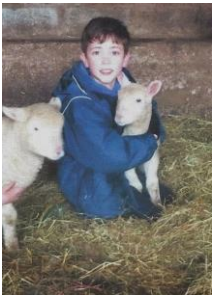


ST HILARY NEWS

NEWS, VIEWS AND WHAT'S GOING ON IN ST HILARY



WELCOME



Spring is in the air and St Hilary is looking particularly lovely with daffodils flowering, catkins waving and lambs frolicking in the fields. Nature at its best! There are however several groups who could be described as nature’s helpers who, some all year around and others on a seasonal basis, also help to keep our village neat and tidy.

The “ladies who walk” take their daily exercise around the village and also take time to pick up the rubbish that people discard (usually from their car windows) as they pass through St Hilary. Unlike the Wombles of Wimbledon Common, the ladies are unable to find anything to do with the numerous coffee cups, drinks cans and fast food wrappers, apart from bag them up as general waste.



Another group who regularly maintain our environs are the team of volunteers from the village who mow the grass in the churchyard between Easter and Harvest. Simon Lait is always on the lookout for new recruits who do not need to be members of the St Hilary congregation. He can be contacted via info@sthilary.org.uk.



The guerrilla gardeners of St Hilary were out and about last Autumn with the results of their efforts evident around the village and in particular in the Pump Garden aka No Man’s Land. The display of daffodils here is particularly lovely and a welcoming sight to anyone entering the village from St Athan Road and St Mary Church.



The 3Cs – Cut, Clear and Clean – meet on the first Wednesday of each month, armed with secateurs, loppers, ladders, mops and occasionally a chainsaw they carry out tidying up work around St Hilary. The group has cleaned road signs, removed overgrowth from verges and have carried out some serious pruning around the Church lychgate and boundary walls. The group welcomes anyone who wants to come along. After a recent session, Jill Clay explained: “It is surprising how much can be achieved in an hour and how much this activity enhances the village environment. I would recommend anyone who can spare an hour to take part!”

ST HILARY NEWS - HAVE YOUR SAY

If you have an event coming up or a project you would like to tell the community about, you can send your item to Liz Loch at Glebe Farm, St Hilary, CF71 7DP or newsletter@sthilary.org.uk. Deadline for the April newsletter is Friday March 23rd.



Publication of this newsletter has been made possible by a grant from Creative Rural Communities.

RECENT EVENTS

NSPCC ST VALETINE'S DAY COFFEE MORNING



Many thanks to those of you who were able to join us at our Coffee Morning on Shrove Tuesday. As a result of your fantastic support and private donations we raised an amazing £549.96! As always the variety of home baked cakes were

abundant and most delicious. However, the stars of the event definitely had to be the freshly griddled pikelets served with butter and jam. The Queen of the Pikelets, alias Carys Whelan, should be a definite contender for the Great British Bake Off!



COMING SOON

BUSH INN EASTER EGG HUNT

The Easter Bunny is back and ready to hop into the garden of The Bush Inn, St Hilary on Saturday 31st March - Easter Saturday. There will be gazillions of eggs and chocolate treats to find, colouring competitions and face painting by the amazing Victoria Davis. It's our 8th Easter Egg hunt and each year it gets bigger and better.

Free fun for all the family... we and the Easter Bunny can't wait to see you!!



Easter Egg Hunt



Easter Saturday
31st March 10am-12pm

at the Bush Inn, St Hilary
free fun for all the family!

IN OTHER NEWS

BAG 2 SCHOOL REMINDER LLANFAIR PRIMARY SCHOOL



There will be a collection of unwanted clothing and textiles, raising money for the school in the process! Items should be of good quality, as they are for re-use.

Items can be placed in any plastic bag or bin liner. Bags can be brought to St Hilary village hall on Wednesday March 7th between 10.30am and noon, during the drop in coffee morning. Alternatively, they can be taken to school on the morning of Friday March 9th and left, by 9am, at the top of the car park, near the gate into the school playground.

MARIE CURIE DAFFODIL APPEAL 2018



During March, up and down the UK, supporters will be collecting the generous donations in aid of Marie Curie. Last year your generosity raised just under

£500, no mean achievement for a village the size of St Hilary.

Ewa Thomas will be delivering envelopes in the first week of March and returning to collect them throughout the month. If you drop your donation into the post box at Manor Cottage, please write your name on the envelope. This will save Ewa time and shoe leather and ensures that you don't get bothered unnecessarily for a donation that has already been made. If you are a UK tax payer, you are encouraged to fill in the gift aid form and slip it into the envelope with your donation. The extra revenue raised in this way by Marie Curie is substantial.

Many thanks in advance for supporting the Great Daffodil Appeal.

