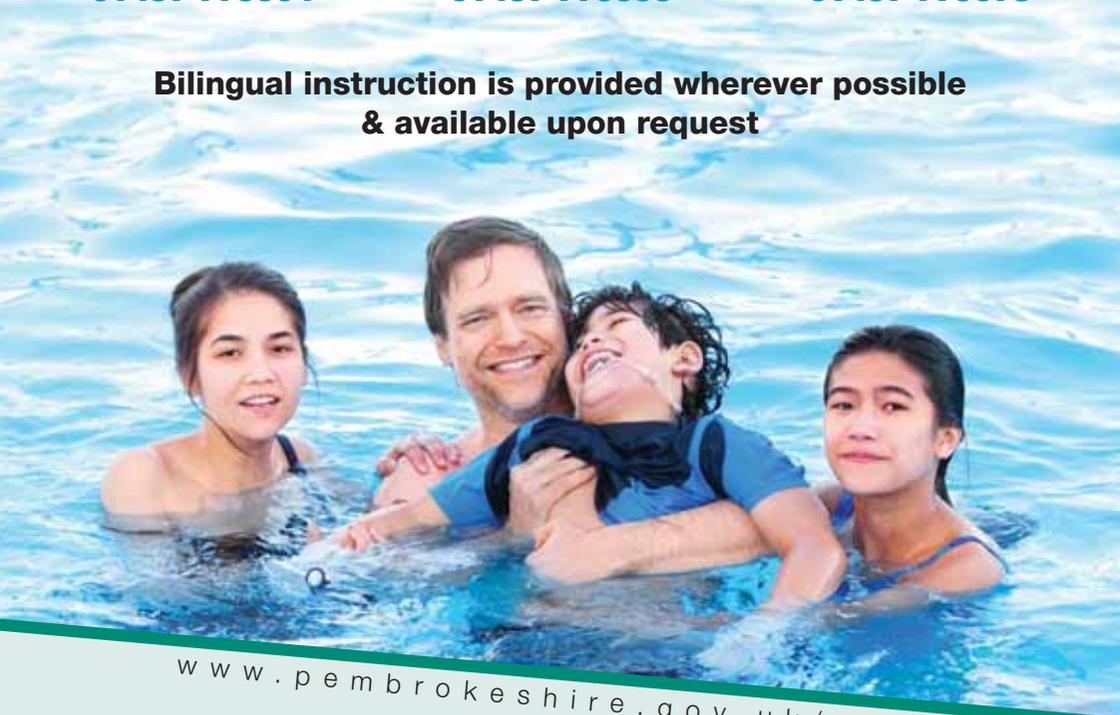
**Pembroke**  
**01437 776660**

**Fishguard**  
**01437 775504**

**Milford Haven**  
**01437 775959**

**Tenby**  
**01437 775678**

**Bilingual instruction is provided wherever possible  
& available upon request**



## Cheeky Chimps!

A climbing club ideal for children aged 8 – 12yrs.

**Friday**

**4.30pm – 6pm**

**Saturday**

**10.00am – 11.30am**

**£8pp**



*cheeky chimps!*

**THE HAVE-A-GO**

*amciad diraidus!*

## The Hangout Club

A teen climbing club for those aged 13 – 16yrs.

**Friday**

**6.30pm – 8pm**

**Saturday**

**12.00pm – 1.30pm**

**£8pp**

## Taster Sessions

1 hour long sessions perfect for family/friends/individuals to have-a-go at climbing. You never know ... you may enjoy it!

**Saturday**

**2pm – 3pm**

**Sunday**

**4pm – 5pm**

**£10pp**

## Intro to Climbing

Adult classes to learn how to climb and be safe in an indoor climbing centre. Sign up to a course with your friends!

**Wednesday**

**7pm – 8.30pm**

**£45pp**



HaverfordwestLeisureCentre  
CanolfanHamddenHwlffordd

01437 776676

## **Activity sessions for adults with a learning disability**

Sessions will run every

*Monday at Haverfordwest Leisure Centre from 10am – 12.00pm*

*Tuesday at Tenby Leisure Centre from 10am – 12.00pm*

*Wednesday at Milford Haven Leisure Centre from 10.00am – 12.00pm*

*Friday at Fishguard Leisure Centre from 10.00am – 12.00pm*

Two activities will run per session, these include table tennis, boccia, exercise to music, football, cricket and many more. All activities will be run by qualified members of staff.

Please make sure you wear suitable clothing to allow freedom for movement i.e. shorts or tracksuit bottoms, t-shirt and trainers. (No jeans or shoes please)

**For bookings and further information please phone or call in at the leisure centre.**



## ***Passport to Leisure***

The Passport to Leisure eligibility will be based on you / your partner being in receipt of maximum housing benefit or council tax reduction. If you are either a tenant or owner occupier these conditions will also apply to any of your children wishing to participate.

