



DEPEND

An occasional Newsletter published by
Dinas Powys Voluntary Concern

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2012

Also available online, in full colour on our website: www.dpvc-dinaspowys.com or on www.dinaspowys.org

GŴYL GERDD DINAS POWYS

MUSIC FESTIVAL

2012

Saturday 12 May
to
Sunday 20 May

Shân Cothi
Leah-Marian Jones
Jeff Howard
Palm Court Orchestra
Aber Valley Male Voice
Choir
Liberty Big Band
Phil Dando Jazz Band
Bethesda Community
Choir
and much more
Details inside

“LOCAL HELP FOR LOCAL PEOPLE”

Serving our Community for 40 Years

This year, Dinas Powys Voluntary Concern will be celebrating more than 40 years of serving our local community. DPVC, first known as Dinas Powis Council of Social Service, has been helping to maintain the independence of elderly and less mobile villagers (by enabling them to do tasks such as getting their own shopping, keeping appointments at the Health Centre and visiting local hospitals) since its establishment in 1972 and we all hope that the charity will be able to continue assisting our residents for many, many, more years to come.

DPVC is not just about transport. Although the minibus/ambulance is a well-known sight in the village, the community is served in many other ways. This newsletter, Depend, and the Community Directory, are produced by DPVC. Volunteers are prepared to give up their own time, and at their own expense, to help those in need – “Local Help for Local People” – and to help produce and deliver these publications. They are prepared to use their own cars to serve others, to help with fund-raising activities, to help run the Wednesday Afternoon Club and other social and community groups and to transport those who need help to the many various events run in the Village (such as the WRVS Luncheon Club). Volunteers help others by doing gardening and odd jobs, and by visiting people in their own homes as befrienders. The list could go on! All our volunteers frequently go “that extra mile” above what is asked of them.

We are so lucky to have our coordinators, Wendy Lees and Angela Campbell, who work hard to enable DPVC to function so well. However, Dinas Powys Voluntary Concern does not work in isolation. Donations, from individuals and from the over 50 organisations in our local community enable DPVC to exist and to develop (and to renew the minibus/ambulance). We are very lucky to have the support and goodwill of the whole of Dinas Powys Community Council and of the Vale of Glamorgan Council who both know how important it is to reach those who are in need of our contact and help. The assistance given by these Councils is not only financial, but practical. The roles of all our councillors, as fundraisers, drivers, furniture shifters etc etc is always appreciated – as is the support given for many years by our local MP, Alun Cairns and our National Assembly Member, Jane Hutt, both of whom have attended many events in spite of their busy schedules. We now have the support of the Big Lottery and the Vale Centre for Voluntary Service who work with us to fund and administer the “befriending” project that will develop over the next four years.

Very few communities have charitable organisations that serve the needs of their residents in the way that DPVC does. Needs that will get greater as Dinas Powys gets larger and our residents live longer.

We should all be proud that we live in Dinas Powys, a village that cares; a village in which the whole community work together to make the lives of us all better and more fulfilling.

VILLAGE SHOW PARISH HALL

2.00 pm
Saturday
1 September
2012

Refreshments
Entertainment
Details inside

YOUR NUMBER'S UP – I HOPE!

Sometime before Christmas I was delivering letters around the village and I realised that not all houses have their number displayed on or near their front door. This doesn't matter too much if the house next door has their door numbered, but this isn't always the case. This led me to have to run up and down to see which way the numbers went, up, down (or even around!) Then I had to find a house with a number and work from there. All very frustrating when I had a large number of letters to deliver.

This set me wondering about other people who have to do similar things. The regular postman will know where houses are, of course, but even regular postmen are sometimes ill or

on holiday. What about the relief postman? Does frustration set in then? Then there is the possibility of somebody being taken ill and a doctor, paramedic or ambulance having to find the house. Valuable minutes can be wasted by having to work out which house they are to visit. The same thing goes for a policeman being called in an emergency. If somebody is breaking into your house, you don't want to spend time saying it's the third house up from the white house on the corner!

So, go outside your house and look to see if you have a number and if it's clearly displayed. If not, please do something about it. I might want to post a letter through your door before long!

