

Gap Year Funding Appeal

My name is Zoe Delpert and I am 18 years old and currently on a gap year. I have been accepted to participate in the government funded International Citizen Service which sends young people aged 18-25 to work on projects in developing countries. I will be working with the charity Restless Development alongside local people in South Africa for 11 weeks from March.

Restless Development targets some of the world's most deprived communities focussing on developing young peoples' employability, livelihoods, and health choices. All volunteers are encouraged by ICS to raise money for the charities

they are supporting. In order to raise awareness and show my commitment to the programme, I've been set a target of £800 towards the project in South Africa.

Almost half the world, over three billion people, live on less than £1.50 a day and I will be joining them, for just a week, from the 16th-22nd of February to raise money for Restless Development. The problem is: I can choose when to spend £1 a day on food, whereas over three billion people have no choice to live on less than £1.50 a day. By sponsoring me, your money will go to help young people in the most deprived countries, have better livelihoods, better civic



opportunities and better information about health choices, things we often take for granted.

It would be much appreciated if you could spare a small donation for this great cause at www.justgiving.com/Zoe-Delpert1.



A Radyr resident and his daughter are both running the London Marathon on Sunday 13th April. John and Eluned Hyde, who live in Llantarnam Drive, Bro Radyr, are trying to raise sponsorship on behalf of MACS which is the Mico and Anophthalmic Children's Society. This is a very small charity supporting children born without an eye in the eye socket (Anophthalmia) or with a small eye in the eye socket (Microphthalmia)

There is no method of detecting that a baby has no eyes whilst in the womb and the range of conditions can vary enormously – from a child having very poor vision in just one eye to a complete absence of vision. For many MACS children, the absence of eyes is then linked to brain

development and they can suffer from learning difficulties and behavioural problems. Nothing can be done to improve the child's sight and treatments are mainly cosmetic. MACS is run by a team of volunteer parents with only one paid member of staff and they support over 500 families across the UK. For more information on MACS please see www.Macs.org.uk

John and Eluned would like to raise as much money as possible for this charity and have arranged for contributions to be made through the Virgin Money Giving web site as below:

www.uk.virginmoneygiving.com/ElunedHyde

Please telephone John Hyde on 02920 842286 if you would like further details on this worthy cause.



Christmas in Radyr & Morganstown

December saw the erection of Christmas trees in Morganstown, Windsor Gardens, Lychgate Gardens and Station Road. The dedicated team of tree erectors, under the leadership of Chris St. Leger and Mike Diment, were out in all weather making such that the 30 foot trees fitted into their base and were dressed with lights – not an easy job! Nick Hawkins and his team were busy dressing the smaller trees for display above the shops in Station Road.

...more on page 7



RADYR CHAIN

Free to every home in Radyr and Morganstown

Number 210



February 2014



Obituary for Radyr and District Good Neighbour Scheme

In 1988 the then Councillor for Radyr and Morganstown, Mrs Marion Drake, put wheels in motion to start a Good Neighbour Scheme when she realised that this area, unlike most districts in Cardiff, did not have the benefit of such an organization. The aim of the Scheme was to help the elderly and infirm with small neighbourly tasks – shopping, letter writing, befriending, changing library books, local transport etc. In 1989 the first May Tea was held during the Radyr and Morganstown Festival for the senior residents in the community. Volunteers made sandwiches and cakes and provided

transport for many of the guests. Between 45 and 70 residents have attended this joyous occasion every year since then; Bryn Deri School have provided entertainment and the May Queen and attendants have always visited. In 1992 a weekly coffee morning was started, a chance to get out of the house meet some friends and have a chat. 1993 saw the first Friday lunch in The Old Church Rooms, senior residents could meet friends as well as being provided with a hot meal, cooked by volunteers. Those who were too frail to come under their own steam were picked up by volunteer drivers. Every special

occasion has been celebrated Birthdays, Jubilees, Valentine's Day, Easter, Royal Weddings, Christmas and many, many more.

Over the years the Scheme expanded to cover Danescourt and when the boundaries changed Gwaelod, Pentyrch and Creigiau were encompassed. The name change to Radyr and District Good Neighbours and in 1998 a second lunch club started in Pentyrch.

Over the years the main source of funding has been from Cardiff County Council with small grants from the two Community Councils in our area and from other organizations for specific events. Long before the recession, in 2002, Cardiff Council stopped the small annual rise. (In effect a cut) In 2011 Radyr and Morganstown festival donated all money raised to Good

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The cast of 'An Inspector Calls'



COMING EVENTS



N.B. Details of all coming events can be found in the Diary section of the website www.Radyr.org.uk

February

- 3 R&M ASSOCIATION GENERAL MEETING
Come and hear Gwyn Rhys talk about the Glamorgan Family History Society. To be held in the Old Church Rooms. All residents of Radyr & Morganstown are eligible to be members of the Association and are invited to attend. 7.30pm
- 8 Reduce your energy bills! Radyr Library is hosting Cyd Cymru/Wales Together to discuss their collective energy switching scheme which is open to all householders across Wales. 10.00am
- 10 Radyr & Morganstown WI. Memories are made of this... by Julie Waller. Old Church Rooms 7.30pm
- 12 Railway Correspondence & Travel Society Freedom of Wales 1962 by Nigel Wassell, a presentation based upon the classic 1972 Railway Magazine article of the same name. Old Church Rooms 7.30pm
- 12 Radyr, Morganstown & District Gardening Club, 'WOMEN IN WELSH GARDENS IN THE 18th & 19th centuries'. An illustrated talk by Jean Reader. New School Rooms, Christ Church, Heol Isaf. Meetings open to all, talk followed by refreshments and chat! Contact Richard Gregory tel : 02920842084 for more information. 7.30pm
- 13 The AGM of the Radyr and Morganstown History Society will be held at the Old Church Rooms. ALL ARE WELCOME. 7.30pm
- 15 Cardiff West Constituency Surgery, Ely Library Kevin Brennan MP and Mark Drakeford AM hold their weekly surgery for constituents to raise issues with them in person. For further details see markdrakeford.com or call 029 2022 3207. NB from April the Constituency Surgery will change venue to the Jasmine Enterprise Centre in Ely. 10.00am
- 18 Festival Queen Auditions. To be held in Radyr Guide Centre at 6.30pm. Open to all girls of 10 or over living in the R & M Community Council area. Girls MUST be free to attend ANY Festival Event during the Fortnight, This will run from Saturday 3rd May until Sunday 19th May 2014. Further details from Maggie 2084 2995 6.30pm
- 22 Cardiff West Constituency Weekly Surgery Ely Library 10:00am -12:30pm - see also 15th
- 26-28, 1 Mar. Radyr Parish Music Group presents: *Thoroughly Modern Millie* – a sparkling 1920s set musical with catchy songs and foot-tapping dances performed with a twenty-piece orchestra at the Bishop of Llandaff High School. For tickets contact Maggie Roberts on 029 2084 2995 or Sue Thomas on 029 2031 0894. 7.30pm

