

DEPEND

**An occasional Newsletter published by
Dinas Powys Voluntary Concern**

**Issue 28
Autumn
2009**

As editor of DEPEND, I have, over the past few years been pleased to congratulate the organisations in our village on all they do and have done to make Dinas Powys such an energetic and thriving community. Every year, and all through the year, there is something going on that will interest nearly everyone – drama, music, art, entertainment, lunches, sport, voluntary work – the list goes on! However, over the past two years I have personally experienced other qualities that the residents of our village possess - support, kindness and generosity. In general terms, local groups have donated thousands of pounds over the past year towards the cost of replacing the DPVC minibus and towards the cost of keeping DEPEND afloat. There are many other organisations and charities that have benefited from the generosity of our residents - don't miss the Parish Autumn Fayre on 21st November – all proceeds to charity!

We must also remember the time, effort and kindness of volunteers and good neighbours, many of whom prefer to help others quietly and out of the spotlight. Over the past two years, my wife and I have experienced first hand the warmth and kindness of the people in Dinas Powys. The support we received from all the staff at the Health Centre and the local chemist cannot be underestimated. I must mention here the wonderful facilities and atmosphere at Velindre Hospital. After my wife lost her fight with cancer we received excellent and thoughtful service from our village florists and funeral director. Donations in her memory towards pancreatic cancer research, the teenage cancer unit at UHW and Velindre Hospital totalled £1090.64 which included £50 from 6th Dinas Powys Brownies - there are 18 in the pack all under 11.

We at DPVC will also long remember a great friend to us, to St. Mary's and to all who knew her, Eileen O'Brien who died recently.

Thank you Dinas Powys! What a wonderful place to live!Editor DEPEND

DATES FOR YOUR DIARY -

Forthcoming local events in Parish or Lee Halls - Further detail from the Community Council Office

Telephone 029 2051 3114 Website www.dinaspowys.org

Saturday 3 rd October	DP Voluntary Concern - Barn Dance 8.00pm (see Page 7)
Saturday 10 th October	Concert - Royal British Legion - 7.30pm
Thurs-Sat 29 th - 31 st Oct	DP Players production - 7.30pm
Saturday 7 th November	Breakfast RNLI 8.30 - 11.30am
Sunday 8 th November	Royal British Legion - 10.15am at War Memorial and service at St Peter's
Sat 21 st November	Parish Autumn Fayre
Sat 28 th November	Christmas Lunch - Tenovus
Wed-Sat 9 th - 12 th Dec	Bethesda Chapel Choir - 7.30pm
Sunday 13 th Dec	Concert DP Orchestra - 7.30pm
Wed 16 th Dec	Christmas Carol Service
Fri Jan 1 st 2010	Concert - DP Ecumenical Seven - 1pm

Many other organisations use the various halls in DP (see page 8) and details are available in the Community Directory.

Adult Education classes - Upholstery, Family history, Gardening, Painting and Drawing, Cake decoration, Keep fit, Bridge and Yoga are held in Murchfield Community Hall, the Lee Hall or the Scout Hall. Details from Adult Education 2070 1569 or www.valeofglamorgan.gov.uk.

**DEPEND is published by
Dinas Powys Voluntary Concern.
Articles for inclusion in future editions should be
sent to 'The Editor' at
Dinas Powys Voluntary Concern
Murchfield Community Hall, Sunnycroft Lane ,
Dinas Powys, CF64 4QQ
or by Email to: dpvc@btinternet.com**

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NEWS from THE SENEDD - Chris Franks AM writes:

One of the big issues is the variable level of Stroke services. Considering it is such a major illness, it is inexplicable that there are not better and more timely services for patients. I have also highlighted the danger of Stroke services being lost in the Vale when health is reorganised.

Dinas Powys is set to see improved train services thanks to investment by the Welsh Assembly Government. A £7 million track and signalling scheme will mean more capacity on the local lines. In addition, a new platform at Barry will allow extra trains on the Vale of Glamorgan line to Bridgend. I am delighted that there appears to be progress in the campaign to ensure that the Swansea to Paddington line is electrified.

In the Assembly Chamber the question of energy generation from the Severn Estuary has been raised. I am concerned that little information seems to be provided to residents by the UK Government about the options that are being considered. It is proving difficult to obtain hard facts. I will continue to ask questions.

Oxfam in both Windsor Road, Penarth and St Mary Street, Cardiff operates very busy shops. When visiting recently I was very impressed by the scale of the operation and the quality of books on offer to the public. Both shops are always keen to attract more volunteer staff.

