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DPVC Community Newsletter / Spring 2026



Hair in the Cornfield by Chris Wolfenden won the People's Choice Award at the 2025 Art Festival.

Inside: Music Festival 2026, The Benefits of Gardening and Dinas Powys Voluntary Concern News.

Village News

A Night Out Close to Home: Discover Your Community Cinema

Enjoy quality movies, affordable tickets, and a relaxed night out right on your doorstep

Did you know you can enjoy a great night at the movies without leaving Dinas Powys? Dinas Powys Community Cinema brings the big-screen experience right to the heart of the village, with a monthly screening of current, popular films in a relaxed and welcoming setting.

Held once a month at Murchfield Community Centre, the Community Cinema is run by local volunteers and created with one simple aim: to give residents an easy, affordable, and enjoyable night out close to home. Whether you're a regular cinema-goer or just fancy something different to do locally, it's the perfect excuse to sit back, enjoy a film, and spend time with neighbours and friends.



It's not just about the film, either. On the night you can treat yourself to Joe's ice cream and enjoy a drink from the bar, making it a proper cinema experience without the queues or travel. With comfortable surroundings and a friendly atmosphere, it's a great option for couples, families, and groups of friends alike.

Each screening features a recent release, so you don't have to miss out on the latest films and you don't

have to head into town or pay city centre prices. Even better, the cinema could soon be benefiting from an equipment upgrade, promising an even better picture and sound for future screenings.

Local community cinema is about shared experiences, supporting local volunteers, and keeping events like this thriving in Dinas Powys. Every ticket sold helps the cinema continue to improve and grow.

So next time you're planning an evening out, why not stay local? Look out for the next Dinas Powys Community Cinema screening, bring a friend (or two), and enjoy a proper night at the movies, right here in Dinas Powys.

For more information see our Facebook page *Dinas Powys Community Cinema*

Hopelessly Devoted to a Great Night

Dinas Powys Community Cinema recently hosted a fantastic fundraising sing-along screening of *Grease* in support of Dinas Powys Voluntary Concern, and it proved to be a hugely enjoyable evening for all involved. The event brought the community together for a night of music, laughter, and generosity, helping to raise valuable funds for local services.

A heartfelt thank you goes to everyone who attended and supported the evening, and special thanks must go to the WI Pink Ladies, who fully embraced the spirit of the night by dressing up and adding extra sparkle and fun to the event. Their enthusiasm helped create a wonderful atmosphere and made the evening truly memorable.



Dinas Powys Community Cinema is grateful to all who contributed to the success of the event and helped support such an important local cause.

To contact the community cinema or to find out what's on visit www.murchfield.org or buy tickets online at www.ticketsource.co.uk/ murchfieldcommunitycentre

Village Show Returns

Dinas Powys Village Show returns to the Parish and Lee Halls on 22nd August 2026. Schedules will be available from April in the usual outlets across the village.

With 100 classes to enter, there's something for everyone and all ages. Entertainment throughout the afternoon and WI teas and cakes means it's a great family day out! Don't miss it.

For more information, to become a patron, sponsor a class or advertise in the schedule, see the Facebook page or contact the show secretary dinaspowysvillageshow@gmail.com



Open Studios Trail 2026



This year's Open Studios in Dinas Powys will be happening on the 6th and 7th June. There is going to be a wonderful trail of very different artists opening their studios and inviting you to come and chat about their work. It's a wonderful opportunity to see how they create their art. Visitors are welcome to come and simply enjoy the work but they will also have the chance to buy original art works. Look out for leaflets containing a map and more details nearer the time. This will be available from community spaces such as libraries. Please contact sarajanebentley@gmail.com for more details.

Home Instead



There's no place like home and we're proud to have helped hundreds of local families enabling their loved ones to live happily and independently in the place that means most to them - their own home. Home Instead have been providing companionship home care support to older adults in Dinas Powys for sixteen years. We take time to get to know what matters most to your loved one and then carefully select the same regular care professionals to support, allowing relationships based on friendship to blossom. From a couple of hours per week of social calls going out and about, to specialist dementia care and even live-in care as an alternative to residential care, we've got the right solution for most families. Call us for a friendly chat and to arrange a free care consultation with one of our experienced, helpful care managers.

Tel. 02920 569483
www.homeinstead.co.uk/
penarthandbarry/

Join Dinas Powys Voluntary Concern - Keep our Community Moving!



Dinas Powys Voluntary Concern is urgently seeking volunteer drivers to help local residents attend medical appointments, go shopping, and stay connected with the community. If you have a little spare time, a full driving licence, and a caring attitude, your support could make a real difference. Please get in touch to find out how you can help.