March

- 1 Cardiff West Constituency Surgery, Ely Library Kevin Brennan MP and Mark Drakeford AM hold their weekly surgery for constituents to raise issues with them in person. For further details see markdrakeford.com or call 029 2022 3207 NB from April the Constituency Surgery will change venue to the Jasmine Enterprise Centre in Ely. 10.00am
- 2 Family Fun Church at Radyr Methodist Church. Children of all ages, with accompanying adult(s), are invited to join us in our new venture: FAMILY FUN CHURCH. Every first Sunday afternoon of the month for fun, craft, Bible story and song, plus refreshments. From 4pm to 5.15pm at Radyr Methodist Church 4.00pm
- 8 Cardiff West Constituency Weekly Surgery Ely Library 10:00am -12:30pm - see also 1st
- 10 Radyr & Morganstown WI. A celebration of youth. Old Church Rooms 7.30pm
- 11 PACT. All welcome to discuss police and community matters 7.00pm
- 12 Railway Correspondence & Travel Society A Pennine Journey from Attercliffe to Accrington by Stephen Gay; Old Church Rooms 7.30pm
- 12 Radyr, Morganstown & District Gardening Club 'GLADIOLI FOR GARDENS' with Robert Evans New School Rooms, Christ Church, Heol Isaf. Meetings open to all, talk followed by refreshments and chat! Contact Richard Gregory tel : 02920842084 for more information. 7.30pm

RE-BIRTH OF THE RADYR & MORGANSTOWN CHORAL SOCIETY

In response to the advert in the December issue, the meeting held on 15th January attracted 43 people expressing an interest in forming the group. Peter Esswood, Director, was delighted with the result and says that over the coming months he feels confident there will be others that will wish to become members.

The choir is planning to meet on Wednesday nights in the New Church Rooms from 7.30-9.00 and over the coming months concert plans will be put in place.

If you are interested please contact Peter by email or mobile on 07831 300 617

Email esswoodp@hotmail.com

Updates will also be placed on the Radyr and Morganstown website.

RADYR PARISH MUSIC GROUP

The Radyr Parish Music Group held another successful Open Rehearsal in September to launch our 2013-2014 season. As well as attracting a number of new members it was an opportunity to introduce our production team for our February musical, Richard Morris and Dick Scanlan's *Thoroughly Modern Millie*. Jane Clarke who stepped into the role of Producer for last year's musical Oklahoma will once again direct the show. She will also be in charge of choreographing what promises to be a fest of toe-tapping musical numbers! However we do hope she has remembered that many of us have two left feet! Ben Pinnow continues as Musical Director with the added responsibility of training and conducting our orchestra of young players. Unfortunately Simon Davison who has been our show conductor and orchestra manager for many years was unable to join the team this year due to his many work commitments. We welcome Leigh Bracegirdle to the team as our new accompanist.

Thoroughly Modern Millie will be performed at the Bishop of Llandaff High School on Wednesday, 26th February to Saturday, 1st March, 2014. Tickets (priced at £10. and £8. for concessions) will be available from January from ticketsource.co.uk/rpmg or from Maggie Roberts (029 2084 2995), Sue Thomas (029 2031 0894) or from RPMG members.

We are always looking for extra people to help especially during the week of the production – if you would be interested in helping out backstage please email us on music@radyr.org.uk. For more details please visit our website at www.radyr.org/music.

Julia Hallinan

MUSICIANS WANTED

Young keyboard player and drummer
Looking for young musicians to join me with a view to starting a band.

I am interested in hearing from you if you play Bass or Lead guitar or are a very outgoing accomplished vocalist.

I am in Year 8 Radyr Comprehensive and have my own garden practice room in Morganstown.

Please email me on
jackmorganwhite@aol.com
Or call Jack on 07772 519 091

Letters, articles, reports and other contributions are invited and should be submitted by March 15th. Submissions may be subject to editing at the Editor's discretion. The views expressed in the Radyr Chain are not necessarily those of the Editors.

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OBITUARY FOR RADYR AND DISTRICT GOOD NEIGHBOUR SCHEME

...from front cover

Neighbours and so thanks to a lot of hard work from the local community our much depleted coffers were replenished. Last year the grant was cut by 10% at the last minute. This year we have been advised that with effect from the 1st April our grant will cease completely. Without that Grant the Scheme cannot continue. The grant pays one part-time employee and the general costs associated with running a small office.

Over the twenty six years that the scheme has been in place hundreds of local senior residents have been helped and have enjoyed the many social events which have been organized by the scheme. The scheme has brought the youngest and oldest members of the community together enabling the senior residents to see the positive side of the young, not just the negative stereo types the media like to portray. Volunteers have freely

given thousands of hours in helping the local community and very few have claimed expenses. Without the support of the Good Neighbours organisation and co-ordinator the lunch clubs coffee morning and other activities cannot continue. Sadly the Radyr diners will not be having a 21st birthday celebration. Nearly half of the diners attending the lunch club are transported by local volunteers, for some it can be the only time they are able to leave the house.

We all appreciate that the council have to make huge financial cuts to operate effectively. However, at a time when we are hearing that many elderly people who visit their doctor with depression are actually lonely this decision will affect many senior, local residents. This Scheme and the one in Llanishen are the only two independent schemes and they are also the only two Good Neighbours Schemes to lose their grants, despite being the cheapest to run and this scheme being the only one that runs lunch clubs. Over the years I have been to numerous meetings where the comment has been "Oh Radyr, the

rich, green, leafy suburb, they do not need any help" I cannot help but wonder if the thinking is entirely financial. While we can all acknowledge that this area of Cardiff is not deprived compared with other areas that does not mean there are no residents in real need of the type of support the scheme has provided. Not everyone in our communities is well off and some of the neediest are the most elderly and vulnerable.

