

Celia White
Chiropodist
 MSSCh Dip Pod Med MBChA

Home visits only.

Treatments include:

- Nail cutting
- Removal of callous, corns, ingrowing nails, verruca and thickened or fungal nails

Please contact
07718 926114
 for further information

HAYSCASTLE COMMUNITY FORUM

100+ Club

Congratulations to this quarter's winners!

January 2016 Draw Results

1 st	£60	June Holmes
2 nd	£40	
3 rd	£25	Tina Spencer

*****100+ Club subs are now due!*****

If you wish to join the 100+ Club for 2016-2017, subscriptions need to be paid by the **31st March 2016**. Keep an eye out for the collectors who will be calling with current subscribers soon, or you can contact Mrs Sarah Lewis (Treasurer), Maes yr Hafod, Hayscastle on 01348 840410.

Coming up in 2016...

2nd April 11.00am onwards The Big Spring Clean
 Community Centre
 30th April 10.00am onwards Woodland Tidy Up
 11th June Hayscastle Village Fete

...details to follow



Wales Air Ambulance is the national air ambulance charity for Wales. Dedicated aircrews are on standby for everyone, in any part of our diverse landscape and communities, 365 days a year. WAA also operates the **National Children's Air Ambulance for Wales**. The charity is funded by public support – they rely entirely on donations to raise £6 million each year to operate the three helicopters in the Mid, North and South of the country. To find out how you can raise money for WAA, from joining the Lifesaving Lottery to giving your time as a volunteer, please visit

www.walesairambulance.com
 for more information.



Hot Tubs, Swim Spas, chemicals, servicing and repairs offered by a local, trusted company.

For more information contact
 Sally Koob on 01348 840509

Castle Hot Tubs
 @castlehottubs

www.castlehottubs.co.uk

Haverfordwest Farmers Market
Every Friday
9.00am-3.00pm
 at Riverside Shopping,
 Haverfordwest

Visit our website to find out more information on our special event markets

T: Kate Morgan - 01437 776168
 E: kate.morgan@pembrokeshire.gov.uk

www.pembrokeshirefarmersmarkets.co.uk

Hayscastle Newsletter
 Issue 31: Spring 2016 (February/March/April)
www.hayscastle.com

2016 Happy New Year to all!
Blwyddyn Newydd Dda i bawb!

Hayscastle Community Centre Committee presents
a St. David's Day celebration
Noson Gawl / Cawl Evening
 Celebrate St David's Day with a bowl of delicious cawl and a Welsh cake.
 Dydd Gwener Mawrth 6, 2015 am 7.30yb
 Friday 6th March 2015 at 7.30pm
Hayscastle Community Centre
 Oedolion/Adults: £4
 Plant dros 4/Children over 4: £2
 Tocynnau ar gael o - Tickets available from:
 The Cross Inn 01348 840216, David Widdows 01348 840562,
 Sarah Lewis 01348 840410, Wendy Phillips 01348 840873,
 Kathryn Wilkins 01348 840358
 Proceeds towards the continuing running of the Community Centre.

Would you like to take part in the Noson Gawl?
 We are looking for performers who are keen to showcase their talents in front of an appreciative audience. Perhaps you would like to practise your Eisteddfod entry, or offer your services as a musician! If you would like to add your name to the list of acts for the evening, please contact Mrs. Sarah Lewis on 01348 840140.

Llongyfarchiadau Huw!
 Here's a big shout out to Huw Davies, Plaindealings. He's not only an amazing husband and fantastic father, but he's also rather good at silage making! Well done Huw on winning the All Wales Big Bale Silage Competition 2015... and for winning the North Pembrokeshire Ley and Grassland Management Competition. Well done you!
 Love from Cerie & Evan x

CYRSIAU Cymunedol
Community COURSES

Courses available in your local village hall, from 1 day workshops to 8 weeks courses:

- Computing & IT
- Photography
- Sugarcraft
- Flower Arranging
- Crochet
- First Aid

Courses are between £15 and £60 per person

CALL today! FFONIWCH heddiw: 01437 753139 / 753206
 EMAIL/ E-BOST: community@pembrokeshire.ac.uk

Easter Egg Hunt
 and basket making workshop

Friday 25th March
2.00pm - 4.30pm

Hayscastle Community Centre

Hayscastle Diary of Events 2016

CHURCH AND CHAPEL SUNDAY SERVICES

**St. Mary's
Hayscastle**

At 11.30am
2nd and 4th Sundays
every month

**St Lawrence
Welsh Hook**

At 11.30am
1st & 3rd Sundays
every month

Newton Noddfa Chapel

The Quarterly 13th Sunday is normally shared by Hayscastle, Welsh Hook, Roch and Nolton parishes.