Village News

Music Festival 2026



Last year, Gwyl Gerdd Dinas Powys Music Festival (GGDPMF) celebrated 25 years entertaining the community. GGDMPF is a not-for-profit organisation with contributions from local members of the community within Dinas Powys. The general principles are to provide a broad range of professional quality musical entertainment at affordable prices, attracting audiences from worldwide. 2025 was rounded off with another very successful Christmas concert by the students from the Royal Welsh College of Music & Drama (RWCMD).

The festival uses the wonderful facilities of the village's Parish and Lee Halls and other village venues, including the tennis club, the athletic club, St Peter's and the Methodist churches. The Twyn hosts Saturday morning events with performances from local talent. The 2026 programme aims to cater for a huge variety of musical tastes, attracting stars from afar and featuring some of our very best "Home Grown" talent. Any surplus monies go entirely towards the following year's events.

Programme

Saturday 9 th	Forte
Sunday 10 th	Capital City Jazz Orchestra
Monday 11 th	Richard & Adam (BGT finalists) – two shows
Tuesday 12 th	Royal Welsh College of Music & Drama – two shows
Thursday 14 th	Dr Haydn Jones Memorial Concert
Friday 15 th	Tom Jones Tribute
Saturday 16 th	Pontarddulais Male Voice Choir
Sunday 17 th	Light Music Orchestra (Palm Court)

The Twyn events are Saturdays: 9th - Bass Trio, and 16th - Treblemakers. Schoolchildren's workshops, sponsored by Dinas Powys Community Council, on Wednesday, May 6th, followed by a bilingual pre-school event at Dinas Powys Library & Activity Centre on Friday, May 15th.

The future of the festival relies heavily on support from many quarters, not least its patrons, sponsors and its audiences.

The 2026 festival will celebrate its immediate past-Ambassador, Dr Hadyn Jones's contribution to the village community. A concert with performances by the Vale of Glamorgan Brass Band and the Ecumenical 7 will take place on Thursday 14th May 2026.

2026 programme details can be found at <https://dpmusfest.co.uk/> where tickets for future events can be purchased when online sales start following the 'sales event' at The Star, Station Road Dinas Powys on the 7th of March 2026 from 10am until noon.



Independent Funeral Director Keeps Care Local for Dinas Powys Families



For families in Dinas Powys, choosing a funeral director is a personal decision made at a difficult time. Parkman Funeral Home, established in 2015, is the only independent, locally owned funeral director serving the area, offering a genuine alternative to large corporate providers.



Owned and run by Huw Parkman, the business provides families with direct, personal support rather than call centres or standardised packages. From the first conversation, arrangements are handled with clarity, continuity, and care. A full range of funeral services is available, including traditional, simple, religious, non-religious, and bespoke funerals. Cremations can be arranged at a choice of crematoria to suit family wishes.

The funeral home also offers a direct cremation service, carried out locally at Barry Crematorium. This option is available from £1,095, compared with £1,495 or more often charged by national providers. All costs are explained clearly in advance, with no hidden extras.

Beyond his professional role, Huw Parkman is well known locally as the musical director of the Taff Ely Ladies Choir, which has raised funds for local charities in recent years — reflecting the strong community values behind the business. Telephone: 02922 362101

Health News

So, What is Chiropractic?

You've probably heard the word *chiropractic* before – maybe from a friend or a neighbour, but what actually *is* it? In simple terms, chiropractic care is all about helping your body move better, feel better, and function better.

'Part of the community for over 13 years!'

Your spine plays a huge role in how your body works. It protects your nervous system, the “control centre” that allows your brain to communicate with every muscle, joint and organ in your body. When joints in the spine (or elsewhere) aren't moving properly, it can lead to stiffness, aches, pain, or reduced mobility. That's where chiropractors come in.

Not “Back Cracking!”

Despite the myths, chiropractic isn't just about backs, and it definitely isn't about cracking and clicking bones! Chiropractors are highly trained healthcare professionals who assess how your body is moving, how your joints are functioning and how your nervous system may be affected.

Treatment may include gentle adjustments, hands-on techniques, soft tissue work, rehabilitation exercises and advice on posture, movement and lifestyle.

Who Can Chiropractic Help?

People often come to see a chiropractor for:

- Back or neck pain
- Sciatica
- Headaches or migraines
- Joint pain (shoulders, hips, knees)
- Stiffness/reduced mobility

Many people are often surprised to learn that chiropractic care can also help people who *aren't* in pain. We see many people at the clinic on a monthly basis, these are people who want to look after their wellbeing on a long term basis and want to stay active and keep doing what they enjoy doing without pain or stiffness holding them back.

Is It Safe?

Chiropractic care in the UK is regulated, and chiropractors must be registered with the General Chiropractic Council. A good chiropractor will always take a thorough history, explain what they find, and discuss whether chiropractic care is appropriate for you.



