RISCA

DIRECTORY





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Hopefully, the weather will warm up a little over the next couple of months and we'll all be able to take a walk in our beautiful countryside and benefit from some spring sunshine.

Wishing you all a Happy Easter.

Best wishes



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I hold regular advice surgeries and my staff are always eager to hear from constituents.

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Optimism for the Future of Twmbarlwm

FROMTHE FIRST DAY that the Twmbarlwm Society was formed our motto has been "Dedicated to Research, Restore and Protect Mynydd Twmbarlwm" and here nearly 10 years on, that sentiment is as relevant as ever – and we are hopeful to push forward with that mantra even more this coming year.

Five years ago the Society took part in a survey (along with other local societies) that had been commissioned by Torfaen and Caerphilly County councils to help identify ways in which the area could be developed in the future.

Since the publication of that survey, known as the 'Twmbarlwm and Mynydd Maen Scoping Study', funding has been put in place and CTS are now hopeful that some of the proposals we put forward to the survey will be implemented over the next few years.

The overall project is referred to as 'The Adventure Triangle', it takes in the mountain ridge running from the A467 Hafodyrynys - Pontypool road to Twmbarwlm and along the Monmouthshire Brecon Canal.

Proposals in this project include the development of 'physical links and key connections between Cwmcarn over Mynydd Maen and Twmbarlwm' to Torfaen.

To put it simply the idea is to encourage more people to make use of the mountain ridge for recreation by linking the common and Twmbarwlm to the Cwmcarn Visitor Centre and Forest Drive and to Blaen Bran in Cwmbran. There will be improved signage and track repairs done to aid cross-common cycling, horse riding and walking routes to link Blaen Bran and Cwmcarn.

As far as the Society is concerned, we are now more optimistic that some plans that we have had in place for years will now come to fruition. Indeed some projects have already been put in place.

Projects include everything from landscape repair and erecting new signs to addressing illegal off-roading and anti-social behaviour. To help achieve these aims we will be calling for a great deal of volunteer help in the months ahead. So please watch this space for further information and regularly check out our website and Facebook page.

If you are interested in volunteering, come along and meet us - there's plenty of opportunity to do so at the other events we hold. For instance, just around the corner it's the annual tradition of tramping up to

Improved paths and signs can only encourage more events like the St David's Hospice Twmbarlwm Trek.

Twmbarlwm on Good Friday (April 19th) – what we now call our Hot-Cross-Bun Walk. Again this year there will be organised walks from the Stony Bridge in Pontymister, Cwmcarn Visitor Centre and Cwmbran.

We also have a couple of our popular historical talks planned. There will be a talk at Crosskeys RFC on the History of Newport Castle (TBC) and later in March there will be a fascinating talk on the famous Bowmen of Gwent and the part they played at the Battle of Agincourt.

There are also walks planned - one around the Forest Drive, one to Pwll Tra and another to Llanderfel Chapel. Each of these walks is always very popular so please keep an eye on our website for announcements.

Many members come along to these events, it's always a good time to catch up with news of what the society is up to, and with all the work we anticipate in the future we need all the help we can get.

Terry Evans (Chairman CTS)



Some much needed repair work will need to be done to the Scheduled Ancient Monument after the wild fires of last year CTS meet at the car park below Twmbarlwm's summit for a litter pick and volunteer workday on the last Sunday of every month to which everyone is invited, it's not all hard work and it's a great opportunity to find your way around up there. We organise walks and other events up the mountain and at Crosskeys RFC throughout the year so watch our website and Facebook page for details.

www.twmbarlwm.co.uk



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Welcome to

Risca East Community Council

Newsletter

Spring is a time for regeneration and an opportunity to reflect on the months gone by to learn how we, as a Community Council, can improve support for Risca East. As a Community Council, we agreed that this quarter's newsletter should concentrate on the financial support awarded by Risca East Councillors, past and present, to our Community since 2013 when Risca East Community Council came into existence. For example:

- Supporting local organisations: £7,100
- Supporting local health initiatives: £1,300
- Supporting children's and youth activities: £10,765
- Agreeing to sponsor charitable events: £450
 The above is not the total spend, which is around £30,790. If you'd like to have access to the accounts during the External Audit process, please contact the Clerk for details: riscaeastcommunity-council@outlook.com
 Risca East Community Council has invested a total of £20,000 over a five-year period to Risca Skate



Park Appeal and it's great that the build is now complete and youngsters of all ages are enjoying the new facility on their doorstep. Congratulations to everyone who made this happen; it truly is a testament to all your hard work and dedication.