PLASTIC BAGS:

How local shops are helping DPVC

In October last year, the Welsh Government introduced a scheme whereby retailers must charge 5p for each single-use carrier bag. This has dramatically reduced the use of environmentally-damaging plastic bags, and, because the money is donated to charity, is also helping good causes.

Here in Dinas Powys, a number of local shops have DPVC charity boxes on their counters for the 5p bag charge. From October 2011 to February 2012, a total of £250 was collected from these boxes and donated to DPVC. Additional donations have also been made in the boxes, along with money found on the street with no identifiable owner.

These DPVC collection boxes can be found at Valley View Fruit Stores, Mark Griffiths Family Butchers, the Village Stores, TH&L Jones, Chemists, The Green Room, Bank of Flowers and Happy Embroidery.

These stores are supportive of the same aims as DPVC. For example, Jan and Tony Mapstone of Valley View Stores and Mark Griffith the butcher deliver to those people in the community who are elderly or less mobile, while the chemists collect prescriptions for those who find going out difficult.

We all value these personal services and we trust that people will continue to patronise these shops that are the hub of the community. Regular customers are known and note is soon taken if they are ill or in difficulties so that help can be given. This is the mark of good village life.

BE A FRIEND IN DINAS POWYS!

Dinas Powys Voluntary Concern has embarked on an exciting new "befriending" project in association with The Big Lottery and with The Vale Centre for Voluntary Services.

Both men and women often find it difficult to readjust after losing, or becoming separated from, family or friends.

One of the aims of this project is to help reduce feelings of loss and isolation by developing a social network within the community.

Angela Campbell, who lives locally, and who has been appointed as the DPVC Befriending Coordinator, will be working closely with the existing team to develop and expand the support already offered by DPVC. Her specific role will be to meet and support new and existing volunteers, to provide training for them as necessary, and to be a link between these volunteers, those they support, and the local community.

If you are interested in becoming a volunteer with the DPVC befriending project, or if you live in the Dinas Powys area and you, or someone you know, would like more information, please contact Dinas Powys Voluntary Concern on 029 2051 3700 or email: angela@dpvc-dinaspowys.com

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PLEASE NOTE COMMUNITY DIRECTORY

Would you please inform the DPVC Coordinator **in writing** of any changes to the Community Directory as soon as possible. The online, downloadable, version of the Directory (Adobe .pdf) is updated regularly and can be found on the Community website at www.dinaspowys.org or by emailing wendy@dpvc-dinaspowys.com for a copy.

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Dinas Powys CF64 4QQ
or Email: john@dpvc-dinaspowys.com

THE HUNTSMAN RECIPE

Peter and Hilary Rice, Huntsman Restaurant, Station Road

WILD AND TAME MUSHROOM AND STILTON TART

- 350g Chestnut mushrooms – thickly sliced
 - 350g mixed wild mushrooms or oyster mushrooms sliced
 - 1 large onion finely chopped
 - 150g stilton crumble
 - 1 crushed clove garlic
 - 2 eggs
 - 1 cup double cream
 - 70g butter
- Short crust pastry to line an 8inch flan dish – frozen rounds work well.

Line flan dish with pastry and cook blind for 15 minutes.

Meanwhile, fry onions and mushrooms in hot butter till soft, then add garlic and leave mixture to cool.

Lightly whisk cream and eggs together.

Stir this together with the mushroom mixture, adding the crumbled stilton and freshly ground pepper.

Pour into cooked pastry case and bake for 40 minutes in a moderate oven – Gas 5, 375F or 190 C.

Check the tart is set, may need a few more minutes in the oven.

Leave to cool slightly before cutting, or to cool completely and slice and reheat for 10 minutes in a hot oven when required.

Refrigerated it keeps well for a few days.

Delicious with homemade chutney or red onion marmalade, and crisp salad.

Suitable for vegetarians.

NATIONAL EISTEDDFOD IN THE VALE 2012

The National Eisteddfod is coming to Llandow in the Vale of Glamorgan this year (4 - 11 August 2012).

