



Contact details

Sbectrwm Co-ordinator

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How to find us:



A community enterprise centre in Fairwater managed by Vision 21 (Cyfle Cymru)

Registered charity no: 1046097



Sbectrwm is a community enterprise centre that was created through working together with residents of Fairwater, Cardiff.

From its beginning the simple ethos behind the building was to create a community enterprise centre incorporating inclusive working environments. The aim was to enable a range of voluntary and community organisations to work alongside local residents to develop a community resource for all. Sbectrwm has been viewed as a model for community integration that other authorities have expressed an interest in emulating.



The vibrant community at Sbectrwm now includes a community café, a day nursery and a thriving community hall accessed by over 600 users per week for activities such as modern dance, tea dances, circle dance, yoga, computer club, bowls, bingo, choir, children's dance, kick boxing and karate. In addition there are 18 enterprise units housing a range of local voluntary organisations offering both in house and outreach services to the local community.

The centre provides a range of community services and is home to three of the Vision 21 training projects:

- Fairwater Community Garden
- Fairwater Pottery
- Gegin Fach Community Café

It also hosts projects run by other organisations, including:

- Community Dance Wales
- Disability Arts Cymru
- Age Concern - (Welfare advice, good neighbours)
- Cardiff Social Services projects
- Bullies Out - (Anti bullying charity)
- Dandelion Day Nursery
- Physiotherapy & Multi sensory rooms

There is a large Community Hall which is available for hire. It is a popular venue for children's parties, community events, social events, training events and dances.



Sbectrwm has 3 additional rooms that can be hired for meetings, conferences and training events.



Training Room ~ Unit 7 overlooking the Garden. This room is ideal for training events and conferences for 25 - 30 delegates depending on room setup. Flipcharts, TV, DVD, Projector are available on request at an additional cost. Wi Fi; Catering facilities; fully accessible to all.

The committee room ~ this room is good for meetings and small training events for between 8 to 15 people depending on the style of event.



Unit 13 ~ this room is suitable for meetings, classes and small training events and leads off the inner hallway of the Sbectrwm building. Holds up to 15 people.

Reprographic facility

Photocopying and laminating facilities are available to the public at competitive prices. Contact the Sbectrwm office for details.

There are a number of clubs and classes that take place in the evenings in the community hall such as children's and adults dance classes, karate, kick boxing, tea dances, bingo, barbershop choir, indoor bowls, circle dance, zumba, yoga, computer club etc.

Monday: Yoga 10.30-12.30, Tea Dance - 1.45-3.45, Hayley's School of Dance - 5.00-7.00, Cardiff Style Barber Shop Choir - 7.30-10.00.

Tuesday: Music (term time only) 10.00-12.00, Yoga 'learning needs' 1.00-2.30, Hayley's school of dance - 4.45-7.30 - Age 3-6; 10-13; 14-16; 17+, Adult Tap 7.30-8.30.

Wednesday: Arabic Dance - (learning needs) - 10.15-11.45, Hayley's School of Dance - 6.30-8.00.

Thursday: Yoga - 10.30-12.30, Kickboxing - 6.00-7.00, Bingo - 7.00-9.00.

Friday: Circle Dance - 10.00-12.00, Zumba - 1.00-2.00, Zumba - 6.00-7.00.

Saturday: Sequence dance - 7.00-10.00.

Sunday: Karate, 10.30-12.00.

The following support groups also meet at Sbectrwm.

Breathe Easy ~ Meet 2nd Friday of every month 12.30– 2.30.

Speakability ~ Meet 1st Friday of every month 10.30 -12.30.

Seasonal Events at Sbectrwm

The Vision 21 annual 'Festival Day' The Festival Day is held annually at Sbectrwm on the first Wednesday of July. This is a wonderful day of fun, food, and festivities and offers an opportunity for people to meet friends, talk to the projects, explore the building, spend time in the beautiful Community Garden (weather permitting) and join Vision 21 with their annual festivities. Everyone is welcome. 'Not to be missed'.

The Vision 21 Christmas craft fayre: 24th November 2011: This event has been running for the past 2 years and is an ideal opportunity to pick up local craft, food gifts and cards for Christmas presents.. It is followed by the Vision 21 AGM at 5 till 7.30 pm .