It's not only organisations that benefit from the work of the volunteers on the Community Council; we also listen to residents' concerns and do what we can to help. For example. Councillors agreed to fund traffic calming measures on Elm Drive near Ty Sign Primary School and signs to deter ball games being played in the car park at the 'Top Shops'. The Community Council has also invested in the Christmas lights leading through Tv Sign and would like to add to these, including the siting of a Christmas tree, together with festive lights, during the coming years. If any group or organisation

If any group or organisation based in Risca would like to be considered for financial support, please contact Gwyn for an application form and we will be happy to discuss your request.

Risca East Community Council relies on groups and residents sharing their hopes and concerns in order for us to help, so please don't hesitate to contact us. Our Councillors are: Rob Derraven, John Blackburn, Zoe Davies, Deb Crahart, Sue Thorne; County Councillors Nigel George, Philippa Leonard



and Arianna Leonard. Contact details can be found on: http://your.caerphilly.gov.uk/risc aeastcc/content/councillors together with agendas and minutes of the meetings produced by our Clerk, Mr Gwyn James.

Risca East Community Council meets the third Thursday of the month, apart from August, at 5.30 p.m. and holds its meetings in St David's Church, Ty Sign and members of the public are welcome to observe proceedings. Meeting dates are advertised on various notice boards throughout the area: one outside St David's Church on Thistle Way, one near the Top Shops on Elm Drive leading to Holly Road, another on the junction of Channel View and Manor Road and one at the bottom of Herbert Avenue. You can also keep up to date with the activities of Risca East Community Council and its Councillors by following us on Facebook.



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Oxford House Industrial History Society

After a few years in the increasingly crowded Oxford House complex, in 1974 the society was offered an empty classroom in the old **Pontymister Secondary** School for their Friday evening lectures. This extended to being given the use of an outside building, previously the pottery room, as the first Museum enabling various bits & pieces to be transferred from the garden of Oxford House. This was officially opened by Winford **Vaughan Thomas with** Saturday mornings becoming the regular opening time. Although suffering an influx of two feet of water during the 1978 Risca flood (the building was next to the river wall) most of the contents survived intact

The Chemist Shop contents which had been saved from a skip in Cardiff were enabled to be put together in another empty classroom in such a way as to recreate, as closely as possible, it's original look. This was also opened on Saturday mornings.

An old railway wagon was placed in the school yard and used for storage. There was much mindless vandalism at this time and the Society were aware of the two remaining gravestones in the Miners Cemetery at Greenmeadow. These were of great historical importance but very vulnerable,







so a few Society members took the decision to rescue them and store them in the railway wagon. They are now incorporated into the memorial wall at the back of the cemetery.

There followed a very settled period of time at Pontymister which ended in 1990 when we were informed that the school buildings were to be demolished. Lidl and it's car park now occupy the site. The Society returned to Oxford House for their Friday evening lectures but what about the Museum and Chemist Shop. Islwvn Borough Council offered free storage in an empty industrial unit in Pontllanfraith but the Society had to arrange transportation and do the physical moving.

Over three years later the council acquired the old Risca Miners Institute using European Heritage funding by allowing the Industrial History Society to install the museum on the ground floor and using it for their weekly lectures whilst the upper floor was converted for use by other Oxford House groups. This has been the Societies home since then. The Oxford House Industrial History Society meets on the ground floor of the old Risca Miners Institute (Risca Museum) in Grove Road at 7pm on a Friday evening. The new season started on January 4th and future illustrated talks includes the Llanerch Colliery disaster, Neath Abbey Ironworks and the History of Risca Type. The full programme is available on our website -

www.riscamuseum.org.uk

Anyone interested in local or industrial history, or who just enjoys listening to a good speaker delivering an expert presentation, will enjoy the evening, if you are interested just turn up at 7pm any Friday evening.