Homes of residents of St Cadoc's Avenue continue to be in danger of flooding. The Vale Council has failed to address the risks, and in fact has made the situation worse by placing huge props under the bridge at Cross Common Road. These trap branches in storm conditions, reducing further the flow of water. The Vale has to prioritise early action. Another battle to wage!

DPVC celebrated the work of volunteers in our community. I was pleased to support this event and indeed enjoy the delicious sausage rolls.

The Assembly Finance Committee has heard evidence about the way Wales is funded. The independent Holtham Inquiry calculated that we are short-changed



by around £300 million a year and the situation is worsening. The House of Lords has also carried out an investigation with similar results. Wales is being treated unfairly and this needs addressing.

If you would like to contact me about these or any other issues please telephone 029 2092 2578 or email christopher.franks@wales.gov.uk.
<http://www.chrisfranks.plaidcymru.org/>

THE HUNTSMAN RECIPE - Peter and Hilary Rice, Huntsman Restaurant, Station Road

Plum Crumble

1kg plums
100g granulated sugar
150g wholemeal flour
125g porridge oats
125g soft brown sugar
200g butter

1. Remove stones from plums and place fruit in a heavy bottomed saucepan.
2. Add half a cup of water and the sugar.
3. Bring to the boil with the lid on, then remove lid and simmer for about 5-10 minutes.

4. Put into a deep casserole or other oven-proof dish and leave to cool.
5. Mix the flour, oats and brown sugar.
6. Chop the butter into little pieces and rub into the dry ingredients, until the mixture resembles breadcrumbs.
7. The crumble can then be left in the fridge until required, or can be used straight away.
8. Sprinkle the crumble over the stewed plums and bake for 20-30 minutes until brown on top at Gas 6 - 400F - 200C

Gas 6 – 400f – 200c

Dinas Powys PACT- 'Partners and Communities Together' - report by Steve Davies

PACT is the name that has been adopted by South Wales Police along with its other statutory partners as part of the Safer Vale Partnership in the Vale of Glamorgan. PACT meetings take place in most of the communities in South Wales. Their purpose is to give local residents a regular opportunity to meet and draw attention to matters that concern you, the residents.

Dinas Powys PACT meets alternate months at Bethesda Chapel, Fair Oaks. In regular attendance is the local Community PCSO Michelle Griffiths, along with local members from the Community and Vale Councils. The meeting is chaired by Church leader Steve Davies, formerly a local police officer.

During the meetings community issues are raised and discussion takes place between all present to identify ways in which the community, the Police and the local authority can contribute in an effort to find solutions to the issue raised. Local priorities are identified during the meeting and specific efforts are made to alleviate problems. A report on progress is brought back at a subsequent meeting.

Recent meetings have sought to address issues relating to the speed of vehicles on the lanes between Wenvoe



and Dinas Powys, and the particular danger to horses and riders using the lanes. Although much of the route is derestricted, the Highway Code requires that all drivers are able to stop within the distance that they can see ahead. To this end it is important that drivers restrict their speed.

Another recent issue related to illegal parking, particularly in the village. When cars are parked on the pavement great difficulty is experienced by those trying to use the pavements with

pushchairs and those in wheelchairs. Specifically placed crossing points for wheelchair users are also often blocked by parked cars. An appeal to all drivers who use the village is to be more aware of the needs of others, and not to park where they will cause problems. It goes without saying that parking restrictions must be observed by all of us. Other matters raised recently relating to theft from motor vehicles and youth annoyance have resulted in additional patrols by local Police officers.

More information on current PACT priorities, updates on local PACT meetings and the action being taken to alleviate them, can be found on the Police website www.ourbobby.com

Forthcoming PACT meetings will be held at Bethesda Chapel at 7pm on Monday 7th September and Monday 2nd November 2009.

DINAS POWYS LOCAL HISTORY SOCIETY

The Society was founded 36 years ago by George C Thomas of Cardiff Road, supported by his wife Eunice and Brian Keitch of Penarth. George, a former Chairman of Dinas Powys Community Council, was also the founder of the Dinas Powys walks.

They were all 'hands on' historians and researched the buildings and traditions of the parish and took part in excavations of the castle, the Iron Age fort and the Roman homestead on the Common. They also interviewed elderly inhabitants. For several years they produced a magazine, Y Cronicl - The Chronicle, copies of which can be viewed in Dinas Powys Library. In the 1990s, with Jeff Childs as leader, a group of members met regularly to study and analyse land holdings and tithe maps, wills and inventories and censuses of the area.

