



DEPEND

An occasional Newsletter published by
Dinas Powys Voluntary Concern

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2013

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

DINAS POWYS VOLUNTARY CONCERN

FUN QUIZ NIGHT

Parish Hall
Friday 4th October 2013
More details in the next
Depend

A Date for your diary!

GŴYL GERDD DINAS POWYS MUSIC FESTIVAL

2013

Saturday 11 May
to
Sunday 19 May

*Bobby Ball with
Bethesda Community Choir
Cardiff Ardwyn Singers
Palm Court Orchestra
Students from
The Royal Welsh College of
Music and Drama
Llandaff Cathedral Choir
Cabaret Evening*

*and much more
Details on Page ?*

VILLAGE SHOW PARISH HALL

2.00 pm
Saturday
31 August 2013
Refreshments
Entertainment

*Schedule available in June
For further information,
contact Val Hartrey:
029 2051 3274*

LOCAL GUIDES SUPPORT DPVC

16 girls from the 1st Llandough Guides, together with their leaders, and volunteers from Dinas Powys Voluntary Concern spent a day at Morrisons, Cardiff Bay, packing bags for grateful customers. As well as raising money for DPVC, the day formed part of the community action section of the Guide programme.



The girls packed bags from 10 am until 3 pm and many customers congratulated them on their efficiency and the delightful way with which they carried out their tasks. Thanks to the generosity of Morrison's customers, they raised a wonderful total of £500 for Dinas Powys Voluntary Concern.

A display in store gave further information on Guiding in Dinas Powys and Llandough as well as details of the help available from DPVC.

The chairman of DPVC, John Fanshaw, was delighted that the Guides had offered their support for DPVC and had worked so hard and in such a cheerful way to raise funds for the charity. DPVC helps to maintain the independence of the elderly and less mobile, by enabling them to do tasks such as getting their own shopping, keeping appointments at the health centre and visiting local hospitals. He also expressed his thanks to the Guide leaders for their hard work in organising the fundraising event, to the volunteers and to the DPVC coordinator for their help in supervising the event and to the Manager, Simon Brown and staff of Morrisons, Cardiff Bay, for their support and for making the girls and adults so welcome.

The tremendous amount collected, he said, will be used to ensure that DPVC can deliver its services even more effectively to the local community.

SERVING THE COMMUNITY FOR FORTY YEARS "The Story of Dinas Powys Voluntary Concern"

A short history of DPVC (written by Alan Higgins) was printed and published in October 2012 to mark its 40th anniversary. It records the events leading up to the formation of the charity in 1972, the many benefits DPVC provides for the Dinas Powys community, the roles played by its founders and the contributions made by many people to its subsequent development.

A FEW COPIES OF THE HISTORY ARE AVAILABLE FOR COLLECTION FROM THE COMMUNITY RESOURCE CENTRE.

IF YOU WOULD LIKE A COPY BUT ARE UNABLE TO GET TO THE CENTRE PLEASE PHONE 029 2051 3700.

DPVC VOLUNTEERS' MEETING NEST MAKING WALES COSY

EST is a Welsh Government scheme aimed at reducing fuel poverty. Sarah Evans, Partnership Development Officer with the Energy Saving Trust, gave a talk to DPVC Volunteers on 21 November 2012 in Murchfield Community Hall to explain how NEST helps householders who are struggling to pay their energy bills.

Fuel Poverty occurs when a household spends more than 10% of annual income on fuel. Key factors are low income, rising fuel costs, and properties with poor energy efficiency (e.g., inadequate insulation). Current figures suggest that up to 1 in 3 people are living in fuel poverty in Wales, with a rising number affected by extreme fuel poverty (spending 20% of income on fuel). Fuel poverty contributes to property deterioration (e.g., damp and mould), an increase in cold-related illness and allergies, social isolation and a generally impaired quality of life.

Anyone can call NEST for free advice on saving money on fuel bills, fuel tariffs and home improvements. Home-owners (or those that privately rent), who claim means-tested benefits and live in energy-inefficient homes may be eligible for a Whole House Assessment and free home improvements. Properties are classified from A to G in terms of energy-efficiency; A and B rated properties being the most energy-efficient, while F and G are energy-inefficient. Follow the instructions on the NEST website if you want to work out your home's energy efficiency rating.

