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Autumn 2022

Community Newsletter



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Village News

Lunchtime Cabarets at the Parish Hall

Monday 5th December 2022 :

“Christmas Comedy Cracker” with Christmas sing-a-long from Mark and comedy from one of Wales top comedians, Bob Webb. Tickets £20 inc food

Monday 6th March 2023: Tribute to Cliff Richard, with Jimmy Jermaine, who regularly performs his show on Cruise ships and Holiday hotels around the UK. Tickets £17.50 inc food

Monday 3rd April 2023: “Lunch with the Phantom”. Songs from the musicals with one of the original Phantoms from the West End, Peter Karrie. Tickets £17.50 inc food

Monday 5th June 2023: Ginatra’s Summertime Special with special guest, Mike Doyle. Tickets £20 Inc. food.

Monday 3rd July 2023: Tribute to John Denver with Wayne Denton. Tickets £17.50 inc food.



Over recent months, there have been a number of successful lunchtime cabarets held in the Parish Hall, which have proved to be very popular.

With over 100 people attending each cabaret, including tributes to Shirley Bassey, Michael Bubl , Neil Sedaka and a couple of trips down memory lane with one of Wales’s legends of cabaret, Johnny Tudor.

The principle is whatever we do in the evening, we can do in the day! This especially helps folk in and around the village who, for whatever reason, can’t or prefer not to be travelling around at night-time.

Organised by Mark Thompson, who has recently formed “Ginatra” to try and promote live cabaret within local communities, as well as our very own local butcher, Glenn Griffith, the afternoons commence with lunch at 12.30pm. Glenn and his team serves “The Butchers Buffet” through till 1.30pm, when the show starts, under the lights of our very own village lighting technician, Alan Blakoe.

Lunchtime Cabarets at the Parish Hall (contd.)

Each show starts with some comedy and a few songs from Mark, usually with a game of "Bongo" where the audience can win a special prize ! Mark will then introduce the guest cabaret artiste who will entertain the audience through until approx. 3.45pm, when it is time to make our way home. Each lunchtime cabaret comes with a Bar, open from mid-day, where both soft drinks and alcoholic drinks, including our guest gins, can be purchased.



Most lunchtime cabarets happen on a Monday and go on sale a few months before the date. Tickets can be purchased from the Parish Hall, emailing info@ginatra.co.uk or purchase online from Ginatra.co.uk.

There are more lunchtime cabarets already planned for the remainder of the year, but we will feature these in the next issue of Depend.

Photographs: Opposite Li Harding as Shirley Bassey. Left David Rhys Morris as Neil Sedaka and below Dr Haydn Jones with Johnny Tudor and Peter Lewis who recently performed in our latest lunchtime Cabaret 'Bless 'em All'.



Village Studio Trail

The Dinas Powys open studio trail will take place next year on 2,3,4 June 2023.



There are 11 very talented artists taking part, including painters, an installation artist, a jewellery designer, a textile artist and a celebrated ceramicist.



Studios will open on the evening of the 2nd and then 10 until 5 on the 3rd and 4th. Some artists will be selling tea and coffee, and I will donate the money from this to DPVC. The artists taking part are Sara Bentley, Jane Streeter, Jayne Isaac, Geoffrey Swindell, Vanessa Swindell, Janet Blackman, Wendy Gruffydd, Tina Simmons, Chris Miller, Lisa Corbett-Bailey and Sian Warr. Details of addresses will be available later.



For more info people can contact me: sarajanebentley@gmail.com and instagram @sarabentleyart

Village News



Village Show Returns

It was a successful return for the Dinas Powys Village Show on 3rd September at the Parish Hall.

Support for the show was as great as ever despite a break of 2 years. Over 500 people came to view the entries on the day and there were 450 people who entered one or more category. There were the usual community stalls with one or two additions. Wild Human Skincare introduced their products and the 'beer tent' was supplied by Llanblethian Cider with Bang On Brewery Beers.

Haydn Jones was back with a fantastic sounding Ecumenical (more than) 7 and the rain stayed off.

