

# Craig & Penllyn Residents' Association



# Village Newsletter

## Autumn 2016



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And much much more	

## Dates for your Diary

Children's Christmas Party	4th December
WI Christmas Fair: Cowbridge Lesser Hall	10th December
Christmas Lights Competition	Week before Xmas
Penllyn Church carol Service	24th December

Craig & Penllyn



We're on the Web!

[www.penllyn.org.uk](http://www.penllyn.org.uk)



### *Editor's Note*

*Late again! Blame holidays and children going back to school.*

*I had not intended this to be the Christmas issue, but thanks to everyone who has sent details of events over the holiday period.*

*This may be the last issue of the year—it depends what the response is next month when I ask for contributions.*

*Please let me have articles, comments, congratulations etc. for the next issue of the Newsletter by*

December 4th 2016

*Val*

Editor: Val T. Caple, Milestone, Penllyn, Cowbridge, CF71 7RQ

Tel: 01446 775794,

Email: [val.t.caple@care4free.net](mailto:val.t.caple@care4free.net)

**I would like to thank our sponsors:**

Cowbridge Compost,  
PDK Antique Furniture Restoration  
The Red Fox,  
Russell Heath Accountants

**without whom this issue of the Newsletter would not have been possible**

I would also like to thank the Glamorgan Voluntary Services for advice, and for printing the Newsletter.

### **Wanted—Sponsors for the Village Newsletter and Website**

We have been very lucky to have the support of local businesses over the years who have given us financial help with the printing. If you can help, please contact Jonathan Case, the Residents Association Treasurer, on 01446 776462

**Community Council Website: <http://www.penllyncc.org.uk>**

## Chairman's Message

Dear Reader.

Unfortunately there were problems in the planning the autumn fundraising event and it had to be cancelled. However events for the festive season are being discussed, so please look out for details closer to the time

*Best wishes, Lars Tiessen,*

*Chair of the Penllyn & Craig Penllyn village committee*

*larstiessen@talktalk.net*

## Penllyn Village Hall

The latest addition to activities in the Hall is a pilates class on a Monday morning. Please see below for details.

There are regular bookings for 3 or 4 evenings during the week, but we can fit in an early party and weekends are usually available.

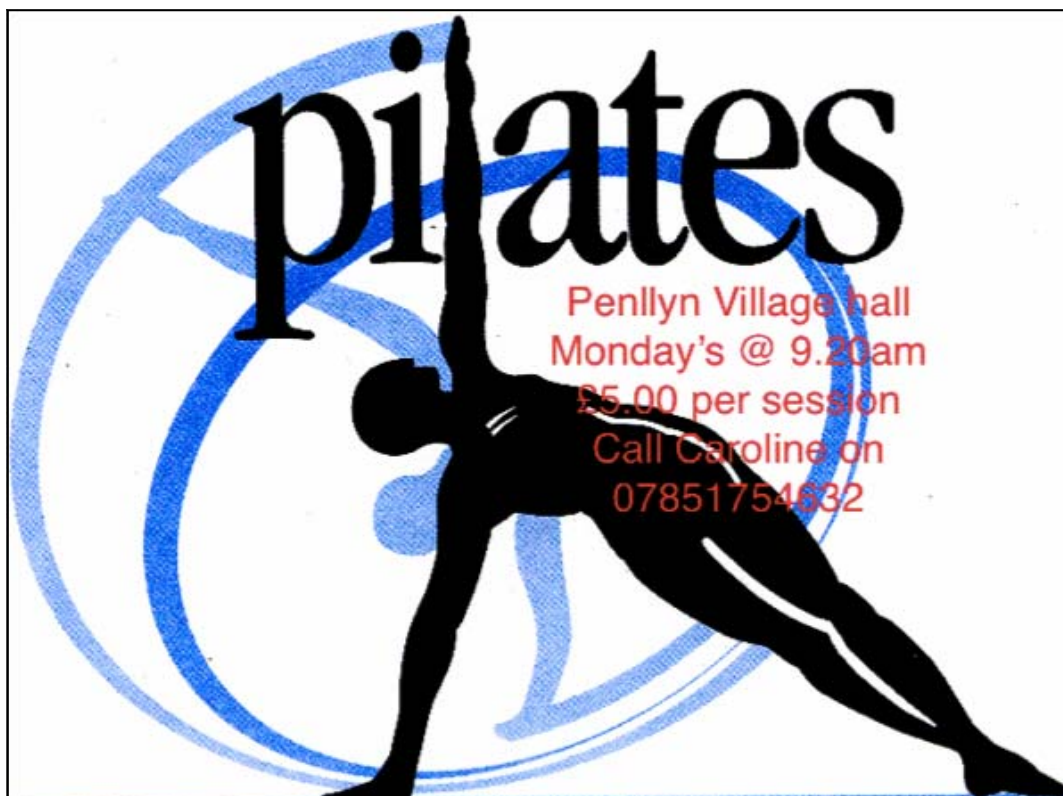
For a donation residents can borrow equipment, tables and chairs, crockery and cutlery etc. from the Hall.