Vision 21 is a registered charity based in Cardiff offering people with learning needs the opportunity to undertake vocational training with a view to employment.

Vision 21 began its days in December 1986 as Gabalfa Community Workshop in a garage behind a terraced house in the Gabalfa area of Cardiff. It was established by Barry Shiers, a social worker with an industrial background. He believed that people with learning disabilities were not being given adequate opportunities to pursue their interests and he wanted to set up a service that would meet those needs.

The charity has grown and developed greatly over the years and is a far cry from the small garage where it all began. Vision 21 now has 17 projects covering Catering, Horticulture, Retail, ICT, Woodwork, Pottery, Arts/Crafts and Card Making as well as Training and Mentoring, located around Cardiff, Newport, the Vale of Glamorgan and Caerphilly.

All of these projects have grown in response to identified needs and have been started as opportunities have arisen and needs identified.

The original vision and inspiration remains within the highly professional organisation that is now Vision 21 (Cyfle Cymru) offering people with a disability the opportunity to undertake vocational training with a view to employment.

Gifts

Many of the resident organisations sell a range of seasonal gifts, ranging from plants , planters, hanging baskets, stoneware pottery, woodwork, seasonal crafts, jewellery, hand made cards, cakes, second hand books etc.

Large free car park

The centre has excellent parking facilities and is bordered by the beautiful and active 'Community Garden'.



Gegin Fach Community Cafe

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Gegin Fach is a bustling social enterprise training café located in the Sbectrwm Community Enterprise Centre. The training offers opportunities for students with learning needs to develop catering skills as well as retail skills in a real work setting.

Gegin Fach is very popular with local residents and the many users of the Sbectrwm Centre as well as people who visit the building to attend classes or spend time in the Community Garden. Gegin Fach serves a range of salads, freshly made sandwiches, baguettes, jacket potatoes with a selection of

fillings and soup of the day. It also serves freshly baked cakes, coffee, afternoon teas, cream teas and ice cream. Everyone is welcome to come and sit, relax and enjoy its light refreshments.

Gegin Fach Buffets

Gegin Fach is one of the providers of the Vision 21 bespoke buffet service. If you need catering for a training event or to cater for a group of people either within Sbectrwm or elsewhere please contact Gegin Fach direct for information on menus and prices.

Tel: 02920 569977



Fairwater Pottery



Fairwater Pottery overlooks Fairwater Community Garden. This Vision 21 vocational training project teaches a range of pottery skills to students with learning needs and also sells all of the work produced to the general public.

The pottery teaches students how to work with clay using the hand building method. Clay is a very good medium for teaching many skills such as hand to eye co-ordination, manual dexterity, gross and fine motor movements, patience and concentration. Students learn to produce their own work but also learn how to work with other people as part of a team. Students learn how to manufacture simple clay products to high standard for sale to the general public. Work produced by Fairwater pottery can be commissioned or purchased directly from the Pottery, or the Vision 21 Gift Shop which is at 91 Albany Road, Roath, Cardiff.

Fairwater Community Garden

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Fairwater Community Garden runs along the length of Sbectrwm Community Enterprise Centre having transformed ground that was once an old school playground. It is an award winning community led horticultural project. It gives Vision 21 students the opportunity to be involved in the day-to-day running of a Community Garden.

The garden team also undertake local garden and hedge maintenance by request. Visitors can also purchase a wide variety of annual and perennial plants as well as hanging baskets & planters.



The garden is open to the public during the day between 9am and 4pm and both residents from the local community as well as visitors from further afield can enjoy its features, such as:

Fruit trees, living willow sculptures, a wildlife pond, raised vegetable beds, a polytunnel, a greenhouse, ceramic features and garden art.

Visitors are welcome to visit the garden at any time throughout the day. If you would like to become involved in any aspect of the project your help would be greatly appreciated.

As the Community Garden is a training project, Vision 21 has developed a volunteer process for people interested in working alongside and supporting our students see below.



Volunteering

Volunteering with Vision 21 is a rich and rewarding experience. Volunteers really make a difference to the work we do and helps to improve the service to our students. If you are interested in volunteering in the Community Garden or any of the other Vision 21 projects we would love to hear from you. If you would like more information please telephone our admin dept on: 02920621194