



DWR WHAT'S ON

Heatwave Hits Rural Rudry

Britain has been in the glare of a heatwave these past few days, with temperatures in the capital topping 32 degrees, hotter than LA and some tropical areas. Rudry has not escaped the searing temperatures with highs of 29 degrees, only cooling to 19 degrees overnight, making for sweaty sleeps.

Although most of us love the heat, it's still a dangerous atmosphere that we must be cautious of, so here are some top tips for staying healthy in the heat:

- Keep as cool as possible by staying in the shade, wearing loose thin clothes & a hat
- While in the heat use a sensible factor of sun screen
- Take extra fluids - water or squash, make sure to avoid alcohol and caffeine as it can add to dehydration
- Be especially careful not to overheat during exercise.

Those at most risk are the elderly, young children and people who are unwell. If you're worried about the welfare of friends, relatives or neighbours it's advised to visit or get in touch with them.

What about our pets?

The principles are similar. Keep them cool, make sure there is available shade and plenty of drinking water ... **DO NOT LEAVE YOUR PETS ALONE IN YOUR VEHICLE, CARAVAN or CONSERVATORY** this can prove fatal.

And most of all.. ENJOY the glorious sunshine. As one thing is guaranteed here in Wales... it will not last forever.

HAVE A WONDERFUL SUMMER

Almost time for schools to close for the summer – though spare a thought for those working their way through the heat to take their exams.

Some of you will be going on holidays .. As a thank you to our volunteers who help produce and distribute WHAT'S ON to your door, we're taking August off. The next edition will be September. Check out the list of Summer Events on Page 3.

Want to advertise a community event with us – could be a fete, PTA evening, charity fundraising quiz ... to name just a few. Simply email the details to dwrnews@outlook.com or let your local community councillor know and they will make sure we know about it in time for the September edition (deadline 21 August).

We also have an email mailing list and send out, on behalf of the community, general interest or event emails. Want to join the list – email dwrnews@outlook.com – use SUBSCRIBE in the subject line. We'll add you straight away.

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Ruperra Castle Preservation Trust – Summer Events

Saturday, 1st July
Machen Show

Ruperra Castle Preservation Trust
(RCPT) will have a stall at the Machen
Show. Visit us in the Vintage Tea
Dance tent!

Sunday 23rd July
President's Charity
Open Garden Day

RCPT will have a stall at
Clytha Park near Abergavenny NP7 9BW.
Entry £5
Plenty of activity & well worth a trip.

DWR COMMUNITY COUNCILLORS

Cllr Andrew Diplock (Waterloo) 07815 196377 andrewdiplock@icloud.com	Cllr Joe Farace (Waterloo) 07977 148952 joe_farace@hotmail.com
Cllr Terry Hall (Chairman) (Rudry) 07904 095555 premierminibuses@btconnect.com	Cllr Kevin Stanworth (Rudry) (029) 2086 9068 enquiries@threecountiesagriculture.co.uk
Cllr Jayne Garland (Rudry) 07855 239074 persondy@yahoo.co.uk	Cllr Margaret Jones (Draethen) 01633 440880 margaret.jones68@btinternet.com
Cllr Emma Lamb: (Draethen) emma-lamb@hotmail.co.uk	Cllr Vassilia Williams (Waterloo) 07967 285817 vassiliawilliams@hotmail.co.uk
CLERK TO THE COUNCIL - clerk@dwrCouncil.co.uk 02920 851812	
DWR Community Council, Rudry Parish Hall, Rudry CF83 3DF 07972 924023	

RUDRY VILLAGE RIDING CLUB

Family Dog Show

Rudry Village Hall

Sunday 16th July - 2.00 pm start

Entry Fee: £1.00 per dog per class,
Rosettes to 4th place

Supported by the local community,
supporting the local community
www.rudryvillageridingclub.org/
www.facebook.com/rudryvillageridingclub

Proceeds to be donated to
Guide Dogs Cymru guidedogs.org.uk
Charity 209617 and
Hoperescue.org.uk Charity 1129629