The Society has held three successful exhibitions: in 1977 for the Jubilee and in 1994 to show project work. In 2007, in partnership with DPVC, a larger exhibition commemorating the Centenary of the Parish Hall was visited by almost 400 people. Much of the exhibition material is preserved in digital form. It is the greatest

wish of the members to carry on George's work and to find a permanent home for its archive. As one of very few places in the UK which has a record of settlement since the Iron Age, Dinas Powys should have a Heritage Centre.

The 2009/10 series of the Society lectures commences on Tuesday 13th October with a lecture "The Battle of Britain" preceded by the AGM at 6.45pm. The lectures are in Kynance Hall at 7.30pm on the second Tuesday of the month. The programme is widely advertised with reminders in the local press. Summer trips to local historical sites and museums are also popular with members and friends.

The Society would welcome suggestions and ideas, in particular regarding a Heritage Centre. Please contact the Chairman, John Wilmot, on 2051 3846, or j_wilmot@hotmail.co.uk.

SOUL IN DINAS

Whole Church // Whole Community

Soul in Dinas is a “Dinas Powys churches together” initiative, involving young and old(er) members of the church, to engage and serve the local community in different ways - all free of charge. At the heart of all that the group seeks to achieve is the desire to show the love of Jesus to people and to let them know that they are valued and respected.

2009 has been no exception to previous years as the team has completed over 70 requests from members of the community to go into homes and carry out painting, gardening, moving and many other tasks that occupiers were struggling to do on their own. The main action this year was during the last week of July which was rather wet but amazingly the team was able to complete 52 of the job requests, with the others being completed on Saturdays during the rest of August.

New to 2009 was the desire to put on other events



to bring the community together. On one wet Wednesday afternoon in July over 100 people came together at the Parish Hall to take part in a Tea Dance. The afternoon was a tremendous success. The hall was decorated with bunting and Union flags; and, with tea flowing and traditional old style cakes served at tables, an old fashioned High Tea feeling was created. There was also a display of old Dinas Powys pictures and other memorabilia to get people talking about the good old days. The afternoon was further enhanced as young people from the Soul in Dinas action teams joined in the dancing, creating a real sense of generations joining together in a fun time.

Another new event this year was a “Thank you meal” that Soul in Dinas put on at the Potters Dining Room, Hebron Hall. Soul in Dinas wanted



to say thank you to the doctors and staff who serve this community so wonderfully every day, and while the old adage is true that “You can’t please all of the people all of the time”, it is also true to say that we are very fortunate to have two surgeries that work tirelessly to serve the community and always give of their very best to help us all. So on an evening in July those able to attend were served a beautiful meal at Hebron Hall. This was followed by a fun quiz which provoked a lot of good banter.

Other events still in the planning stage at the time of writing include a young mums pamper morning and a wild flower planting day involving youngsters and parents.

The organisers of Soul in Dinas would like to say a big thank you to the Dinas Powys Community Council, in particular the new Clerk Mike Goodfellow and the current Community Council chair Margaret Hayley, for their support and use of the Parish Hall; to Barbara Weston and friends for leading the dancing; to Jeff Lacey, General Manager at Hebron Hall for the free use of the Potters House dining facilities; to Ian Harvey of “Keep Wales Tidy”, and in particular the young people of Dinas Powys who are the inspiration behind this project. The mission statement is simple : ***“Serve Christ in the Community and serve the Community for Christ”.***

Steve Davies (Elder Dinas Powys Baptist Church)

The Village Show 2009

The annual Village Show was again a great success. The weather was fine so that the outdoor attractions could be enjoyed by all. As usual, the Punch and Judy shows attracted children and adults alike and the entertainment provided by the Ecumenical Seven was very enjoyable as were the excellent teas provided by the Women's Institute. The Vale of Glamorgan Council had a stall and people were interested to get advice on recycling. Despite worries the week before the usual late entries saved the day and the Parish Hall in the Summer weather looked really good and the flower and vegetable entries as good as ever. Entries from the children were excellent and made a good display. Art and Photography were a little down but those that were there made up for that in quality. The Needlework entries were excellent and it is hoped that others will be encouraged to enter many of the

100+ Classes next year.