Local communities around the Vale have been raising funds to help stage the event. The final activities organized by the Dinas Powys fund-raising committee include:

30 April

Fish and Chips in The Star Inn, Dinas Powys, from 7.00 pm

20 May

Golf Day at Dinas Powys Golf Club
£130 for a team of 4 including a running buffet and prizes.

26 May

An evening with the historian John Davies, Lee Hall, 7.30 pm

16 June

A guided walk in the Dinas Powys area (afternoon)

23 June

Concert by the Ardwyn Singers
The Parish Hall

Early July? (Details to be announced)

Garden Party in the Lee Hall and Garden

**For further information and tickets, please contact either
Julia Beasley (029 2051 2185)
or
Jayne Lewis (029 2051 3500).**

DPVC VOLUNTEERS' MEETING

Kate Palmer, a Trading Standards Officer with the Vale of Glamorgan Council, talked to a well-attended meeting of DPVC volunteers about scams and rogue traders.

The talk was primarily to help DPVC volunteers inform the elderly, isolated and less mobile members of the community about scams. These are groups that are often targeted by scammers and rogue traders. However, everyone who attended will have learned something useful.

"There is a scam for everyone," said Kate. Victims are from every age group and background, even those who may think they are immune. Once you have been scammed, you may be on what is known as a "sucker's list" and be targeted for further scams.

The Council are particularly concerned about doorstep scamming that targets vulnerable people. There are ways to prevent impersonators gaining entry to your house. For example, you can sign up to a Password Scheme with SWALEC, British Gas and other companies, so that only genuine workmen will know your password. This is added security, because ID badges can be faked.

Kate warned about rogue traders who repair drives or other building work. It might sound reasonable to start with, but the price can escalate when the job is half done and "unexpected" complications arise.

Particularly nasty doorway scams involve the criminal befriending the victim. In these cases, it is often difficult to convince the victim they have been scammed or to get them to lodge a complaint against their "friend."

Telephone scams continue to be prevalent. Just because a company has an 0800 number, they are not necessarily legitimate. There are now companies that take these calls for itinerant traders. Things will be ok to start with, but after the scam is pulled there will always be a problem passing on your message.

The advice is to report scams as soon as they happen (except the universal email ones), by sending copies of personalized scamming letters or details of rogue traders operating in your area, so Trading Standards Officers can keep people better informed of the situation (e.g., through their website).

MURCHFIELD COMMUNITY HALL

Murchfield Community Hall in Dinas Powys hosts a wide range of sports, learning and social activities. There's Zumba, Aerobics, Badminton, Karate, Taekwondo, Street Dance and the Football Club; Wednesday Afternoon Club for the elderly, pre-school Childminders, Youth Club and Life-Long Learning classes (Upholstery and Cane Seating, Gardening and Family History).

A timetable of regular user groups can be found on the Vale of Glamorgan Council website:

http://www.valeofglamorgan.gov.uk/enjoying/community_centres/penarth_dinas_powys/murchfield.aspx

You can also get updates on activities via Twitter, by following @murchfield.

Murchfield Community Hall is a popular venue for children's parties (up to 12 years, from £20). The Hall is also used by the Welsh Blood Service, for voting and politician's surgeries, and a range of one-off events. This year will see the hall hosting an event in the Dinas Powys Music Festival for the first time, in collaboration with our usual Wednesday Club.

Some diary dates during 2012:

Thursday 3 May: Local elections.

Wednesday 16 May: Dinas Powys Music Festival event (2 - 4 pm).

Friday 8 June: Jane Hutt AM surgery (4 - 6 pm)

For booking enquires: contact Stephen Nottingham: sf.nottingham@btinternet.com

DINAS POWYS COMMUNITY COUNCIL

The most personal level of government in Dinas Powys is the Community Council. Readily accessible at the Parish Hall and with a recently upgraded Web site residents can quickly contact the council in a variety of ways. Minutes and notice of meetings are quickly added to the web site www.dinaspowys.org/council

A major role is to act as an advocate on behalf of the community. Recent issues include a letter of objection to the planned Hinkly Point Nuclear Power Station, support for continued assistance to Valeways to maintain rural footpaths and the need for improved medical facilities.