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We hold our meetings in the Dudley Suite, Cross Keys Rugby Club (Pandy Park, Woodward Avenue, Cross Keys, NP11 7BS) at 7.30pm and aim to finish by 10.00pm



For further information please go to the club web page at www.westernvalley.co.uk





classes

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Cwmcarn OAP hall Newport road Cwmcarn **NP11 7LZ** Monday 17.45 - 18.30 Friday 17.45 - 18.30

Taekwon-Do

Ages 7-13

ROGERSTONE Ty-du community hall Welfare grounds Tregwyilym road Rogerstone **NP10 9EO** Tuesdays 18.30 - 19.30 Thursdays 18.30 - 19.30

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Pontymister Proper By Bernard Osment

Prior to the demolition of the Old Long Bridge in the early 1900s, it was always understood that 'it' was the dividing line between Pontymister and Risca. Above the bridge was Risca, below the bridge Pontymister. Tredegar Street, the 'Town Centre' of today's Risca was in fact in Pontymister. Its been said that the 'PONTYMISTER' sign at the end of Station Road, opposite the Bethany Chapel, only appeared in the late 1950s, and that there was no Risca sign.

In 1903 at a meeting of Risca Council, the Clerk read out a letter received from Mr Fred Jones, the Post-master at Risca Post Office. In it he complained to the Council "that owing to the doors on several streets having no numbers, he had great difficulty in delivering letters to the proper owners." When the matter was discussed, and the clerk pointed out that it would cost about £100 to have all the houses in the district properly numbered, the Council decided to defer the matter for six months as they were not in a position to spend that amount. During the following years the Post-master continued to complain about the lack of door numbers and that many of our streets had no proper names. Streets and houses were often known by the name of the builder or owner, for example Prichard, Rosser, Green. Some



of the houses had names, The Laurels, Ivy House, Gloster House. Others were known by their location, near the Church, near the Bridge, near the Canal. Only a few had numbers. By 1908 the Council had named some of our streets but were still discussing the question of numbering. By the time of the 1911 Census most of the streets in Risca had been given the names and the houses the numbers that we recognise today.

Commercial Street was the name given in about 1908/09 to the stretch of road between the Bethany Chapel and Gypsy Lane (Fields Road / The Bowling Green). The buildings, houses, shops and public houses were numbered, odds, 1 to 161, down from the Bethany Chapel, and evens, 2 to 120, on the other side of the road, down from the junction of Tydu Road (Station Road). Some of these buildings already had names and numbers.

Nos.15 to 37, this terraced row of houses and shops was built in the late 1880s. Although originally known as Kensington Place, in the 1905 Register of Voters it was listed as Nos.1 to 12 Weir Terrace. Many will remember No.37 as Kathleen's, ladies dress shop, today it's a card and gift shop, 'Any Occasions'. No. 21 is now a residential property but who remembers it as a Sweet Shop? The two terraced rows of houses and shops Nos.43 to 89 and 91 to 135 Commercial Street were originally known as Nos.47 to 24 and 23 to 1 Shaftsbury Terrace. Remember when No.43 was Denis McCarthy's Fruit and Veg shop? No.91 was Gwilym John's Fishmonger shop, and the Chemist's shop down the road at No.135 was Boots, today Pearn's Pharmacv. No. 51. recently closed, the 'Fitwell' Shoe Shop of Mr & Mrs Edwards, was for many years the only traditional shoe shop

COMMERCIAL STREET

left in the Valley, established by the Thomas family in the mid 1930s, now Gypsy Jane, Tattoo Shop.

On the other side of the road Nos.20 to 44, two short terraces and a detached house / shop. Previously known as Duffield's Houses / Nurse's Houses / Victoria Place / Commercial Street / Crown Terrace and included Dixon House (No.24), the Crown Inn (No.34) and Crystal House (No.44). Today No.20 is the 'Coop, Risca Funeral Care,' it will always be known as Baulch's.

The Commercial Inn (No.46) was built in the late 1850s and originally called the Silurian Inn. It was named after the adjacent row of six cottages known as Silurian Terrace, today Nos.48 to 58 Commercial Street. No.68 to 76, were known as Clyde Row / Terrace. Established in about 1900 by Thomas Henry Haines, for many years No.70 was Pontymister Post Office. All we have today is a

Pillar Letter Box. The Old Pontymister Post Office was just down the road at Gloster House. Today No.90 is the Risca Workingmen's Branch Club and No.74 will be remembered as Tom Horton's Fish and Chip shop. Over the years some of the buildings have disappeared

buildings have disappeared. No.1, the Head-master's House, was demolished along with the Pontymister Boys and Girls and Infant Schools, its now Lidl's Supermarket car park.