**REFRESHMENTS AVAILABLE
ON THE DAY**



Class 1 – Best Puppy (under 12 months)

Class 2 – Most handsome male

Class 3 – Prettiest Bitch

Class 4 – Best Cross bred

Class 5 – Best Rescue

Class 6 – Most appealing eyes

Class 7 – Junior Handler (Under 16 yrs)

Class 8 – Best Veteran (Over 8 yrs)

Class 9 – Best smooth coat/short coat

Class 10– Best rough coat/long coat

Class 11 – Dog with the waggiest tail

Class 12 – Best Dog in Fancy Dress

Class 13 – **BEST IN SHOW**

DWR WHAT'S ON – No August edition – next one is September

The DWR Community Council sponsors this newsletter for the residents of Draethen, Waterloo and Rudry. This newsletter promotes local events for our community and produced and delivered by volunteers.

Deadline for September publication is 21 August, 2017. dwrnews@outlook.com

JULY - WHAT'S ON IN DWR

Details are correct at time of printing to the best of our knowledge
(if we've got it wrong – please do let us know – dwrnews@outlook.com)

WEEKLY LOCAL EVENTS

Monday: STEPS Ballroom Dancing, Rudry Hall – Gill on 07966 433818, Rudry Hall
Tuesday: DWR Playgroup 1 pm to 3 pm at Rudry Hall – for details ring 02920 851812.

(* PLEASE NOTE – THERE WILL NOT BE A PLAYGROUP on 18th July ***)**

Tuesday & Friday: Community Library, Rudry Hall 11am to 3pm – 02920 851812
***NEW* Wednesday: Fitmuma 10 am** Rudry Hall **£6** www.fitmuma.uk 07725554957
Exercise class for Mums, just you & helpers for babies & toddlers, coffee & chat too!

Wednesday: Yoga classes, Rudry Hall - Cath (ccariad@aol.co.uk) or 07890 403654

Thursday: Bedwas Bridge Club 6:00 pm to 9:30 Contact John: 07855 300525

MONTHLY LOCAL EVENTS

Luncheon Club: Monday 10th July 12 to 2 pm at Rudry Hall – booking is essential.
Contact Lyn Lee on 07769750775. £5 or 2 Time Credits – All are welcome

(* PLEASE NOTE – THERE WILL NOT BE A LUNCH CLUB in August ***)**

WI: Tuesday 11th July Rudry Hall - 7:30 pm – Sara 07447 418416

Book Club: 7:30 pm – contact Fiona Evans for location – 07971 447492

LOCAL MARKETS

Caerphilly Farmers' Market: Saturday 8th July/12th Aug, The Twyn, Caerphilly 9am-1pm.

ST JAMES' CHURCH (see Insert for fuller details)

Sunday: St James Church Services 9.30 a.m

(Rev Dean Roberts 01633 309691 – rev.roberts@vicar.email)

Most Wednesdays - One Accord Church music group. 7:30pm.

Ros & Brendan Murray's home, White Hart Drive, Machen, 01633 441361.

New singers and musicians welcome.

LOCAL EVENTS

Saturday 1st July - Machen Show

Friday & Saturday, 7-8th July 2017 'Between the Trees', Rudry Parish Hall
Rudry Music Festival www.facebook.com/RudryFestival/

Sunday 16th July - Family Dog Show, Rudry Village Hall, 2.00 pm £1 per dog

** Proceeds to Guide Dogs Cymru (guidedogs.org.uk) and Hoperescue.org.uk **

Sunday 9th July : WALES VELOTHON COMING THROUGH CAERPHILLY

Leaflets on road closures have been distributed around the area.

Local residents can call 02921 660 790 for more informaton.

Saturday, 20 August – Summer Fayre, Rudry Hall 2-5 pm £2 Adults, £1 children

** Proceeds to Dance Unity Formation Teams **

Monthly Luncheon Club: at Rudry Village Hall on MONDAY, 10th July

Booking essential (**not on in August**) ring Lyn Lee on **07769 750775**