Finally, a huge thank you to all of our volunteers, past and present; thank you to the current County Councillor Rod McKerlich and the committee who have worked very hard on our behalf exploring all avenues for funding; to all organisations, groups and individuals (all too numerous to mention) for the help and support which they have given us over the years and to Marion Drake who's initial idea has helped the elderly in this small leafy suburb have a better quality of life in their autumn years for the past twenty six years.



Radyr Friends of Guiding

To celebrate the 30th Anniversary of Radyr Guide Centre opening & also raise funds for expensive structural repairs Radyr Friends of Guiding are holding a Posh Nosh Supper, on Saturday 29th March 2014 a chance to meet friends old & new over a glass or two of wine and an enjoyable meal.

Tickets £20

Licensed Bar

Contact Judith 029 2084 3371 or Julie 029 2084 2023 for further details, purchase tickets or book a table (8 persons)



CHRISTMAS IN RADYR & MORGANSTOWN

...from back cover



Everything was now ready for the big switch on – Friday, 6th December. Station Road became the centre of attraction – the shops had dressed their windows and promised to stay open late. The winners of the window display competition were Headway and enerchi. Stallholders arrived to set up their Christmas goodies and at 5pm the road was closed, despite a few cars still determined to park. Special lights were set up above the gazebos to aid the stallholders, the barbecue was lit and mulled wine brought to temperature. The Association in conjunction with the Community Council were seen busy finishing off all the arrangements for the big switch on.

Meanwhile, Bryn Deri Primary School choir was congregating in the Granny Park in Morganstown to sing special carols prior to the switching on of the tree lights by the Festival Queen, Erica and her attendant, Rose. Park Road Primary School choir made their way down to Lychgate Gardens to sing carols and assist the Queen's second attendant, Emma and our special guest Martha, to

switch on the lights of the community tree.

Both choirs then had to move swiftly to the centre of the village for the lighting of the Windsor Gardens tree and a few more carols, this time to the accompaniment of a keyboard player. Lights now switched on, we all had to venture across Heol Isaf to the shopping centre for the switching on of the overhead lights – sponsored by our County Council. Nick Hawkins introduced Martha and Patch, the LATCH dog. After a countdown from 10 to 0, Martha switched on the lights to loud cheers. It was now time to shop and wait for the arrival of Santa. Sitting in his sleigh he was inundated by all the small children anxious to tell him what they wanted for Christmas. Sue Thomas, Santa's helper together with a group of scouts, marshalled the queue and made sure that each child had a small gift of a tangerine.

The evening weather remained dry but cold encouraging people to find the barbecue, manned by Allan, Chris, Ralph, Terry and our cashier Geoff. The mulled wine served by Bob and Maggie Roberts ran out very quickly, despite increasing last year's quantity. Everybody seemed to be enjoying each other's company and catching up on gossip!

Bucket collections for the Festival Charity totalled £469. to be supplemented by a number of generous donations – Bryn Deri Primary School £823, Radyr Primary School £500, The Orchard Café £30., Morris Dancers £92. to make a grand total exceeding £1900. for LATCH. An excellent start in support of our 2013/14 village Charity thanks to the generosity of our community.

David Cargill



Rotary in Radyr



December was a busy month for Cardiff West Rotary Club. At the beginning of the month we did our annual door-to-door collection for Cardiff Foodbank. We'd like to give a huge thank you to everyone who donated. Later in the month we welcomed our newest member – Hani Youssef – to the club. Hani, a Radyr resident, has been visiting our club for the last couple of months and we are delighted that he has now joined us.

For our Christmas meeting, Côr Plant Caerdydd came and entertained us. Côr Plant Caerdydd is a Welsh language choir of schoolchildren who sang some Christmas songs for us, which we thoroughly enjoyed.

At the beginning of January, we held our first social event of the year. Our "Poems and Pints" night was a resounding success, with both club members and guests joining in. We hope that all our future events in 2014 are as successful and well attended. Our next event is a Quiz at St. Fagan's Cricket Club on Friday, 28th February.

January has been an important month for Rotary and the campaign to end polio as it marks the third year since the last polio case in India. However, there is still a way to go to a polio-free world and in 2013, 400 million children were vaccinated against the disease. Rotary is heavily involved in this fight, with many Rotarians travelling to endemic countries to help administer vaccines.

New Members Welcome

If you would like to come along to one of our events, further details are on our website

www.cardiffwestrotaryclub.wordpress.com as are our club evenings or you can email sec.cardiffwestrotary@gmail.com for more information.

Follow us on twitter
@CardiffWestRota;
like us on Facebook



NEWS FROM RADYR LIBRARY

Happy New Year. We would like to thank everyone who so kindly sent us Christmas cards, gifts and good wishes. We hope you all had a lovely Christmas and enjoyed some of the Christmas book titles which were on display in the library. Thank you, too, to the wonderful ladies of the Knitting and Crochet group who made cakes and served coffee and donated prizes for our charity Christmas coffee morning. We were delighted to find we had raised £170. for the National Autistic Society and would like to thank everyone who supported the event.

2014 has started with lots of enthusiasm for Jen's wonderful rhyme and storytimes for the under 5s. The morning session is now extremely popular so if it gets too busy you might prefer to come along to the afternoon session. Both are on Tuesdays at 10.15am and 2.15pm. We are hoping that Kate's replacement to run our Amser Stori will be starting shortly, so we are looking forward to lots of fun with Welsh songs and stories on Wednesdays at 10.30.

Cyd-Cymru will be visiting the library to talk to people about collective energy switching to get the best deals. They will be in the library on Friday, 24th January 2-6pm and Saturday 8th February 10-1pm. If you are considering changing energy companies, please come along and have a chat with Cyd-Cymru. If you are concerned about your energy costs, you can ask at the library to borrow an electricity monitor. These can be borrowed in the same way you would borrow a book – for three weeks. The monitor can be used to check how much energy you use when different appliances are plugged in.

National storytelling week takes place in early February and we are hoping to have lots of classes visiting the library that week. As a follow up to that, we will be holding a "Storytime Saturday" on Saturday, 22nd February when we will be making and telling stories and having fun from 10.15am. This is for children aged 8 and over and places are very limited. Please book a place by calling in to the library or giving us a ring and we can give you more information.

We have had a great response to the free e-magazines and lots of you are now downloading magazines to your tablets and phones. If you haven't tried this service yet, please ask for more information at the library or go onto our website, www.cardiff.gov.uk/libraries and go to "Books to download" and use the Frequently Asked Questions (FAQ) section.

