

Christmas Events 2021



The Radyr & Morganstown Association (RMA) are delighted to report that, unlike December 2020 when we were all in a severe lockdown due to Covid, we are planning (weather permitting) a Christmas Tree Lighting celebration this year which will take place in Station Road on Friday, 3rd December. We say 'Christmas Tree Lighting' but we regret to report that the Radyr & Morganstown Community Council (who organise the main lights – see later) did not get their contractor to provide a facility for switching the lights off and then on again, and have refused to allow us to do so ourselves. Nevertheless, we have made some changes to ensure the occasion is as joyful and interesting as usual. Our main focus this year will be the arrival of Santa.



To be specific, the R&MCC have arranged for the three large trees – in Lychgate Gardens, Windsor Gardens and Granny Park in Morganstown – plus all the lights in Station Road and along Heol Isaf and in Morganstown to be installed and lit by 15th November. They will all be



on by the time you read this. The RMA, as in previous years, will be installing the trees above the shops in Station Road at the beginning of December. On 3rd December, we are arranging for a group from the Methodist Church to lead the singing of carols at the three large trees from 6:00pm. They will be accompanied by a brass band in Windsor Gardens. At the same time we should be ready in Station Road with stalls selling all sorts of goodies - crafts, gifts, jewellery and much more. Our usual burgers, hot dogs and mulled wine will be available at the RMA stalls. Most of the shops will also be open and joining in the fun, including Cicchetti, Slice and The Radyr Tap, so you will be able to do some shopping and even stay for a meal.

Our charity for this year, Headway Cardiff & South East Wales, will have a stall and be collecting with buckets during the evening. Please give generously. At 7.00pm, Kat Jones of Headway will announce the arrival of Santa (who had better not be late) and, providing everyone has been good, he will join his sleigh to talk to the young children.

There is bound to be a bit of a queue so Santa will have some helpers around to keep everything in order and ensure proper Covid precautions. Every child will also be awarded a satsuma!

Do come along and enjoy the festivities. It is a lovely way to start the Christmas Season and entrance is free.

But things will not stop there. On 10th December the R&MCC have arranged for Santa to tour Radyr and Morganstown in his sleigh to meet residents and collect for Headway Cardiff & South East Wales. The timing and route will be widely publicised in advance on our website at radyr.org.uk/Christmas and through our Social Media (@RMHub).

And, finally, following last year's success, the R&MCC competition is returning for 'Best Decorated house in Radyr and Morganstown'. Top prize this year will be £150. Below is a picture of last year's winning entry. Could you do better?

Make 2021 a Christmas to remember.



COMING EVENTS



N.B. Details of all coming events can be found in the Diary section of the website Please check that they are going ahead www.Radyr.org.uk

19:00 Christmas Tree lighting

The annual turning on of the Christmas Lights in Radyr & Morganstown. radyr.org.uk/events-

summary/

Fri

3

Dec

12

10:30 Christingle Service (Radyr Sun Methodist) 12

Radyr Methodist Church will be Dec holding their Christingle Service in-

person. All are welcome. radyr.org.uk/events-summary/

15:00 Empty Chair Service (Radyr Sun Methodist)

A space for those mourning a loved Dec one this Christmas at the end of which

we will turn on the tree of lights outside the church. radyr.org.uk/events-summary/

19:30 Radyr & Morganstown WI Mon Old Church Rooms, Park Road. 13 Details to follow Dec radyr.org.uk/events-summary/

10:30 Nativity Service (Radyr Sun Methodist) 19

An in-person Nativity Service at Radyr Dec Methodist Church.

radyr.org.uk/events-summary/

15:00 Live Nativity at Amelia Trust Mon 20

A Live Nativity at the Amelia Trust Dec Farm in Barry.

radyr.org.uk/events-summary/

19:30 Radyr & Morganstown WI Mon Meeting at Old Church Rooms, Park 10 Road, Radyr. Details to follow Jan radyr.org.uk/events-summary/

RMA General Meeting Mon Open to all the RMA General Meeting is an opportunity to hear from a speaker of local interest before

sharing news of local matters and events. Location and speaker to be confirmed subject to COVID regulations

www.radyr.org.uk/rmassociation/meetings/

19:30 Radyr & Morganstown WI Mon Meeting at Old Church Rooms, Park Road, Radyr. Details to follow Feb radyr.org.uk/events-summary/

Closure of Radyr Musical Society

After 30 years of entertaining the local community, we are sad to announce that we intend to close Radyr Musical Society.

In 2018 the Society was due to close as the committee all felt it was time to retire, however I was persuaded by my now Vice Chair to take over the running of the society.

Alongside a new committee we promised to give it a year as clearly no one was ready for RPMG to close. With new ideas we set about rebranding, and RMS was born.

We launched straight into Me and My Girl 2018, followed by a hugely successful How to Succeed in Business 2019 and Speakeasy Cabaret also in 2019. Then almost without a pause into our Step Back in Time Concert in 2020, celebrating some of the best shows RPMG/RMS had previously performed. We were incredibly lucky to be able to perform our show in 2020 as it was only weeks before the world came to a standstill and theatres closed.

As with all similar societies, the last 18 months have been incredibly difficult, and understandably many of our long-standing members have chosen to retire. With a committee of people who are working full time and some with young families, we have had to make the difficult choice that we are unable to return to running the society alongside our busy lives, with now only a quarter of our members left.

I have been incredibly proud of the shows we have performed, it has been hard work, and those who do this know it really is Blood, Sweat and Tears at times. I would like to thank the committee both past and present for their support, and to our members thank you for your hard

Letters, articles, reports and other contributions are invited and should be submitted by January 15th. Submissions may be subject to editing at the Editor's discretion. All advertisements are accepted in good faith and The Radyr Chain is not responsible for information contained therein.

The views expressed in the Radyr Chain are not necessarily those of the Editors. Receiving Editor - Jeff Davison, 3 James Place, Treforest, Pontypridd CF37 1SQ E-Mail address - Chain@radyr.org.uk or davison.litho@gmail.com

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work and commitment.

over the years thank you we couldn't have done it without you, a special shout to Raymond Rivron for building some of the most amazing sets I've ever seen including the 8 revolving doors in Me and My Girl... Last but by no means least a personal thank you to one of the best MDs I have ever had the privilege of working with Ben Pinnow, I will truly miss our production meetings you have been a constant support and a joy to work with.