Community Forum

The latest meeting of the Community Forum was held on the 21st January 2016 in the Community Centre. The Treasurer's report was read to the meeting, followed by reports from the community groups represented at the meeting. Rachel Morgan thanked all those who take the time to deliver the newsletters around the community each quarter. Mr. Tony Key from Wales Air Ambulance was invited to the meeting to tell us about the wonderful work this charity carries out and to accept a donation from the Forum of £150, raised at the Community Carol Service and Grand Raffle.

Thank you to all those who attended the numerous events held in the Community over the winter season. The Grand Raffle was a great success, with congratulations going to the following winners:

Allt yr Afon overnight stay	David Harries
Hamper	Tina Spencer
Cuffern Manor Tickets	Rachel Williams
£25 Stems from Sarah	Maureen Evans
£20 Bristol Trader	Sam Phillips
Family ticket Scolton Manor	Alys Daye
Cinema tickets	David Harries
Scolton Manor tickets	Ashley Thomas
Wine	Huw Davies
Scolton Manor tickets	Kay Thomas
Jewellery	William Lewis
Scolton Manor tickets	Delun Morgan
Napkin holder	Kathy Joules
Chilli jam	The Price family
Chocolates	Ashley Thomas
Maltesers & bubble bath	David Widdows

Environmental Society

With rain on almost every day since the end of October there has been little opportunity for maintenance in the Community Woodland. It has been interesting to note there has been less standing water in the woodland this winter than in previous years implying the rain has been little and often rather than large quantities. 16 volunteers did manage to squeeze in planting 140kgs of donated daffodil bulbs around the War Memorial and on the roadside by the Community Centre/Woodland at the end of October.

The winter walk around Treffgarne Rocks was postponed until mid January when 11 members struck lucky with a dry and calm afternoon. The Society laid a wreath at the annual Remembrance Day Service in November and also gave a reading at the Community Forum Carol Service in December.

Dates for your diary: Next meetings are to be held on 3rd February and 6th April.

Grasshoppers Club

Enthusiastic members made their own wreath for the Remembrance Day Service in November when Sian and Elivia laid it at the ceremony. The winter meetings were occupied with various craft items and at the last meeting before Christmas there were presents, prizes and seasonal refreshments for all to enjoy. The first meeting in January was spent discussing and learning about the weather with 10 children.

All members had an excellent and enjoyable afternoon in December at the 'Rockin' Around the Christmas Tree' event laid on by the Community Forum. Thank you.

Our next meetings will be held on the 1st, 15th and 29th February, 14th March, and 4th and 18th April.

	FEB	2.00pm	Over 55s meeting	Community Centre
1 st , 15 th , 29 th		4.30pm	Grasshoppers	Community Centre
3		7.30	Environmental Society	Community Centre
		7.30pm	BrawdyHayscastle YFC	Community Centre
		5.00pm	Rainbows	Community Centre
		6.00pm	Brownies	Community Centre
		7.30pm	Community Council	Community Centre
		7.30pm	WI Meeting	Community Centre
		8.00pm	Quiz Night	The Cross Inn
	MAR	1.00pm	Over 55s Meeting	Community Centre
4		7.30pm	Cawl Evening	Community Centre
14		4.30pm	Grasshoppers	Community Centre
		5.00pm	Rainbows	Community Centre
		7.30pm	BrawdyHayscastle YFC	Community Centre
		7.30pm	Environmental Society	Community Centre
		6.00pm	Brownies	Community Centre
25		7.15pm	Hayscastle Film Club Relaunch	Community Centre
		9.15-9.45am	Mobile Library Service	The Cross Inn
		7.30pm	Community Council Meeting	Community Centre
		7.30pm	WI Meeting	Community Centre
		8.00pm	Quiz Night	The Cross Inn
4 th , 18 th	APR	4.30pm	Grasshoppers	Community Centre
6		7.30pm	Environmental Society Meeting	Community Centre
		5.00pm	Rainbows	Community Centre
		7.30pm	BrawdyHayscastle YFC	Community Centre
		7.30pm	Community Forum AGM	Community Centre
		7.30pm	WI Meeting	Community Centre
		7.30pm	Community Council Meeting	Community Centre
		6.00pm	Brownies	Community Centre
		8.00pm	Quiz Night	The Cross Inn

BrawdyHayscastle YFC

Meetings are held on Tuesday nights from 7.30 to 9.30 at Hayscastle Community Centre.