The prizes were presented by the current Chairman of Dinas Powys Community Council, Cllr. Margaret Hayley. The Winners of the Cups are : National Westminster Cup for Needlecrafts - Ann Evans; British Gas Wales Cup for Cookery, Baking and Preserves - Cathie Jackson; D.Hampton-Jeffery Cup for Painting and Drawing - Rachel Collis; Bernard McParlin Cup for Photography - Mr Saleem; the Harry Phillips Plate for Fruit and Vegetables - Mr Cecil Townsend; Dinas Powys Community Council Cup for Craftwork - Sian Blackman; Randall Rose Bowl for Floral Art - Ann Dungey; Dinas Powys Garden Society Cup for Flowers, Shrubs & Houseplants - .Elizabeth Richards; In the Young People's section the Cups were won as follows: Dell Smith Cup for Nursery Classes - Libby Williams; J. Brockhurst Cup for Reception Classes - Elsa Clarkson;

Aquarius Cup for KSI Years 1 & 2 - Moses Wesr; Dinas Powys & St. Andrews Morning W.I. Cup for KS! Years 3 & 4 - Rebekah West; St. Cyres School Cup for KSI Years 5& 6 - Issy Harris. The photograph shows the overall winner of the Show - Mrs Elizabeth Richards - with her winning Scarecrow. Well done, Liz. Next year's Sat. 4th. Sep. - plan ahead whatever your interests.



What's in your garden?

Medicine 'meddyginiath' was included in the nine rural arts practised by the Welsh from around 1000BC and, as among other early tribes, the priests, 'Gwyddoniaid' or men of knowledge, were considered wise men, combining the work of healers with that of religious teachers. The works of Hippocrates, the father of medicine, were much respected by the Welsh healers, the renowned 'Physicians of Myddfai', who combined mystical and herbal techniques to promote health and enable healing for all kinds of ailments. Many of the old remedies are still in our gardens today and we pass them by without wondering at their beauty and efficacy. One of my favourites is Gelsemium Sempervirens, the Yellow Jasmine, the State flower of California, which is a twining vine in the family Gelsemiaceae, native to warm temperate and tropical America. All parts of this plant contain toxic strychnine-related alkaloids and should not be eaten! The sap may cause skin irritation in sensitive individuals. Children, mistaking this flower for honeysuckle, have been poisoned by sucking the nectar from the flower. Its flowers are strongly scented and produce nectar that attracts a range of pollinators, however nectar is also toxic to honeybees. Despite the hazards, this is a popular garden plant in warmer areas, and grows here in Wales quite happily,

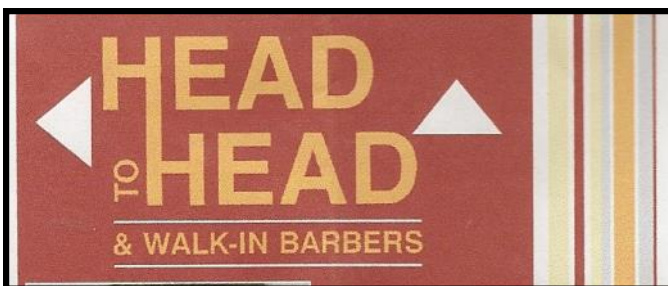
I am slowly building a homeopathic garden here in Dinas Powys, so if you have plants to exchange or would like to see remedies growing, please let me know - marilyn@marilyngodfrey.com

An Occasion - if any local business wishes to celebrate a special event we will be pleased to give you some local publicity. **DEPEND** is distributed to every home in the village. While the production is done by volunteers (we always need more), each issue costs about £350 to print and some sponsorship is always welcome.

HEAD to HEAD

This year Head to Head celebrates its 20th successful anniversary in Dinas Powys. It is a lovely shop in the heart of the old village. There are two sides – one for ladies and the other a Walk-in Barber shop for men. Both offer all aspects of hair care. All age groups are made to feel welcome and we have a price list to suit everyone from junior stylist to manager designer. There is also in-salon training every Tuesday.

If anyone is ill or recovering from surgery we will do house calls or can arrange for a client to be picked up from home.



Mark and his team would like to say a big thank you to all our clientele, some of whom have given us their support from the very beginning, having followed me from Cardiff to the new Dinas Salon, and are still giving us their custom 20 years later. We look forward to continuing to meet old customers and to welcoming new ones to Head to Head at 5 Station Road - 2051 4422.

GWYL GERDD - DINAS POWYS MUSIC FESTIVAL - 2009

We began on Saturday June 20th with tribute act **The Beatalls** (say it, don't just read it) whose take on the Fab Four was pretty convincing! Far too many over-60s threw away their inhibitions on the dance floor and intoned "Please, Please Me" with gusto, so much so that others were observed countering with dubious renditions of "Help!". "Hey Jude" emptied all the chairs, and predictably had everyone swaying and baying!