To our wonderful Technical Team

Bev Jones

Chair Radyr Musical Society



Church Services over Christmas

Christingle 6pm Sunday 12th December at Christ Church

Nine Lessons and Carols 6pm Saturday 18th December at Christ Church

Chistingle & Carol Service Friday 17th December 6pm at St John's in Danescourt

Christmas Eve Crib Service 5pm and Midnight at 11.30pm at Christ Church

9pm First Eucharist of Christmas, Christmas Eve at St John's in Danescourt

25th December 9/15am St Johns in Danescourt and 11am at Christ Church



THE FEBRUARY EDITION OF THE CHAIN WILL GO TO PRESS PROMPTLY ON THE 15th OF JANUARY. WE CANNOT GUARANTEE TO INCLUDE ITEMS THAT ARRIVE AFTER THAT DATE

Treforgan WI

Thursday 16th September saw Treforgan WI's first "real life" meeting for 18 months a very appropriate date, coinciding as it did with the annual WI Day which celebrates the first WI meeting held on 16th Sept 1915 on Anglesey.

After the announcement in March 2020 we, like so many other organisations ,thought that ,within a few months ,life would have returned to normal. Little did we know what was in store for us all.

To try and keep our members in contact with each other during the first lockdown we set up a closed Facebook group and invited members to post their photos to showcase their art work , baking triumphs and other lock-down skills. We also had photos from members' walks around the area and some excellent musical videos. What talented members we have!

When it became obvious that our new way of life was going to be with us for some time we took advantage of being able to meet outdoors and our committee and a book group braved the Welsh summer of 2020 and met in gardens all fully equipped with padded jackets and umbrellas

We have embraced Zoom technology and , with grateful thanks to the RMA who via their community Zoom licence handled all the technical stuff for us , through last winter held our committee meetings and book group discussions on line . The benefit of Zoom has been that



we have been able to secure fascinating speakers from all over the country, some of whom have given us ideas for future trips. We have had talks on scandals at the royal court in Tudor times, the world of Beatrix Potter and her enchanting books , the history of gin , life as a Butlins redcoat , the career of a stunt man , medicine and the plague town of Eyam and the inspirational Misbah Khan telling of us of all she had to overcome to complete her all women expedition to the North Pole.

Since the majority of restrictions were lifted earlier this year, our craft group has resumed its meetings, we have met for lunch, both book groups have met in person and our third book group will restart in early November. Most importantly perhaps, our meetings have resumed in Morganstown Village Hall with the doors wide open, members suitably spaced and all wearing our

masks. So far we have had two local speakers . In September we were visited by Nick Jenkins, an ex business manager turned pro photographer who leads photo workshops and is an Associate of the Royal Photographic Society and the Welsh Photographic Federation, who showed us his spectacular photographs including many taken of our favourite places in Wales . In October we welcomed John Richardson who told us of his career as a stage manager for various opera companies including the Welsh National Opera (where he is currently the opera's archivist) and the many pitfalls that can occur in the staging of the performances we all enjoy.

After a difficult time for everyone, we are fortunate to have gained members over the period and are now at full capacity and looking forward to the future .

Santa will visit Morganstown and Radyr once again on Friday 10th December.



Here is his itinerary: All times are approximate

17.30 Ravensbrook Heol Syr Lewis

17.50 Ffordd TreforganMeadowfield Way
Maes y Gwair

Heol y Cwm Heol y Crofft

18.10 Ty Nant InnMain Road, Morganstown
Ty Mynydd

18.25 Bryn Derwen
Cae'r Graig
Pentwyn
Cae'r Graig
Bryn Derwen

18.50 Hazel Tree Close
Bryn Derwen
Dan-y-Bryn Ave
Windsor Ave

Windsor Road Station Road

19.20 Fisher Hill Way The Sidings

20.00 The War MemorialHeol Isaf
Llantrisant Road

20.15 Heol Rufus
Heol Roald Dahl
St Philbert Street
Clos Park Radyr
Llantarnam Drive
Drover's Way.

Marcia Watts MBE



6th August 1932 -27th September 2021

"An amazing, interesting and interested lady who managed to engage and delight all who know her" and "a force of nature" were words recently used to describe herand to those should be added commitment. Marcia was committed to her dear late husband Graham, to her family and friends and to the many organisations she supported so devotedly. Some of these were in Radyr and Morganstown where she lived for many years.

She was a long time friend of the Royal Welsh College of Music and Drama. She joined around 1993 and became vice-chair 2007. She helped oversee the transition to Friends Connect and remained on the committee to her last day. She was a hands-on supporter, helping staff and pupils directly. In part, the success of the group is due to her efforts in recruitment and pupils have benefited enormously from the help they have received a result. In addition to her committee work, Marcia and Graham endowed the college with a prize to provide the most talented student pianists with some welcome financial support.

During this time she was also a Community Councillor for Radyr and Morganstown and is remembered for the work she did helping to produce a local directory. At the same time she was acting as an excellent treasurer to the then buoyant Radyr and District Good Neighbours scheme. She was also treasurer for the local district association of Gas Board retirees. A position she held until the organisation was disbanded very recently.

Marcia and her late husband Graham, were also great supports of Dan-y-Bryn Cheshire Home where they would help to serve teas on a regular basis and Marcia edited the newsletter for many years.

Marcia was given a Commendation in the Philanthropy Section of the Arts and Business Cymru Awards in recognition of her long standing generosity and dedication to the college in 2012. In 2013 she was awarded an MBE for her for her charitable services to the College and to Dan y Bryn Cheshire Home. A truly remarkable lady who was loved by all who knew her and whose work will be missed by all she supported.

RADYR METHODIST CHURCH

Welcome to our Christmas Services

Christingle Service with puppets 10:30am Sunday 12th December

A special service remembering those loved and lost and the lighting of our tree of lights 3.00pm Sunday 12th December

Nativity and Carol Service 10:30am Sunday 19th December

Live Nativity at Amelia Farm 3.00pm Sunday 19th December

Christmas Day Service 10:30am
A short but special service for anyone who will miss a loved one this
Christmas will take place at 3.00pm on Sunday 12th December after which a tree of lights will be lit in memory of all those named.