Home improvements include wall and loft insulation, draught proofing and work on central heating boilers. Free home improvement work is carried out by British Gas, who manage the government-funded NEST programme; with the Energy Saving Trust acting as a subcontractor to offer support and advice. Sarah stressed the importance of community groups such as DPVC in helping to identify cases of fuel poverty, because local knowledge is vital in contacting those "hard to reach" households most in need.

NEST contact details:
Tel: 0808 808 2244
Website: <http://nestwales.org.uk/>

NIGHTINGALE COMMUNITY GARDEN



Work started on the Nightingale Community Garden in January this year. The Community Garden is situated on what was a derelict piece of land (formerly a play area), off the footpath between Sir Ivor Place and Nightingale Place in Dinas Powys. The project was initiated when Elizabeth Millard, Chairperson of the Dinas Powys Residents Group, and Councillor Keith Hatton approached the Vale of Glamorgan Council with the idea of turning the site, which had become the focus of anti-social behaviour, into a garden. They teamed up with Rob McGhee of Creative Rural Communities: a Council led regeneration. Rob steered the fund-raising and planning stages of the project. The bulk of the funding, to turn the site into a Community Growing Area, was obtained from Tidy Towns Wales, a Welsh Government initiative.

Gerald Davies Ltd have been the main contractors at the garden. The work involved breaking up and removing the concrete and rubber surfaces, erecting a security fence, extending mains water to the site, and bringing in top soil and compost. A range of plots and deep beds have been established, along with a communal shed. The garden will have plot holders, but will also have a recreational area and be open to all members of the community during the day.

A Steering Committee of local residents have drawn up plot holder agreements and will now oversee the day-to-day management of Nightingale Community Garden. Merry and Giles Metcalf, for example, have drafted documents and designing the logo for the garden, while Angela Peterken is co-ordinating a group of families who will be growing food in the garden. For further information see the 'Nightingale Community Garden' Facebook page
Or email:
enquiries@nightingalecommunitygarden.org.uk

INSIDE

- Page 3 Obituary - Mair James, Past Chair, DPVC Murchfield Community Hall**
- Page 4 Guiding celebrates 90 years in Dinas Powys**
- Page 5 Gŵyl Gerdd Dinas Powys Music Festival 2013**
- Page 6 Murch Pharmacy Consulting Rooms**
- Page 7 DPVC "Supporters"**
- Page 8 Llandough Hospital celebrates 80 Years**

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, the DPVC website: www.dpvc-dinaspowys.com, or by emailing wendy@dpvc-dinaspowys.com for a copy.

MAIR JAMES - CHAIRMAN OF DINAS POWYS VOLUNTARY CONCERN 1991 – 1997

Sadly, on 28 November 2012, Mair James died peacefully in the West Wales private Care Home where she had lived with her husband Graham for the last two years or so. Her funeral was held in Maesteg on December 11 followed by cremation at Coychurch.

Mair grew up in Caerau near Maesteg where she shared her schooldays with Graham. She qualified as a teacher and taught for a while before marrying and leaving teaching to bring up their family of three boys.

Graham had extensive industrial experience in paper manufacture and in 1960 he and Mair moved to Israel where he managed a paper-making factory. Two years later Graham lost both arms in a tragic accident. They returned to live in Maesteg for a while before moving to Penarth to enable Graham to retrain and graduate from University College, Cardiff.

For eight years from 1965 Mair lived in London when Graham was appointed to the Department of the Environment. During those years Mair worked tirelessly for the charity 'Riding for the Disabled' raising significant sums as lead fundraiser for the Upminster Branch and spending many hours, twice weekly, preparing the horses and helping the disabled children who rode them. Mair returned to live in Dinas Powys in 1973 when

Graham was appointed to the Welsh Office Careers Inspectorate.

In Dinas Powys and the Vale of Glamorgan Mair made a very significant contribution to local political and community life. She joined the newly formed Social Democratic Party becoming the Party's Chairman in the Vale before being adopted as SDP candidate for the Ogwr constituency in the 1983 Parliamentary elections. Her experience with caring agencies and charities in the local voluntary sector led her to join DPVC in 1987. She became chairman in 1991 where, among other initiatives she enabled the early development of the Community Resource Centre and the Interagency Lunch Group.