No.2, on the opposite side of the Street, at the corner of Station Road, the detached house known as Ty-du was from about 1908 to 1916 occupied by Dr Noel Wade and his family. They knew the house as Ty-Mynydd. From there they Laurels, No.106 Commercial Street.

Records show that after 1938/9. No.2 Commercial Street was unoccupied, and in the following years fell into a state of disrepair. In 1951, to commemorate the Festival of Britain, the Council leased the site, then described as "a derelict piece of land and dumping place", cleared it, and transformed it into a beauty spot, Risca's Garden of Rest, for the elderly people of Risca. At the opening on the 18th August 1951, the Chairman of the Council declared that it was. "One of the great joys of life is to take interest in the welfare of the old folk and it did great credit to Risca Council". No.44. Crystal House, a detached house / shop. For many years a Draper / Milliner's shop run by sisters Sarah and Maria Hilev. It was demolished along with Pontywaun Grammar School, now the site of the Brooklands Day Centre, It will be remembered by ex-pupils of

Pontywaun as the School
Library.

No.106, today the site of a new housing development. Prior to The Great War the house, known as the Laurels, was the home of Dr Richard Instance and his family. From about 1917 onwards it was the home of Dr Noel Wade, followed by his son, born there in 1920, Dr Michael Wade. He knew the house as Gardd-y-Graig.

No.108, demolished some years ago to make way for a car park, now part of the new housing development. Known as Bryn Clyde / Ivy House, it was occupied for many years by Managers and Engineers of Pontymister Steel Works. When the buildings were first numbered we had seven Public Houses and four Butchers. Today we have two of each. No.34, The Crown (and



The Commercial Inn



Sceptre). Closed in 1968 and converted into a residential property. No. 86, The Pontymister Inn. It will be remembered as The Peg. Now a residential property

and M.R.M. Racing Ltd. shop.

No. 88, The Rolling Mill. Will be remembered by some as 'The Jungle'. Now derelict, but still standing. This is how it was described in about 1900. The Rolling Mill, Pontymister, Risca. is situated opposite and in close proximity to the Pontymister Tinplate Works, Steel Works, and Gas Works. and near the Foundry. A double licenced public house, contains a long bar, taproom, smokeroom, bar parlour, private parlour, kitchens and offices, stable, coach-house, vard and cellar, with side entrance, large clubroom, billiard-room. bedrooms, bathroom with two baths, and every accommodation for the constant and increasing trade done for many years in the house.

No.102, The Forge Hammer and No.137 the Risca House are both Indian Restaurants now. In 1914 the four Butchers were at Nos. 35, 89, 117 and 139. No.35 was James Nelson and Sons Ltd. Butchers. Today it's shop after 120 years now Dave Thomas Family Butcher, Many will remember it as Req Edwards and Son, Family Butcher, Today our other butcher is Howard the Butcher at No 57. In 1914 this was a chemist shop. In June 1914 Mr Thomas Gilbert Thomas. chemist and druggist, opened an up-to-date pharmacy at No.57 Commercial Street, teeth extraction was a feature of his new business. Some may remember it as Finlay and Sons, Chemists, who took over

> the business in the mid 1930s. Streets adjacent to Commercial Street that were named or renamed. Park Place, previously Cae Moises / Buddings Row / Philanthropic Terrace Maryland Road, previously



the Sugarbox Cosmetic Clinic. Many will remember it as the So-Sew shop (Jennifer's Fabrics), or even as the Sound Centre, No.89 was Thomas Phillips. Butcher, Today a residential property it will be remembered as Harry Richards, the Family Butcher who was 'Never satisfied unless you are'. No.139 was William Howell, Butcher, Many will remember it as Harry Williams, Butcher, Today is it part of Alphavet Veterinary Centre. No.117 was Mr John Todd's 'Pork Butcher's Shop'. It is still a Butcher's

The Forge / Pontymister / Trip. Coronation Street, previously Coronation Terrace / Manley Road / Row.

Park Road, previously Nailer's Lane / Cottages.

Lyne Road, previously St Anthony's Road / South Road. Wellspring Terrace, previously Tapper's Row / Cottages / Well Spring / Field.

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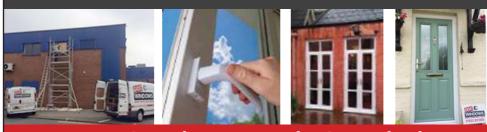
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March/April 2019



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loin us for refreshments and a chat about our work. Make sure you bring along any ideas you have.