In respect of applications from customers that are neither tenants nor an owner occupier e.g. living with parents, your eligibility will be determined by the receipt of one of the following benefits:-

### **Income support**

### **Job seekers (Income based)**

### **Employment Support Allowance- Income related**

### **Pension Credit Guarantee Credit**

### **Disability Living Allowance (DLA)/Personal Independence Payment (PIP)\***

\*Proof to be in the form of a confirmation letter from the Pension Service or Job Centre Plus dated within the past 6 months

**Passport to leisure is available to all residents who live within the county of Pembrokeshire and who fall into one of the eligibility categories**

### **Annual one off payment or Monthly Cash/Direct Debit**

### **Includes individual use of:-**

#### **Fitness Suite Sessions (all times)**

#### **Fitness Classes (up to 3.45pm Monday - Friday)**

#### **Racket Sports (up to 3.45pm Monday – Friday)**

#### **Public Swimming (all sessions)**

#### **Health Suite**

#### **Health Checks**

#### **Exercise Programs**

**Price (up to 31/03/17): £120.00 (annual) or £10.00 per month**

Children under 16 public swimming: 50p

Application forms available from your local Pembrokeshire Leisure Centre

Eligibility will be reviewed periodically

## Information Key

The information bar will help inform you of what impairment the club or session is for

**PAN**

All impairments

**LD**

Learning Disability

**PI**

Physical Impairment

**WS**

Wheelchair Sport

**IC**

Inclusive Club



[www.pembrokeshire.gov.uk/sport](http://www.pembrokeshire.gov.uk/sport)



# Clarbeston Road Association Football Club



Clarbeston Road AFC is a registered charity (Charity number 1163455) providing access to football for players of all age groups.

The club is proud to be associated with the Cleddau Warriors Disability Football club, which it has hosted, supported and provided coaching support to for many years.

We are a FAW Silver accredited club and regularly provide football to over 200 local players, as well as contributing to the social fabric of the local community.

 @ClarbyRoadAFC

## Contact:

Daniel Jones - 07800 905892  
djin3k@hotmail.com  
www.clarbestonroadafc.co.uk

We do not currently charge a membership fee and players are charged £3 per training session.

We train at the Sir Thomas Picton astro turf facility and we welcome new members. Times and days for different age groups are published on our web site.

Knock Playing Fields,  
Clarbeston Road, SA63 4SL

 /ClarbestonRoadAFC



IC



## Cleddau Warriors Football Club



Cleddau Warriors are a football club for children and adults with additional learning needs. Our sessions provide the opportunity for boys and girls of all ages and abilities to enjoy kicking a ball around with their friends, have fun while learning the skills of the game and at the same time helping to keep fit and socialise with friends.

### **The club aims to**

- Have fun
- Learn new skills
- Keep fit
- Socialise with friends
- Participate in festivals



The club takes part in the SW Wales Disability league festivals and host our own festival

The club runs under 12, under 16 and 16 plus mixed age groups.

### **Training: Cost £2 per family.**

Every Monday at Pembroke Leisure Centre ATP from 7.00 - 8.00 pm under 16 and over 16

First Sunday of the month at Sir Thomas Picton ATP from 10.30am - 12.00 noon all age groups

### **Contact:**

Ian Eynon - 07849 528444  
ian\_eynon@hotmail.com



# Crymych Panthers Boccia Club



Derived from the Italian game of Bocce, Boccia follows the same principles as indoor bowls whereby a series of balls from opposing individuals or teams are targeted towards a white ball (jack). Points are scored by whoever has the closest balls to the white jack ball. A Boccia court is slightly shorter than a badminton court. The players have to play sitting down and remain within their throwing area (box).

To play at elite level the player has to fall into certain classifications.

### ***These are:***

**BC 1** - CP – powered wheelchair user  
– all 4 limbs affected

**BC 2** - CP - manual/power chair users  
- all 4 limbs affected - good arm strength with some limitation

**BC 3** - Ramp Players, wheelchair users who cannot throw a ball consistently over the V on the Boccia court

**BC 4** - Wheelchair users, all 4 limbs affected from a non-CP origin - muscular dystrophy, high tetraplegia etc.

Every Wednesday term time  
from 4-6pm

Haverfordwest Leisure Centre,  
St Thomas Green,  
Haverfordwest SA61 1QX

### **Contact:**

Angela Miles - 07920 213651  
angelamiles@pembrokeshire.gov.uk



## Fishguard Sports AFC



Fishguard Sports AFC is an inclusive club with a junior disability team, junior girls at under 10's, 12's, 14's and 16's, junior boys at under 7's, 9's, 11's and 13's with 2 senior male teams. The club is also looking to start a senior ladies team in the near future.