It is National Libraries Day on Saturday, 8th February. Please show your support

for libraries by joining the library or using the library on that day. Don't forget, if you have not used the library for three years, your ticket may no longer be valid. Just bring some identification with your name and address or name on it (driving licence, bank card or similar) and we can sort out a new library card for you. With so many wonderful books, ebooks and on-line services available, you don't want to miss out.

As we reach the end of the financial year, our stocks of recycling, food and dog waste bags are more limited. We are unlikely to get any more dog waste bags this financial year. For all types of bags, please only take what you need. The food bags are supplied in small cardboard boxes. If anyone has a use for these boxes, either as a one-off or on a regular basis, please get in touch as we would rather reuse them if we can. Similarly, we also dispose of old newspapers, so if anyone would like some let us know. Both would need to be collected on a regular basis as we have almost no storage space.

And finally, someone left a bracelet in the library a couple of months ago. If you think it might be yours, please get in touch.

Looking forward to seeing you in the library soon,
Caroline, Jen and Anne.
Radyr Library 2078 0996
radyrlibrary@cardiff.gov.uk



1st Creigiau Scout Group Community Update

New Heating Installed in our Creigiau HQ for 2014

1st Creigiau Scout Group is delighted to welcome in 2014 with the installation of our brand new heating system. Our hall, kitchenette and restroom area are now for the first time fully heated! We look forward to opening up the hall to bookings and use by all community members throughout the year. We typically offer hire services 7 days a week from 9.00am – 10.00pm.

Our facilities include:

1. Full 25m x 15m hall
2. Modern kitchen facilities with serving hatch for functions
3. Modern and clean cloakroom and toilet facilities
4. Full disabled access and disabled toilet facilities
5. Ample free onsite parking
6. Maintained private grounds

As a charity all proceedings are put back into helping young people within our community experience the outdoor adventure that Scouting offers.

For repeat bookings and/or private viewings contact our Bookings Secretary Nick Phillips
Tel: 07917 638 140
Email: bookings@creigiau.org.uk

DIABETIC FOOT CARE

People with diabetes are more likely to be admitted to hospital with a foot ulcer than with any other complication.

This is because the condition can lead to poor circulation and reduced feeling in the feet, meaning that patients do not feel when their feet are sore or being rubbed by an overgrown or ingrowing toenail. A corn left untreated or cracks in the skin could also irritate the foot and lead to blisters, infection, wounds or gangrene. Poor circulation unrelated to diabetes, certain medications for blood pressure or statins or steroids, or any other prescribed medications can also mean that wounds don't heal as well – and are more likely to become infected.

ANYONE can cut toenails, but not anyone untrained or qualified can be a Chiropodist. It takes three years to qualify and to be experienced to spot the first signs of diabetes or any other foot health issues. The title of Chiropodist or Podiatrist is a protected title under statute law and anyone using these titles must be registered with the Health and Care Professions Council, who monitor its registrants to comply with national standards, keep up-to-date with training and continue in professional development studies (which includes First Aid).

We are the first professionals to see and diagnose many foot problems such as ingrown toenails, corns, cracked heels, infections or even arthritis. A Diabetic Screening Assessment (using a Doppler device to hear the circulation in the foot) and feeling for pulses in the foot are all part of the consultation process. Your medical history including medications are also taken into consideration when diagnosing your foot health problems and advising on correct footwear to prevent blisters and keep you mobile. Don't take a chance on a low cost nail cutting service who are not trained to diagnose your particular foot health condition.

So, as you can see, our job is more than just a nail cut ... and may just save YOUR life.

Book your next appointment with award-winning Podiatrist and Author, Tracy Gill MSc – at Enerchi, Heol Isaf, Radyr, Thursday Evening 5-7.30pm or daytime home visiting service (Tel. 07850 019 804).

Read more:

<http://www.dailymail.co.uk/health/article-2518628/The-shocking-images-reveal-diabetes-feet-just-10-DAYS.html#ixzz2nSPK5jBL>

Letter to the Editor...



Dear Editor

I read with considerable interest the correspondence in your December issue regarding both the parking around all the Radyr schools and the speeding on various thoroughfares in the Radyr and Morganstown (R&M) areas. I would like, in addition, to highlight similar problems surrounding the village shops, the station area, around the Monument and along Kings Road. Untoward parking in these areas not only poses a threat to school pupils but also to the local residents and in particular, the more elderly. The latter group need to be able to get to and from the shopping areas in safety as they are very reliant on these facilities.

All these issues have been raised at the Partnership and Community Trust Meetings (PACT) and have been followed by several initiatives. Councillor Rod McKerlich has raised these matters at Cardiff Council Meetings and letters have been dispatched to **the local police authority**. Sadly, one of the main conclusions has been that the majority of inappropriate parking is committed by local residents particularly during the school runs. The police force can only apprehend those who are illegally parked or are speeding. The main solutions to these numerable problems therefore lies predominantly within the community.

The other major issue which could compound these problems is the possible effect that the Cardiff Local Development Plan may have on the R&M Areas. The proposed plan envisages a possible 6,000 homes to be built along both sides of the Llantrisant Road from **Danescourt** to Rhydlafer. The local community cannot oppose these proposals along the lines of 'not in my back yard'. PACT has therefore submitted a letter of opposition based on the following grounds:

1. The required increase in public transport will only add to the present congestion. In addition, Llandaff in its current form already constitutes a major bottle neck.
2. Access to and from Radyr railway station is presently a very major problem. Commuter traffic and school

run times lead to very heavy congestion along Heol Isaf, particularly around the Monument area

3. With the inevitable increase in school pupils, will the two primary and one comprehensive schools be able to cope? It would be unlikely as the primary schools and the comprehensive school are near to overflowing. In addition, all these schools are somewhat **in need of major upgrading**.

4. There is some doubt whether the current local medical and dental facilities could cope with an increased demand. The current hospital facilities would also come under considerable increased pressure. Furthermore, the various accesses to the hospitals can only become more difficult.

It is therefore essential that the **infrastructure** is put into place **before** this development is **implemented**. I would urge R&M **residents** to support all the responses made by the Community Council, The Association and PACT to ensure that the too little too late scenario is prevented.