Here at Active Health we have been part of the local community for over 13 years - you're in safe hands!

ACTIVE HEALTH
CHIROPRACTIC CLINIC



Want to find out more? Why not book in for a **FREE check?** Get in touch, and we'll book you in for a short appointment to chat to one of our Chiropractors about whatever is bothering you, let us see if we can help!

Active Health Chiropractic

32 Cardiff Rd, Dinas Powys,
Vale of Glamorgan CF64 4JS
029 2115 9388
info@active-health-chiropractic.co.uk

DPVC Soup Lunch - Mondays!

Warm up your Monday with a delicious lunch at Murchfield Community Centre! Every week from 12 (doors open 11.30am).



DPVC News

The Benefits of Gardening Together - DPVC Community Garden



Community gardens offer a wide range of benefits for older people, supporting their physical health, emotional well-being, and social connections. As people age, staying active becomes increasingly important, and community gardens provide an accessible and meaningful way to meet these needs.

'Community gardens turn empty spaces into shared places'

One of the most important benefits is improved physical health. Gardening encourages gentle, low-impact physical activity such as digging, planting, watering, and walking. These movements help older adults maintain strength, flexibility, balance, and mobility, which can reduce the risk of falls and chronic illness. Spending time outdoors also promotes better sleep and can contribute to improved cardiovascular health. Community gardens also play a powerful role in supporting mental and emotional well-being. Working with plants can reduce

stress, anxiety, and symptoms of depression. The calming effect of nature, combined with the sense of purpose that comes from caring for living things, can improve mood and boost self-esteem. For many older people, gardening brings joy, nostalgia, and a feeling of accomplishment as they watch their efforts grow into healthy plants and food.

Social connection is another key benefit. Community gardens bring people together around a shared activity, creating opportunities for conversation, teamwork, and friendship. Older adults who may feel isolated or lonely can build meaningful relationships. These social interactions help strengthen a sense of belonging and community.

The DPVC Community Garden at St Peter's Church aims to provide all of these benefits and is free to enjoy. Volunteer led Dementia friendly sessions (but also open to anyone) are run at the garden on the 1st and 3rd Friday of every month from 10am. St Peter's is also open on the 1st and 3rd Friday for coffee and cake, that can be enjoyed in the peace of the church grounds on a sunny day.

For more information call the office on 029 20513700 or just pop along, no referral necessary and the garden is open for all ages to visit.



2025 in Pictures

Highlights from 2025, capturing the events and fundraisers that helped support our services.



Dinas Powys Voluntary Concern

Coffee & Conversation

A Dementia Friendly Space

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




USEFUL NUMBERS

Dinas Powys Voluntary Concern
029 20513700

Dinas Powys Medical Centre
029 20512293

Murch Pharmacy
029 20512279

Cardiff Rd Pharmacy
029 20515678

Greenfield Dental Care
029 20515151

Castle Court Dental Care
029 20512646

Active Health Chiropractor
029 21159388

Dinas Powys Chiropractor
07399 079035

Dinas Powys Community Council
029 20513114

Vale of Glamorgan Council
01446 700111

Murchfield Community Centre
07765 513424

Minor Injuries Unit Barry
111

DINAS POWYS VOLUNTARY CONCERN

TUESDAY @ ONE

JOIN US FOR FRIENDLY GAMES, GOOD COMPANY, AND A SLICE OF CAKE.

3RD TUESDAY OF EVERY MONTH
1 PM - 2.30 PM

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

TRANSPORT AVAILABLE
FREE OF CHARGE BUT DONATIONS WELCOME

dpvc@btinternet.com
029 20513700



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



Dinas Powys Voluntary Concern

DEMENTIA FRIENDLY ART GROUP in DINAS POWYS

Find your creative self and have fun in this friendly, supportive group.
 All materials supplied, free of charge.
 No previous ability needed, Refreshments provided

2ND AND 4TH FRIDAY OF EVERY MONTH
10AM TO 12

Murchfield Community Centre,
Sunnycroft Lane,
Dinas Powys

For further information call DPVC 029 20513700/
befriendingdpvc@gmail.com



Join Us In The

COMMUNITY GARDEN

1st & 3rd Friday of the month

St Peter's Church, Mill Rd,
Dinas Powys

Discover the joys of gardening, or relax in the church grounds. Volunteer led and refreshments provided.

A Dementia Friendly Space
 Dinas Powys Voluntary Concern
 029 20513700
 email:dpvc@btinternet.com



Visiting the DPVC Community Garden
Call in for

COFFEE @ ST PETER'S

1st and 3rd Friday of every month
 10am to noon
 Mill Road, Dinas Powys

stpetersdinaspowys@gmail.com

