



DEPEND

An occasional Newsletter published by
Dinas Powys Voluntary Concern

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

DINAS POWYS
VOLUNTARY CONCERN

CHRISTMAS

COFFEE

MORNING

with

St Andrew's Major

Church in Wales

School Choir

10.00 -12.00

TUESDAY

11 DECEMBER 2012

MURCHFIELD
COMMUNITY HALL

Stalls

DINAS POWYS VOLUNTARY CONCERN

Celebrating 40 years of Service in our Community

Providing Local Help for Local People by:

- arranging lifts to local medical or other appointments
- collecting prescriptions or assisting visits to the local library
- operating a minibus/ambulance service for shopping etc
- helping with any unforeseen problems

Do you want someone to pop in for a cuppa and a chat?
Just give us a call! We have a team of volunteers ready to help you.



For friendly help and advice
Telephone 029 2051 3700



Monday to Friday - between 9.30 and 12.30
Email: wendy@dpvc-dinaspowys.com
or visit our website: www.dpvc-dinaspowys.com

**GŴYL GERDD
DINAS POWYS
MUSIC FESTIVAL**

2013

Saturday 11 May

to

Sunday 19 May

Details in the Summer
2013 Depend

Put these dates in your
diary!

"Dinas Powys is a very fortunate village. Dinas Powys Voluntary Concern runs the minibus to take us shopping amongst its other activities.

"This cheered me very much when I had to give up the car; it means I can still shop for myself.

"The volunteer helpers are so helpful and happy and the trip becomes an event to which I look forward each week.

My very grateful thanks are due to all who make this possible".

Mrs C Ashmore

SULLY UNIVERSITY OF THE THIRD AGE (U3A)

In June 2011, Ian Mathias, a long time resident of Sully, thought about setting up a local U3A in Sully village. U3As in the United Kingdom are autonomous, self-help organisations, run by the voluntary efforts of the members. The aim of the organisation is to encourage and enable older people, no longer in full time paid employment, to help each other and share their knowledge, skills, interests and experience.

It took a couple of months before it became more than an idea but with the help of a few others, Sully U3A was ready to be launched. One resident knew about websites and has developed a Sully U3A website. Another resident designed a poster, which a local printer produced in different sizes for no charge. The Old School Committee agreed to give the organisation support by offering the hall without charge for a couple of months until the organisation became established.

Less than a year later, there are one hundred and fifty members and eighteen groups – art, badminton, a book club, bridge, circle dancing, computing, creative writing, dining, discussion, family history, knitters and stitchers, local history, natural healing, patchwork quilting, photography, a quiz group, recorder playing and walking. Some groups were formed right at the beginning whilst others took a while to get started. There are yet

more groups being considered as members decide whether there are sufficient people interested in a particular activity to form another group. It is a truly remarkable achievement and one that could not be achieved without the strength and enthusiasm of the individual group coordinators, who have volunteered to start one or more groups.

The main meeting is held on the second Thursday of each month in The Old School Hall, Sully from 2 pm until about 3.30 pm. A variety of speakers have been chosen but the Committee feel that informal socialising is just as important. Visitors are welcome to come to one meeting before joining, although with a fee of just £10 for the remainder of this calendar year, the cost is not too onerous. Members can then join any number of groups. Fees for groups are small, reflecting only the need to hire a room. Usually one or two pounds a session is sufficient to cover the costs. Once an individual has joined Sully U3A, s/he will receive, either via email or through the post, a newsletter at the beginning of most months. Further details can also be found on the website: www.sullyu3a.co.uk So why not give Sully U3A a try? You don't have to live in Sully. There are members living in Penarth, Wenvoe, Dinas Powys, Rhose, Llandaff, Barry, Llantwit Major and Pencoed.

INSIDE

Page 3 Dinas Powys Library

Murchfield Hall

Page 4 Vale Foodbank in Dinas Powys

Page 5 What's New at Llandough Hospital

Page 6 Excavations in Cwm George Woods

Page 7 Girl Guiding in Dinas Powys

& Llandough

Page 8 Calendar Girls

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.

DEPEND is published by Dinas Powys Voluntary Concern.

Articles for inclusion in future editions should be sent to:

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or Email: john@dpvc-dinaspowys.com

DINAS POWYS OLYMPIC STAR!