Thursday 14th March 4.30pm - 6.30pm Risca Rugby Club



18





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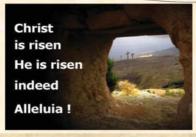
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2-3pm Last Hour of The Cross EASTER SUNDAY 21st APRIL

10.30am Easter Celebration Service 6.00pm Evening Service

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SUNDAY 10.30am Morning Service and Sunday School

6.00pm Evening Service

TUESDAY 10.30am Tuesday Morning Fellowship

12-2pm Church open for prayer, meditation or just a visit

2 - 4pm 'Friends Together'

WEDNESDAY 9.30am Mums and Toddlers Group

7.15pm Prayer and Bible Study

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FRIENDS TOGETHER, TUESDAY 2pm to 4pm. This is an informal social gathering for adults, to chat, play table games, dominoes, jigsaws etc or just enjoy doing your own craft project. Enjoy company over refreshments. Come and join us, bring a friend. You will find us at Bethany Church Hall.

All other meetings and activities are printed on our web site at

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Gaters Barbershop has moved to new premises







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DANCE

2019 brings the 30th anniversary for the Tredegar House Folk Festival, the festival started in 1988 but had to miss

a vear due to the foot and mouth outbreak in 2001. During the early years the festival was primarily a dance festival with multiple local and British teams taking part in free displays on the Saturday / Sunday afternoons (24 teams in 2018). joined by at least one international side. This year that side will again be Matenik from Prague in the Czech Republic. They are old friends of the festival, and their colourful costumes, lively dances plus a superb band of musicians always adds to the atmosphere.

Over the years the music side of the festival has expanded greatly thanks to the support of the Arts Council of Wales, and we have a reputation for featuring up and coming acts (often just as they receive a BBC Radio 2 folk award), while headlining the concerts with some of the finest talent around...which is often from right here in Wales.

This year on such a special anniversary there will be a major concert on each of the three days of the festival, plus a free Saturday afternoon concert run by the Lyceum and Llantrisant folk clubs which will include spots for local singers/musicians. Across the weekend there will also be workshops as well as impromptu and organised music sessions.

At the time of writing, proposed acts for the main concerts are, Friday evening: Brooks Williams (one of the greatest acoustic country blues players), Will Pound and Eddy Jay (greatest harmonica player of his generation and the nation's









number one accordion player, these two get phenomenal

sounds from their instruments), plus Bob Fox (more than 40 years on the folk scene, latterly known as the Songman in War House). Saturday evening: Patty Gurdy, who is flying in from Dusseldorf and playing solo (known for her soaring vocals), Rob Lear Band, The Hut People (accordion and amazing percussion...they will also hold a workshop), and headlining will be Alaw comprising Jamie Smith (accordion). Oli Wilson-Dickson (violin) and Dylan Fowler (guitar). Jamie and Oli are the front line of the awesome Jamie Smith's Mabon and Dylan has developed an international career. Sunday afternoon: Jez Lowe (his songs are sung by many other performers), Frank Hennessy (presenter of BBC Radio Wales's Celtic Heartbeat show and a distinctive singer songwriter), Belshazzar's Feast (Paul Hutchinson accordion and Paul Sartin oboe, violin and vocals). they have played together for over 10 years and are known for their impressive musicianship and sense of humour, and Calan (five brilliant young and original talents...the new Welsh supergroup). Ceilidhs are held Friday and Saturday evenings, and a children's entertainer is on site

Saturday /Sunday afternoons,

plus this all takes place in the gorgeous surroundings of

Newport's Tredegar House (NT

car parking charges apply). All

that is needed now for a perfect

weekend for the whole family is

events will be under cover should

some dry sunny weather (all

it be wet). For more details, and ticket prices for the whole weekend or individual concerts and ceilidhs, visit the website: www.tredegarhousefestival.org.uk



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What's On

Oxford House Museum

Open every Saturday from 10.00am to 12.30pm Risca U3A

for retired & unemployed people. Risca Youth Centre, Lyne Road MONDAY

Walking 10.00am at Risca Leisure Centre Scrabble 12.30pm

TUESDAY

Art Club 9.00am, Local History 12.30pm Walking 10.00am at Fields Road

WEDNESDAY

Keep Fit 10.30am, Short Mat Bowls 1.00pm Bridge 1.15pm

THURSDAY

Craft 9.00am, Short mat Bowls 9.30am

Walking 10.00am at Risca Leisure Centre (Easy) Monthly Social Afternoon on last Thursday of the Month at 2.00pm.

