



DEPEND

An occasional Newsletter published by
Dinas Powys Voluntary Concern

Issue 39
Winter
2014

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

BUSY TIMES AT MURCHFIELD HALL



Volunteers have been working hard at Murchfield Community Centre on improvements to the hall.

Lottery funding helped to buy and install new acoustic panels in the roof space that have made a fantastic difference to the noise levels and the cinema sound is now amazing!

Improvements to the floor are next and thanks to a Sport Wales grant work can start on cleaning and relining the badminton court. New badminton equipment is also on the list. The committee room will undergo a facelift in the next few months and then it'll be time to start planning next years Fringe Festival which will run from May 25th to 30th. The hall is constantly changing and improving and is a great venue for live music and film events.

Email:
Murchfieldcommunityassoc@gmail.com



ARIENNIR GAN Y LOTERI
LOTTERY FUNDED

COMMUNITY CLUB

Lee Hall
Britway Road
Dinas Powys

Every Monday Afternoon
1.30 pm - 3.30 pm

- Refreshments
- Games
- Activities
- Guest Speakers
- Meet Friends
- Make Friends

**All Welcome
Just Drop In**

AUTUMN PROGRAMME 2014

| | |
|--------|-----------------------|
| Oct 20 | Goldies sing-along |
| 27 | Tea & Biscuits/Games |
| Nov 3 | Guy Fawkes Quiz |
| 10 | Tea & Biscuits/Games |
| 17 | Goldies sing-along |
| 24 | Tea & Biscuits/Games |
| Dec 1 | Crafts for Christmas |
| 8 | Tea & Biscuits/Games |
| 15 | Christmas Sing-along! |
| Jan 5 | Tea & Biscuits/Games |

For more details, ring Wendy on 029 2051 3700



DINAS POWYS VOLUNTARY CONCERN
GOFAL GWIRFODDOL DINAS POWYS
Local Help for Local People



- Lifts to local Medical or other appointments
- Regular shopping trips
- Assisting with visits to the local library
- Befriending
- Being a Good Neighbour

Contact us on 029 2051 3700 or dpvc@btinternet.com



You can support DPVC on line!
www.mydonate.bt.com/charities/dpvc

Community Resource Centre
Sunnycroft Lane
DINAS POWYS CF64 4QQ
www.dpvc-dinaspowys.com

Dinas Powys Voluntary Concern is a registered charity No 502496

DPVC VOLUNTEERS LEARN ABOUT DEMENTIA

Back in January, Phil Batchelor, of Home Instead Senior Care, presented a Dementia Workshop to a large gathering of DPVC Volunteers in Murchfield Community Hall. Dementia is a progressive syndrome that affects 750,000 people in the UK and, of course, the families of those people. However, dementia goes widely unreported. Mr Batchelor estimated that up to 50% of people with dementia may not have a diagnosis; so, although 5,000 people are diagnosed in Cardiff and the Vale of Glamorgan, the true number of cases may be much higher. Nearly half of people aged over 85 are likely to have some form of dementia. Alzheimer's is the most common type of dementia, accounting for 55% of diagnoses. Other types include vascular dementia and mixed dementia. The DPVC volunteers learnt how to spot the signs of dementia, at the early, middle and late stages of the disease, and the techniques used by professionals when interacting with dementia patients. Common symptoms include memory loss, confusion, misunderstanding visual images, behaviour change, and repetition or speaking problems. Reading non-verbal communication, the keeping of a Life Journal, giving simple choices, redirection, and removing troubling items are among the techniques deployed. Dementia is incurable, but it can be managed to improve quality of life. There are medications available, for example, that can help reduce the progress of the disease. Mr Batchelor also recognised the risk of carer burn-out, and the importance of carers taking time to relax and looking after themselves. For advice on dementia, please consult your GP. A number of organisations are also there to offer support, including the Alzheimer's Society (www.alzheimers.org.uk), Dementia UK

DICKENSIAN FAYRE

On Friday 5th December 2014 the Rotary Club of Dinas Powis will hold their annual Dickensian Fayre at the Twyn (village square), starting at 6 pm. For those unfamiliar with the Fayre, the evening is an opportunity for local organisations (mainly voluntary) to raise money and support local charities. Funds raised by the Rotary Club will be used to support local charities in and around the vicinity of Dinas Powys.

The usual stalls, selling crafts, cards and Christmas gifts, will be present and there will be plenty of food and drink on sale, such as cawl, mulled wine, cakes, hot-dogs and burgers. The highlight for the children will be a visit to Santa's Grotto where every child will receive a gift from Father Christmas.