In the Lee Hall, the WI teas were as popular as ever with queues forming for most of the afternoon.

Grateful thanks is extended to all those who volunteered their time as Stewards and Judges as well as helping to set up and clear away, it would not be possible without them.

The organisers would also like to thank all those who entered and visited on the day for their continuing support and are pleased to announce that the show will return in 2023 on the 2nd September at the Parish and Lee Halls and Garden. See you there!



Cecil's prizewinning veg is always on display outside the Three Horseshoes after the show when he raises money for DPVC, with a guess the weight competition.



Special guest Derek Brockway presented the cups and the Village Show will feature on Weatherman Walking next spring.



Dementia Friendly Vale - Green Willow Funerals



Green Willow Funerals have pledged to work towards becoming a Dementia Friendly Organisation. Their Dinas Powys and Cardiff teams are working with Helen Harris, Marie Curie Dementia Friendly Communities Coordinator (Cardiff and Vale) to deliver Dementia friends awareness sessions to staff creating staff awareness and ensure that their premises are Dementia Friendly environments by completing a Dementia friendly environments checklist supplied by the Alzheimer's Society and become more actively involved in supporting celebration events and meetings.

Green Willow Funerals CEO, Tracey Smith-Atkins, met with Judith Anderson and the amazing volunteers of Dinas Powys Voluntary Concern at the Dinas Powys Memory Café on 14th October, to gain an insight to the activities provided and understand the positive impact delivered to families affected by Dementia during their 2 hour memory café, held every 2nd and 4th Friday of each month at Murchfield Community Centre. Anyone affected by Dementia is welcome to attend, and Green Willow Funerals are ensuring that information on Dementia Support is available at it's premises in Station Road, Dinas Powys where they can call in and speak to Andy and Ben, our Funeral Directors at that branch.

Dinas Powys Voluntary Concern Repledges

Dinas Powys Voluntary Concern is re pledging its commitment to remain Dementia Friendly as part of the Dementia Friendly Vale initiative. All of DPVC services are Dementia Friendly and specific projects aimed at anyone living with or affected by, memory problems include the twice monthly Memory Café and Wellbeing Garden. DPVC will shortly be able to offer its volunteers a Dementia Friends



session to increase their knowledge and confidence when working with those living with dementia. If anyone would like to join a session please contact Judith on 029 20513700

DPVC News and Events

Soup Lunch Begins

The Monday Soup Club began on 24th October at Murchfield Community Centre. The lunch will run every week with a choice of 2 soups, cakes and the option to add a dessert.

The idea began when it looked like two pre covid lunches run by the RVS and the Methodist Church were not planning to restart. DPVC successfully applied for funding from the Assura Community Fund through Cheshire Community Foundation in July of 2022 which will fund the venue hire and catering costs for a year.



A chance to come together as a community in a safe, warm and welcoming space

With help from the RVS volunteers and DPVC Memory Café volunteers lunch was served to 25 people on the first day.

Booking is not essential but is recommended. The lunch is open to everyone and tables can be booked by calling 029 20513700.

DPVC Jubilee Party



DPVC's first event post covid was a sunny Jubilee Party in June at Murchfield Community Centre. The Sunsets provided the entertainment with their rock and roll favourites and everyone enjoyed an afternoon tea. The bunting was out and it was great

to be back together. The event took place during Volunteer's Week and volunteers from DPVC and the Murch Bowls Club were on hand to serve the sandwiches and scones and make sure everyone had a great time.



DPVC at 50 –Part 2

It is 10 years since Alan Higgins wrote the history of Dinas Powys Voluntary Concern (DPVC). From its early beginnings at the health centre in 1972 to its 40th anniversary, Alan gave a comprehensive account of achievements, services provided and the names of the volunteers who were so important in the early years. To cover only 10 years should be an easier task but, in those years, DPVC has introduced new services, raised thousands of pounds through fundraising events, managed a pandemic and survived a flood!