## Marquee

Residents can borrow the Marquee (but not the six strong men required to put it up!) It must be collected from the Penllyn Estate barn and is only available for use in the village.

*Please contact Val on 775794 or [val.t.caple@care4free.net](mailto:val.t.caple@care4free.net) for bookings*

*Email:*



*fitblitz1@gmail.com. Telephone 07851754682*

## Yogaflow Classes

Classes are held in Penllyn Village Hall on Wednesdays from 1.30 to 2.30 pm  
Drop-in £8 per session, 5-Week class pass £35

*Please contact Diana on 07748944159 to book (sorry for the wrong number in the last issue)*



## Penllyn & District WI

This quarter of the year is usually the quietest for WI as we do not have a meeting in August but this year, we have kept busy nonetheless.

Our July speaker was Mrs Joyce James who spoke movingly about her wartime childhood in Swansea. She had photos and memorabilia that were of interest both to those members with similar memories but also to those who have heard parents and others remembering their experiences.

The Glamorgan Federation Show took place at the end of July and Penllyn & District WI did extremely well considering that we entered only a small number of items compared to previous years. We did well in the co-operative competition, in which Sheree Pearson scored 20/20 for her elderflower and gooseberry butterfly cakes, and Val Caple scored 19/20 for her knitted Peter Rabbit. Jill Watkins also did well with her sugar-craft entry. This year's theme was the books of Beatrix Potter, to tie in with the 150th anniversary of her birth.

Towards the end of August, we broke from the tradition of no meetings in the month to have a visit to Fonmon Castle. We were given a most comprehensive and amusing tour of the garden by Sir Brooke Boothby, followed by a lavish tea in the house. We were fortunate enough to have picked for our visit one of the few truly lovely days of the summer!

Our September speaker was Steph Mastoris from the National Museum of Wales who spoke, somewhat out of season, on the history of the Christmas card. He started with the development of the printing techniques and moved onto the change in the illustrations through the years. He was most enthusiastic and made what could have been a dry topic most entertaining and memorable.

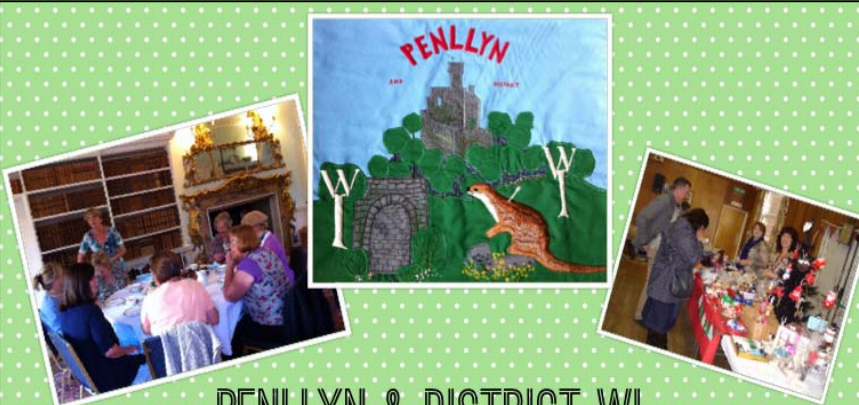
In October Romeo Basini spoke about Welsh Italians and the small agricultural village which some walked from! The WI Harvest Supper



WI Competition




Fonmon Castle



**PENLLYN & DISTRICT WI  
INVITES  
LOCAL LADIES OF ALL AGES  
TO  
A TASTE OF THE WI**

**TUESDAY 1ST NOVEMBER  
7.30PM IN THE VILLAGE HALL.**

**FLORAL DEMO &  
REFRESHMENTS**



for members with the theme of "Sonnets and Supper" has been postponed. Our speaker in December is Julia Fulford on Hands-on Quilting, and we are having a Christmas outing to Llancaiach Fawr for a taste of Tudor festivities.