For information:

Last Sunday we had a special COP26 service guided by Prof Peter Holliman and Dr David Poole. Peter is a chemist, environmental industrialist working in the engineering department in Swansea.

Dave works for Natural Resources Wales. Questions were invited from the congregation both online and in the building and some really interesting answers were provided. An interesting fact, Empress Trees take 103 tonnes of CO2 per acre per year -it would be good if we could plant a few in Radyr.

Radyr & Morganstown Litter Pickers

Talking Rubbish!
NO BUTTS!!



Cigarette butts are a real problem for the environment; not only do they look dreadful but as they contain plastic they eventually wash into the water courses and add to the growing problem of plastics in the seas. This picture was taken on a footpath in Radyr recently; many of you will know where it is.

Please, please try to dispose of the butts carefully and don't just throw them onto the ground.

R& M Litter Pickers now have 18 volunteers regularly cleaning up their particular patches of our two villages. In addition we organise some regular picks, currently on 17 December and 8 January, meet at Radyr Station Car Park; however please check with us beforehand.

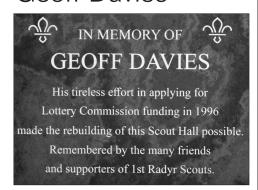
We have collected over 170 bags of litter since we started - including 8 from Llantrisant Road on a blitz - and I hope you can notice the difference.

Contact us on rmlitterpickers@outlook.com

Becca, David, Jeanette and Peter - the Committee of Radyr and Morganstown Litter Pickers Supported by Radyr and Morganstown Community Council



Remembering Geoff Davies



On 31st October 2021, a dedication ceremony was held to commemorate the life of Geoff Davies, a valued member of 1st Radyr Scout Group and the wider community.

When Geoff and his family moved to Radyr in 1979, he and his wife Chris quickly became involved with the local community. They joined the Radyr and District Choral Society, with Geoff singing bass and Chris as the musical accompanist. Geoff also became involved in the fledgling local newspaper, the Radyr Chain, laying out the front and back pages for many years. He was also involved with pantomimes for the WI, founding the Radyr Parish Music Group and providing the lighting for the Radyr Drama Group plays and several other ad-hoc events.

With his background as a bank manager, it was natural for Geoff to act as the Treasurer or auditor of many local groups. One such organisation was 1st Radyr Scout Group, of which he became Group Treasurer shortly after his sons started Cubs. He later also volunteered to be the District Treasurer.

Geoff had been involved in Scouting in his youth, becoming a Queen Scout and then a young leader. He attended the Jubilee World Scout Jamboree in 1957, in Sutton Coldfield, from which he obtained an impressive collection of badges from around the globe. He then went on to organise a trip to Canada.

His time spent in Scouting led to a love for water-based sports. He had taken up rowing at school and continued this during his twenties while based in Penarth. This led to a call-up to represent Wales and thus earning him a Wales vest.



During the 1990s, it was apparent that the old Scout Hall was coming to the end of its useful life. With the start of the National Lottery in 1994 providing a unique method for fundraising, Geoff, along with the rest of the group committee, submitted an application for funding to build a new hall on the site of the old hut. After a significant amount of form-filling, the money was granted, and construction of the new building could commence. The hall was opened in 1996 and has served 1st Radyr Scout Group and the broader community extremely well since - in much the same way as Geoff did.

A memorial plaque has been installed at the Scout Hall and was officially unveiled at Geoff's dedication. Several Scouting colleagues from Geoff's Scouting days and other community members attended the event, along with The Right Honorable The Lord Mayor of Cardiff Councillor Rod McKerlich, who also gave a speech. Sue Thomas, a previous long-standing bookings manager for the Scout Group, presented a plate of Brownsea Island commemorating the first official Scout camp initiated by Baden-Powell and an archive of Scouting in Radyr to Kieran Richards, the current Group Scout Leader. The archive includes details dating back to the origins of the group in 1960, acquiring the land, building the hall, and eventually opening a timber structure where the newly built hall now stands. John Travers, a long time previous committee member, kindly compiled this archive with help from Huw and

Rob Davies, Geoff and Chris's sons, using the extensive amount of paperwork Geoff had collated over his many years as Treasurer and committee member.

1st Radyr Scout Group wishes to again recognise all of the hard work put in by Geoff to help build the thriving Scout Group you see today. May he rest in peace.

Kieran RichardsGroup Scout Leader
1st Radyr Scout Group

HGV Portal

A new scheme has been introduced in Morganstown to help reduce inappropriate HGV use in the area. An eighteen month trial started in mid October with penalties being enforced from the end of that month. HGV drivers entering the section of road between Pugh's Garden Centre and the Ty Nant Inn will require a permit to drive on this section of road. Traffic access permits will be issued to HGVs that are being used for loading/unloading at properties that are only accessible from Heol Isaf and Ty Nant Road south of the roundabout junction with Ty Nant Court.

Delivery access permits can be obtained online using the MiPermit Cardiff portal at; MiPermit Cardiff Council Portal. Permits will not be issued for deliveries to the Plasdwr Development Site. For more information visit; Weight Limit Restrictions(cardiff.gov.uk)
We await to see the first reports of the effectiveness of this scheme.

Radyr Cricket Club

"I assume that very little happens at the club at this time of the year and you can have a bit of a break?", said my non cricketing acquaintance. I smiled, and just as I was about to reply, I thought to myself: only two AGMs, indoor nets for juniors and seniors, repairing and cleaning various parts of the inside and outside of the pavilion, writing articles for magazines, agreeing new marketing initiatives, checking the 2022 fixtures and signing new players. No I said after a slight pause, not much happens pre Christmas!!!!!