JUNIOR REPORTERS REQUIRED

We are looking for junior reporters for the newsletter from among the children living in or around St Hilary. For more information contact newsletter@sthilary.org.uk

WI NEWS

theWI

INSPIRING WOMEN

Cardiff University Research into Dementia was the unexpected but utterly fascinating talk at the February WI meeting. Alun Meggy, a Research Technician from the Division of Psychological Medicine and Clinical Neurosciences at Cardiff University, gave us an insight into the past and present research being carried, by the university and their world-renowned partners, to understand and improve the lives of people with dementia. He reported that a new case of dementia is diagnosed somewhere in the world every 4 seconds, and by 2030 it is estimated that there will be approximately 75 million people with dementia. The Dementia Research Institute at Cardiff University is designed to address this significant health challenge. Alun shared the initial findings from exciting collaborative research between UK and US institutions. Alun answered our questions about dementia; debunked a few myths; described different types of dementia and urged us to register with 'Join Dementia Research' and become part of a world-wide study.

One of our very active 90+ year old members is currently participating in a study. I think she was very pleased to hear that cases of Alzheimer's after 85+ are very rare indeed. For more information about the research contact: www.joindementiaresearch.nihr.ac.uk

NEWS FROM THE BUSH INN

As we head towards the pointy end of the 2018 NatWest 6 Nations Championship, come and watch the remaining games in the snug – free chips at half time during the Wales games!

- Saturday 10th March - Ireland v Scotland 2.15pm, France v England 4.45pm
- Sunday 11th March - Wales v Italy 3pm
- Super Saturday 17th March – Italy v Scotland 12.30pm, England v Ireland 2.45pm and Wales v France 5pm



LLANFAIR PRIMARY SCHOOL

The school celebrated Dydd Dewi Sant on the actual day - Dydd Iau 1 Mawrth (Thursday 1st March) - and many children entered the Design and Technology competition: 'Design a shield that reflects the heritage, culture or history of Wales'. We hope to include pictures of the children's shields in the April edition of the newsletter.

YOGA @ ST HILARY

Due to the popularity of the class, Ann is now running two yoga sessions in the village hall. These start at 6pm and 7.15pm most Monday evenings, for more information contact Ann on 07855 448356.

ST JOHN AMBULANCE "SAVE A LIFE"

St John Ambulance (Cowbridge Division) will be providing a free "Save a Life" training session in the village hall on Thursday April 19th at 7pm. This should complement and reinforce the training delivered when

the defibrillator was installed. More information next month.

**St John
Ambulance**



ST HILARY PHONE BOX

The adoption of the phone box is now complete and all that we are waiting for is the removal of the redundant BT equipment which might take a few months. In the mean-time we will be preparing the kiosk for repairs and painting – watch out for notices about when you can help!



WHAT'S ON IN MARCH & APRIL

THE BUSH INN QUIZ NIGHT



Sunday evenings March 4th and 18th and April 15th and 29th.

8pm start.

£1 per person.

Plus "Higher or Lower."

MONDAY WHIST

Monday March 5th at 7pm in the village hall. No meeting in April.

CUT, CLEAN & CLEAR (3CS)

Wednesday March 7th and April 4th meet outside the village hall at 10am. More sessions may be organized from Easter onwards when everything starts to grow!

DROP IN COFFEE MORNING

Coffee, cake and a chat - Wednesday March 7th and April 4th between 10.30am and noon in the village hall.

YOGA@ST HILARY

Mondays at 6pm and 7.15pm in the village hall except when there's whist! No classes March 5th or April 2nd, contact Ann Culverwell on 07855 448356 for more information.

LLANFAIR COMMUNITY COUNCIL

Dates and venues for next meetings:

Thursday April 5th at 7pm in St Hilary village hall.

Thursday May 3rd at 7pm in Llanfair Primary School.

ST HILARY WI

March meeting Tuesday 13th at 7pm in the village hall. The speaker is Kevin Thomas 'Spring interest in the Garden' - come and join us if you can.

LLANFAIR PRIMARY SCHOOL

Spring Term ends on Tuesday March 27th.

Summer Term starts on Monday April 16th and ends on Friday July 20th (tbc). Half term is from Monday May 28th to Friday June 1st.

ST HILARY CHURCH

Mothering Sunday March 11th 11am - family friendly service followed by coffee.

Palm Sunday March 25th 11am - Palm crosses and procession.

Thursday March 29th 7pm Sung Holy Communion – a commemoration of Jesus last supper.

Sunday April 1st Easter Day Holy Communion - bringing in the new Pascal candle to remind us that Jesus is the light of the world and has conquered death by His rising again on the first Easter Day.

Regular Sunday service weekly at 11am - we would love to see you.

St Hilary Church Spring Clean will take place during Lent – look out for information on the Noticeboards.

VILLAGE HALL COMMITTEE

The Village Hall Committee have their next meeting on Wednesday April 4th at 5.45pm in the hall. If you want to raise any matters, please contact Ewa Thomas on 01446 771728 or ewathomas@btinternet.com.

COWBRIDGE PHYSIC GARDEN PLANT SALE

COWBRIDGE
PHYSIC GARDEN
GARDD BERLYSIAU'R
BONT-FAEN

PLANT SALE

Saturday 28th April 2018
10am – 2.30pm
Old Hall Grounds, Cowbridge
Nursery Stalls and Raffle

Donations of plants gratefully received
in the Physic Garden on Thursdays

www.cowbridgephysicgarden.org.uk