Hayscastle WI

December saw us hold our Christmas Social once again, when we all enjoyed a lovely evening exchanging gifts and Christmas cards, also enjoying a lovely buffet. Mary read a lesson at the Community Forum Nine Lessons and Carols, and we also provided a choral group item, with many thanks to Stella for arranging everything for us. In January we held our Annual Dinner at Allt-yr-Afon, we had a wonderful evening, the food was outstanding and we all enjoyed having a go at the quiz that Jenny had arranged for us after the meal.

At our January meeting Cindy Jenkins gave a very interesting talk on the very hard work carried out by the Special Needs Assessment Playgroup (SNAP) at Withybush Hospital. They help many children throughout Pembrokeshire and were our chosen charity for 2015. Our charity for the coming year is Greenacres Animal Rescue.

We are delighted to welcome two new members who have recently joined us, Catherine and Fiona, and as always there is a very warm welcome for every lady within or near the village to join us.

Our recipe books sold so well, and many thanks to everyone who bought them. To celebrate their success we are holding an Afternoon Tea at Mathry Tearooms in March, when it is hoped that all members will be able to attend.

Our guest speaker in February will be Diane Roberts, who will give us a talk and demonstration on The Body Shop products.

We meet at the Community Centre on the second Thursday of the month at 7.30pm. For any further information please contact Kathryn Wilkins on 01348 840358.

The deadline for items to be included in the next Newsletter is 25th April 2016. This is also the date of the Community Forum AGM, and a warm welcome is extended to all.

If you would prefer to receive an electronic version of the newsletter, please contact a committee member. If you have any news or articles you would like included in the newsletter please contact Rachel via the contact form on www.hayscastle.com or on 01348 841178.

1st Hayscastle Rainbows

Rainbows has been back now for two weeks. We have between 10 and 12 girls attending regularly. Congratulations to Lucinda Joules, who has now qualified as a Unit Leader.

Our theme this half term is Our Senses, with different activities planned. The Dewi District will be organising their annual Thinking Day celebrations next month as well as the County Fun Day at Folly Farm in March.

Any girls aged between 5 and 7 years of age interested in joining Rainbows, please contact Shan Dixon on 07837 139977.

Hayscastle Community Council

It was lovely to see local groups lay a wreath at the Remembrance Service, along with the two that are laid each year, and it is hoped this will continue from now on. Many thanks to the ladies who served refreshments after the Service and to everyone who donated sandwiches and cakes.

At Christmas the Community Council delivered biscuits to each household where people are 65 years or over. We hope that we covered everyone but if not please contact the Clerk, or if you are turning 65 this year. We also supplied chocolates for Father Christmas to give to all the children who attended the Christmas Workshop on 5th December.

We have approached Camrose Community Council to see if we can arrange a joint celebration on 21st April 2016 to light a beacon or bonfire at Plumstone Mountain to mark the Queen's 90th birthday.

If anyone has any problems or suggestion in or around the Village, please contact Lee Wilkins on 07896 590426.

The Big Spring Clean!

The Community Forum is looking for volunteers to help with cleaning up the outside of the Community Centre, as well as maintenance of the Woodland. These events, which will include free refreshments, will be held on 2nd April from 11am (Community Centre) and 30th April from 10am (Woodland).

Any help will be gratefully received!

1st Hayscastle Brownies

Brownies have been busy completing their Chocolate Challenge badge and Wildlife Explorer badges this term. We currently have 11 girls attending regularly. For the new year we hope to have many more trips out and suggestions by the girls include Teddy Bear Workshop and Hangar 5. I'm sure we'll all have lots of fun! Our new helper, Tina, has been extremely welcome and we are glad of her help to keep the unit going.

From the end of February we will be opening 1st Hayscastle Guides which is available to girls age 10+. For more information on Brownies or Guides please contact Victoria on 07549 391369.

Hayscastle Film Club Relaunch: Cinema @ The Centre

**Good Friday 25th March 2016 at Hayscastle Community Centre
Doors open 7.15pm**

Are you between 5 – 19 years old?

Become a member and come along to our film club nights, get involved online by reviewing the films that we show, choose our next film, enter competitions, a chance to meet film stars and lots more!

*****Membership is completely free!*****

A tuck shop will be open selling treats and healthy snacks.

For more information, please contact the film club leader,
Mrs Sarah Lewis on 01348 840410 or visit www.filmclub.org

~ ~ ~ Helping to inspire young people through film ~ ~ ~