Mair James was a much respected member of the community whose warm smile and personality, sensitive and always professional approach together with an ever-readiness to help others endeared her to so many in Dinas Powys. She loved music and her garden at 'The Mount' where she and Graham lived.

Many will remember and be grateful for Mair's contribution to the community - in part through DPVC - which enriched their lives. They were both greatly missed when they retired to live in West Wales, latterly in private residential care together.

MURCHFIELD COMMUNITY HALL

We have made big improvements to Murchfield Community Hall since the last issue of DePend. A new kitchen was installed late last year, and the hall was painted and decorated in January. It's also a lot brighter because lighting has been replaced throughout the building, with the help of a grant from Creative Rural Communities.

We can make it darker though, as new blinds have been fitted to the hall windows. In January, Murchfield Hall Community Cinema started. We have also purchased a smaller screen and projector, which can be hired with the hall for talks and other events. The hall improvements are on-going, with new convection heaters being the next step.

A program of our regular bookings can be found in the hall foyer, on noticeboards around Dinas Powys, and on the Vale of Glamorgan Council's website. These include pre-school childminders, Youth Club for teenagers, and our seniors' Wednesday Afternoon Club. We host martial arts, badminton, zumba and aerobics; along with several Life-Long Learning classes. A range of one-off bookings can be accommodated. In particular, Murchfield Community Hall is a popular venue for children's parties (from £25).

**Welsh Blood Service dates at the hall in 2013:
Monday 29 April (2-6.30pm), Tuesday 20 August (2-6.30pm) and Tuesday 31 December (10am-4.20pm).**

**For booking enquires contact Stephen Nottingham
Email: sf.nottingham@btinternet.com
You can follow us on Twitter (@murchfield) and on Facebook.**

GUIDING IN DINAS POWYS CELEBRATES ITS 90TH ANNIVERSARY THIS YEAR!

Rainbows, Brownies and Guides will celebrate on Saturday 27th April with a day of activities across the village.

Music workshops and traditional Guiding crafts will take place in the Murchfield Community Centre, the Parish and Lee halls, the Scout Hall and St Peters Church Hall. Over 100 members will take part throughout the day, ending with a campfire and finale in the Parish Hall.

Anyone who has been involved in guiding over the last 90 years is welcome at the finale and more details are available from members or by contacting Judith 07765513424 or email:

commissioner@dinasandllandoughguides.org.uk



A full house at the March presentation of "Quartet" by Murchfield Community Cinema. The next presentation "Skyfall" will be in April and details of the film presentations can be found on Village noticeboards and on Facebook.



Students from Cardiff University Music Department entertained the Wednesday Afternoon Club on 13 February. Girls from 1st Llandough Guides, with their leaders, organised the event, decorated the hall for St Valentine's Day and, with the support of the Trefoil Guild, served cakes and tea to the delighted members.

DINAS POWYS WARD COUNTY COUNCILLORS

Chris Franks	2051 3046
Mrs Val Hartrey	2051 3274
Keith Hatton	2051 4173
Chris Williams	2051 4166

DINAS POWYS COMMUNITY COUNCIL

Cross Common

Ms. Carolyn Mirza-Davies	2051 3686
Steve Thomas	2051 5764
John Huw Williams	2051 3620
Chris Williams	2051 4166

Eastbrook

Mike Hartrey	2051 3274
Mrs Val Hartrey	2051 3274
Keith Hatton	2051 4173
Mrs Margaret Randall	2051 4240

Murch

John Fanshaw	2051 4188
Mrs Janie Jones	2051 2986
Mrs Rosanne Reeve	2051 5014
Chris Franks	2051 3046

Twyn

Mrs Margaret Hayley	2051 2234
Robert Foxwell	2051 5428
Vince Driscoll	07723 038 852
Andy Roberstson	2051 5578

No 86 BUS SERVICE TO CULVERHOUSE CROSS

This bus will run on Thursdays and Saturdays, starting in Barry and going via Sully to Dinas Powys and through to Culverhouse Cross.