R.S. Vaughan

Chairman, Radyr & Morganstown

RADYR, MORGANSTOWN & DISTRICT GARDENING CLUB

I hope you had a pleasant Christmas and I wish you a Happy Gardening New Year, not that there has been much opportunity these last few weeks for any serious gardening; so that shiny new trowel and those gloves Father Christmas brought you will have to wait for the evenings to get lighter and the rains to stop before being put into use. In the meantime, you can always dream about your garden plans and expectations, but for inspiration come along to a Gardening Club meeting, listen to interesting speakers and exchange ideas, thoughts (and sometimes plants) with other like minded people.

The second half of our 2013/14 winter programme started on Wednesday, 9th January with a fascinating talk by Dr. Tim Rich on "Wild Asparagus". Wild Asparagus is rare plant species in its own right and not to be confused with the cultivated culinary asparagus. Wild Asparagus grows in a limited number of coastal locations in Southern England and Wales and is on the European

Endangered Species List. Dr. Rich spoke about and illustrated the processes that he and other research botanists have undertaken to establish Wild Asparagus as a unique species. He concluded his talk with examples of the conservation work being undertaken at the UK sites, most of which only have a handful of plants, to help ensure the plan does not become extinct in the UK.

Our programme continues in February, March and concludes in April:

12 February – "Women in Welsh Gardens in the 18th & 19th Centuries" with Jean Reader whose illustrated talk will trace the history and influence of women in gardening with particular reference to Welsh Gardens

12 March – "**Gladioli for Gardens**" with Robert Evans; this illustrated talk should dispel the "Dame Edna" image and encourage you to try growing a plant with a wide range of colours and forms

9 April – "**Tresco and the Scillies**" with Sue Duffield. Sue is a member of the Gardening Club and very much involved with the Cowbridge Physic Garden; she visits and Scillies regularly and her talk will introduce the many gardens and wide range of plants growing on the Scilly Isles. The meeting will be preceded with a short AGM

Meetings are open to all and take place on the second Wednesday of each month from September to April (with the exception of December) with illustrated talks and demonstrations. Some speakers bring examples of the plants they talk about and others bring plants for sale.

Visitors and New Members will be made very welcome. You don't have to know the Latin names of plants or have green fingers to come to a meeting; few of our members would claim to be experts. We just share an interest in gardens, plants and generally growing things. So come along – you will be very welcome.

All meetings (apart from visits) are at the New Church Rooms, Heol Isaf starting at 7.30pm and are followed by refreshments.

Please see village notice boards and Radyr website (www.radyr.org.uk) for programme details and any changes or contact any committee member or our Chairman – Richard Gregory (029 2084 2084)

THE HORSE AND PONY RESCUE SOCIETY FROM TY GWYN YOUNG RIDERS CLUB

... would like to thank the dedicated and enthusiastic riders at the annual sponsored Halloween fancy dress ride on Saturday, 2nd November riding from Graig Fach Farm, Caerphilly to the Penrhos abandoned railway sidings.

The weather was extremely windy with heavy rain and deep pools of water on this route.

A grand total of £422. was raised at this event which has been donated to the horse hospital at Monmouth who need an awful lot of money to keep going for food and vets fees, being two major costs.

This money will be used for the neglected horses which are abandoned, starved and ill treated. All the rescue centres are overcrowded due to the downturn in the economy.

Many thanks to all the sponsors who supported this needy event and a rosette was awarded to all the riders.

Val Allen



CHAIN COOKERY CORNER

Special toad-in-the-hole

A satisfying and tasty family dish serving 3-4.

175g (6oz) plain flour
2 tps mustard powder
3 large eggs
450ml ($\frac{3}{4}$ pint) whole milk
500g (1lb) sausage meat
1 shallot finely chopped
1 apple peeled and grated
4 rashers streaky bacon finely chopped [I prefer smoked bacon]
1 tbs freshly chopped sage
1 garlic clove finely chopped
Approx. 5 tbs olive oil (or your preferred oil)

You will need a 3.6 litre (6 pint) dish or tin

Preheat oven 180C/350F/Gas 4

Sieve flour, mustard, salt and pepper into mixing bowl

Whisk eggs and milk together in large jug

Make a well in centre of flour

Gradually pour in egg mix beating well

Cover and set aside in cool place

Mix sausage meat, shallot, apple, bacon, sage, garlic and seasoning in large bowl

Shape mixture into 9-10 balls

Heat 1 tbs oil in frying pan

Fry sausage balls for four minutes until just browned

Pour remaining oil (to coat base) into dish or tin

Place in oven for 5 minutes until hot

Arrange sausage balls in base

Pour the batter (this should be easy to pour; if too thick, add a little cold water) over

Cook for approximately 40 minutes until the batter is puffed up and golden brown

Serve immediately

Delicious with onion gravy



Your Essential Spring Gardening Guide!

Spring has finally sprung, and it's a true joy to see the garden begin to awaken after the long, cold winter months. It's also one of the busiest seasons in the garden - so we've quizzed our in-house experts to bring you your essential guide to Spring gardening no matter what your garden size, style or experience!

Try This!

Colin The Gardener's Top Tips For Spring...



Protect new spring shoots from slugs! Arguably the simplest, cleanest way to banish slimy friends is chemical warfare. Slug and snail killer is a fail-safe option, and I recommend the pet-friendly 'Growing Success Snail & Slug Killer' (available now at Pugh's), which is harmless to both pets and surrounding greenery. Copper tape and garlic-infused spray are also great organic alternatives to chemical warfare.

Plant onions, shallots and potatoes – we've got a huge selection now in stock!

Mow the lawn fortnightly – but only ever reduce the length of the grass by a third to avoid scalping the lawn .

Collect rainwater and investigate ways in which your garden can best recycle water for irrigation – we've got a huge selection of water butts now in stock which are perfect for this.

Lift and divide overcrowded crops of daffodils and other spring flowering bulbs.

Want to maximise the impact of your spring bulbs next year? Apply high potash liquid feed around the clumps to boost your buds.

Fast growing French or English marigolds (now in stock at Pugh's) are ideal for companion planting with your vegetables – and when planted in a greenhouse will also prevent whitefly

When sowing carrots, try planting spring onions or chives (we've got a huge selection now in stock) in between the rows to keep carrot flies at bay when thinning.

Now is the time to get working on your herb garden – and we've got a host of herbs, from parsley and thyme to lavender and rosemary – that will add plenty of colour and aroma to both your garden and your culinary efforts from just £1.49 per pot.

Seedy Business

Now is the perfect time to get seed sowing indoors...