Please Contact Mrs I Davies 01633 850095

Trussell Trust Food Bank

Monday: 10am - 12pm Wednesday: 10am - 12pm Friday: 10am - 12pm

Salvation Army, 66A Commercial Street, Risca Tel: 07599 973312 or 01633 613794

info@risca.foodbank.org.uk

Oxford House Industrial History Society. (OHIHS)

If you are interested in industrial history then why not join us every Friday evening at Risca Colliers Institute 7:00 pm. Details of our talks and walks programme are available on our website www.riscamuseum.org.uk

Contact Brian Absolon 01633 264819

Western Valley Camera Club

Every Thursday - 7:30pm till about 10:00 Cross Keys RFC, Pandy Park, Woodward Ave, Cross Keys. We run a varied program of competitions, practical work, talks, etc. Everyone is welcome regardless of age, gender, experience, ability, or equipment.

For more info contact: Vince Penticost, Chairman – 01495 271581, Chris Meaker

07730 686034. Or visit the club website - www.westernvalley.co.uk

Sequence Dancing

Tuesday 8.15pm–10.15pm (dance and instruction)

Saturday Ś.00pm–10.30pm (social dancing) Channel View Community Centre (off Lower Wyndham Terrace) Contact: Les 01495 270798 Shade

A self help group for people with depression and anxiety. Every Tuesday 7.00–9.00pm and Thursday 1.00–3.00pm, Danygraig Church Hall No charge, all welcome

Risca Male Choir

Sunday 6-8pm and Thursday 7-9 pm at the old Risca UDC offices in St. Mary Street For more details call secretary Alan Davis 01495 272664 or www.riscachoir.net

GWENT CHORALE supported by **COLEG GWENT**

The choir meets every Wednesday at 7pm at Dan-y-Graig Church, Risca NP11 6DR New choristers are always welcome. For more details call Colin on 01633 894914 or Nicola on 07974 111712

Or visit www.gwentchorale.com

Sequence Dancing,

Monday 8.00pm. St Margaret's Church Hall, Risca. MC's Paul & Bella. All are Welcome Contact 01633 612823 for more details

Indoor Short Mat Bowls

Every Tuesday 12.30pm until 2.30pm at the Risca Library.

£1 a game. All ages and abilities welcome For more information please

Contact Derek Haines on 01633 601302

Bethany Baptish Church Hall

Friends Together Tuesday 2-4pm Chat, play table games, craft projects.

Call for more details 01633 664181

Risca Senior Citizens

Tea, Cake & Entertainment Every Wednesday 2pm Station Road, Risca

Crafting Group

A friendly social group held every Friday 11:00am – 1:00pm at Risca Library.

For more details 01443 864780

Story, Rhyme and Play Session

For children under 4 at Risca Library Tuesday & Saturdays 11am–12noon (term-time only). Contact: Risca Library 01443 864780

Moriah Baptist Church

Friday Parents and Tots 9.30am-11.30am Secretary: Sylvia Ware 01633 612789 www.moriahrisca.org.uk

5th Risca Scout Group – Beavers/Cubs/Scouts

Beavers: Tuesday 5.15pm–6.15pm Cubs: Tuesday 6.30pm–7.30pm Scouts: Wednesday 7.00pm–9.00pm

Contact: Gareth Tanswell (Group Scout Leader) 08432 891272

08432 891272

1st Pontywaun Scout Group

Beavers/Cubs/Scouts

Beavers: Monday 5:00pm - 6:00pm Cubs: Monday 6:00pm - 7:30pm Scouts: Monday 6:00pm - 7:30pm Contact: Alan Terrell (Group Scout Leader)

07977 651453

gsl@1stpontywaun.craiscouts.co.uk
The Samurai Judo Club - Crosskeys

St Catherine's Church, Gladstone Street

Wednesday 6.15pm-8.00pm. For more information contact: 01633 614356 or 01633 601256

Agape Community Church, Ty-Sign

Monday 9:30am-11:30am Ty Sign Tots at Channel View Community Hall.

Monday 7:00pm-9:00pm CAP Fresh Start Group for people tackling life controlling dependencies at TLC Cafe.

Wednesday 10:30am-12:00noon at the TLC Cafe CAP Job Club.