Our meeting in November, on Tuesday 1st November at 7.30 in the village hall, is to be an Open Event which we are throwing open to any woman who would like to try out WI. The evening will feature a flower arranging demonstration but please do still come if that is not your favourite activity! Our programme, as seen from the activities described above, is most varied!

Please don't forget our Christmas Fayre on 10th December which this year is being held in the Lesser Hall in Cowbridge. We will have our usual crafts, cards and cakes as well as tombola and raffle so please do continue to support us. *For further information contact Novello 01656 674191, or Rhianon 775520.*

## Infant baby massage classes-

These are suitable from birth until one year of age. Tues/Wed - 10-11.30 am at Penllyn Village Hall. 5 weekly sessions-grandparents also very welcome...please e mail or phone to discuss or book Individual sessions at home if preferred...

Relaxation sessions and instruction for parents to help children relax...see [www.positive-connections.biz](http://www.positive-connections.biz)... and feel free to contact me to discuss... [suegibson@positive-connections.biz](mailto:suegibson@positive-connections.biz)/07512658177

## Penllyn Table Tennis Club

If you need some exercise to prepare for the Christmas feasting join us in Penllyn Village Hall on a Monday nights at 8.00 pm. All levels welcome from absolute beginners to expert. Bats provided

*If you are interested in joining contact Awen or Alun Evans (772291)*

## Whist Drive and Raffle

The Whist Drive and raffle is held in the Village Hall on the second Tuesday of every month at 7.30 pm.

All the funds raised go to Penllyn Church and other charities.

Every one is welcome

*Jenny Stephenson on 771065 or [jstephensonhj@hotmail.com](mailto:jstephensonhj@hotmail.com)*



**Cowbridge Compost Limited**

## **Recycling the Vale and Swansea's leftover food and green Wastes**

The Lodge, Llwynhelig, Cowbridge, Vale of Glamorgan CF71 7FF  
Telephone: 01446 772600 Fax: 01446 774825 Email: [jgrhomf@aol.com](mailto:jgrhomf@aol.com)

Unit 31a, Vale Business Park, Llandow, Cowbridge, Vale of Glamorgan CF71 7PF



## Cowbridge University of the Third Age (U3A)

Penllyn Village Hall is used on several occasions for various meetings of the Cowbridge U3A.

If you are interested in joining the U3A why not attend one of their monthly meetings. They meet on the 2nd Wednesday of each month at the Cowbridge Town Hall at 2.00pm. Forthcoming speakers include, A Day on a Grouse Moor, the Construction of the Hoover Dam and a variety of other speakers throughout 2017.

There are over 26 separate groups within Cowbridge U3A and whether you are interested in Art, Craft Makers, Mahjong or if you feel you need a bit of exercise there is always Table Tennis in Penllyn Village Hall, Bowls and various walks from the Strollers to the long walks in and around the Vale and sometimes farther afield. All these can be viewed on the website [www.u3asites.org.uk/Cowbridge](http://www.u3asites.org.uk/Cowbridge).

*Pat Smith*

## Neighbourhood Watch

Due to the serious illness of Hilary, the last meeting was cancelled. Our thoughts are with Hilary and her family and friends

For more information see [www.ourbobby.com](http://www.ourbobby.com) or [www.south-wales.police.uk](http://www.south-wales.police.uk) or [www.neighbourhoodwatch.net](http://www.neighbourhoodwatch.net) or [www.safervale.co.uk](http://www.safervale.co.uk)



### Your Neighbourhood Watch contacts are:

Penllyn	Ted Marker	01446 773006
Craig Penllyn	Mandy Meier	01446 773382
Pentre Meyrick	Gillian Petty	01446 773907
The VOG Coordinator	Stacey Evans	01446 450207
Police Community Support Officer ,	Hilary O'Callaghan	07805 301416

## Noah's Ark Appeal

I will again be including Xmas Greetings in the next issue of the Newsletter with donations being sent to the Appeal. Last year we raised £130, let's see if we can do better this year. Please let me have your message and donation any time before December.