Congratulations to Hannah Mills, Dinas Powys's own 2012 Olympic sailor who won a silver medal for Team GB with her crew Saskia Clark.



When hundreds of Dinas Powys residents turned out to cheer when the Olympic Torch was carried through our community, few could have believed that our small village could have produced its own Olympic heroine.

Hannah began sailing at the age of eight and has continued to win many honours including BBC Wales Young Sports Personality of the Year in 2002.

We wish her all the best for the future.

DINAS POWYS LIBRARY

The library in Dinas Powys has more to offer than you might think. You can go along and borrow items off the shelf, of course, but you can also order books, CDs and DVDs from any library in the Vale of Glamorgan to collect at Dinas Powys library. Just ask for a pin number at the counter to access the e-library from any computer with internet access. You will also be able to renew books online. DVDs cost £2.50 a week to hire, music CDs and Talking Books £1 for 3 weeks; although there is no charge on audio books for those unable to read normal print.

If what you seek is not in the Vale of Glamorgan library system, then there is a new service called Books4U. This inter-library loan scheme enables you to borrow books from over 100 libraries in South Wales. Ask at the counter for details. You may also be able to get the library to buy the book you particularly require, if it is not available elsewhere, by filling in a request form at the counter.

The library offers computer and photocopying resources. Computers can be booked for 30 minute sessions (up to 2 hours normally). Here you can access the Internet, a Microsoft Office package and various reference resources. The staff can get you started during free introduction sessions. There are also occasional courses (e.g., Family History) with visiting tutors.

DPVC provide transport to the library for those with mobility problems. Volunteer drivers do fortnightly trips to the library, picking up people on route. Contact the DPVC Resource Centre, Murchfield Community Centre, to book (tel: 2051 3700 weekday mornings, 9.30 am - 12.30 pm).

A new service being offered is the Home Library Service, which enables those who cannot leave their homes for whatever reason to get library books and other items delivered to them in person by volunteers. Contact the Community Outreach Officer who coordinates this scheme directly on 01446 725381 to register. Volunteers are being sought to select and deliver books; if you're interested phone the same number.

Book Prescription Wales is another new service, whereby GPs can prescribe books for you. Ask your GP. Books prescribed are typically listed as codes rather than by title and library staff are trained to be especially sensitive in dealing with such requests.

Free e-books can also be downloaded to your computer via the Welsh library service; although Amazon's Kindle format is not supported for commercial reasons. You can get further information from the library counter or go onto wales.librarybooks.co.uk

You can even stock up on all your recycling bags at the library. Kitchen caddie bags are free, blue mixed-recycling and green hessian garden waste bags are £1 each, biodegradable green bags are £1 for 3, while nets to cover recycling boxes are £1 each.

Dinas Powys Library is open 10am - 6pm on Monday, Tuesday, Wednesday and Friday; 10am - 1pm on Thursday; and 10am-5pm on Saturday. The telephone number is 2051 2556.

MURCHFIELD COMMUNITY HALL

Murchfield Community Hall in Dinas Powys is used by many regular groups (e.g., Childminders, Youth Club, Taekwondo, Aerobics/Zumba, Street Dance and Badminton) and for Life-Long Learning classes (Upholstery and Cane Seating, Gardening and Family History).

The hall is a popular venue for children's parties (from £25). A range of other one-off activities, including coffee mornings and meetings, can be accommodated.

Some Murchfield Hall dates for your diary:

The Police and Crime Commissioner Elections are on Thurs 15 Nov;

Welsh Blood Service will be visiting next on Mon 31 Dec 2012. For all booking enquires please contact Stephen Nottingham email:

sf.nottingham@btinternet.com).

You can also follow our newsfeed on Twitter @murchfield and 'like us' on Facebook!

CYLCH MEITHRIN DINAS POWYS WELSH NURSERY RE-OPENS

Cylch Meithrin Dinas Powys Welsh Nursery has now re-opened. The Cylch is held in the Kynance Hall on the village end of the Common, the venue being part of the Methodist Church. Our sessions are held 9.15-11.15 Tuesday and Wednesday mornings, where we introduce the Welsh language through play, songs, books and creative activities.