Sowing seeds indoors is a great way of started off tender plants earlier in the season to allow them plenty of time to grow and bulk up before being planted in the garden or vegetable plot once the weather warms up. As Colin the gardener explains;

"Many vegetables, including tomatoes and runner beans, can be started off indoors, and will in fact benefit from the longer growing season that this method provides. Annual bedding plants, such as sweet peas, marigolds and sunflowers can also be started off indoors to create spectacular flower displays for the summer.

"Some tender perennials, such as cannas and begonias, can also be sown from seed indoors, but patience is necessary as these specimens can take up to two years to reach flowering size! However, these perennials will live indefinitely, so a slow start will certainly pay off in the long run!

"With a heated greenhouse, or enough space and light in the home, some varieties, such as radishes and sweet peas, can be sown indoors as early as January, though most flowers and crops can be started between February and May for planting out later in the season once the risk of frost as passed."

Pugh's has a huge selection of seeds in stock - along with all the tools, accessories and further advice needed to get you started on your propagating journey this Spring - so why not pay us a visit today and get sowing?!

Green Green Grass

At this time of year, the lawn is actively growing and a simple lawn care programme of feeding, weeding and regular mowing will keep your home turf in tip-top condition. Regular and correct mowing is essential. Aim to cut the grass when it is growing – which can be weekly as the weather warms up. Most lawns should be kept at around 1-1.5 inches in height, but aim to keep lawns that are subject to a lot of wear and tear at around 2 inches and shadier lawns at around 3 inches high.

A good feed in late March with a lawn fertiliser will not only make the grass greener, but will also encourage thicker growth and increase its strength, vigour and general health. When feeding, look out for signs of pest or disease and apply moss killer if required. There is a range of feeds and fertilisers available for spring, but we'd recommend stopping by your local garden centre to find out which product is most suitable for your unique lawn.

A strong, health and well-fed lawn will be able to deal with weeds and moss far better than one that hasn't been tended to appropriately. However, if weeds – or particularly moss in damp, poorly drained lawns – do set in, it's essential to deal with them quickly. We now have a fantastic range of weed killers and treatments at both Garden Villages so stop by to discuss which variety will be best suited to your garden.

After moss or weeds have been removed, or where grass is growing sparsely, over-seeding may be necessary. Sowing new grass seed into the existing lawn will not only rejuvenate the lawn and bring it back to life, but increasing the density of the grass will also reduce the likelihood of weeds and moss invading. For more information on Spring lawn care tasks and products, simply stop by your local garden centre where the friendly and knowledgeable staff will gladly assist.



Four of the Best: Outdoor Potted Plants

Whether you're looking to maximising a small outdoor space or simply wanting to brighten up a patio area, these brilliant buds are ideal for container gardening...



Tulips

Available in a variety of striking shades, tulips are one of the easiest and most rewarding container garden



Pansies

One of Britain's favourite flowers, the pretty pansy is easy to care for (enjoying any sort of moist, rich soil) and will add a welcome splash of colour to any container



Dahlias

Dashing dahlias grow extremely well in large pots or garden boxes and can cope with most soil and environmental conditions



Clematis

These colourful buds like a sunny spot (though they can cope in shady areas too) and moist, well-drained slightly alkaline soil

Pugh's Garden Village
Tynant Nurseries, Radyr, Cardiff CF15 8LB
Tel. 029 2084 2017

www.pughsgardenvillage.com
Find Pugh's on Facebook & Twitter!



Radyr & Morganstown Community Council

Cyngor Cymuned Radur a Threforgan



The Christmas celebrations went well this year. Again, huge thanks must go to all those who helped to make this happen, in particular, the RMA, R&MCC and the shopkeepers of Station Road. For those who don't know, R&MCC pays for the three big community Christmas trees, their lights and the street lights in Station Road. Cllrs David Silver, Mike Diment and Chris St Leger were most ably helped, once again, by Jeff Dunn, Mike Fairclough and Bernard John in wrangling the trees and lights.

Cllr Bethan Vaughan Cartwright has resigned as a community councillor so Cardiff Council will be starting the

election process in the near future. We thank her for her work on the council and the R&M website. Keep a look out for the notification which will be on the website as well as local notice boards. If anyone is interested in joining the community council and would like to know what we do and how we do it, just let me know.

Although the latest consultation on the Local Development Plan has closed we are continuing to work with our neighbouring communities to lobby for the LDP to be implemented well. We are interested in the Cardiff Civic Society's call for the NW of Cardiff to be

developed as a garden city or suburb and very pleased to see that the top priority of the Cardiff Metro is a link from the Bay, through the city centre to NW Cardiff. We are hoping to meet with both Mark Drakeford AM and Roger Lewis, the Chairman of the new SE Wales City Regional Board to discuss these issues.

Helena Fox

Clerk to R&MCC
The Old Church Rooms,
Park Road, Radyr,
Cardiff CF15 8DF
Tel. 029 2084 2213
Email : clerk@radyr.org.uk

LATCH

Each year the Radyr & Morganstown Association sponsors a charity for a whole year and this year the Charity is LATCH. The first event in the sponsorship year was the lighting of the Christmas trees in early December. This was a very successful evening in all



ways and a record bucket collection was made.

Both primary schools have generously given the money they raised in the Christmas period to LATCH and we are now well on the way to a record fund raising year. The next major event will be the two week May Festival. Many of you will not be familiar with the charity LATCH so here are some details.



LATCH is a charity that supports the children who are receiving treatment for cancer at the Children's Hospital for Wales and their families. As you can imagine, having a child diagnosed with cancer comes as a devastating blow. Faced with a period of months and sometimes years of gruelling treatment and an unknown future, the related ups and downs are often referred to by families as like being on a rollercoaster.

Many have to make a 200 mile round trip to come to Cardiff for treatment leaving their support network of family and friends behind at home. This is when LATCH steps in to help. LATCH provides an on-site accommodation suite for families to stay at the hospital whilst their child is having treatment. Each family is allocated a LATCH social

worker who provides practical, emotional and financial support. LATCH also funds medical positions and equipment to make the children's lives more comfortable on the ward and at home. The LATCH psychologist helps the children and their families through any troubles they are facing and the LATCH buggies help children with mobility problems to get out and about.

Children can be on treatment for up to three years, so LATCH organizes a range of activities to help keep the spirits up, such as trips to Oakwood Theme Park, Build a Bear Workshops and a Christmas Party – as well as providing activities and buying toys and games for the ward. LATCH also gives families an annual holiday grant so families can take a much needed break.