*Val Caple*

### *Tax too taxing?*

### *Too busy to complete the paperwork?*

### *Need advice on managing or growing your business?*

At Russell Heath Accountants we offer a wide range of personal taxation and business accounting services at a realistic price.

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## Message from The Red Fox

Village pubs are still dwindling which I must say is a great shame. The role of the village pub has changed over the years, not just being a place for men to meet and discuss politics, sports and various other male goings on.

The village pub is a place for everyone to meet, ladies whilst out walking the dog, popping in for a coffee and a 'bite to eat' after work. As well as being the usual place where gentleman discuss their issues and 'stuff'!

Over the last 10 years or so we have seen a change in people's habits to the pub, which I must say is very positive! We are lucky to be supported by a great network of villagers and friends. Whom without, we would not have made the first 10 years!

We are also very fortunate to have a great bunch of staff. Some of them Thanks to the Villagers whilst others being local themselves.

A Huge Thank You to Everyone for their support, kind words on dark days and making the sun shine through our many Rainy Days.

The Red Fox is our home the door is open at 12.00, we serve delicious Home Made food from 12 - 2.30p.m. and 6p.m. to 9p.m. with Sunday Meals served from 12 until 6p.m. Check out our Christmas Menu etc and Don't be strangers! Come visit us!

*Richard, George, Fabien & Our Extended Family of Staff xx*

### *Red Fox Inn, Penlllyn*

01446 772352, [www.redfoxinn.co.uk](http://www.redfoxinn.co.uk)

### *Christmas Menu 2016*

#### **Starters**

*Parcels of Prawns in Smoked Salmon*

*Lamb Cawl with crusty bread*

*Chicken Liver Pate with Country Chutney*

*Spiced Parsnip Soup with Garlic Croutons*

*Date, Apple & Walnut Salad with Sundried Tomatoes*

#### **Main Courses**

### **Traditional Brast of Turkey**

*with Cranberry Stuffing & Pigs in Blanket*

### **Breast of Duck**

*with a Blackerry infused Jus*

### **Braised Rump of Beef**

*In Mushrooms and Port Gravy*

### **Supreme of Salmon**

*with a White Wine & Dill Cream*

### **Vegetable Pastry Parcel**

*Drizzled with a Tomato & Basil Concasse*

**All served with Carrots, Brussel Sprouts,  
Braised Red Cabbage and Roast & New Potatoes**

#### **Desserts**

**Christmas Pudding with Brandy Sauce**

**Raspberry Trifle lovingly laced with Sherry**

**Rich Chocolate Gateaux with Chantilly Cream**

**Crème Brulee infused with Cointreau**

**Cheese & Biscuits**

**Coffee with Cream & Mince Pies**

**£24.95**

**£19.95 Lunchtime & Monday to Wednesday Nights**

*Celebrate with Richard, George & Fabien*



# RED FOX INN

Penllyn

01446 772352

## 2016 Christmas Menu

*1st to 23<sup>rd</sup> December*

*Reservations Only*

**Christmas Eve *Food served 12-8p.m.***

*Closed at 10.30p.m.*

Please ask for menu

**Annual Christmas Day Red Fox Gathering**

*11a.m. to 1p.m.*

**Normal Menu**

**With Exciting Specials**

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## New Years Eve

**Book Your Table**

*Dinner served from 6p.m. to 9p.m.*

**Singing at Midnight!**



# Penllyn & District WI

invite you to their

## CHRISTMAS FAYRE

On Saturday 10<sup>th</sup> December 2016



10.30am to 2pm

The Lesser Hall,

Cowbridge

*HANDMADE GIFTS, TOMBOLA, CAKE STALL, BOOK STALL  
RAFFLE & REFRESHMENTS*

## **St John's Church, Penllyn.**

As the leaves start to turn and the temperature drops, we start looking towards the end of the Harvest and thank those responsible for providing our food. As a church we look towards the new season as children go back to school and start their new year and new challenges. Sunday school continues to provide thoughtful craft very first Sunday on the month.

We had our very successful annual Dog Show again in September and huge thanks to all those who helped, but especially to all of you who came.....with or without dogs! It is always a great village day, and a good thing request for us to help maintain your church. (Thanks to the village photographer, Val, for recording details on the day) .

The community room is having the final stage of work done now, with new lighting, stand alone heating, and additional power points around the room, put in to make it even more functional for whatever use you want. The diary system works well for those wishing to book in....it is on the window ledge by the safe. Please use the room...it is yours. All we ask is that you leave it as you find it, and make a donation towards heating if used. Any queries, just call me or Rhiannon.