For those people who have never been involved with a sports club, especially one the size of RCC, it is difficult to comprehend the complexities involved. The members have to have some expertise in property, finance, building and a dozen other disciplines and that is even before the sport begins on the field. I have been a member of the club since the late 1960s and seen it steadily grow from fielding one side on a Saturday, to five. To now having an extensive Junior section and a formal hard ball Womens XI. The club has the turn over of a small business, and over the last few years, in addition to its usual commitments on and off the pitch, has been engaged in virtually rebuilding the pavilion, adding two new changing rooms at the same time, whilst installing fences and a dedicated path for walkers. All of this project managed internally by members, adding another discipline to that list.

One of the AGMs I mentioned above was the club's, the first one since 2019. Last year's was cancelled due to Covid as it fell during lockdown and this year we took no chances: hiring the Old Church Rooms to ensure members could socially distance. After we exchanged respective Risk Assessments with the Community Council the meeting took place, but not before apologies were received from six people who had mild Covid, had come into contact with someone who had Covid and who had relatives with Covid. It was to me a salutary lesson that the disease was still very much with us. The meeting itself was very





successful and was helped by two very good presentations, especially the one that concentrated on the club's physical assets. It went through the period from the River Taff's flood in February 2020 to today and the attached photographs show what the ground was like after Storm Dennis and a few weeks ago: a huge amount of hard work and the generosity of many, pulled the club back from the brink of oblivion.

So what lays in store for the club as the Christmas period comes upon us? Well I suppose the hope that the 2022 season will be without any Covid restrictions, the 'cricket tea' so beloved of most recreational cricketers will reappear, the wonderful changing facilities the club now possesses will be in full operation and hand sanitiser breaks might be a thing of the past. What I do know is that the club will receive the support of the businesses of Radyr and Morganstown and already I have made contact with a few who are delighted to help the club and help themselves at the same time. The club has a large amount of

marketing opportunities, suitable for any local business, from sponsoring balls for a game, sponsoring the game itself or taking an advertisement in and around the ground. One such opportunity currently available is placing an advertisement on the club's new covers: the last ones lasted ten years, so for £500, a business can have a visible presence every day of the year for the next decade, that costs approximately £1 per week. I can't imagine any better marketing offer anywhere in the whole of South Wales. Please contact me on christopherhitchings@btinternet.com if any of these opportunities are of interest

So all that remains from me is to wish all of the club's members, everybody who lives in Radyr and Morganstown and all our friends where ever they may be, a wonderful Christmas and a prosperous and safe 2022.

Christopher Hitchings - Radyr Cricket Club

News from Bryn Deri Primary School PTA

1. Penalty Shoot Out... it's a goal! In the summer term, the school took part in two football fundraisers, in homage to the Euros. We had a football colours day, where children came to school dressed in the colours of their class team, and they took part in a penalty shoot-out, with prizes for the fastest shot for each class. Together these events raised a huge £1,506 – a fantastic result! Well done everyone!

The money has been used to pay for more audio-visual equipment for the kitchen pod, so that the room can be used for teaching purposes and extracurricular activities. The kitchen pod has been a vital space in the school's efforts to maintain bubbles/groups with Covid regulations, so this new equipment has already been put to good use.

2. Rainbow Day Fund

Last year, Bryn Deri PTA set up a new Rainbow Fund to raise money which was split equally between Noah's Ark Children's Hospital and the PTA. Our Rainbow Day event was a big success – the children all looked incredibly colourful, and we raised over £300 for the NHS's Noah's Ark Children's Charity. Well done everyone!



This year we would like to raise money for T? Hafan hospice and are planning another rainbow event – watch this space!

3. Music workshops

During the summer term, the PTA also supported the provision of Olympic-themed music workshops, by way of a grant from Radyr & Morganstown Community Council. The children enjoyed these in their class bubbles and had lots of fun!



4. Virtual Christmas Market
The Bryn Deri Virtual Christmas
market is now open! Find it on
Facebook – Bryn Deri Primary
School Virtual Christmas market. If
you are interested in any items,
please leave a comment and the
owner of the stall will arrange the
purchase and delivery/collection
directly with you. By using the fayre
for your Christmas shopping, not
only would you be supporting the
school; you would also be
supporting local businesses. Win
win!

5. Rags2Riches

The PTA have raised thousands of pounds over several years by organising Rags2Riches collections of unwanted clothes. It has also helped the school reach its Eco-School Flag awards, by reusing clothes and helping the environment. If you have clothes in good condition that you've finished using and would like to help raise funds for the school, we'd



welcome your donations of clothes in the school playground on Thursday 17th February 2022 between 4–6 pm. Thank you.

6. New Fundraising Project and Monthly Prize Draw

The PTA is currently raising money to update the school library into a modern multimedia centre. We have a target of £1,500 for Stage 1 of the



project – ripping out the old shelving and laying down new flooring. Many parents (and grandparents!) subscribe to the Bryn Deri PTA Monthly Prize Draw. Each month you have the chance to win £25, £15 or £10. You pay £12 per entrant annually, which equates to £1 per month. If you would like to help the PTA raise money towards our target and be in with a chance to win one of the monthly prizes, please go to the Bryn Deri Primary PTA website for further information (www.brynderiprimaryschool.co.uk/

Homemade Animals for sale

I make mice, rabbits, bears, sheep, cats and dogs. They have pretty dresses (and underwear). A lovely idea for Christmas - children and adults!! Sizes 15", 18" and 20" £18, £20 and £22 each.

Can be personalised and have little handbags too.

Phone Jenny on 029 20 842435



CHAIN COOKERY CORNER

Curried Leek and Potato Soup

A very warming, filling and nutritious soup. Serves 6

3 large leeks - washed, trimmed, and sliced thinly
4 cloves garlic - minced or chopped
1kg. potatoes - peeled and cut into bite- sized chunks
2-3 tbspns olive oil
1 teaspn. cumin seeds
1-2 teaspn. garam masala
1 teaspn. turmeric
1 teaspn. salt
1 litre (or more) vegetable stock/broth
400g. tin cannellini beans
400ml. tin coconut milk

To Garnish coconut yogurt or creme fraiche fresh coriander

Heat oil in large pan on medium/ low and saute leeks and garlic until slightly softened. Add cumin,garam masala, turmeric and salt. Continue to saute another few minutes. Add potatoes + vegetable stock. Increase heat to medium/high and

Reduce heat a little to gently rolling boil and cover or use pressure cooker

bring to boil.