Hopefully the weather will be kind, and once again the people of Dinas Powys will enjoy this festive evening. Many people dress up!

DPVC FUN QUIZ NIGHT



DPVC are once again putting on our ever popular Fun Quiz Night at the Parish Hall on Friday 17th October. Paul Marks will be acting as the Quiz Master in his own inimitable style. Light refreshments are available together with a licensed bar. Last year's event was a sell out so if you intend coming please book your tickets early as we do not like to refuse entry.

Tickets are £6.00 per person with a maximum of 6 per team. Application forms are available from the Post Offices Murch and the Square, the Parish Hall and the DPVC Resource Centre at the Murch Community Hall or by telephoning Barbara Daniels @ 20512594.

MURCHFIELD COMMUNITY CENTRE

Sunnycroft Lane, Dinas Powys CF64 4QQ

Murchfield Community Centre has a range of classes and opportunities. Exercise classes include extend, yoga and aerobics. There's street dance and badminton as well as adult learning and children's groups. Youth club meets twice a week and Dinas Powys Voluntary Concern are based in the resource centre at the rear of the hall. The hall hosted Dinas Powys Fringe Festival in May with a week of music and film and there are some exciting events coming up in October and November. The Community Cinema screens films once a month and the Autumn programme, which includes a children's matinee in December, is out now!

In October (25th) there's a chance to see **American Interior** a film/documentary by Gruff Rhys following his ancestor John Evans in his quest to find a Welsh speaking tribe in America. Tickets are £10 and include supper.



In November (9th) there's another chance to hear and see a wonderful presentation by Derek Brushett on the lives of the men from Dinas Powys and Michaelston who went to war in 1914. The evening will also feature a small mixed choir - "The Chords". For more information or bookings contact murchfieldcommunityassoc@gmail.com

Murchfield Community Cinema

Autumn Programme Oct–Dec 2014

Murchfield Community Centre, Sunnycroft Lane, Dinas Powys, CF64 4QQ

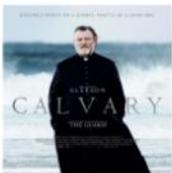
www.murchcommunitycinema.bravesites.com www.facebook.com/murchfieldcommunitycinema

Doors open 7pm for evening performances and 10.30am for matinee. Tickets £5 (door) £4 (advance)



SATURDAY 11 OCTOBER 2014
ZULU (12A) 1964. 120 mins.

Zulu, in its 50th anniversary year! Just 150 South Wales Borderers against 5000 Zulus at Rorke's Drift in the Zulu wars of 1879. Produced by and starring Stanley Baker, with a debut big screen performance from Michael Caine (not a lot of people know that!) One of the greatest ever (if not the greatest) war films! Not to be missed on the big screen with big sound!



SATURDAY 8 NOVEMBER 2014
CALVARY (15) 100 mins.

A good-natured priest in rural Ireland is threatened with assassination during a confession and must battle the dark forces closing in around him. Outstanding performances from Brendan Gleeson, Kelly Reilly and Chris O'Dowd. John Michael McDonagh directs with great style. Highly-rated, atmospheric, gripping and shot through with biting dark humour. A "Must See" film!



SATURDAY 6 DECEMBER 2014
BELLE (12A) 100 mins.

A superb period drama based on the true story of Dido Elizabeth Belle, illegitimate mixed-race daughter of a Royal Navy Admiral in the 18th-century England. Raised by her aristocratic great-uncle, Belle's has certain privileges, yet her skin colour prevents her from achieving her social standing. Her story helped end slavery in England. The splendid cast includes Gugu Mbatha-Raw, Tom Wilkinson, Emily Watson, Miranda Richardson, Matthew Goode and Penelope Wilton. If you have seen "12 Year's a Slave", then you will love this!



Children's Cinema Club Matinee

popcorn, ice cream, sweets

Saturday 6th December 11am

Film to be announced watch our facebook page and website.

Book Online at www.murchfieldcommunitycentre.ticketsource.co.uk
Call or text 07935 340 242
Email murchfieldcommunityassoc@gmail.com

NEW FACES IN DINAS POWYS



REV ANDREW JAMES

Originally hailing from Heckmondwike in West Yorkshire Andrew moved to Wales in 1993 to study Behavioural Science at the University of Glamorgan. After his ordination in 1999 he served two curacies, first in Roath and then in Radyr, before becoming team vicar in Whitchurch where he has served for over 7 years.