Wednesday 7:30pm-9:30pm. Connect Group for adults.

Thursday evening 7:30pm once a month Bible Book Club.

Contact 07836 608085 for details of CAP Group courses and Bible Book Club.

Really Cuckoo Company

Sing, Dance, Act and have Fun. www.cuckoos.org.uk
Risca Mini & Juniors RFC U14s

Training sessions are held every Wednesday night at Fire Station Fields, Risca throughout the rugby season. We always welcome new players under 14 years old. Contact Andrew on 07751 033507 for more details.

Welsh Folk Dancing Group

Thursdays 8.00pm-10.00pm. Graig Community Hall, Bassaleg. Telephone 01495 271953 for details or just turn up

Aviation and Air Traffic Control

If you are interested in aviation, and would like to know more about what goes on in the air above us every day, why not come along to one of our regular meetings at the Graig Community Hall, Bassaleg?

For more information call 01633 213243

La Leche of Newport

La Leche League Groups provide mother-to-mother support by holding regular meetings on various aspects of mothering through breastfeeding. Location details or further information please contact Rhiannon 01633 892505

Alcan Singers

Wednesdays 7.30pm. Rogerstone and Bassaleg Social Club (Alcan Club). Tom Claridge 01495 231761

Line Dance Class for all levels

7.00pm every Monday. Bassaleg & Rogerstone Social Club. Tel 01633 262796 or just come along to join in the fun

Nostalgia Music Society

Rogerstone & Bassaleg Social Club, Tregwilym Road, Rogerstone. 4th Wednesday of every month at 7.15pm. Admission £2.00

Further details from Dave Davies 01633 891711

Email: glyntaff2011@hotmail.co.uk

Rogerstone Roses WI

2nd and 4th Tuesday in the month 7.00pm

St Anne's Church Hall

Contact: Olive Sheward 07954 336098

Afon Belles WI

We meet on the 1st and 3rd Tuesday in the month from 7.30pm to 9.00pm at Rivermead Community Centre, Afon Village. For more information please contact Karen Powell on 07870 116546

or email afonbellesrogerstone@gmail.com

Whitehead Steelers Junior RFC

Wednesday and Thursday evenings

For more information, please contact Mitch on 07940 143315

Legs Bums & Tums, Zumba, Pilates

Rivermead Centre, Afon Village Welfare Grounds, Rogerstone

For further information call Michelle: 07957 267977

Tai Chi

Tydu Community Hall, Rogerstone NP10 9EQ Monday 7.15pm. Contact Bill James 07814 571247 Email: bill.james@live.co.uk

Newport and County Horticultural Society.

Winter talks and summer outings. For further information contact Gay Thomas on 01633 274527

Gwent Family History Society (Newport Branch)

Help Desk at Newport Reference Library 2nd Wednesday of each month 2pm-4pm

Beginners Class at the Civic Centre

7.00pm on the second Wednesday of each month.

Branch Meeting at the Civic Centre

7.00pm on the Last Wednesday of each month Contact 01633 421378

Newport Folk Club

Every Thursday 8.45 at Newport Fugitives Athletic Club, High Cross. Contact Malcolm Charnley on 07973 278932

Badminton club

Rogerstone Primary School every Tuesday and Friday 7.00-9.00pm. For adults and teenagers of all abilities.

For more details please contact:

Gary: 07967 146332. Linda: 07952 583827

lindajdaniels@btinternet.com Twitter: @PonthirBadders Facebook: Ponthir Badminton

Fourteen Locks Canal & Heritage Centre

Why not come and join us on one of our regular monthly walks from the Centre, they take place on the first Saturday of each month at 10.00am

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Please phone 01633 892167 for details of the next

The Rotary Club of Newport

Sec: Peter Landers 01633 213049

www.rotarynewport.org email:peter landers@hotmail.com

The Rotary Club of Newport Uskmouth

Sec: Keith Minton 01633 423368

www.nuws.org.uk

email: keithminton44@gmail.com

The Rotary Club of Caerleon

Sec: Gerry Fulcher 07891 390255 www.rotary-ribi.org/caerleon email: gerryfulcher369@gmail.com

The Rotary Club of St Woolos Newport

Sec: Alan Thomas

email: stwoolosnewport@outlook.com
The Rotary Club of Machen

Sec: Hugh Clatworthy 01633 893919

Kingston Newell

Are You Selling Your House in 2019?