We have had some christenings this year, and also a wedding. The church is here for you, every day of the year, and is open for you.

We do have some weeks when our organist, Richard, is unable to play, and we do have e this fabulous new organ. Is there anyone one there that may be interested in playing the odd week ? Please let us know.

We continue to collect for Llamau and Pontyclun Foodbank. Any contributions inside the church a d they are most grateful for your continued support.

Our services remain at 1st Sunday of the month 9.15 am family Eucharist with Sunday school and refreshments, 2nd Sunday 11am Eucharist/morning prayer, 3rd Sunday 9.15 am Eucharist, 4th Sunday 11am Eucharist, 5th Sunday 9.15 am Eucharist/morning prayer.

Families and children welcome to all services and for details of Sunday school please contact Pam . We are here to support you both spiritually and as a friend. If you want someone to call either telephone or email Pam or Rhiannon, or the parish office on 01442 772302. Alternatively email either Stephen or Edward on: rector@cowbridgeparish.com or rev.edward@icloud.com.

*Your wardens Pam Harris. Tel 772027. daiandpam@gmail. com  
Rhiannon Cory, rcjcory@gmail.com*

## **Llanfrynach Church**

Key available at Cross Inn

## **Penllyn Dog Show**

We were treated to another sunny Saturday in September for what was the sixth annual Church Dog Show. There were more dogs than you can imagine; young and old, big and small, friendly and feisty!

We had the most fabulous judge who made such an effort to get to know all the dogs and their handlers and she really enjoyed herself - very many thanks to Helen Joy who did such a brilliant job.

We were spoilt again with a huge selection of delicious cakes laid out in the church. The dog show is a great fundraiser for our church but best of all is seeing the lawns outside church crowded with villagers enjoying the sun, cakes and most of all, their dogs!

# RESULTS

## CLASS

MOST HANSOME DOG  
PRETTIEST BITCH  
PERFECT PUP  
VIBRANT VETERAN  
BEST CHILD HANDLER  
MOST APPEALING EYES  
WAGGIEST TAIL  
DOG MOST LIKE HIS OWNER  
DOG THE JUDGE WOULD LIKE TO TAKE HOME  
FANCY DRESS  
BEST IN SHOW  
DOG AGILITY  
CHILD AGILITY

## HANDLER

DYLAN  
DAVE MORRIS  
HELEN RILEY  
BARBARA MORRIS  
AISLA  
KATIE  
KATIE  
JOSS  
HELEN RILEY  
ISSY GIBBON  
AISLA  
HOPE  
LUKE TREADWELL

## DOG

HARVEY  
JODIE  
BILLY  
JOHNNY  
ZIGGY  
MAX  
MAX  
WYLIE  
BILLY  
OLIVE  
ZIGGY  
JASPER





## Penllyn Tennis Club News

See notice boards on the courts for further information on

- membership charges
  - Coaching dates, or contact Janet Booth at 773594 or janlesboo@yahoo.co.uk
- To join, or rejoin, contact Peter Cole on 01446 774061*

## Llangan Primary School news

At the start of the new term we welcomed a new Deputy Headteacher – Mr Marc Sinnett and a new class teacher – Mrs Sophie Antoniou. They have settled into the Llangan family very quickly.

Llangan PTA hosted a Barn Dance at the end of the Summer Term at the Court Farm on the Penllyn Estate. A great time was had by all who attended.

The pupils at Llangan are very busy rehearsing with Mr Peter Karrie (Phantom of the Opera). These rehearsals will culminate in a concert on Friday 14<sup>th</sup> October in Llangan School Hall. The children will be performing lots of songs from the West End musicals.

If any residents have old clothing they are disposing off, could they consider dropping it in a bag to the school or to Elaine O'Connor. We are having a Rags2Riches collection day on 20<sup>th</sup> October. For details please contact Elaine O'Connor, Old School House, Penllyn or [occonnor7@btinternet.com](mailto:occonnor7@btinternet.com)

Would anyone consider applying to be members of Llangan Primary School Governing Body. We currently have two vacant positions. I can provided more details if this is something you can consider. Thank you

*Mrs M. Menzies, School Administrator [LlanganPS@valeofglamorgan.gov.uk](mailto:LlanganPS@valeofglamorgan.gov.uk)*



## **PDK Antique Furniture Restoration**

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Dawn Doyle BA (Hons)

01446 771336

[www.pdkfurniture restoration.co.uk](http://www.pdkfurniture restoration.co.uk)

Email: [patrickdawndoyle@hotmail.com](mailto:patrickdawndoyle@hotmail.com)  
Court Farm, Penllyn, Cowbrdge CF71 7RQ

## First annual Penllyn wheelbarrow race

The first wheelbarrow race was run in Penllyn on August Bank Holiday Sunday. Organised by Dave King, from the Meadows - it was created to be a fun community event.