The first Covid lockdown raised many questions for people. How were they going to manage to get food, medicines or other essential supplies? DPVC adapted to these requests and, as many existing volunteers were now shielding, it was decided that Wendy alone would drive the medical centre transport, collecting prescriptions and taking people to nurses' appointments. The community centre closed, but DPVC as an essential service, was allowed to use the building. Regular activities were suspended, including face to face befriending services and all social and fundraising activities.

Glamorgan Voluntary Services



The Amigos and volunteers at the Strawberry Tea

began coordinating volunteers. Through these two organisations, over 200 volunteers came forward to help DPVC.

The need for new services was recognised by the coordinators. The community library was closed and many of the elderly who relied on it were shielding. The risk of isolation and exclusion was exacerbated by the continuing restrictions. As a result, *The Borrowing Bus* was born. After a hugely successful appeal for donations of books, jigsaws and games, volunteers took the minibus back on the road every Wednesday. When outdoor meetings were permitted, the Wellbeing Garden Project began in July 2021 as a way of delivering befriending services for older people in an outdoor environment.

Situated at Nightingale Community

Gardens, work began building raised beds and transporting soil with the help of volunteers from Dinas Powys Football Club, trustees and Wendy and Judith coordinating.

Funding was applied for from Community Foundation Wales and GVS and the project started with 6 people attending the garden every Friday. This later changed to the 1st and 3rd Friday of the month when regular gardeners meet to grow veg and chat. The Memory Café reopened in October 2021 for two Fridays a month. 2022 saw a return to outdoor events such as the Strawberry Tea and the Jubilee Party.

DPVC never stands still and in October 2022 another new project was launched. The Monday Soup Club Lunch takes place every week, run by Judith and Wendy and volunteers from both DPVC and the RVS. As 2022 draws to a close, Dinas Powys Voluntary Concern is still here working in the community, running community transport including shopping runs and health centre trips and being supported by dedicated volunteers and Trustees including John Fanshaw who was chair when Alan finished his history in 2012.



Strawberry Tea 2022

What's On

BETHESDA COMMUNITY CHOIR PRESENTS

TOGETHER AGAIN AT CHRISTMAS!

At the Parish Hall,
Britway Road, Dinas Powys

Thursday 8th December - 7:30pm
Friday 9th December - 7:30pm
Saturday 10th December - 2:30pm

Tickets £5 each
(includes tea, coffee and mince pies)

Available from

The Parish Hall & Sharon Wilson: 20513401

Concert in aid of Dinas Powys Voluntary Concern

The first concert that the choir has been able to perform in 3 years! It will consist of some of the Choirs favourite Christmas songs, as well as carols to sing along to with a festive contribution from the Children's Choir. The Choir is delighted to be supporting DPVC in recognition of 50 years of fabulous support to the community, especially over the last few difficult years.

Monday

Soup Club Lunch

Serving on Mondays from
Noon to 1 pm

£3.00

(includes a roll, coffee/tea and cake)
Add a dessert for £1.50

Try out some tasty soups and enjoy great company

**Murchfield Community Centre,
Sunnycroft Lane**

Dinas Powys Voluntary Concern
029 20513700/dpvc@btinternet.com

Join us at the DPVC Soup Club Lunch for a warming bowl of tasty soup and great company. Every Monday from 24th October. There's delicious cake included in the price and you can add a dessert for an extra £1.50. We always have a choice of 2 soups, 3 cakes and 3 desserts plus tea and freshly brewed coffee!

Dinas Powys Memory Cafe

2nd & 4th Friday every month
10am - 12 noon

**Murchfield Community Centre,
Sunnycroft Lane,
Dinas Powys**

Support and information for carers, friends, family and anyone affected by memory problems

Tel: 029 20513700 email befriendingdpvc@gmail.com



DPVC Memory Café runs alongside an older people's art group on the 2nd and 4th Friday of every month. Anyone who is affected by memory problems, friends, family or carers, is welcome at the café for friendship and support. There's also great coffee, activities and cake!

You can have a go at painting, drawing or jigsaw puzzles and there's the opportunity to find out what help and support is available across the Vale.