A spokesperson for LATCH said "It's really important to note that all of this would not be possible without the generous support of our fundraisers in communities across Wales and we would like to give the Radyr and Morganstown Association a big "LATCH Thank You" for choosing us as their Charity for 2014".

So come on Radyr and Morganstown. Let's make sure that 2014 is a bumper year for fund raising.

HAPPY NEW YEAR FROM RADYR & MORGANSTOWN WI

We have a brand new programme, new planned community links, new activities and a great many new members so we hope that 2014 will be a year of innovation and development which builds on our long established traditions. Yes, we still keep those including singing Jerusalem which we think we sing rather well!

Our first meeting of 2014 was held on 13th January and set the tone for the New Year. It was fun, entertaining and invigorating. Our speak for the evening was Rachel Williams. She is a native of Wales and has enjoyed a glittering career as a Principal Dancer at the world famous Moulin Rouge and "Bluebell" at the Lido. She has also appeared in the London west end production of "Cats" and went on to produce, perform and present a series of successful one-woman shows in Los Angeles and Las Vegas. Very tall, slim and elegant, she danced, sang and talked entertainingly about her life in Paris, describing the scenes in Montmartre and the gruelling physical hard work of the performers in such a way that we felt we were there. AS she was leaving she said how much she had enjoyed sharing her 'Vie Parisienne' with such "a jolly bunch of ladies" – so if you want to be part of this "jolly bunch" just come to the Old Church Rooms on the second Monday of the month at 7.30pm.

All our subgroups have started up again and we are looking forward to a busy year. We have three book groups, a weekly walking group, two genealogy groups, two monthly craft groups and an internet learners group. A variety of outings are organized throughout the year, the first of which is a lunch at The Beech Tree, Culverhouse Cross on Tuesday, 11th February. Many of our extra curricular activities do involve eating and drinking!

On a healthier note, the link group St. David's Day Walk is planned for Wednesday, 26th February and the Glamorgan Federation Walk (a guided walk in Bath) will take place on Thursday, 27th March.

Traditionally, we have links with both our local Primary Schools but in addition, a new link with our comprehensive will be established in March when we will introduce community awards for secondary school students, but more of this in subsequent "Chain" reports.

Membership of Radyr & Morganstown WI can offer you opportunities to make new friends, learn new skills and the option to be involved in community activities. Why not join us in 2014. Our email address is radyrandmorganstown.wi@gmail.com L.H.

REMEMBERING 1914



This year the Government has decided to start a four year commemoration of the First World War. What were Radyr and Morganstown like in 1914? This occasional series will look at the Parish records of the period.

In January 1914, both Radyr and Morganstown were considerably smaller than they are today. Morganstown was a little over a century old, but had only recently adopted the name of Morganstown, while the new village of Radyr was less than fifty years old. The Rector, The Rev. David Phillips, was Chairman of the Parish Council and they met in the Council School, now Radyr Primary.

Two things were concerning the Council in January 1914. They had recently set up a Radyr Fire Brigade which was beset by problems throughout the 1914-1918 period and at the end of the war the Parish Council decided to close it down and amalgamate with the newly created City of Cardiff.

The other was street lighting. They were having a discussion as to gas lamps with the Cardiff Gas Company. "Lighting the roads would be £2.11.0. per standard per annum; this was plus the initial cost of about £3.10.0 per standard. The £2.11.0. before-mentioned would include all upkeep, lamps etc., lighting and extinguishing and also gas to burn from dusk until

midnight. The gas company would require a minimum of thirty lamps and proposed that subject to the above particulars being correct this Council is in favour of putting the Street Lighting Act into force".

By March motor traffic was a concern. "A number of complaints having been received, the Chairman was glad to report that the Estate had taken steps to improve the dangerous corner off the Golf Road".

In April, rights of way and mail service were the concern. "The clerk was instructed to write to the General Manager of the Taff Vale Railway to the effect that the Council could in no way accept the Company's contention that there was no right of way over the Gelynis Crossing and again renewed their request that the Company should erect a footbridge over the crossing in order to lessen the danger to the public".

A letter was sent stating "that this Council hopes the Postmaster will alter the Radyr postal arrangements so that

The morning mail can arrive in Radyr by the 5.11 train from Cardiff

A clearance of letters from the box on the Station may be made in time for the 10.03pm train.

If only!

~ FESTIVAL 2014 ~

Details are beginning to emerge of a bumper May Festival. One highlight will be a visit by an old friend to the Festival, Fluellen Theatre Company in Brecht's *The Resistible Rise of Arturo Ui*. This brilliant satire, by turn savage and hilarious, parallels the rise of Hitler with the small-time Chicago gangster, Arturo Ui's takeover of that city's greengrocer trade. Arturo Ui had a successful run at the 2013 Chichester Festival and transferred to the Duchess Theatre in London.

Another highlight will be a first visit by Swansea's Lighthouse Theatre as part of the Dylan Thomas 100 celebration. Lighthouse will bring their delightful production of Thomas's *Reminiscences of Childhood* to Morganstown Village Hall.

Music will be catered for by another Festival first – a lunchtime piano recital by an up-and-coming young pianist, Paul Israel, which will include the Beethoven Appassionato Sonata. For the first time the Welsh Academy of Voice, that Finishing school for some of the great voices of the future, will give an evening concert at the Festival.

The closing Saturday will see a visit by Peter Karrie in his show, Peter Karrie and Friends. Peter has played the part of The Phantom of the Opera in the Lloyd Webber musical in London, Toronto,



Peter Karrie

Vancouver, Singapore and Hong Kong and is the favourite Phantom of the Phantom Appreciation Society. He has also appeared in the west end production of *Les Miserables*, as Fagin in *Oliver*, Tevye in *Fiddler on the Roof* and has recently had his own series on the BBC.

HEALTH MINISTER'S VISIT TO RADYR COMPREHENSIVE

January is always a busy time, as everything gets back to normal after the Christmas and New Year break. It was a special pleasure, however, to take time this month to talk with some 150 sixth formers at Radyr Comprehensive about the National Assembly and its work as a legislature. Although the Assembly is less than 15 years old it has evolved rapidly over that period. In March 2011, following a referendum it acquired full law making powers for the first time.

As Health Minister in the Welsh Government a great deal of my time, during 2013, was spent in taking legislation through the new processes and on to the statute book. The Food Hygiene Act makes it compulsory for food businesses in Wales to display their hygiene standards in a position where it can easily be seen by customers. As well as being an important public health measure, helping to prevent food poisoning and other related illnesses, the Act supports good businesses and encourages others to improve their standards. Early reports from Cardiff West

itself suggest that it is already working, with scores improving and customers using the new system to good effect.