Cook until potatoes are soft. Drain beans and add to soup Add coconut milk and cook another 3 mins.

Puree until smooth. If too thick add more stock.

Taste to adjust seasoning
Reheat and serve with dollop of
coconut yogurt
or creme fraiche.

Garnish with fresh coriander. Perfect for freezing without garnishes.

A.M.P.



Headway Cardiff & South East Wales are delighted to have been chosen as the RMA's charity of the year for 2021/2022!

At Headway Cardiff & South East Wales we help people affected by acquired brain injury to rebuild their lives. We were established in 1985 as a support group by people with acquired brain injury, their families and therapists in Rookwood Specialist Rehabilitation Hospital to address the lack of support available to families on discharge and the isolation they could experience. An acquired brain injury (ABI) can happen to anyone, anywhere at any time. Lives can be changed in an instant. At Headway Cardiff & South East Wales we support individuals with ABI to regain their independence and help their families, friends and carers adapt to a new way of life.

Half a million people in the UK are living with disabilities caused by a brain injury. Even after a minor head injury, brain function can be temporarily impaired and this is sometimes referred to as concussion. The more severe the brain injury, the more pronounced the long term effects are likely to be. Survivors of more severe brain injury are likely to have complex long-term problems affecting their personality, their relationships and their ability to lead an independent life. Even with good rehabilitation, support and help in the community, survivors and their families are likely to face uncertain and challenging futures.

At Headway Cardiff & South East Wales we provide specialist rehabilitation to enable hundreds of survivors of brain injury, their families and carers to cope with the difficulties. Each person who attends our Independence and Wellbeing Centre is supported to achieve their maximum potential through a tailored activity programme. We provide social support and encouragement to partake in physical activity though our various 'walking and wheeling' groups. We also offer Family & Friends support, Welfare Benefits support and even have a Counselling service. The services that we offer have huge benefits for the individuals but benefits society through reduced social care needs and increased ability of brain injury survivors to participate in the community. We are one of the key







organisations in the area that provides specialist help and we rely on voluntary donations.

We are truly thrilled and incredibly grateful to have been chosen by the RMA and we are very much looking forward to the 2022 festival. This opportunity means a great deal to our small charity and to those in South East Wales who need our support.

How to get in touch with us

You can phone us Monday-Friday during usual office hours or email us.

Our contact details We are based at Rookwood Hospital, 18-20 Fairwater Rd, Cardiff, CF5 2YN

Office number – 029 20577707

Email address – info@headwaycardiff.org.uk Website - https://headwaycardiff.com/

Facebook -

https://www.facebook.com/Headway Cardiff

Twitter -

https://twitter.com/HeadwayCardiff

Instagram -

https://www.instagram.com/headway _cardiff/

Our Company address Headway Cardiff & South east Wales, C/O Hugh James, Two Central Square, Cardiff, CF10 1FS

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YOUR LOCAL LABOUR PARTY CANDIDATES FOR THE COUNTY COUNCIL ELECTIONS (MAY 5TH 2022)

Next year, on the 5th of May, the electorate of Radyr & Morganstown will get the opportunity to select their councillors who will help run the city of Cardiff. Due to the recent growth in its population the two villages will be able select two councillors.

Earlier this month your local Labour Party has selected its two candidates for the election, i.e. Helen Lloyd Jones and Tyrone Davies, who both live in the community. They are both looking forward to campaigning and meeting you over the coming months and listening to your thoughts and ideas on important local matters, such as local services, traffic speed and pedestrian safety, provision for young people and the development of the South Wales Metro. In the meantime if you want to contact the two candidates via email you can do so by emailing them at

randmlabourparty@yahoo.com You can also follow them on Twitter @RandMLabour. Below is a brief biography of both candidates.



Helen Lloyd Jones lives in Radyr and is one of Brynderi Primary's governors. She has been a Community Councillor in Radyr and Morganstown where she was Vice Chair and chaired the Environment Committee, as well as the Schools Liaison Link. Helen has been a Council Member of the Countryside

Council for Wales and a past Chair of Ramblers Cymru and is currently Chair of the Penrhys Pilgrimage Project. These interests have been reflected in the work she has done on footpaths and on environmental matters within the community.

She was the ICT Co-ordinator and Head of the Computing Department at Ysgol Gyfun Ystalyfera for nearly twenty years and is a Chartered Engineer. She is a graduate of Imperial College London. She loves Art and created the Covid Heart, the Easter Bunnies, the Eid Mubarak and the Jewish New Year designs we saw in Windsor Gardens. She has also been an elf for Father Christmas, even planning his route for him last year.

Helen is a member of the running club Pegasus. She ran her first marathon at 71 in New York. She ran the Virtual London marathon this October to raise money to help restore the damage done to Bute Park. She often runs with her Golden Retriever.

She comes from Mid-Wales in the Wye Valley and went to school in Brecon. She is married to Sir Richard Lloyd Jones, a former Permanent Secretary of the Welsh Office. She loves being Grandma, and thinks her grandchildren are all wonderful. And she knows there is work to be done to protect them from climate change.

Tyrone Davies lives in Radyr and is currently a Community Councillor. He has been Chair of the Council three times and also chaired various council committees, including the Finance Committee. In his roles he has been particularly keen to maximise the community's services



and improving provision for young people.

He was a Headteacher of a large comprehensive school in the Vale of Glamorgan and was a teacher for over thirty years. He is a graduate of Westminster University and his interests include history and politics.

He too enjoys running but cannot claim to have as impressive a list of races as Helen, though he did complete the Cardiff half-marathon when it was last held in 2019.

Tyrone was born in the Rhondda Valley and has spent all of his life in South Wales, living in Radyr since 2004. He is married to Anna and they have five children in their twenties. As a family they have felt fortunate to have experienced Radyr's excellent local schools and the superb sporting provision afforded to their children by Radyr Rangers and Radyr Cricket Club.

The Labour Party are the first to announce their candidates for the May election, The Chain will carry information on other candidates as it becomes available.



Many children are given pet hamsters as Christmas presents, and often these poor animals have to suffer in dreadful cage conditions for the rest of their lives.