The club runs a disability specific session every 2nd and 4th Thursday starting from September term time only. As a club we encourage everyone to give it a go and if you like what we do come back. Anybody who has any enquires just give us a call to gain further information.

As well as football the group also coaches cricket and athletics in the summer period to give a wider spectrum and opportunity to take part in other activities.

**Club Address:**  
Tregroes Park,  
Fishguard SA65 9QF

 [FishguardSportsAFC](#)

 [FishguardSportsAFC](#)

### Contact:

Mathew Lamb (Minty) - 07966936126  
[mathewlamb@live.co.uk](mailto:mathewlamb@live.co.uk)



# Fishguard & Goodwick Hockey Club



Fishguard & Goodwick hockey club have been running for over 30 years.

We run teams including ladies, u15 boys, u18, u15 girls, 2 u13s mixed, u11s mixed and u9s mixed.

Training Tuesday  
Juniors under 13 (school years 3-8)  
5-6pm

Seniors over 13 and ladies 6-7pm

Fishguard Leisure Centre,  
Fishguard SA65 9DT



 Fishguard & Goodwick Hockey Club Season 2017/17

 @FGoodwick

## Contact:

Lisa Leyshon - 07866127830  
lisa.leyshon@icloud.com





# Haverfordwest Cricket Club

Friday sessions for children of all abilities aged 6-17. ECB Level 2 coaches lead each age group, all DBS registered.

U9 6-7; U11 6-7; U 13 7-8:15; U 15 7-8:15; U17 7-8:15.

Girls specific group 6-7:15

Thursday U19 6:15-7:30

School holiday cricket camps 6-13 [Indoor and Outdoor]

Facilities include 4 Lane artificial net plus roll on net, 3 grass pitches and on field artificial wicket, 2 bowling machines.

4 changing rooms and social club [including restaurant] open 7 days a week and fully accessible for all users.

Address of Club:  
The Race Course,  
Dale Road, Haverfordwest,  
SA61 1HZ

 Haverfordwest Cricket Club

 @HaverfordwestCC

[www.haverfordwestcc.com](http://www.haverfordwestcc.com)



**Contact:**

Simon Williams - 07921 770357  
[www.haverfordwestcc.com](http://www.haverfordwestcc.com)



## The Modern Print Inclusive Target Shooting Club

Our club has been going for 15 years and is run by a small group of volunteers. We run on Tuesdays from 1.00-3.30pm for our visually impaired (blind members) and 5.30-9.00pm for everyone else.

Members pay £14 a month; visitors pay £8 a session. Our club has had great success at local and national events



### **Club Address:**

Kilgetty Community Centre,  
Carmarthen Road, Kilgetty,  
Pembrokeshire SA68 0YA



### **Contact:**

Ron & Kay Hovell - 01834 813725  
[www.modernprinttargetclub.org.uk](http://www.modernprinttargetclub.org.uk)





# Milford Haven Gymnastic Club

We are a Gymnastic Club that provide sessions for Recreational Gymnastics, Pre-School and Sports Acrobatics.

### Recreation Sessions:

Monday 4pm to 5pm & 5pm to 6pm.  
Tuesday 4pm to 5pm, 5pm to 6pm, 6pm to 7pm & 7pm to 8pm  
Wednesday 5pm to 6pm & 6pm to 7pm  
Friday 4pm to 5pm, 5pm to 6pm & 6pm to 7pm  
Saturday 10am to 11am, 11am to 12pm, 12pm to 1pm , 1pm to 2pm.

Also have **Adult Gym Classes** Tuesday 8pm to 9pm & Friday 11am to 12pm

### Gym Play Sessions

Monday 11am to 12 pm & 2pm to 3pm  
Tuesday 11am to 12pm & 2pm to 3pm

### Pre-School Sessions:

Monday 10am to 10.45am & 1pm to 1.45pm  
Tuesday 10am to 10.45am & 1pm to 1.45pm  
Wednesday 3.30pm to 4.15pm, 4.15pm to 5pm

All sessions £5 per session

### Squad Sessions (Senior)

Monday 5pm to 8pm, Wednesday 4.30pm to 8pm , & Friday 5pm to 8pm

### Squad Sessions (Junior)

Monday 5.00pm to 7.30pm & Wednesday 4.30pm to 7pm.

All above sessions must be Pre-Booked by contacting Pam on 07591503923 / 01646 695017

 Milford Haven Gymnastic Club

### Contact:

Pam McGillivray - 01646 695017/07591503923  
mcgillivray@mpam.orangehome.co.uk  
www.milfordhavengymclub.com





## Pembrokeshire Disabled Bowlers Club

Pembrokeshire Disabled Bowlers Club began in 1984 as a social afternoon to bring people of all disabilities together. Volunteers give up their time to help the disabled on the green and even when we stop for tea at half-time.