There will be a full two hours to stay for shopping or to have coffee in the shops. Timetables are in the libraries and shops, and on notice boards.

Keep this bus service going by supporting it as much as possible. Remember: "Use it or Lose it!"

Any enquiries to Cllr. Val Hartrey on 029 2051 3274

DINAS POWYS VOLUNTARY CONCERN

Local Help for Local People

For friendly help and advice
Telephone

029 2051 3700

Between 9.30 and 12.30
Monday to Friday

Registered Charity Number
502496

- Do YOU need help with
- Collecting prescriptions?
- Lifts to local medical or other appointments?
- Visiting the local library?
- Getting to shops?
- Any unforeseen problems?

OR

Do you just want someone to pop in for a cuppa and a chat?

..... then give us a call!

We have a team of volunteers ready to help you and we run a minibus/ambulance suitable for wheelchair users and people with mobility problems

GŴYL GERDD DINAS POWYS MUSIC FESTIVAL 2013

The Gŵyl Gerdd Dinas Powys Music Festival 2013 will be held from 11 – 22 May. As usual the committee have organised a varied programme to suit all musical tastes at many venues throughout the village.

To start off events on **Saturday 11 May the Georgia Jazz Band** will be playing on The Twyn, opposite the village Post Office, between 10 and 12 noon. Bring your own coffee and enjoy the free toe-tapping music - hopefully in the sunshine! In the **Parish Hall at 7.30 on the same evening Bobby Ball (of Cannon and Ball) will be in concert with the Bethesda Community Choir** under the leadership of Mark Thompson. Bobby will be singing, talking about his life and faith and the choir will perform a variety of songs. All this for a ticket priced at £8.

On **Sunday 12 May at 3.00 pm, members of Llandaff Cathedral Choir will perform Choral Evensong at St. Andrew's Parish Church.** A retiring collection will be taken in aid of the parish.

There will be **two free concerts** during the week, one at the **Murchfield Hall for the Wednesday Afternoon Club at 2.00 pm on 15 May** and another given by the **Oriana Choir for the Friday Luncheon Club at the Lee Hall at 1.30 pm on 17 May.** All are welcome to these free concerts.

On **Friday 17, in the Parish Hall at 7.30 pm, there will be a Cabaret Evening** to which you can bring your own supper. There will be a bar where you can purchase wine, beer and soft drinks. Tickets for this popular event are £10.

A concert given by **students from the Royal Welsh College of Music and Drama** is being arranged for the Festival week – date and venue to be confirmed. Last year this event was a sell out so we will let you know the details as soon as possible.

There will be more **free entertainment on the Twyn between 10 and 12 noon on Saturday 18 May.** In the evening there will be a **concert in the Parish Hall at 7.30 pm by the famous Cardiff Ardwyn Singers/Cantorion Ardwyn,** under the leadership of their musical director David Legget. **The Ardwyn Singers will be joined by guests from the Academy of Voice Cardiff.** Tickets are £10.

On **Sunday afternoon at 3.00 pm, in the Parish Hall, the ever popular Palm Court Orchestra** will entertain us under the baton of Michael Bell. Tickets are £8 and tea and cakes will be served during the interval.

On Wednesday 22 May in the Parish Hall at 1.30 pm there will be a free Vocal Workshop for local Primary Schools given by Kate Woolveridge and Dyfed Evans.

For more information and updates about the Gŵyl Gerdd Dinas Powys Music Festival please visit the website: www.dpmusfest.co.uk.

Tickets will be available soon from the Parish Hall, village Post Offices or from the website. The committee look forward to seeing you at the events and are grateful for your continued support. Diolch yn fawr.

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?

THE HUNTSMAN RECIPE

**Peter and Hilary Rice,
Huntsman Restaurant, Station Road**

RED ONION AND WELSH HONEY MARMALADE

2 thinly sliced red onions
60g butter
1 cup soft brown sugar
Half cup sultanas
1 cup red wine
1 cup red wine vinegar
2tbsp Welsh honey

1. Fry onions until softened slightly
2. Cover and cook on a low heat for 30 minutes
3. Remove from heat and stir in sugar until dissolved
4. Add all other ingredients and gently bring to the boil stirring all the time
5. Reduce heat and simmer until thickened, about 30 minutes
6. Leave to cool and then put in jars

*Delicious with hot or cold meats, pate,
cheese or pork pie*

CARING IN THE COMMUNITY

A familiar sight in our community
Is the minibus run by the DPVC.
Who for 40 years have been our friend
And on them you certainly can depend.