In 1997 he married Karen from Canton in Cardiff and together they have one child Olivia who attends Bishop of Llandaff High School.

Known in Rhiwbina as 'the vicar with the dog' Coco the labrador accompanies him in his day to day ministry especially when visiting schools, residential homes and during worship where he has his special place by the vicars stall.

When asked about his new position he said "I feel truly blessed to be called to serve in Dinas Powys, and I'm looking forward to helping the Church become more visible and better equipped to serve all Gods people in the wider community."

His interests include walking the Dog, photography and riding his motorbike.

PCSO STUART WILBY

Hello, my name is Stuart Wilby, I am the PCSO for Dinas Powys. I am out and about in Dinas Powys as much as I possibly can be so please feel free to come up and chat with me and if you have any issues let me know and I will try and deal with them to the best of my ability.

My contact number is 07805 301 160

My email is:

stuart.wilby@south-wales.pnn.police.uk

For reporting non urgent matters you dial 101
In an emergency please use 999.

Police Community Support Officer 55916.
Swyddog Cymorth Cymunedol Yr Heddlu 55916

Central (East) BCU / BCU Canolog (Dwyrain)
Serving Bridgend and the Vale / Yn Gwasanaethu Y Bont Ar Fro
Penarth Police Station/Gorsaf Heddlu
Penarth Windsor Road/Heol Windsor Penarth



BIG BROWNIE BIRTHDAY

Brownies celebrate a big birthday this year and reach the grand old age of 100.



As part of Girlguiding, Brownies provide fun, friendship and excitement for girls aged 7 to 10 years old. Dinas Powys

and Llandough Rainbows and Guides joined the Brownies to celebrate in style at an event hosted by Murchfield Community Cinema in Dinas Powys.

The afternoon was filled with popcorn, icecream and lots of laughs. There was also a special guest to cut the cake, Chief Commissioner for Wales, Felicity Ladbrooke. The afternoon was also a fundraiser for one of the Districts Young Leaders. Cerys was chosen to go on an International trip to work

on The Book Bus in Africa.

Cerys ran the sweet stall and would like to thank the following for their kind donations.

Tesco Express - Dinas Powys

Mark Griffith Family Butcher - Dinas Powys

The Murch Pharmacy - Dinas Powys

A Class Apart - Dinas Powys

and all contributors who wished to remain anonymous

St Peter's Guide Unit is urgently seeking volunteers to keep it open. If you'd like to help or need more information please contact us.

For more information about Guiding in Dinas Powys and Llandough contact commissioner@dinasandllandoughguides.org.uk

MY BOOK BUS EXPERIENCE



I spent almost 3 weeks in August working with a group of 8 other girls on The Book Bus project, which aims to improve children's literacy rates. We all went through a selection process with Girl Guiding Cymru and were picked from over 200 girls across Wales.

We worked in 3 different primary schools in and around the Livingstone area, including running a holiday club in the village of Kamatanda, where we taught under a tree, surrounded by 120 enthusiastic children. We would read to the children in a large group first of all, then a different book in smaller groups and then a craft would begin, usually a flurry of glue, tissue paper and scissors that would feel like 5 minutes but would actually be well over an hour! If we had time then the children would usually bring us books that they had found on the bus that they wanted to read, a very popular one was Elmer the elephant, as were books about the ocean – one which surprised us as Zambia is a landlocked country!

Our trip wasn't just school 24/7 though, we took full advantage of where we were and went to Victoria Falls twice, once in daylight and once to experience the lunar rainbow, a phenomenon that only occurs here. We also took a weekend safari in neighbouring Botswana, an amazing way to see the spectacular

wildlife that is in this part of the world. As we were part of a Girlguiding Cymru trip we also went to meet a Zambian guide and brownie group. We spent our afternoon with them, tasting local dishes and hearing about their guiding experiences.

While we were out there it was A-level results day for a lot of us so as a celebration we went to the Royal Livingstone Hotel, the only 5* hotel there, for afternoon



tea and sunset cocktails. My trip gave me many opportunities and life experiences that I will never forget. I was able to see and experience first-hand a different way of life, and I have no doubt that this has made me appreciate my own lifestyle a lot more. My time in Zambia is something that I will always remember and hopefully will be an experience that I shall get to repeat in the future.