We accept children of two years of age, and to many children this is the first experience of being away from their family. It acts as a first (quite often anxious) step towards entering state nursery education. The local Welsh Language Primary School is Pen-y-Garth in Redlands Rd., Penarth; children from all Welsh schools in the Vale, then move on to the excellent Ysgol Gyfun Gymraeg Bro Morgannwg in Barry.

Our children, along with other Welsh nurseries took part in the Welsh Nurseries' presentation on the big stage at the National Eisteddfod held last August in Llandow. We learnt 10 songs which were interwoven with a story where Heini - a character from Cyw, S4C - made an imaginary trip around the Vale. We made hats to wear for the show, which represented the children outside the pink Eisteddfod pavilion on the green grass of the Vale with miniature Red Dragon flags flying on the top of the pavilion. We were very grateful to Gill Lewis and her wonderful creative skills!

We also have a Ti a Fi/Mother and Toddler group on Friday morning at the same venue 9.30 am - 11.00 am. If you are interested in your child receiving Welsh language education, please contact E. Elias Jones on 20512405/07967188347

VALE FOODBANK IN DINAS POWYS

One of the big under-reported stories of the summer has been the impact of government austerity measures on individuals, families and communities. The recent figures have been shocking, for instance, 13 million people live below the poverty line in the UK; while here in Wales over one in ten people of working age are now out of work, a level of unemployment not seen for almost twenty years.

Communities can act to combat local poverty and hidden hunger by supporting schemes such as foodbanks. The Trussell Trust acts as an umbrella organization for foodbanks across the UK. The Vale Foodbank was established under this umbrella in October 2011. It is based at Coastlands Family Church in Barry, and aims to open food distribution centres around the Vale of Glamorgan to help people who are struggling to make ends meet.

A Vale Foodbank distribution centre opened on 12 Sept 2012 in Dinas Powys, in the Bethesda Chapel. It will open for an hour every Wednesday (1.30-2.30pm). Free emergency food supplies will be exchanged for vouchers given to people identified as being in need by social workers, doctors, police and other community groups (in total 40 partners across the Vale). One voucher can be exchanged for enough food for three days.

Mike Grove, from Bethesda Chapel, welcomed people to the official opening. Susan Lloyd-Selby, the Vale Foodbank co-ordinator, then talked about the success of their first year, in which they have managed to feed everyone who has been referred to them. When they started they expected to feed 800, but in fact have fed 1,643 people since October 2011.

Of those referred, 30% have been plunged into crisis due to delays in benefit payments. Others are referred due to low income, while there has been a dramatic rise in the number in debt. 68% of the food distributed has gone to feed children under the age of 16.

Sue related some stories of the real people behind the statistics: a man who hadn't eaten for two days, a woman homeless after leaving home due to domestic violence, and a couple suddenly plunged into debt after an accident. She stressed that it was not just about giving food, but providing wider support and advice through contact with the regular volunteers. Sue thanked these "lifechangers" (with reference to Olympic "gamesmakers"), and also thanked all the people who donated over 115 kg of food during the past year. Future Vale Foodbank plans include free money management courses.

Jane Hutt AM opened the Dinas Powys distribution centre, just as she opened the first Vale Foodbank in Barry last year. An active supporter, she noted that action needs to be taken to stop so many people falling into poverty, especially through reasons such as delays in benefit payments and loss of tax credits. Jane also stressed that Foodbanks provide a framework for offering wider help and support, to give people back some dignity and restore hope.

The food given out at the Vale Foodbank is donated by

businesses and individuals. Individuals are asked to give dried and tinned foods (contact details below).



In addition to making donations of tins and packaged food, Jan and Tony Mapstone of Valley View Fruit Stores in Dinas Powys also donate fresh fruit and vegetables

For further information contact The Vale Foodbank, Coastlands Family Church, Tennyson Road, Colcot, Barry, Vale of Glamorgan CF62 9TN. Email: admin@valefoodbank.org.uk

Stephen Nottingham

VCVS DIRECTORY FOR CARERS

Vale Centre for Voluntary Services (VCVS) in partnership with the Vale of Glamorgan Council, has produced a directory of support, advice and information for carers in the Vale of Glamorgan to highlight the support available for carers from voluntary organisations, Social Services and health.