If it's a trip to the shops
On you they will call,
Or maybe a visit to a film or a show
At the Village Hall.

They are based down the Murch
In the Community Hall
Where their doors are open
So just pay them a call.

The Newsletter that they produce
Is delivered straight to you.
It's full of useful facts and news
And will print letters of your views.

Their friendly volunteers are ready and able
And can help with that phone call or letter.
They have contacts in numerous places
And their aim is to make things better.

Sometimes you problems can seem immense
And you don't know what to do.
But DPVC are always there at hand
To help and take care of you.

Mrs Locker
DPVC Poetry Competition
Dinas Powys Village Show

DINAS POWYS VOLUNTARY CONCERN 'SUPPORTERS'

Dinas Powys Voluntary Concern introduced 'DPVC Supporters' in 2008. Individuals within our community are invited to make a monthly or annual donation to support the activities of the organisation.

All donations are eligible for Gift Aid which means that DPVC receives an additional 25p for each pound donated. DPVC it is an established local Charity which provides a service to individuals, groups and organisations in particular the elderly and people with disabilities. You may have seen our Mini Bus/Ambulance in the village on a supermarket trip or taking a group of our users to a luncheon club. The Mini Bus is just one of the services DPVC provides.

Why not join our loyal group of 'Supporters'? On page 7, there is a Standing Order Form and a Gift Aid declaration. Act now and become a DPVC Supporter.

REMEMBER EVERY LITTLE HELPS. WITH YOUR HELP DINAS POWYS VOLUNTARY CONCERN IS ABLE TO SUPPORT THOSE ELDERLY AND DISABLED LIVING IN OUR COMMUNITY



DINAS POWYS VOLUNTARY CONCERN
GOFAL GWIRFODDOL DINAS POWYS

COMMUNITY CLUB

PROGRAMME
April - JUNE 2013

Lee Hall

Britway Road
Dinas Powys



Fortnightly on Mondays
1.30 pm - 3.30 pm

Refreshments

Games

Activities

Guest Speakers

Meet Friends

Make Friends



All Welcome 0 - 100!
Just Drop In

For more details, ring Wendy on 029 2051 3700

April	8	Local Author	Cathy Farr
	22	Gardening with Robin	
May	6	Bank Holiday Beetle Drive	
	20	Lesotho	C Turner
June	3	Get up and Go!	A Campbell
	17	Games afternoon	

PHARMACY CONSULTING ROOM TH & L JONES, CAMM'S CORNER

Discussing medical matters in a busy pharmacy is not ideal, so TH & L Jones have a dedicated consulting room at the Murch Pharmacy at Camms Corner where you can speak to a pharmacist in peace, confidence and privacy.

Pharmacists are able to offer advice on a wide range of medical issues and minor ailments and can often save you a trip to the doctor! If necessary information can be passed (in confidence) to you doctor directly. Having a dedicated consulting room guarantees your privacy and we hope will give you the confidence to come and talk to an expert pharmacist freely.

The Consulting Room is available during open hours:

Monday - Friday	8.45 am - 5.30 pm
Closed for lunch	1.00 pm - 2.15 pm
Saturday	9.00 am - 1.00 pm
Sunday	Closed

DINAS POWYS VOLUNTARY CONCERN

STANDING ORDER MANDATE

Please complete this section and send it to your bank to process

Your Bank details		Our Bank details	
Your Bank Sort Code		Our Bank Sort Code	54-21-33
Your Account No.		Our Account No.	04740807
Your Account Name		Our Account Name	Dinas Powys Voluntary Concern
Your Bank		Our Bank	National Westminster Bank plc

To: The Manager,(Name of Your Bank)

Please set up a standing order from my bank account :-

To be paid :- Annually Monthly (please tick as appropriate)