A brief hamster care guide:



First of all, you need to get your hamster a large cage. The Blue Cross gives a **bare minimum** of 80cm by 50cm. This cage should also be big enough for a 25cm deep layer of substrate.

Many hamster substrates are available, such as paper-based beddings, pet-safe compost, hamster-safe sand and woodshavings. However, not all products are safe for hamsters: 'fluffy' or cotton beddings can form strands which cut off the blood supply to a hamster's limbs, or wind around their teeth. Likewise, certain woodshavings can release toxic chemicals.

Next, make sure your furry friend has an appropriately sized wheel. A hamster should be able to run on the wheel without bending their back. A Syrian hamster should have a wheel which is at least 25cm in diameter. You might be able to get away with a 20cm wheel for a dwarf hamster.

Your pet hamster **must** have access to lots of enrichment, such as sand baths, wooden chews, large tunnels, bendy bridges, multi-chamber hideouts and other hamster-safe toys. Syrian hamsters need 7cm entrances to hideouts and tubes, whereas dwarf hamsters may only need a 5cm entrance.

Hamsters must always have access to a water source, whether this be a bottle or a bowl. Refill your hamster's water daily. In terms of diet, hamsters are omnivores, which means they need a variety of fruits, vegetables, seeds and animal products to keep them healthy. Finally, please do some more research regarding hamster care. Victoria Raechel has many informative videos on YouTube. Hamsters are a massive commitment, and you can expect to spend many hundreds of pounds on them in their lifetime.



Letters for publication in the *Chain* are accepted in good faith and their content does not necessarily reflect the views of the Editors.

Dear Sir,

Like it or hate it, (I am firmly in the latter camp) the 20 mph speed limit is here but it has not come alone! Vehicles wishing to enter Heol Isaf from one of the many side roads at busy times sometimes have to wait an inordinate length of time as a convoy of traffic passes by on the major road. But a more dangerous predator has arrived in abundance with the 'new' speed limit - I'm of course referring to the 'tailgaters' who drive along Heol Isaf dangerously close to the vehicle they are following, perhaps in attempt to intimidate the driver in front into travelling faster? Rule 126 of the 2021 edition of the Highway Code says that the typical stopping distance of a vehicle travelling at 20 mph is 12 metres (40 feet). 6 metres thinking distance and 6 metres stopping distance, which is a great deal more than some drivers do and 25% of that distance, or less, is not unusual. It goes on to say that you should never get closer to the vehicle in front than the typical stopping distance. On roads carrying faster moving traffic, you should leave a two-second gap between you and the vehicle in front. Yet these incompetently dangerous drivers continue to put others and themselves in danger by this egregious practice. Section 38(7) of the Road Traffic Act 1988 says: "A failure on the part of a person to observe a provision of the Highway Code shall not of itself render that person liable to criminal proceedings of any kind but any such failure may in any proceedings (whether civil or criminal, and including proceedings for an offence under the Traffic Acts) be relied upon by any party to the proceedings as tending to establish or negative any liability which is in question in those proceedings". That, in a nutshell, means that if a person fails to observe a provision of the Highway Code, the prosecution (or defence) can use Highway Code to either establish or negate the

person's guilt. Now that this speed limit is firmly established, I have every confidence that South Wales Police as well as detecting and prosecuting drivers who exceed it, will proactively enforce the law which specifically covers the offence of tailgating in Section 3 of the Road Traffic Act 1988 with a £100 fine and 3 penalty points on the driving licence of the offender. One last cautionary note. Almost 50 years ago, I watched as a man who sadly died in front of me. His fate was sealed when the HGV he was following braked hard and stopped and he wasn't able to before colliding with the rear of the HGV causing the poor man massive head injuries to which he succumbed. This also witnessed by his daughter.

Name and address supplied

Radyr Woods Wardens

Earlier this year Jim Goodwin stood down as Chair of the Wardens group after many years of active involvement in leading the group. Mike Clarke has taken over the role which had previously been held by his father, Bill, when the Woods Wardens were founded some 40 years ago.

Many woods users will have noticed that the bridge by the Iron Age hearth has been removed. We are sorry for the inconvenience but it collapsed due to age and decay and had to be removed for safety reasons. The Wardens are now working on a replacement, using old telegraph poles acquired by the late John Scott. The new bridge will be dedicated to John when completed in the next month or so. Financial support is being provided by the Community Council towards the cost of materials.

The Wardens are also working on a few other projects which will hopefully come to fruition in the New Year. If anyone is interesting in joining us then please contact us through facebook or the Community Council. Our work involves keeping the woods natural, safe and a haven of peace and quiet in our busy community.

Merched y Wawr, Bro Radur

Ar nos Fercher 3 Tachwedd, ein siaradwr gwadd oedd Mr Allan Cook o Radur. Testun y sgwrs oedd 'Te Tsieina a Thwyll'. Yn garedig iawn, fe rannodd y siaradwr o'i gyfoeth o wybodaeth am hanes datblygiad llestri tsieni o'r dechreuadau hyd heddiw, gan ddiweddu gyda hanes crochendai megis Abertawe, Ewenni, Llanelli a Nantgarw.

Gyda chymorth sleidiau, cawsom wledd o luniau o'r llestri drwy'r canrifoedd. Disgrifiwyd hanes datblygiad y llestri cynnar oedd heb sglein (glaze), y llestri pridd gyda sglein, ac yna'r llestri porslen fyddai'n cael eu llosgi mewn tân i gynnwys y gwahanol liwiau. Soniwyd am ansawdd y llestri cynharaf, a'r arfer o roi marciau ar gefn y llestri i ddynodi eu tarddiad – arferiad sy'n parhau hyd heddiw.

Cawsom hanes y gystadleuaeth a dyfodd rhwng Lloegr, o dan y frenhines Elisabeth, a'r Iseldiroedd, a deall i'r masnachu â China barhau hyd at ddiwedd y ddeunawfed ganrif. Dyna pryd y dechreuodd ffatrïoedd yn Ewrop gynhyrchu llestri safonol tebyg i'r rhai yr oedd China wedi bod yn eu darparu tan hynny.