The competition required teams of two to take it in turns to run (or stagger!) around a course which went from the Red Fox to Vista Farm and back through the lanes. The lure of drinks pre and post the event meant there were more spectators than competitors, but those taking part gave all their energy and made it back within 30 minutes for celebratory beer and wine!

It is hoped that the event will run again next year and is already scheduled for the August Bank holiday Sunday 2017.

*Helen King*



## Race for Life – Cancer Research UK 23<sup>rd</sup> July 2016

A BIG THANK YOU to everyone who supported our fund raising for CANCER RESEARCH UK. We raised £190.

We completed the 'Pretty Muddy' Fun Run on 23<sup>rd</sup> July 2016 the first one to be held at Singleton Park in Swansea. The sun was shining and the supporters and runners were in great spirits. It was inspirational to hear stories from participants who were running for a loved one, survived cancer or those who were currently undergoing treatment. As a family, cancer has knocked on our door several times. Like many people, I have lost a family member and friend but I am grateful that some of the people closest to me have been cured.

Right now, children, teenagers and adults all over the country are being diagnosed with cancer. Your sponsorship is helping accelerate progress to save 3 in 4 of them by 2034.

This is my daughter Grace and friend Gabby before and after pictures. You can find out where and when the next Race for life 'Pretty Muddy' run is, by visiting the website [www.cancerresearchuk.org](http://www.cancerresearchuk.org) or go into our local Cancer Research charity shop in Cowbridge. The staff in the shop were very helpful and they stock all merchandise for the run.

The event on the 23<sup>rd</sup> of July was well organised and there was a buzzing atmosphere from participants and staff. We were all shapes, sizes and ages and we were allowed to walk or run at your own pace. We had our own personal supporters Dad, Luke and Sue Kingdom. A good day had by all, with an added bonus of raising money for a worthwhile cause. Come on all those teenagers like Grace and Gabbi, get your friends, parents and other relatives involved! Due to the success of this event the organisers hope to return to Singleton Park in 2017. We may be asking for your support again as no doubt we will be doing this next year! Maybe we will see other familiar faces, the more the merrier!



I would also like to mention that Grace ran in memory of Ian Willshaw who died earlier in the year, our dear friend and neighbour who is not forgotten. Our family felt that it fitting that we donate £50 to the Parkinson's charity in memory of him. Parkinson's is another debilitating disease, like cancer it affects many people and families.

You can donate via the website [parkinsons.org.uk](http://parkinsons.org.uk)  
Thank you all so much. We really appreciate all your support and contributions, and are so grateful to have such amazing friends and family.

*Thank you from Cancer Research, Melanie Treadwell, Grace and Gabbi.*

## Penllyn, A Celebration of the History of a Vale of Glamorgan Community

The book, which was written and published by the Craig and Penllyn, is given free to all new residents. It is also for sale if you would like an extra copy.

*Please contact Lars Tiessen [larstiessen@talktalk.net](mailto:larstiessen@talktalk.net)*

## Warwick Howells 1940-2016

It was with great sadness that I heard the news that Warwick had lost his fight with the effects of his life-changing stroke which occurred 16 years ago. Even after this, and his move to Cowbridge he continued to support village events, help organise the concert by the Ynysybwl male voice choir and regularly send a 'Letter to the Editor' of the Village Newsletter. This one was published 10 years ago.

'Dear Val, yes we are in our 9th home since Gloria and I were married which is almost 37 years ago. Despite the water through the ceiling onto our solid oak floor on the first day and a few other problems it is wonderful, and will be even better when the garden is finished by the end of September. We must both thank some stalwarts from the villages who gave unstinting and long-term help with the sort of jobs I would have done before my stroke, such as shelves and bathroom fittings. The Furbys and the Houstons again gave the true meaning to the word "neighbour"

I was born in Wales and have always lived here. In fact I get moved by all things Welsh to the point of tears at Welsh singing or a Rugby win.