For the sum of £ with the first payment being made on(date of first payment)

Signed Date

Dinas Powys Voluntary Concern is a registered Charity – No 502496

✂ Fold and cut here ✂

DINAS POWYS VOLUNTARY CONCERN

GIFT AID DECLARATION

Please complete and return the Gift Aid Form to the Co-ordinator Dinas Powys Voluntary Concern, Murchfield Community Hall, Sunnycroft Lane, Dinas Powys, CF64 4QQ

Name
Address
..... Post Code
Email
I am a UK tax payer* and wish Dinas Powys Voluntary Concern to be able to reclaim tax on this and all subsequent gifts.
Signature Date
<small>*please note that you must pay an amount of income tax or capital gains tax at least equal to the tax reclaimed by the charity on your donation in the tax year. (as from 5th April 2011 25p for each £1 you give)</small>

I enclose a cheque for £ and/or:

I have arranged a monthly/yearly standing order for £ starting on (date)

LLANDOUGH HOSPITAL MARKS 80TH BIRTHDAY

Llandough Hospital will be marking 80 years of patient care and a vital role in the history of health in South Wales over the next 12 months.

A focal point for the community and a pioneer in healthcare the celebrations will culminate in October when a host of events are held, including community days, a gala dinner, the creation of a new living-museum telling the hospital's remarkable history, and more.

The public are also being asked to get involved in the celebrations and share their memories.

Peter Welsh, the hospital's general manager, said Llandough had a "rich history" stretching back to its opening in 1933.

"During those 80 years the hospital has not only helped to care for people but has also been a place of learning and science, playing an important role in Welsh industry and being a part of the Llandough community," he said.

"Over the next nine months we're going to be celebrating all the wonderful things that have

happened here in the past, but also all the good things happening today and the exciting things happening in the future.

"There's a huge amount of investment going into the hospital at the moment, which shows how important it is to the health of those living in the Vale of Glamorgan and Cardiff."

Mr Welsh has issued an appeal for anyone with photos, mementoes or memories of the hospital to get in touch. He added: "The hospital has played an important part in so many lives we really want to capture as much of that as possible.

We've already had a lot of interest from former staff and patients who want to tell their stories but we're keen to hear from as many people as possible to help make sure the celebrations reflect the very personal stories that have helped shape Llandough over the years."

Anyone interested in sharing memories or getting involved can e-mail uhl80@wales.nhs.uk or call 02920 715698

YOUR LOCAL FOOTBALL CLUB NEEDS YOU!

Dinas Powys FC are looking for a lady or ladies to help with providing refreshments at the Club's home games, which will include a couple of games in May of this season and for all of next season.



The Club has 16 home games each season, between August and May, with the addition of perhaps one or two Cup games. The provision of refreshments is compulsory for Welsh Football League clubs, and also helps raise funds towards the increasing costs of football at this level.

The team plays at the Murch Field, and uses the catering facilities at the Murch Hall. The Club will provide all tea, coffee, milk etc along with a few chocolate bars, and we would need the refreshment service from half an hour before kick off and until the second half starts, about one hour later. Saturday games start at 2.30 pm (2.00 pm from November to March) and midweek games, which are only played in August/September and April/May, at 6 pm

If you or any of your friends are interested in helping us, please contact Michael Lambert, Club Chairman, on 01656 872 032

DINAS POWYS ART GROUP ANNUAL ART EXHIBITION

Saturday 8th and Sunday 9th June 2013

10.00 – 4.00 pm

Lee Hall, Britway Road, Dinas Powys

If anyone is interested in joining the group, they meet at Dinas Powys Golf club on Monday afternoons and evenings. Prospective new members can make enquiries on 029 20513816 or email the Secretary, Janet Blackman, on jj.blackman@btinternet.com
There is currently a waiting list for the evening class.

DEPEND is published by Dinas Powys Voluntary Concern.

Articles for inclusion in future editions should be sent to:

John Fanshaw

The Editor

DEPEND

Dinas Powys Voluntary Concern

Murchfield Community Hall

Sunnycroft Lane

Dinas Powys CF64 4QQ

or Email: john@dpvc-dinaspowys.com