Cerys

DINAS POWYS MEDICAL CENTRE

75 Cardiff Road
Dinas Powys
CF64 4JT

Tel: 029 2051 2293 Fax: 029 2051 5318
Email: enquiries@gp-w97055.wales.nhs.uk

OPENING HOURS

Monday – Friday: 8 am - 6.30 pm
Outside these times: Please contact the Out of Hours Doctors Service or NHS Direct

APPOINTMENT TIMES

Monday – Friday: 8.30 am – 11.30 am
and 2.00 pm – 5.30 pm

Dr Thomas: Mon and Fri
Dr Cherry: Tues and Thurs
Dr Cox: Mon, Tues, Wed and Fri
Dr Reynolds: Mon to Fri
Dr Lord: Mon, Wed and Thurs
Dr Gruffudd: Wed, Thurs and Fri

NHS SERVICES AT DINAS POWYS

- Diabetes clinic
- Asthma and COPD advice
- Minor surgery
- Joint injections
- Family planning and smear tests
- Healthy lifestyle advice/smoking cessation
- Over 75 health checks
- Childhood immunisations
- Child development
- Antenatal care
- Podiatry
- Phlebotomy
- Information about care in the community
- Travel immunisation

Hearing Aid Batteries – please telephone UHW on 029 2074 3179 and they will send 12 months supply to your home.

THE HUNTSMAN RECIPE

Peter and Hilary Rice,
Huntsman Restaurant, Station Road

Chocolate Beetroot Cake

Ingredients

250g/8oz caster sugar
250g/8oz cooked beetroot
2 teaspoons baking powder
75g/2.5oz cocoa powder
3 large eggs
180g/6oz plain flour
200ml/7floc sunflower oil
1 teaspoon vanilla extract

For the filling and topping:

250g/8oz icing sugar
125g/4oz soft butter
125g/4oz dark chocolate - melted
small bar of white chocolate - for grating

Method for the cake.

Sift flour, baking powder and cocoa powder in a large mixing bowl with the sugar.
Puree the beetroot in a blender, adding the eggs one at a time, then oil and vanilla, blending till smooth.
Making a well in the middle of the dry ingredients add beetroot mixture and lightly mix together.
Divide the mixture between two 6inch/16cm cake tins, lined with greaseproof.
Bake 30 minutes in a pre-heated oven at gas mark 4 - 180c - 350f

Method for filling and topping.

Beat together butter and sugar, then add the melted chocolate.
Sandwich the cakes together with one third of the mixture.
Use the remainder for the top and the sides of the cake.
Grate white chocolate over the top of the cake before the topping sets.

NEWS FROM THE SENNEDD - JANE HUTT AM

Two years ago, I opened the Foodbank distribution centre at Bethesda Chapel in Dinas Powys which is open Wednesdays from 1.30 - 2.30 pm.



This important service has been providing emergency food packages to families and individuals struggling to put food on the table. It is run entirely on donations and by a team of compassionate volunteers willing to help others in times of need.

The Trussell Trust, which runs foodbanks across Wales, has stated that Wales is seeing an alarming increase in the number of 'hidden hungry' with Head of Oxfam Cymru, Julian Rosser claiming that, 'changes to the benefits system are the most common reason for people using foodbanks..cuts to social safety nets have gone too far, leading to destitution, hardship and hunger on a large scale.'

Although the need for foodbanks in this day and age is a sad and shocking indictment on our society, it is truly heartening to think that there are so many people in our community willing to step forward and offer help to those who need it. I would like to thank all those volunteers in Dinas Powys who have helped the Vale Food Bank service and made such a valuable contribution.

As the demand for foodbanks rises, the Welsh Government is committed to doing all it can to mitigate the effects of UK Government welfare cuts. As part of its Tackling Poverty Action Plan, The Welsh Government is supporting Credit Unions in Wales and has invested in them since 2000. This is because we recognise the important contribution Credit Unions can make in tackling financial exclusion,

especially in communities where disadvantage persists. I would encourage people in Dinas Powys and the rest of the Vale, to consider becoming a member. (The Cardiff and Vale Credit Union has an office on Holton Road Barry.) As well as basic financial services such as savings, loans and in some cases current accounts, many credit unions now offer Individual Savings Accounts (ISAs), insurance products as well as budgeting and debt management advice. Credit Unions also offer an affordable alternative to Pay Day Loans. If you would like further information about Credit Unions, contact the Credit Unions in Wales Helpline on 0808 129 4050 or email creditunions@wales.gsi.gov.uk.