Sunday saw the **Phil Dando Sextet** turn up a week earlier than usual for their lunchtime Chomp and Stomp, followed in the evening by **Three Other Tenors from the WNO** and local favourite soprano **Ros Evans**. Strange how opera music is almost as acceptable in the intimate surroundings of our Parish Hall as it is in the huge palaces which usually play host to the songsters' excellent repertoire.

We all took a rest then until Wednesday - Youth Day. Following **St. Cyres School Band's** mid-morning open-air gig on the Twyn, up and coming guitarist **Timothy Tate** entertained 150 local primary schoolchildren with a free recital on the classical guitar in the afternoon - a very welcome and unusual touch of class. Come the evening and the decibels grew 100-fold as bands **Racing Jack featuring Groove Joint Movement** invaded the stage of the Parish Hall much to the delight of their

avid young followers. I have to take my hat off to the young people there that night. Bar one undeserved petulant comment from one band member, both audiences and bands were a delight to have as part of the festival, their exuberance and accompanying politeness a joy (and a lesson) for all of us. Thanks also to those not-quite-in-their-teens who turned up to support.....good for you!

Another free concert was provided for our senior citizens after lunch on Friday by the **Murch Junior School Choir** and instrumentalists. This was well rehearsed, performed and staged under the guidance of Ms. Emma Messer to possibly the largest audience we've had for this event.

A very different choir took to the stage in the evening - the competition-winning **Cor Meibion Castell Nedd/ Neath Male Choir**. Never fails, does it? - 60 men in blazers endangering the condition of the windows and roof. **Katy Treharne** (who took over from Connie Fisher in the recent *Sound of Music* season) broke up their sets with, amongst other delights, a rendering of Tesari's "Girl in 14G" wherein she sang several different character roles all together in the same piece!

Phew! - still two days to go!.....

Saturday - Brass Band Day. After the

huge success of last year's Cory Band, the **Parc and Dare Band** braved a set of personal tragedies to give us 2 hours of impressive and varied music for myriad shiny metal tubes. The exception to this was percussion soloist Gavin Pritchard whose array of things to hit took all of the forestage area, in turn hitting us all between the eyeballs. Stirring stuff.

So to Sunday, the last day. And what better way to end than with our own village talent? **Bethesda Community Choir** never fails to leave you with a warm feeling, and this concert, with its selection of songs from *Joseph and the Amazing Technicolour Dreamcoat*, was no exception.

So there you have (sorry - had) it - ten events (three of them free and two cut-price). Thanks to all those who dug deep to become patrons, to others who forsook Wimbledon for our efforts, and really to anyone who came to anything. Just make it twice as many next year,

Your festival needs you! Diolch i bawb!
Peter Elias Jones-Cadair - Chair.

MOVING into CARE - some facts

Locating and moving into a care home is possibly one of the most difficult things a person or family has to do; dismantling a whole lifetime of experiences is never going to be easy, whatever the reasons behind the decision. As many individuals and their families are well aware, with average residential care home fees in the UK costing around £30,000 per annum, the funding of residential/nursing home fees can be a daunting prospect to a new resident and their family. Although some individuals may have enough funds to cover their initial weekly fees, this money can soon be used up, which means a decision regarding the future funding of care has to be made.

With the 2009/10 means test threshold in Wales set at £22,000, more and more people are generally expected to fully fund the cost of their care until such time as their money falls below the appropriate threshold. However, with careful planning it may be possible to structure an individual's finances in such a way that care fees are paid indefinitely, without worry about the future or what would happen were the money to run out. Most families wish to ensure that their relative can stay in the chosen care home for the rest of their life as well as safeguarding as much of the existing capital as possible.

There are a number of agencies qualified to advise including Social Services, Charities such as 'Age Concern' at www.ageconcern.uk and private agencies such as Symponia. Symponia is a national affinity group for helping residents sort out the best way to fund private care fees. Aaron Hawkins of The St David's Partnership is the local Symponia member and is fully qualified to advise on all aspects of long term care and the associated legislation, ensuring that each and every individual (or their family) is fully aware of the current situation and all of the options available to them. Should you wish to contact Aaron of Symponia contact The St David's Partnership on 01792 775225.