The Council is examining the draft Local District Plan published by the Vale Council which has significant implications for Dinas Powys. In addition to the proposed 400 extra houses at Murch Crescent and Caerleon Road there are huge housing allocations outside Dinas Powys that will generate a large volume of additional traffic numbers. Also the council responds to consultations on issues such as St Cyres School abandoning its Foundation Status and the Welsh Government's legislation on by laws.

Highlighting the need for a new junction at Hebron Hall with the main road, the future of Bryneithin Home for the elderly and making representations on traffic issues are a few examples of council activity. There are regular meeting with the Police. With the Olympic Torch passing through the community plans are underway to make it a real community event.

Being responsible for running the Parish and Lee Hall located at Britway Road, maintaining the Common, allotments and the St Andrews Cemetery means the Council is very community focussed. All the community councillors are volunteers and devote significant amount of time to the people they represent.

It is no accident that community councillors play an active role in village societies, clubs and fund raising events. Councillors are involved in the Music Festival, the summer Village Show, concerts and the annual Garden Party in aid of charity. It cooperates with the



The Chairman of Dinas Powys Community Council Councillor Chris Williams outside the Parish Hall

local branch of the British Legion on Remembrance Day and on 11 November to ensure that the events are dignified and well managed. Organisations are loaned tables for events such as the Dickensian night. The council also organises the Christmas tree on the Twyn and encourages shops to place smaller trees at their premises. Financial support helped to ensure that two children's summer Play Schemes were provided. Discussions are ongoing with the Dinas Powys AFC to improve sports facilities for our youngsters. In some respects the council has more financial powers than the Welsh Government in that it can borrow money.

Small grants are offered to mainly local charities and societies to act as pump primers to encourage activities in the community. Also cultural events such as the International Eisteddfod at Llangollen, Bethesda Christmas concerts, the Dinas Powys Music Festival and the National Eisteddfod receive financial support.

The Halls are kept to a high standard to cope with a huge range of organisations and events. Residents can obtain free Food caddies, Recycling boxes, food and dog waste bags. Also on sale are green Garden Sacks for a pound.

A pdf version of this newsletter, Depend and a pdf copy of the Community Directory, produced by DPVC, with the support of the Community Council, are both available on the DPVC website: dpvc-dinaspowys.com or the Community website: dinaspowys.org

VILLAGE LIFE

DINAS POWYS CRICKET CLUB

Did you know there is a thriving cricket club within our community? Dinas Powys Cricket Club has been in existence for over 125 years and is currently enjoying one of its most successful periods for many years.



Last summer the 1st XI won the Welsh Club Cricket Conference 1st XI Division 2 title gaining promotion to the top tier at this level. The 2nd XI meanwhile were runners up in their league, the WCCC 2nd XI Division 1. Due to the number of players in the club now, especially those coming up through the junior ranks, next season the club will be fielding a 3rd XI in the Alliance league for the first time in many years. In addition the club also fields a social, but none the less competitive side on Sundays, and plays in the Cardiff & Vale Midweek League. 1st & 2nd XI matches are played every Saturday at Bryn y Don from May through to August, and our 3rd XI, Sunday and Midweek home matches are played on the Common. Come along and support us when the new season starts – we'd love to see you!

The club has a vibrant junior section. Last season we had almost 90 children registered and playing in squads at U9, U11, U13 and U15 age groups. The club is particularly focusing on getting more girls into cricket.

We have a few girls playing now, but one of our key aims is to have an all girls team within 2 to 3 years.

The club is well supported by a strong qualified coaching set up at both senior and junior level with regular indoor practice taking place over the winter.

We are currently close to attaining ECB Clubmark, an accreditation standard that demonstrates that the club is being run and managed to a high standard. We are also in the midst of a project to erect a permanent practice net facility on the common next to our pavilion.

