



Y Cross Cas-lai

Newsletter

February/ March 2025



Updates

Welcome to the latest edition of the Y Cross Cas-Lai newsletter.

We ended 2025 with a bumper series of events during December.

There was Xmas darts, bingo, raffle and carols sung in Welsh with our partners from Dysgu Cymraeg Sir Benfro Welsh Learners Choir.

On 21st December we had a very special visit from Father Christmas with his helper elf providing presents for some very excited children.



Some great music was provided by Will Scott and 2 B Good and then 2025 was welcomed in with a fabulous Karaoke hosted by the one and only 'Ginge'.

The amazing achievements of Y Cross Community Project have been captured with a pop-up banner which is displayed in the pub.

Come on in and take a closer look.



We made the decision to close the pub on a Tuesday during January. This has allowed time for training of new staff, ensuring we have enough bar cover going forwards.

Due to increasing costs our food and drink prices will be increasing from 1st February. We are still providing excellent value for money with competitive prices.

There have been a few changes to our volunteers including the management of events and advertising.

Kay Hampton has stepped down as Events Co-ordinator and we have welcomed Anne and Mandy who have taken over the reins.

Ammy is doing an amazing job creating posters for advertising both on social media and within the pub.

The Committee would like to say a huge thanks to Kay for all her hard work ensuring we always had a full calendar of events.

There has been something for everyone and we have really appreciated all Kay's efforts.

Come along and join our community pub for a warm welcome, excellent food and drinks.

Opening Hours

The pub is now open at the following times:

Monday & Tuesday
Open 5pm – Close

Wednesday
Open 3pm – Close

Thursday
Open 12pm – Close

Friday
Open 4pm – Close

Saturday & Sunday
Open 12pm - Close

Updates from the Kitchen

The appointment of Jane, our chef has allowed us to start serving a full menu from Thursday to Sunday, either to eat-in or take-away.

The food is delicious with locally sourced ingredients and is generously portioned.

Of particular note is the success of Thrifty Thursday and Sunday lunch.

Thrifty Thursday:
Available from 12pm - 8.30pm

1 course - £10
2 courses - £13
3 courses - £16

Sunday Lunch:
Available from 12pm - 3pm

1 course - £16
Small plate - £12.50

2 courses - £20
Small plate - £16.50

3 courses - £24
Small plate - 20.50

For all menus takeaways are available at extra 50p/ dish and there is a choice of starters, meats, vegan/ vegetarian option and desserts.

Valentine's Day

We have a special treat for Valentine's Day so there are no excuses not to treat the one you love. Booking is essential and details are in the flyer below.



There are other themed food events in development, offering a range of different food and drink options.

Come and try out the new menus!!!!

Bookings are advised so please call ☎ 01348 840216 to secure your table.

Events

The new events team of Anne and Mandy have been busy organising a new calendar of events.

Quiz night with Lucie is now held monthly on a Tuesday night at 7.30pm. Next dates are 25th Feb and 25th March.

We have started a book club meeting monthly on Tuesday lunchtimes from 12.45 - 3pm. The first one is on 28th January, followed by 25th February and 25th March.

We have lots of upcoming events so please take a look, get dates into your diaries and come along to support these events.

Music Nights

We continue to host a great range of bands at Y Cross.

On 25th January Honey Fungus joined us for a fantastic evening of live music and we are welcoming Hideaway Trio on Saturday 15th February.

Please let us know if you have any event suggestions.



Six Nations Rugby

We will be showing all of Wales's fixtures in the Six Nations Rugby.

Full fixtures are listed below:

Friday 31st Jan
France v Wales - 8.15pm

Saturday 1st Feb
Scotland v Italy - 2.15pm
Ireland v England - 4.45pm

Saturday 8th Feb
Italy v Wales - 2.15pm
England v France - 4.45pm

Sunday 9th Feb
Scotland v France - 3pm

Saturday 22nd Feb
Wales v Ireland - 2.15pm
England v Scotland - 4.45pm

Sunday 23rd Feb
Italy v France - 3pm

Saturday 8th March
Ireland v Wales - 2.15pm
Scotland v Wales - 4.45pm

Sunday 9th March
England v Italy - 3pm

Saturday 15th March
Italy v Ireland - 2.15pm
Wales v England - 4.45pm
France v Scotland - 8pm

Darts League

Y Cross has 2 darts teams currently competing in the league. Every Friday night one of the teams welcomes an away team to Y Cross.