Early teens as a boy-soprano in Nolton Church choir Bridgend and three years at Aberystwyth studying Law, my alcohol capacity and learning to sing the standard Welsh hymns in the town pubs both helped. Then came 40 years practicing law in and around the Rhondda valleys, including 4 years living in Ynysybwl, with 15 years in the Male-voice choir which gives an annual concert in the village hall. So this following ode is one I performed at the 2006 choir concert in Penllyn, and is a collection of some of my more endearing memories of my dear homeland. As I write it I know how Brian Gillard must feel.

Reluctant ewes and eager sheepdogs, the oval ball and real ales

Some happy recollections of the valleys of South Wales: ham at funerals, lamb on Sundays, rain on Mondays, dole on Thursdays, boys night Fridays, that's how it was when I lived in the valleys of South Wales

Fractured English with absent aitches, "down by there" is what ewe year, grand-slam hopes destroyed by England, the wooden spoon is what we fear.

Kneeling housewives scrubbing doorsteps in outsize bloomers like giant sails, a male-voice choir and I start weeping, at my memories of the valleys of South Wales.'

All our thoughts are with Gloria and his family

*Val Caple*



## **Bridget Lewis**

I have also learnt that Bridget, who lived in the Craig for many years, has died recently. Again my condolences to family and friends

## **A big thank you from Charlotte**

Many thanks to all who supported my coffee morning/cake sale in August by baking, donating and turning out on a lovely sunny Saturday. I was quite overwhelmed by everyone's kindness and generosity and managed to raise an amazing £500 towards funding my trip to the Goedgedacht Trust in South Africa next summer. It was a really lovely 'village' occasion and makes me realise how lucky we are to live in such a great community.

I have continued my fund raising efforts by participating in the Cardiff 10k and climbing Pen y Fan and have a concert and curry night planned for Thursday October 13<sup>th</sup> at the Duke of Wellington, Cowbridge where a few friends and I will be singing a mixture of classic jazz/pop. Tickets are £12.50 including curry – if anyone is interested, please call on 773918 or email [jillbonney@hotmail.co.uk](mailto:jillbonney@hotmail.co.uk).

*Many thanks again, Charlotte Bonney*



## **Talking Therapy in the Vale**

*"We cannot solve our problems with the same thinking we used when we created them." – Albert Einstein*

I work in private practice and the voluntary sector in the Vale of Glamorgan using a combination of Solution Focused therapies like BA (Behavioural Activation), CBT (Cognitive Behavioural Therapy), SFBT (Solution Focused Brief Therapy) and SFH (Solution Focused Hypnotherapy).

As a Solution Focused Therapist my role is to help you make sense of why you are struggling and to help you understand what may have caused the problem and what is keeping it going. Whilst I can't wave a magic wand I can try to help you to see why you may be getting stuck and what might need to change for you to move forward and get back on track.

Solution Focused therapy is collaborative, we work together to identify and make the changes needed to help break unhelpful cycles of behaviour.

Therapy sessions are confidential and you can trust me to fully listen to you without judgment. I will ask you a lot of questions, so that we can really become aware of all of the different parts of your problem and you can count on me to give you respectful feedback and guidance about your situation.

I work with a wide range of emotional problems and mental health difficulties like anxiety, low self-esteem, anger, OCD, phobias, depression, bereavement and relationship issues. My approach is pragmatic and change focused and I offer both brief and longer term work depending on your goals for therapy.

Please take time to look around my website to find out more about the services I offer and if you would like to set up an appointment or have a free phone consult, please get in touch.

*Val Harmer 07932 698328 [www.talkingtherapy.wales](http://www.talkingtherapy.wales)*

THE CHILDRENS  
\*MAGIC\* VILLAGE  
CHRISTMAS  
PARTY!

SUNDAY  
DECEMBER 4TH  
4 PM @

PENLLYN VILLAGE HALL

WE' LL BE ENTERTAINED BY THE AWARD WINNING MAGIC STU  
FOLLOWED BY A VISIT FROM SANTA!

BRING ALONG SOME PARTY FOOD TO SHARE

PLEASE CONTACT SANDRA 01446776298 OR ANWEN 07974025826  
FOR FURTHER DETAILS AND BOOKINGS