We are always looking for new players of any age or ability, as well as people who may not wish to play but who love cricket and are keen to get involved. If you are interested in being part of a developing and vibrant club, in any capacity, whether as a player, helper, scorer, helping with pitch maintenance, umpiring or just supporting, please get in touch. We're also desperately in need of sponsorship if there are any benefactors out there! All our contact details are on our regularly updated website at www.dinaspowyscc.co.uk. We also send out a monthly newsletter – if you'd like to receive this send an email to our Secretary Simon Hiscocks (details below) to that effect and we'll add you to our distribution list.

Chairman	Secretary	Junior Chairman
Jason Harries	Simon Hiscocks	Barry Southwell
07717 001273	07904 867208	07770 938004
	statto1927@gmail.com	

CALLING ALL CRAFTERS ...

Moving back to Wales after 12 years in Derbyshire, Merry Metcalf discovered that the thing she missed most about her life there was the opportunity of getting out of the house and spending a couple of hours each week with other 'crafters'. Sometimes they just made birthday and Christmas cards together whilst chatting and catching up with each other's news but sometimes someone would do a 'show and tell' and everyone had fun learning something new like how to make gift boxes or try their hand at dried flower pictures.

After seeing all the beautiful craftwork displayed at the Village Show last summer, Merry decided to join the local craft club at the Parish Hall, only to discover that there wasn't one. So she decided that, in that case, she'd just have to start one!

The Community Council Office confirmed that there was time in the Hall's busy schedule for a weekly craft group, so now Merry is trying to contact anyone who might be interested in joining, to see whether there is sufficient numbers to make it viable and to find out what day and time suits everyone and doesn't clash with other village activities.

If you are interested, or know someone who might be, please contact the Community Council Office for more details.

SPEAKER AVAILABLE for a selection of eleven talks, all with visual presentation, to clubs and societies. No fee, but if desired, a donation would be acceptable to a recognised charity.
Please contact Roy Gee on 029 2051 5363

DINAS POWYS PLAYERS Dinas Powys Players Spring Production

The Players have chosen 'Good Things' by Liz Lochhead as their next presentation at the Parish Hall at 7.30pm on Thursday, Friday and Saturday the 19th, 20th and 21st April 2012.

'Good Things' is set in a little corner charity shop in a town or big city which could be anywhere. The three act play is described as funny yet poignant and is a touching drama which follows the contemporary emotional issues and the 'ups and downs' of love and life of the charity shop volunteers with a skilful balance of sensitivity and humour.

Rehearsals are well in hand with an experienced cast under Hilary Morgan, directing for the group for the first time.

For tickets telephone 20512868 or 20512945.

DINAS POWYS GIRL'S MUSICAL SUCCESS

Rebekah West, of Dinas Powys, is delighted to have been chosen to be a member of the newly formed "Only Kids Aloud" choir. Tim Rhys-Evans, musical director of "Only Men Aloud", in association with Wales Millennium Centre, has scoured Wales for talented young girls and boys to create the children's choir which will perform alongside the world famous Mariinsky Opera on the Donald Gordon Stage at Wales Millennium Centre on April 1st.



The Mariinsky Opera of St Petersburg, Russia will perform a concert version of Wagner's Parsifal and Mahler's 8th Symphony under maestro Valery Gergiev. The BBC National Chorus of Wales will also be forming part of the large chorus required for these works. However, even before this concert, at the end of March, the choir have been invited to sing in the Mariinsky theatre itself, in St Petersburg, Russia. The choir members are really looking forward to the trip, which will also include sightseeing and a Russian Folklore evening. Rehearsals are now well underway, with the children eagerly taking on the challenge of singing in Latin and German!

Rebekah, a Year 7 pupil at St Cyres School, has been particularly busy recently. She took part in the UK Tour of the West End show "Oliver!", when it came to Cardiff Wales Millennium Centre in December and January. She is also presently rehearsing to perform in "Annie" in the New Theatre in June.

My Wales

My Wales a fierce red dragon gliding
high above the vast countryside,
He soars over the fields of golden
daffodils swaying in the spring breeze.

He sheds a tear at the sight of a
new-born lamb slumbering on the soft,
green grass.

As he hears the sweet melody of the
welsh harp he stops and listens.

He then leaps into the air,
His ruby-crest scales reflecting light
so bright.

He glances down at the tumble-down
castle with pride.