The new Human Transplantation (Wales) Act 2013 brings about a more fundamental change in the law. When the system alters, from 1st December 2015, residents in Wales will be able to make one of three choices: to opt in to being a donor, by signing up on the donor register; to opt out, and to have that recorded on the register or to take no action and to become a donor through 'deemed consent'. A two year information campaign will precede the Act which will put Wales at the forefront of saving lives through the gift of organ donation.

All this, and much more, was discussed with Radyr's sixth formers, studying for their Welsh Baccalaureate. In a few weeks time they will be joined by my MP colleague, Kevin Brennan, a former member of staff at the school, who will lead a discussion of his work at Westminster. He'll find an audience with an impressive grasp of public affairs and a lively interest in the future of politics in Wales. I look forward to my next visit

NEW YEAR'S HONOURS FOR VOLUNTEER AND TRUSTEE

A dedicated volunteer at Danybryn Cheshire Home on Heol Isaf is celebrating her 21st year as a volunteer at the service with a New Year's Honour.



Marcia Watts was awarded the British Empire Medal for her work supporting people at the Cardiff service and her support for the Royal Welsh College of Music and Drama. She said "I feel very privileged to have been recognised in this way after devoting my retirement to charity. My volunteer work has been a lifeline. I have made new friends and hope that I have helped to improve the quality of the residents lives".

If you could spare an hour or two to volunteer at Danybryn and help with our computer club, fundraising, gardening, drive our vehicles, escort residents on trips or just come and have a chat with residents, please get in touch with our volunteer coordinator, Derek Bateman

Come and join us at the Plymouth Arms, St. Fagan's at 7pm on Friday, 28th February for a fundraising St. David's Day Dinner with entertainment to be supplied by Con Vocé choir – further details from Danybryn on 029 2084 2237 or danybrynEmail@lcdisability.org

Set yourself a challenge in 2014 and run the London Marathon for Leonard Cheshire Disability! You'll get five star treatment with a Welcome Pack, running vest and fundraising support every step of your marathon journey. To find out more or register for a place, please visit www.lcdisability.org/londonmarathon or speak to Klara on 020 3242 0264. Go on ... make this year count!

Derek Bateman

Volunteer Co-ordinator, Danybryn Leonard Cheshire Disability
Telephone 029 2084 2237 / 07738 329 525
Email: derekbateman@lcdisability.org

**Leonard
Cheshire
Disability**

RADYR SCOUT POST 2013



This year's Christmas Scout Post was again a successful fund raiser for the group.

I wish to thank the staff of the following local businesses for their efforts in selling scout post stamps this year.

Pugh's Garden Centre, Morganstown
Pzazz Hair Designers, Castle Court
Radyr Library, Park Road
Solo Hair & Beauty, Main Road, Morganstown
Vintage Gem, Station Road

Thanks also to our Leaders, volunteers, parents and the youngsters who helped sell stamps, sort and deliver post.

Scout Post is organized by the Cardiff and Vale Scouts for the collection and delivery of Christmas greetings in the Cardiff and Vale area. The collection and delivery of post is organized by local area scouts and voluntary organisations in areas where there is no scout group.

During the Christmas period for Scout Post, our team handled around 60,000 cards in the scout hall.

Finally, I would like to thank the residents of Radyr and Morganstown for supporting their local scout group by purchasing stamps locally.

We look forward to your continued support again next Christmas.

JBT

NSPCC RADYR BRANCH

The Radyr NSPCC Committee held a very successful Coffee Morning at Radyr Golf Club on 21st November, 2013. The sum raised was £1278. This also included generous individual donations. The money will be donated to the "Christmas Call for Help Appeal".

Some children face an incredibly difficult and lonely time at Christmas. Childline is expected to provide 80,000 counselling sessions to children and young people on issues ranging from family relationships to self harm and suicide. The goal of this appeal is to raise £320,000. to enable Childline to answer every single one of those calls.

The special award of "Merit Certificate" was presented at the Coffee Morning by Jo Lennard of the NSPCC to Steve Dance, Manager of Radyr Golf Club. This award is given in recognition of help given by individuals or organisations.

The Club was nominated as it had allowed the NSPCC to use its premises, free of charge, for more than twenty years. It also acknowledges the helpful and supportive staff.

It is no exaggeration to say that the Committee would have not been able to raise anything like the amount of money without this help.

This year again, we would like to thank the Management and staff and congratulate them on their award. We would also like to say a special "Thank you" to Paul Cale who works so hard on our behalf.

Our final event of the year was the NSPCC stall at the switching on of the Radyr Christmas Lights. The bran tub and balloons proved very popular with the children making the sum of £55.20 for the funds.

Finally, the committee would like to thank our loyal supporters who give so generously and enable the NSPCC to continue its valuable work.



RADYR DRAMA SOCIETY

Our next play will be the comedy 'Third Week in August' by Peter Gordon.

When Sue decides to try and get away from everybody on a solo caravan holiday, little does she realise that she's booked into the caravan site from hell! She is soon taken under the wing of expert but inadequate caravanner Neville...when he's not engaged in battle with his wife or trying to cope with his recently separated sister-in-law.

Matters become complicated with the arrival of the enthusiastic Tony and his sceptical girlfriend Jenny, who has joined him against her better judgement. In an effort to boost 'camp spirit', Neville decides that a communal barbecue is the order of the day...then things really start to hot up!

It will be performed 3rd-5th April at Morganstown Village Hall. Please visit www.radyr.org.uk/drama for more information.

NSPCC Soup-and-a-sandwich lunch Thursday 10 April 2014

A short while ago I attended a talk at WI entitled "Parisian High Kicks". The weather was miserable and I thought twice about going out but I shudder to think what I would have missed. Within a minute or two of Rachel Williams beginning her presentation the whole of the room was engulfed in laughter which continued for the next hour as she introduced us to the secrets of the revues at The Lido in Paris where she performed with other Bluebell Girls. Standing at more than 6 feet tall and with an enviable showgirl's figure Rachel performed dance movements and high kicks which left us all open-mouthed with envy.

On Thursday 10 April the NSPCC are holding another of their soup-and-a-sandwich lunches at Radyr Golf Club when, in response to many requests, Rachel will be repeating her performance – an experience not to be missed!

Tickets at £12 are obtainable from Jan Doody (029 2084 2478).