Finally, I wanted to talk about young people in Dinas Powys and the Vale. Given these difficult economic times, our young people are struggling more than ever to find employment and it is absolutely vital that we support them as much as we can. The Welsh Government's flagship youth employment programme, Jobs Growth Wales, is an employment programme for 16 to 24 year-olds that has become the most successful in western Europe. With Welsh Government and European Social Fund money, the scheme pays employers to take on trainees at the minimum wage or more for 25 to 40 hours a week for six months.

Latest figures show that Jobs Growth Wales has broken through the 10,000 milestone in the number of jobs created and approved. The latest performance information shows that Jobs Growth Wales, has so far created 10,594 job opportunities, with young people in the Vale of Glamorgan accessing these opportunities. Jobs Growth Wales is delivering for our young people and I look forward to seeing further progress in the years to come.

Jane Hutt AM

DINAS POWYS LOCAL HISTORY SOCIETY

Speakers for the winter season 2014 -15

| | |
|----------|--|
| Nov 11 | Cardiff Docks by Gwyn McGuire. |
| Dec 9 | Annual Christmas Dinner at St. Andrews Golf Club. Details later. |
| Jan 13 | Dinas Powys in old postcards by Mike Baker |
| Feb 10 | "When the Wall came down" Jean Harvey. |
| Mar 10 | History like the Teacher never taught you. Phil Caradice. |
| April 14 | Osborne House, Isle of Wight. Phil Bowen. |

All lectures commence at 7.30 pm

DINAS POWYS VILLAGE SHOW CLASS WINNERS

YOUNG PEOPLE:

NURSERY: A-Bryony Boyce B -Rory Seekings C and D-Bryony Boyce.

RECEPTION: E-Sioned Evans F,G,H-Seren Ford. **KS1 and 2;** I-Izzy Seekings J,K-Alfie Sargeant L-Sam Boyce. **KS3 and 4;** M- Issy Street N-Alfie Sargeant O-Ross Newton P-Poppy Davies **KS5 and 6;** Q-Lowri Cant R,S-Ella Tamale-Sali T-Elsa Clarkson.

OPEN CLASSES:

COOKERY: 1-H.Evans 2-Susan Virgo 3-Cathie Jackson 4-Cerys Edwards 5-Angela Reardon 6-Elizabeth Richards 7-Shelly Halliday 8-Elizabeth Richards 9-Sue Jenkins. 10-Cecil Townsend 11-Non Harfoot 12-Cerys Edwards 13-Janet Sullivan 14,15-Janine Grey 16-Bryony Amesbury 17-Cynthia Westphal 18-Sarah Martin 19-Christine Reeves 20-Beth Setters 21-Judith Martin 22-Cathie Jackson.

FRUIT & VEGETABLES: 23,24,25,26,27,28-Cecil Townsend 29-Jackie Best 30-Julie & Ian Brooks 31-Janie Jones 32-Elizabeth Richards 33-Cathie Jackson 34-Elizabeth Richards 35-Judith Martin 36-Thomas Brading 37-Brenda Moses 38,39,40-Cecil Townsend 41-Cecil Townsend and D. Robinson 42,43,44-Cecil Townsend.

FLOWERS, SHRUBS and HOUSEPLANTS: 45,46,47,48-Elizabeth Richards 49-Stewart Hockey 50-Shirley Willis 51-Andrew Smith 52-Keith Hatton 53 54,55, 56-Non Harfoot.

FLORAL ART: 57,58-Susan Coleman 59-Sylvia Thompson 60-Elizabeth Richards 61-Pauline Hill.

PHOTOGRAPHY: 62,63,64-Tom Alexander 65-Bryony Amesbury 66-Elizabeth Richards 67,68-Tom Alexander 69-Rita White 70-Tom Alexander 71-Elizabeth Richards 72-Tom Alexander.

NEEDLECRAFTS: 73,74-Angela Rankin 75-Debbie Evans 76-A.J. Hemlock 77-Emma Thompson 78-A.J. Hemlock 79-H.Evans 80- Gillian Hopkins.

PAINTING and DRAWING: 81-Connie Thomas 82-Moyra Smith 83-Pat Charters 84-Sophie Borja 85,86-Janette Fox 87,88-S. Midgley 89-Connie Thomas.