To his left, he sees the coastline and
the roaring waves.

To his right, he sees beautiful ladies
folk dancing for crowds of people.

I love my Wales and he loves me.

Petlover100

A pupil at Murch Junior School

JOIN THE WI

But I don't make jam and can't bake a cake!

JOIN THE WI

But I do like to keep up with current issues

JOIN THE WI

But does age matter?

JOIN THE WI

I do like to make new friends

JOIN THE WI

And I would like to help in community events

JOIN THE WI

You name it, we do it at the WI

JOIN THE WI

Dinas Powis WI meets on the 1st Tuesday of each month
in the Lee Hall, Britway Road, at 7.30 pm
Please come along, you are allowed three visits
before joining

Seats are available on WI Coach Trips to:

AVEBURY MANOR AND GARDENS - National Trust

(A BBC Restoration Project with Penelope Keith & Paul Martin)

Friday 1 June 2012 - Depart from the Square (Twyn) at 9.00am

Entry £10 (FREE if National Trust member) plus Coach £10

NATIONAL BOTANICAL GARDENS - WEST WALES

Thursday 19 July 2012 - Depart from the Square (Twyn) at 9.30am

Entry £8.50, Over sixties £7.00 plus coach £9

If interested in either of these trips, phone 029 2051 2704

May 2012 marks the first Action on Stroke Month with the theme: 'life after stroke'



On **Saturday 5 May at 10.00 to 12.30** we are holding a **Coffee Morning** to raise awareness of stroke and the impact it has on stroke survivors.

Please come along with your friends for a coffee and chat whilst also helping us to raise funds and spread the message about stroke. Tickets at £4 are available from the Clerk's Office, Parish Hall and Penny Ann Evans, Tel 20512105.

Hope to see you there.

Dinas Powys Annual Art Exhibition

Sat 28 - Sun 29 April,
10am - 4:30pm

Lee Hall, Britway Road,
Dinas Powys

Original artwork in a variety of mediums from Dinas Powys Art Group.

The majority of artwork will be for sale with a percentage of sales being donated to the Welsh charity 'Healing the Wounds'

Cost: 50p admission

If you, or anyone you know, would be glad of the help and support we can offer - please contact us in the Resource Centre on 029 2051 3700

or write to:

Dinas Powys Voluntary Concern
Murchfield Community Hall
Sunnycroft Lane
Dinas Powys
CF64 4QQ

or email:

wendy@dpvc-dinaspowys.com

Or you could just call in the office between 9.30 and 12.30 on any weekday morning.

Have you recently retired, are the children at school, or do you just want to give something back to your community? As always we need drivers and in particular anyone willing to help with some gardening for those who can no longer manage on their own.

If so - will YOU be a volunteer?

Dinas Powys Voluntary Concern Befriending Project Needs Your Help



Could you offer a helping hand or a listening ear?
Can you spare some time to support older people in your local Community?
Interested in becoming a Volunteer?
Then please contact
Angela
On
029 2051 3700

Full training and support provided



YOUNG DEPEND WORDSEARCH No 18 (Age 8 - 14 years)

Find 7 precious stones and 3 precious metals found in The Crown Jewels

H	S	S	D	N	O	M	A	I	D
I	D	A	X	M	V	I	S	T	T
E	L	E	P	I	J	R	E	O	X
J	A	H	L	P	L	F	I	D	R
L	R	O	A	E	H	G	B	A	E
U	E	W	T	A	G	I	U	Z	V
Q	M	C	I	R	A	O	R	F	L
X	E	U	N	L	B	L	L	E	I
I	S	P	U	S	O	G	K	D	S
O	K	A	M	E	T	H	Y	S	T

Return your answers by mail to:-
Dinas Powys Voluntary Concern
Murchfield Community Hall
Sunnycroft Lane
Dinas Powys
CF64 4QQ
or Email to dpvc@btinternet.com

Please include your name, address, age and telephone number with your entry.

There were no winners last time
The two word answer was "Country Dances"

We invite contributions to this page from anyone under 18 - for example, a short story, poem or an event you saw or took part in - or even a wordsearch.