The PDBC meet on Monday afternoons between 2pm-4pm (excluding Bank Holidays). We aim to provide our members with a safe, friendly & fun afternoon of activity.

We also like to encourage any of our players who would like to compete in County competitions, to go to bowls trials for the chance to represent Wales in their category, or even trips out to bowl in other venues.

Milford Haven Leisure Centre,  
Priory Road, Milford Haven,  
SA73 2EE



### Contact:

Steve Whitmore - 01646 694809 - 07443911991  
skylight25@msn.com





## Pembroke Dock Cricket Club

The club has two senior sides, a first and second eleven who play in the Pembroke County Cricket Club league. The teams comprise of senior and juniors; the mix works well as each player has an opportunity to bat and bowl. The Under 11 team play in the league as well.

Disability Cricket is gradually being introduced; senior and junior men and women are very welcome.

Pembroke Dock Cricket Club has a strong coaching structure, consisting of two Level 2 coaches and four Level 1 coach assistants. All have attended a First Aid course. One of the club's mottos is; enjoy - that extends to the cricket and social side of the club.

The management committee arrange various activities throughout the year; charity matches, trips to the Swalec Stadium to watch cricket and barbeques.

Soft ball is being introduced to promote the club, encompassing everyone from the community.

Imble Lane Ground, Imble Lane, Britannia, Pembroke Dock, SA72 6PL



@pembrokedockcc

### Contact:

Andrew Scot Davies - 07805 051730

Andrewscott-davies\_612@hotmail.co.uk

IC

# Pembrokeshire Hurricanes Wheelchair Basketball Club



Pembrokeshire Hurricanes meet every other Friday at Sir Thomas Picton sports hall from 3.30-5.00pm for ages 7 - adult. Wheelchair Basketball is an exciting and dynamic sport which can be played by people of any age or ability (with or without disabilities).



Sir Thomas Picton Sports Hall,  
Queensway, Haverfordwest  
SA61 2NX

## Contact:

Angela Miles - 07920 213651  
angelamiles@pembrokeshire.gov.uk



# Pembrokeshire Puffins Swimming Club



About the club - Pembrokeshire Puffins was formed in 2005. The aim of the club is to provide swim improvement coaching for children and adults who have learning and physical disabilities. We meet on Sundays between 3:00pm and 5:00pm at Haverfordwest Leisure Centre.

The Puffins are affiliated to Swim Wales (previously WASA) and have entered various disability swimming galas across South Wales since its inception. All swimmers compete in a safe, friendly and encouraging environment, with the aim being to foster sportsmanship and comradeship by focussing on competitors' abilities rather than their disabilities and gain new levels of confidence that carry through to their day to day lives.



Pembrokeshire Puffins  
Disability Swimming

Haverfordwest Leisure Centre,  
St Thomas green, Haverfordwest  
SA61 1QX

## Contact:

Tamara O'Leary - 07791 329944  
info@pembrokeshirepuffins.co.uk  
www.pembrokeshirepuffins.co.uk



# Pembrokeshire Special Needs Gymnastics Club



## About the club:

Pembrokeshire SEN gymnastics club is a gymnastics club for children and young adults with additional learning need. The club runs 3 sessions every Thursday evening at Milford Haven leisure centre from 4.30-8.30pm.

## Club Address:

Milford Haven Leisure Centre  
Priory Road  
Milford Haven  
Pembrokeshire  
SA732EE



## Contact:

Rachel Mathias - 07950561913  
psngc@hotmail.co.uk





# Trefloyne Golf Club



Trefloyne Golf Club has provided curriculum time sessions for children with physical and learning disabilities over the past few years, providing opportunities for children to experience and learn all that is good about the game of golf.

Head Professional, Oliver Duckett, has a passion for developing inclusive opportunities and sessions are always full of positive energy and fun.

**Club Address:**

Trefloyne Golf Club,  
Trefloyne Lane,  
Penally, Tenby,  
SA70 7RG



**Contact:**

Oliver Duckett - 01834 845 639  
oliver@conceptgolf.net  
www.trefloyne.com/golf





# Value Independence Target Shooting Club



Value Independence Target Shooting Club is a National Small-bore Rifle Association (NSRA) affiliated club based in Milford Haven, Pembrokeshire.

The aim of our club is to promote air gun (.177) and laser target shooting at 7yds, 10m, 15m and 25m (Olympic standard).

We have 10 shooting ranges located within Milford Haven Leisure Centre.

We are currently open for shooting sessions each Wednesday, between 2pm and 5pm.

### **Address of club:**

Milford Haven Leisure Centre  
Priory Road  
Milford Haven  
Pembrokeshire  
SA73 2EE



### **Contact:**

Justin Prickett - 01646 695785  
targetshooting@valueindependence.co.uk  
www.valueindependence.co.uk