CRAFTWORK: 90-Llantwit Major Vale Plus 91-Bethan Davies 92-Sylvia Thompson 93,94- Rosie Davies 95-Sylvia Thompson 96-Dr. Haydn Jones 97-Sylvia Thompson 98-Katie Boden 99-Vale Plus 100-Cameron and Morgan Rushworth

THE 2015 SHOW WILL BE ON

SATURDAY 5TH SEPTEMBER



EXTEND CLASS

Gentle movement to music

For older people or less able of any age

To help increase mobility, flexibility, stamina
& assist in maintaining independence

All sessions include at least 20 minutes seated
Exercise

Work at your own pace

Make friends and feel more energised!

At Murchfield Community Hall

Every Monday (except Bank Holidays)

10.30-11.30

£4.00 INCLUDES Refreshments

COME ALONG AND HAVE SOME FUN

EXTEND Teacher: Shirley Dodd-Clark

REPS Level 3 teacher www.exerciseregister.org

Tel: 01446 751077

Email: shirleyadc@aol.co.uk

www.extend.org.uk

COMMUNITY COUNCIL NEWS

There's full information of Community Council meetings, minutes and agenda on the website www.dinaspowys.org

The Community Council, based in the Parish Hall, Britway Road is keen to engage with residents and welcomes views and ideas to improve the community.

Currently underway, the improvement to the bridle path linking Cross Common Road to Longmeadow Drive is a scheme promoted by the Community Council. Much of the funding has been received from a Rural Communities initiative. The introduction of kissing gates across Millfields and beyond to Michaelston is another such scheme promoted by the Council. Last year the Council installed the play and training equipment on the Common which has proved to be a great success. The Community Council has an advisory role regarding all local planning applications. Full representations were made objecting to the massive increase in housing proposed in the Local Development Plan which would caused additional traffic congestion especially at Murch Bridge and at the Merrie Harriers. Councillors await the planning enquiry next year where the views of council can be put directly to the Planning Inspector

Councillor Chris Franks, Chair of the Council said that at a modest cost the Council strives to work for the residents and seeks to also make representations to both the Vale and Welsh Government on local matters.

We have urged the Vale not to ignore Dinas Powys when it comes to traffic enforcement and we continue to oppose the rundown of Dinas Powys library.

Meanwhile arrangements for the Remembrance Day service are in hand and preparations for Christmas decorations are being made.

DEPEND is published by Dinas Powys Voluntary Concern.

Articles for inclusion 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@dpsc-dinaspowys.com

WE HAD A WILD WEEKEND FOR WALES!



Over 230 applicants from across Wales applied for free National Garden Centre vouchers as part of **Keep Wales Tidy's 'Have a Wild Weekend for Wales'** campaign.

Funded by **Welsh Government, Natural Resources Wales** and the proceeds from the single-use carrier bag charge, the aim of the weekend-long campaign was to encourage people to improve food sources and natural habitat for pollinators in Wales.

Volunteers from Nightingale Community Garden got back to nature and gave bees and other pollinating insects a helping hand in Dinas Powys. They were successful in applying for £100 of National Garden Centre vouchers which they then used to buy nesting boxes for pollinating insects, plants and seeds of nectar-rich plants, large pots and compost. During Wild Weekend they put up bee hotels and started the cultivation of a new 'wildlife border' in the garden. Stephen Nottingham, a volunteer at Nightingale Community Garden said: *"The Community Garden in Dinas Powys was established last year, on what was a long-abandoned play area, and it officially opened last September. There are around 30 enthusiastic plot-holders and we hope to see wider community involvement this year. 'Wild Weekend' has enabled us to advance our goal of encouraging beneficial wildlife into the garden."*

Councillor Keith Hatton added: *"Nightingale Community Garden was established to allow the community to come together to share food growing ideas and raise awareness of ecological and environmental issues by providing suitable habitats for a range of wildlife. This valued support will allow the community gardeners the opportunity to protect threatened insect pollinators, such as honey and bumble bees, hoverflies and butterflies by creating habitats and planting pollinator friendly plants. By improving their habitat the gardeners too will benefit by increased crop yields."*

Lesley Jones, Chief Executive of Keep Wales Tidy, said: *"I am delighted that so many groups across Wales got involved to help our pollinators and their natural environment. They have planted new flowering plants to attract our bees and butterflies as well as giving existing habitats a helping hand. Keep Wales Tidy would like to thank the Welsh Government and Natural Resources Wales for all their support, ensuring that the 'Wild Weekend for Wales' has been a great success for people across Wales!"*

For more information on improving pollinator conditions in your area, or to get involved with volunteering and fundraising for Keep Wales Tidy please e-mail tidy.towns@keepwalestidy.org or visit the website www.keepwalestidy.org

VILLAGE SHOW 2014



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.