Carers sometimes find it difficult to get the support they need and to know who to contact. This directory is a listing of services for carers of all ages and includes information on self-help groups, telephone helplines, advocacy, social support and many other services. The directory is available in both English and Welsh formats and available in a print version or via www.valecvvs.org.uk or www.valeofglamorgan.gov.uk

If you have any queries, please do not hesitate to contact VCVS on 01446 741706

Don't forget that the Vale of Glamorgan Council Carers Services also make available a carers' pack with more comprehensive information and signposting for carers. Contact the Carers Development Officer on 01446 704604 to request a copy.

WHAT'S NEW AT LLANDOUGH HOSPITAL?



Peter Welsh, the General Manager at the University Hospital in Llandough, talked to DPVC volunteers about developments at the hospital, at a meeting on Wednesday 4 July in Murchfield Community Hall.

Llandough is a busy hospital. For the year ending 31 March 2012, for instance, there were

200,460 outpatients (including day-care and diagnostics) and 37,515 inpatients. It is set to get busier, with four major new developments and associated infrastructure, in addition to the new Breast Care Centre that opened last October, all funded by the Welsh Government through the Cardiff and Vale Health Board.

The first of these new developments is the building on the right as you enter the hospital grounds, dedicated to Mental Health Services for Older Persons. The £57 million building offers state-of-the-art care, and comprises 5 new wards (82 beds) upstairs and day hospital/outpatient services downstairs. Peter showed slides of the nearly-completed building, illustrating its large size and how the architects have made the environment light-filled and colourful.

The second development is a new Stroke Unit, with

45 beds. This will be completed by 2013. A new £17 million Specialist Neuro and Spinal Rehabilitation Service is the third development, to be completed in 2014. This unit, with over 50 beds in total, will include a purpose-built hydrotherapy facility and a specialist dental surgery. The other development that Peter described is a new Acute Adult Mental Health Unit, to replace outdated services at Whitchurch Hospital and Llanfair. This £100 million unit will have 125 beds and be completed in 2014.

Alongside the secure mental health unit, a shopping plaza will be built (the first of its kind at Llandough), with a convenience store, post office, cash-machines and newsagent. The complex will also house community meeting rooms and the studio of the hospital radio station. A new multi-decked car park (1,300 spaces) should dramatically improve the car parking situation at the hospital. A temporary road will be opened from the Merrie Harrier junction during construction work, which will remain as a permanent pedestrian and cycling route.

Peter noted that 25 years ago Llandough Hospital was nearly closed down. In contrast, as the hospital approaches its 80th anniversary in 2013, the hospital is entering an exciting new chapter in its history and the future looks bright.

Stephen Nottingham

DINAS POWYS WOMEN'S INSTITUTE PROGRAMME FOR 2013

2 January	Travelling in the 50s	Val Turner
5 February	Auction and Quiz Home	
5 March	South India Children's Home	Carol Evans
2 April	Folies Bergere	Rachel Evans
7 May	Annual Meeting	
4 June	Samaritans	Prof Bridget Diamond
2 July	Young Victoria	Ann Rogers
August	No Meeting	
8 October	Dispelling the Myths of Witchcraft	Merry Metcalf
5 November	Flight in Goodyear Airship over Cardiff	Mike Wilcock
3 December	Christmas Party	

Thursday 23 May Coach trip to Sudeley Castle Please Join Us!

**Potential new members are always welcome
and may attend three meetings before paying the subscription**

**Meetings are held on the first Tuesday of each month
in the Lee Hall, Britway Road, Dinas Powys**

THE HUNTSMAN RECIPE

Peter and Hilary Rice,
Huntsman Restaurant, Station Road

QUICK MIXED BERRY JAM

500g mixed berries – blueberries, raspberries,
and strawberries halved
500g jam sugar with pectin
Knob of butter

1. Put berries and sugar in a heavy based pan, not too large.
2. Stir continuously over a low heat until the sugar has dissolved.
3. Once dissolved, add knob of butter and turn up the heat.
4. Stir until it reaches a bubbling boil.
5. Boil for 4 minutes.
6. Leave to cool slightly.
7. Pour into warm, sterilised jars – makes three small jars.
8. Refrigerate once cool.