Cyfeiriodd Allan Cook at y Nanking Cargo a ddarganfuwyd yn 1986 ym môr De China wedi i'r llestri fod yn y môr am 235 o flynyddoedd. Darganfuwyd 100,000 darn o borslen, a werthwyd am pris uchel iawn.

Difyr oedd deall i'r llestri 'Delf' cynnar ddod i Hampton Court gyda'r brenin William o Oren o'r Iseldiroedd pan ddaeth ef a'i wraig Mari i'r orsedd.

Difyr hefyd oedd deall i William Billingsley, o Swydd Derby, yn y bedwaredd ganrif ar bymtheg deithio'r holl ffordd i Nantgarw i geisio cynhyrchu llestri tsieni o ansawdd unigryw. Cawsom ein hannog i ymweld â'r crochendy yn Nantgarw a phrofi'r croeso brwdfrydig a estynnir i ymwelwyr yn y ganolfan hanesyddol dan



arweiniad Charles Fountain a'r tîm o wirfoddolwyr.

Independent Living Services

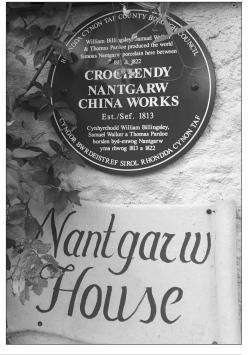
Synhwyrem y gallai hwn fod yn ddechrau cyfnod cynhyrfus o dwf yn hanes crochendy Nantgarw, gan fod y cynnyrch hardd yn ennyn ymateb casglwyr llestri profiadol o bell ac agos.

Diolchwyd i Allan Cook am gyflwyniad hynod o ddifyr ac am lwyddo i grynhoi cymaint o hanes yn y cyfarfod Zoom.

Bydd ein cyfarfod nesaf fel cangen ar nos Fercher 1 Rhagfyr, pryd y byddwn yn cael cwmni Ysgol Bro Dinefwr a'u cyflwyniad ar eu prosiect Ynni Gwyrdd.

Gwen Emyr







Allan Cook gydag un o'i hoff blatiau o grochendy Abertawe.

From The Rectory



Dear all,

She wrapped him in swaddling clothes And laid him in a manger, because there was no room at the inn

A few weeks ago a young Moslem woman fleeing the Taliban with her husband and two small children went into labour on a mercy flight to Birmingham. There was no doctor and presumably no pain relief. Thankfully a female cabin crew helped to deliver her child. Even today I remember with gratitude those amazing midwives who helped delivered our five sons when I was at my most vulnerable and suffering from a pain that only women know.

If the story is to be believed, at the whim of a distant Caesar, a young woman and her beloved were forced to leave their home in Nazareth and travel to Bethlehem to register their existence. Bethlehem was their ancestral home, a place where they should have been welcomed by distant relatives, but not one offered them a place to stay. Nobody wanted to share in their shame or play even a small part in their story. So Mary gave birth to her firstborn son alone and then she "laid him in a manger". What is this story trying to tell us? Probably, this teenage mother was forced to give birth in the area where the animals were normally stabled beneath the upper living and sleeping area of a traditional Palestinian home. If that is true then they found a place where they were tolerated but not a place where they were made welcome by those who lived there.

Will all those who have fled oppression around the world and found themselves in the UK feel tolerated or welcomed? Just before I found myself expecting my firstborn son I bought a bible and was converted not by the church but by the story of a man who despite the culture he was born into seemed able to love every man, woman and child equally regardless of their ethnicity, wealth or shortcomings. His attitude was a challenge to societal norms then as it is now. In the end he gave his life for his simple manifesto - everyone matters.

This Christmas I invite you to come and hear "the greatest story ever told". It is the story of an unplanned child born in poverty far away and far from home who even today challenges each one of us to love the unlovely, to welcome the stranger, to forgive those who have hurt us and to try and build a better world where the power love triumphs over evil

Wishing you Christmas blessings Vicki

The Rectory
Rectory Close
Radyr CF15 8EW
vicki.burrows@me.com
Tel: 029 2084 2417 or 07515 965781

News from Radyr & Morganstown WI

We have, at last, been able to meet up for our meetings instead of having talks on zoom. In September, we met in the Old School Rooms for a social evening which gave members a chance to catch up with friends they had not seen for a while. On this occasion, we did not have a speaker instead we had a Bring and Buy sale together with a game of "Handbag Bingo" which caused much hilarity and was enjoyed by all.

In October we had a speaker, Kate Woolveridge who, after graduating from the College of Music and Drama in Cardiff, became a trained opera singer. She started the "Forget Me Not" Choirs in Cardiff for people with dementia. This proved to be such a popular choir there are now choirs across Wales including halls and care homes. The talk was very interesting and we all appreciated Kate's enthusiasm.

In December, we had Venice Fielding and Giselle Warren who talked about the work they do with Women's Aid in Cardiff and Wales. Although it was an interesting talk, it also gave us a lot to think about especially after hearing the statistics of abuse that vulnerable women and children have to suffer.

We meet on the second Monday of each month at 7.30 in the Old Church Rooms, Park Road, Radyr, CF15 8DF. All are welcome, current and new members, email us to find out more at radyrandmorganstown wi@yahoo.co.uk.

Details of further meetings can be found on the Events section of the Radyr & Morganstown web site.

Llantrisant Road Junction

In our last edition we covered a petition that David Cargill had sent about the junction at Llantrisant Road.

Since then we have received the following from a resident of Radyr.

"At approximately 6 p.m. on 21/09/21, we were stationary at the end of Heol Isaf slip road when another car crashed into the back of us. My husband was driving and I was unfortunately using the phone which due to the force of the impact, injured my eye. I contacted the police but they were unable to locate us and I was eventually told that unless there were life threatening injuries we should return home. I am therefore interested to know how Casualty statistics are calculated. There was significant damage to both cars."

The County Council have promised to review the junction at the end of the first year. If you have an accident or a near miss please let David Cargill know and he will present the evidence.

d.cargill@ntlworld.com

Radyr & Morganstown Community Council

Cyngor Cymuned Radur a Threforgan

Well, it's that time of year again! Our thoughts begin to turn to the Christmas festival, with all that it entails.