The Cross-A team made up of Owen (Captain), Wayne, Angela, Gareth, Sion and Nigel are reigning champions and currently top of the league. The B team captained by Iwan are doing really well with lots of

young players. The other players are Ifan, Lloyd, Rhys, Iwan, Will, Evan, James and Griff.

Both teams had comprehensive wins in their most recent games on Friday 24th January. Cross A beat The Sloop 5-2, and Cross B beat The Artramont Arms 6-1.

The league continues until April 4th when Finals night will be played.

So far we have Owen and Gareth through to the Men's Singles final. Iwan is through to the Captains Cup final and the Young Players final. There is still the Men's Doubles and Veterans to come too.

Community Hwb

Our knit and natter group continues to meet every Wednesday from 12:30pm - 3:00pm. Currently the group are busy making knitted hearts in readiness for Valentine's Day. The groups meet each Wednesday afternoon and offer the following activities:

Walk and Talk Well-being Group

The walking group meet at Y Cross then head off at 2pm for an hour walk, then return to the pub for refreshments, joining with the Knit and Natter group to really enjoy some socialising.

New members are very welcome. Pop along on Wednesday afternoons.

CAMRA

Campaign for Real Ale (CAMRA) members continue to get together each Wednesday, enjoying a healthy combination of

conversation and ale, often from local breweries.

CAMRA always welcome new members. For more information take a look at the [CAMRA](#) website or pop along and meet the regulars at Y Cross.

Community Centre Updates

There are now chair based exercise classes for the over 60's held in Hayscastle Community Centre on Tuesdays 10am - 11am. The classes are free to attend through a community collaboration between Y Cross, Pembrokeshire Leisure, Active 4 Life and 60+ Active Leisure Scheme.

Alison is an excellent host and you will get a warm welcome so come along and get all the benefits of gentle tailored exercise in a friendly group environment. Booking details are in the flyer below.



COMMUNITY COLLABORATION
OPEN TO ANYONE AGED 60+

JOIN US AT
HAYSCASTLE COMMUNITY CENTRE!
POSTCODE: SA62 5HR

FREE 60+ CHAIR BASED EXERCISE
TUESDAYS 10:00 - 11:00 AM
14/01/25 - 04/03/25

Increase flexibility and balance whilst meeting new people in your local community!

Book via the Pembrokeshire Leisure App (select Book Now on Haverfordwest Leisure Centre homepage and choose Community Classes), our website or telephone your nearest facility. For further enquiries email active4life@pembrokeshire.gov.uk

CYDWEITHREDIAD CYMUNEDOL
AR AGOR UNRHYW UN SY'N 60+ OED

YMUNWCH Â NI YNG
NGHANDLAFAN GYMUNEDOL CAS-LAI!
COD POST: SA62 5HR

SESIYNAU YMARFERION O'R GADAIR
AM DDIM I UNIGOLION 60+ OED

Cynyddu cryfder a chybwyssedd wrth gwrrd â phobl newydd yn eich cymuned leoli!

Cadwch i'r trwy ap Pems Leisure (dewiswch Archebwch Nawr a chwillwch y gweithgaredd), trwy ein gwefan, neu drwy ffonio eich cyfleuster agosaf. Am ymholiadau pellach, anfonwch neges e-bost i active4life@pembrokeshire.gov.uk

WWW.PEMBROKESHIRELEISURE.CO.UK WWW.HAMODENSIRBENFRO.CO.UK

On behalf of the Board, we wish to thank you for your ongoing support.

Brian, Ellie, Sharon, Shirley, Steve and Mike.