Delicious with warm, freshly baked scones and clotted cream

ARCHAEOLOGICAL EXCAVATIONS IN CWM GEORGE WOODS

The small hill fort on the east side of the northern end of Cwm George is variously known as Dinas Powys hill fort or Cwm George camp. In truth we do not know its original name and it should be noted that it actually lies in the parish of Michaelston le Pit. Despite its rather inconspicuous location in what is now dense woodland the fort would have originally been a highly impressive monument, visible for many miles around (the tree cover is a fairly recent phenomenon). Indeed, excavations undertaken in the 1950s suggest that the fort was a well-defended high status settlement occupied by a small kin-group (perhaps 10-20 people at any one time) between the fifth to seventh centuries AD. A fantastic array of finds was recovered during the excavation which included rare imported Mediterranean and French pottery and glass, fragments of decorative metalwork, worked bone, and evidence for jewellery manufacture. Indeed, so rich was the artefact assemblage that it is very possible that the fort was inhabited by a dynasty of local petty-kings who controlled the eastern Vale of Glamorgan and Cardiff basin. Moreover, the hill fort is in fact the richest, best preserved and most fully excavated of its type in the whole of Wales and is considered one of the classic archaeological sites of early medieval Britain.

Nevertheless, despite the undoubted importance of the hillfort, there are another two monuments in Cwm George Woods about which we know very little indeed. The Tyn y Coed earthworks (named by their association with Tyn y Coed House, the original name having been lost) consist of the north-west and north-east sides of a possible enclosure at least 60m north-east by 50m south-west. It is delineated by an L-shaped bank fronted by a ditch with a second straight-sided rampart and ditch on the north-west side with an 'entrance' gap at its north-east end. Over the years the



Tyn y Coed earthworks have been interpreted as a prehistoric settlement, a cattle corral, a medieval siege work and an early medieval enclosure which was perhaps associated with the hill fort to the north. But the only excavations to have taken place on the earthworks were very limited in scale and recovered only a tiny amount of evidence. At present we do not even know the date of the earthworks, let alone their function or relationship to the hillfort. It is for this reason that Dr Alan Lane of Cardiff University and Dr Andy Seaman of Canterbury Christ Church University have been researching the Tyn y Coed earthworks and during June and July conducted a four week excavation across one of the banks. Our aim is to recover evidence, such as artefacts and structural remains, that will reveal why and when the earthworks were constructed. As you will know, the weather was pretty awful in June and July but we were able to complete the excavation and are currently analysing the results which will be published in due course.

This was just the first season's work, and we will be returning to Cwm George next summer to undertake further excavation and survey work. The project has been made possible by the Woodland Trust and Cadw to whom we are extremely grateful for providing permission to undertake site works. If you would like further information or are interested in volunteering on next year's excavations please to get in touch. andy.seaman@canterbury.ac.uk

GIRL GUIDING IN DINAS POWYS AND LLANDOUGH

In 1909, at a time when the suffragette movement was gathering pace and women still had no vote, 40 girls turned up at Crystal Palace to gatecrash the Boy Scout rally. Dressed in adapted Scout uniform they demanded to join the boys. Baden-Powell refused. No girls allowed. When they persisted and asked for 'something for the girls' he agreed to think about it. In 1910 he asked his sister Agnes to lead a new



movement for girls. He called them the Girl Guides. From the beginning girls wanted to have the same adventures as the boys. At a time when physical activity for girls was not only discouraged but also very nearly impossible because of their ankle length skirts they met with huge opposition. This was alleviated by giving the girls their own movement, something that was more acceptable to the parents of the time, rather than allowing them to join the boys.

13 years later Dinas Powys had its first Guide company registered with The Girl Guides Association on the 11th December 1923. Miss Ida Lea as Captain and Miss Marion Lee (General Lee's daughter) as lieutenant led the company. Very soon after in Jan 1924, Marion Lee and Daisy Green started the first Brownie pack in Dinas Powys this was closely followed by 2nd Dinas Powys Brownies in March of the same year.

Brownies had started as 'Rosebuds' in 1914 to allow younger girls to be part of the movement. By 1915, they had been renamed Brownies partly due to 'girl power' and the dislike of the original title.