To help us get into the Christmas spirit we have, once again, arranged the decoration of Station Road, Heol Isaf and Ty Nant Road with a great display of lights. In addition, this year we have strung some new lights around the Old Church Rooms. And, of course, we have installed three wonderful Christmas trees in Windsor Gardens, Morganstown and the Sidings. We hope you enjoy them - and that they bring some light into this dark and gloomy time of year! We are also running our best decorated house competition once again. To be in with a chance of a great cash prize all you need to do is send a picture of the outside of your house to clerk@radyr.wales. Please remember, its just the outside of your house we're interested in!

Our Windsor Gardens and Station Road area survey results are in! For Windsor Gardens the 119 responses we received showed 60% support for improving the gardens - but without changing the layout too radically. 70% would like to see more flowers and shrubs; new benches and bins are favoured - and 56% would like to see some decorative lighting in the park.

For Station Road, of the 184 responses, 84% agree that the area needs improving, 77% think the roads should be safer, 68% think parking should be better managed and 77% would like more room to sit outside our cafe, restaurant and bar. We met to discuss this, on-site, with representatives from Cardiff Council's Neighbourhood Regeneration and Transport Planning Teams on 15 November. They have promised to return to us with some improvement ideas in the new year. As ever, we will ensure full consultation in response to their proposals.

Our response to Cardiff's proposed Local Development Plan can be found on our website. The next step will be for us to meet with Cardiff Council to explore how they will respond to our ideas. We need to keep them on them toes - and ensure that our response is not forgotten!

We continue to liaise with Morganstown residents about the impact on them of Transport for Wales' electrification of the Valleys Lines. We are working with residents to prepare our response to the alteration of the public right of way (which currently crosses the railway via the Gelynis Farm level crossing). The new right of way will detour, to climb the proposed new bridge. This will involve a climb up a gradient slightly steeper than guidelines recommend - so this may be a concern for the less fit and those accompanied by young children on bicycles or in prams etc.

We have discussed the future of Bethel Chapel in Morganstown with the owner (who lives in Caerphilly). He confirmed his interest in selling the site - so we put him in touch with a local estate agent. It's unlikely to be an easy sell (not everyone wants a graveyard to maintain). Some residents have an interest in buying the building for community use - so please get in touch with us if

you have any ideas that may assist with that.

We supported Slice's application to open for longer and serve food in the evening. We did ask, however, that the needs of local residents be borne in mind as the planning application is considered. If everyone's interests can be properly managed, we think this additional service could be a great addition to our community. I had the honour of representing the Community Council at the wonderful and moving Remembrance Sunday service at the war monument on Heol Isaf. The event was very well attended. My thanks go to Mr lan Ogden for organising the event so expertly. I must also thank the Revd Vicki Burrows for an excellent service at Christ Church, following the war memorial ceremony.

That's it for now.

Have a great festive season!
Huw Onllwyn Jones
Chair - Radyr and Morganstown
Community Council - December 2021

Send your comments to clerk@radyr.wales.

NB: A Welsh language version of this report is available on our website (under 'Our work' / 'The Chair's Blog').

Radyr and Morganstown Friends of Tenovus



Radyr and Morganstown Friends of Tenovus would like to thank everyone who came or was involved with the Coffee Morning at Radyr Golf club on Thursday October 21st. It was a very successful and enjoyable event and brought in £1100, a much needed amount for the charity.

We would also like to thank the RMA for the cheque presented to the committee to the amount of £4800, the sum raised by the Association and FOT Committee over the Festival. We very much appreciated the help and support given to us by the RMA committee at that time.

Multi-Cultural R&M

Over the past few years the cultural diversity of our Community has become something to celebrate. During the past few weeks we have celebrated both Halloween and the Festival of Divali.

Halloween is celebrated on the eve of All Souls Day and is a commemoration of the dead. It has become an opportunity for spooky activity and Jack o Lanterns, many of which could be seen around Windsor Gardens on the night; and Trick or Treat a tradition introduced into the UK from the USA. This year several houses were decorated for the event,



a relatively new departure.

Divali is a five day Festival of Lights celebrated by millions of Hindus, Sikhs and Jains. Divali sometimes coincides with harvest and new year celebrations but is a Festival of new beginnings and the



triumph of good over evil and light over darkness. The word Divali comes from a Sanskrit word meaning rows of lighted lamps as shown in our photograph. It was lovely to see Windsor Gardens lit up with rows of lamps once again this year.

Remembrance Sunday Radyr 2021

The weather in Radyr and Morganstown, as often in previous years, blessed the community's return to the traditional format of Remembrance Sunday commemoration, with brilliant sunshine. It felt as if it had been arranged for the very occasion. Members of the local community gathered at the War Memorial to be part of the traditional annual ceremony, to remember and honour those who gave so much in service of their country, in world wars and numerous other conflicts in over one hundred years. The welcome and prayers were given by Rev. Vicki Burrows of Christchurch, Radyr, and Rev. Judith Holliman of Radyr Methodist Church. Deputy Lieutenant of the County of South Glamorgan, Col. Guy Clarke, laid a wreath on behalf of Her Majesty the Queen, followed by local organisations including Radyr & Morganstown Community Council and Radyr & Morganstown Association, along with Womens' Institute groups, Scouts and Guides, and an Army Cadet Force contingent. Bugle calls for lowering and raising of the flags, as well as accompaniment for the sung National Anthems, were again provided by musicians of the Cardiff Melingriffith band. Many people then made their way to Christchurch, Heol Isaf, for the indoor church service.

In a change to the previous arrangements, Rev. Burrows and the Community Council arranged for commemoration and church service participants to enjoy soft drinks and Prosecco in Christchurch New Schoolrooms following the indoor



church service. During this social interlude, Deputy Lieutenant Clarke read out the reply from Buckingham Palace to the traditional letter expressing loyal greetings and best wishes to Her Majesty the Queen. Despite somewhat problematic communications concerning road closures, all the necessary arrangements finally fell into place, and the full Remembrance Sunday commemoration was once again able take its place in Radyr's annual calendar.