SAFETY IN THE HOME

Most of us feel safe in our homes - yet more accidents happen in the home than anywhere else.
Try this check list on your own home:

Security

- Never open doors to strangers without using a chain lock
- Always ask for Identification. Genuine callers will be happy to wait while you check if necessary. If in doubt KEEP THEM OUT!
- If you feel unsafe in the home or are afraid of falling, use a community or personal alarm

Fire

- Ideally there should be a smoke alarm on each floor of your property. Test them regularly and keep free from dust. Change the battery at least once a year.
- If you or some else smokes always ensure cigarettes are fully extinguished before leaving the room
- Everybody who lives in your home should be aware how to react in case of fire. If you have young children make sure they understand what to do to escape from the house. Make a point of holding a fire drill regularly so younger children can learn from their siblings.
- Do not leave clothes to dry near an open fire or draped over a heater overnight. If you use a clothes horse the clothes will dry overnight naturally in the remaining heat in the room.

General

- Keep all walk-through areas in your home clear to allow you to move about freely
- Ensure that carpets and rugs are firmly fixed so you cannot trip over them
- Re-arrange your furniture so you can move around easily
- Do not let electric and other cables trail across the floor
- Never overload the electric sockets
- Keep the list of emergency numbers near the telephone
- If you have problems with bending, fit a letterbox cage so your mail is within easy reach
- Consider using a long handled 'grabber' rather than bending or over stretching

Bedroom

- Keep a torch by your bed for use in case there is a power cut
- 'Plug in' night lights provide a low light if you need to use the bathroom in the night. They are also useful near the top of the stairs

Kitchen

- Regularly check your boiler light is working and have the boiler serviced yearly during the 'quiet period' usually the summer. This is important for keeping warm during the colder months
- Never leave saucepans on full power; if you need to leave the kitchen turn the power down
- Never leave hot oil unattended, remove from heat when cooking complete.
- If a pan does catch fire do not remove the pan or throw water over it. Turn off the heat if it is safe to do so then leave the kitchen and shout to everyone else to leave the house. Call 999.
- Always turn the handles to the side of the stove not over the front or near the flame if you cook by gas

Bathroom

- Always keep medicines in a lockable cupboard out of reach of children or pets
- Medicines should also be stored in the container they came in
- Ensure the bath mat is non slip so you don't fall when entering or leaving the bath
- Mains powered electrical appliances, such as hairdryers, heaters and electric radios, should never be used in the bathroom

These suggestions researched by Elizabeth Millard

Come and Join us for a Barn Dance

DPVC is holding a Barn Dance at the Parish Hall Dinas Powys on Saturday 3rd October.

Live music by Ruff and Tumble with caller Dave Parsons.

Licensed Bar and Refreshments.

Tickets £8.00 available from the Post Offices—DPVC Resource Centre and the Parish Hall.

Admission by ticket only. All proceeds to support our new Mini-bus appeal.

DID you know? - HALLS in DINAS POWYS

In Dinas Powys we are fortunate to have a good choice of halls for child-minding groups, clubs, exhibitions, concerts and other activities. For such a small community we are well provided with varied halls. In these days of "credit crunch", parents might well be considering, once more, the hire of a hall for a child's party, rather than expensive outings.. People wanting to meet others with similar interests also want a place to meet and the other day somebody came into the DPVC office wanting a hall for an event and it was good to be able to give him a phone number to ring. In case anybody is thinking of doing the same or of a party for a special occasion here are halls in Dinas Powys that can be hired with the person to contact.

	Access for people with mobility problems	Kitchen		Contact
St Peter's Church Hall	Yes	Yes		Gill Webster 2051 5613
Methodist Church	Yes with stair lift	Yes	Recently refurbished	Olwen Coombs 2051 3496
Murchfield Community Hall	Yes	Yes	Owned by Vale of Glamorgan Council Managed as a charity	Stephen Nottingham 2051 4130
Scout Hall	No	Yes		Emma Lougher 2051 5722 Or 07761 371181
Parish Hall	Yes	Yes	Owned and managed by DP Community Council	Clerk: Michael Goodfellow 2051 3114
Lee Hall	Yes	Yes	Owned and managed by DP Community Council	Clerk: Michael Goodfellow 2051 3114

YOUNG DEPEND WORDSEARCH No 13 (Age 8 - 14 years)

Find 10 words (or acronyms) which are made from the initials or part of words and used as an abbreviation - e.g. NATO = North Atlantic Treaty Organisation. Write out in full what the short words stand for.

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

Return

your answers to:

Dinas Powys Voluntary Concern, Murchfield Community Hall
Sunnycroft Lane, Dinas Powys, CF64 4QQ
or Email on dpvc@btinternet.com

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

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
email: dpvc@btinternet.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?