The first world camp was held at the first Guide activity centre, Foxlease in 1924. That same year Dinas Powys Guides were having their own adventures. Captain and Lieutenant and eight girls travelled to London for the British Empire Exhibition at Wembley and stayed overnight at a hostel. In addition, that year, along with the Brownies they had their own camp at Southerndown.

In 1939, the company had to return home early from their camp at Foxlease as war had been declared. All across the country Girl Guides were in action doing their part for the war effort. They planted allotments and gardens with vegetables, met evacuees from trains and launched their own campaign to 'save all supplies'. In Dinas Powys the Guides collected and donated various items of clothing along with books and sweets to 'Dr Barnardo's Homes'. Keeping the company going at this time proved a challenge, particularly as their

leaders were involved in war work and the army was using the Scout Hall. Meetings took place at Garnhill, The Mount and even the Tennis Club. Dinas Powys Guides had their own part to play and became 'casualties' for the Civil defence exercises, helped with harvesting and joined a working camp in 1943 weeding young spruce trees at a forestry plantation.

In 1942 the Guide International Service was launched. Older Ranger Guides and Guiders across the country were trained to go abroad after the war as an 'army of peace'. In 1945, Guides were among the first to go into Belsen.

By 1951 both the 1st Dinas Powys Guide Company and the brownie pack were being run by Chrystal Davies (Tilney) who continued for the next 10 years.

As Dinas Powys grew so did Guiding. In the 1960s and 70s 5 new brownie packs opened all run by volunteers. This included the reopening of 2nd Dinas Powys which had closed in 1927. During this time 1st Dinas Powys Guide company was run by Jeanne Chambers and had 8 girls who were awarded their Queens Guide Award. This award was the highest achievement a Guide could attain. It was originally introduced in 1946 for girls under the age of 17. The girls also camped regularly with groups visiting the Irish Guide House 'Lorne', Innsbruck in Austria and Sweden. Nationally a new programme was launched that aimed to give units more freedom and flexibility in their planning of activities and meetings.

1st Dinas Powys Guide Company celebrated its Diamond Jubilee in 1983 with a service of dedication and thanksgiving in the Methodist church. Chrystal Davies gave an address and past leaders and guides were present. The Guides held a Diamond Disco at the Methodist Youth House later in the evening for local Scouts and Guides – admission 25p.

GirlGuiding UK always tries to remain relevant to the lives of the girls and young women who are its members and the 1980s were a time of modernisation and change for guiding in the UK and Dinas Powys. The story continues with Rainbows, new uniform and the Centenary celebrations.

If you would like more information about Guiding in Dinas Powys or have any stories or photographs that could be added to the archive, please contact Judith on 07765513424

or email llandoughguides@googlemail.com

References

Dinas Powys and Llandough Guides Archive
Something for the Girls (2009) 'The Official Guide to the First 100 Years of Guiding' Girlguiding UK, London.
Girlguiding UK Glamorgan archive.



WHO DARES ALL FOR CHARITY

In November, Dinas Powys Players performed 'CALENDAR GIRLS' by Tim Firth at the Parish Hall, Dinas Powys, directed by Eileen Carryer. The show's producers are aiming to break into the 'Guinness World Records' for the greatest number of productions of a play in one calendar year, while, at the same time, raising money for Leukaemia and Lymphoma Research. Dinas Powys Players were included on the list of drama groups countrywide who are taking part in this initiative featured on BBC Breakfast and local television programmes recently.

The Players followed in the footsteps of the many actresses who have already appeared in the show, in which members of this popular drama group disrobe to become Calendar Girls.

The film and the play are based on the true story of W.I. members from a village in the Yorkshire Dales who posed nude for a calendar to raise money for the Leukaemia Research Fund in memory of the husband of one of their members. 'Calendar Girls' became the fastest-selling play in British theatre history after opening at the Chichester Festival. The Daily Mail theatre critic described it as 'raucous fun – well worth a date in your calendar.'

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?

Printed by the Vale Council for Voluntary Service

YOUNG DEPEND WORDSEARCH No 19 (Age 8 - 14 years)

Find 10 sports that Olympians and Paraolympians 2012 have been competing in this year

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

Return your answers by mail to:-

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

or Email to wendy@dpvc-dinaspowys.com

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

The answers to No 18 were: gold, silver, platinum, sapphire, amethyst, diamonds, pearls, rubies and topaz

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.