Its been a busy start of the year for estate agents in Newport. The city is continuing to increase in popularity amongst both home buyers and investors seeking to purchase properties.

The number of people moving to Newport is at a record high as are the number of landlords from further afield who are adding houses here to their property portfolios.

What Does This Mean for Our City?

In my opinion it is a clear indication that Newport is a city on the up. The launch and announcement of various commercial, retail and industrial schemes over the last 12 months has helped put Newport back on the map and become a location of choice for people to move to from both the local area and further afield.

The immediate conurbations surrounding the key M4 junctions remain the most popular. On the west side of the city, houses in these areas selling very quickly and at their full asking prices. We even have people on waiting lists which is a first since 2008.

As Winter Comes to an End, the Housing Market Will Spring Forward

Whilst it has been a busier winter than in previous years we anticipate the housing market to move up another notch in the Spring. The longer days and (hopefully) better weather traditionally encourages those that are considering moving to start the process and begin to prepare their homes and look around the market.

Top Tips to Sell Your House This Spring

- 1. First Appearances Count prepare the exterior of your house and garden to make it appealing
- 2. Have a Spring Clean Mess and clutter doesn't sell houses but brighter and more spacious areas does
- 3. Finish off any Jobs get the professionals in for plumbing, building and electrical work and decorate in neutral colours
- **4.** Warm, Welcoming Homes Sell open the curtains, turn lights and heating on if necessary. Polish and flowers can also help!
- 5. Use a Professional to Sell Your House get in touch for a free market appraisal and valuation, accompanied viewings, extensive marketing and coverage of your home, quality photographs and floorplans and managing all interactions with viewers/buyers.









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FOR SALE



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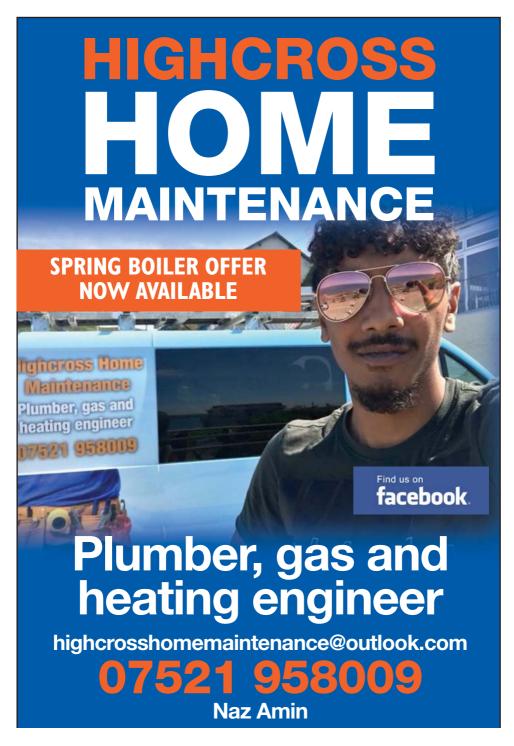


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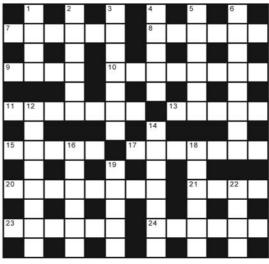
Crossword

Across

- 7 Vocation (6)
- 8 Preferably (6)
- 9 Clarified butter (4)
- 10 Undomesticated animals (8)
- 11 Left out (7)
- **13** Furious (5)
- 15 Apart (5)
- 17 Dental practitioner (7)
- 20 Across the country (8)
- 21 Simple (4)
- 23 Abandon (6)
- 24 Guest houses (6)

Down

- 1 Quick (4)
- 2 Concrete (6)
- 3 Full of people (7)
- 4 Ruff (5)
- 5 Taken without consent (6)



- 6 Acts (8)
- 12 Errors (8)
- 14 Having a strong constitution (7)
- 16 Determined (6)
- 18 Pact (6)
- 19 Bring together (5)
- 22 Flat fish (4)

Sudoku

		2		7	6	8	1	
	9			8	5		7	
8				4				2
	3			9			8	6
6	1				2		3	
9					3		4	
7					8			3
3			6		7			
		6	5				2	

The object of sudoku is to insert the missing numbers in the boxes to satisfy just one condition: each row, column and 3x3 box must contain the digits 1 through to 9 exactly once. This can be done by applying logic – you do not have to guess.

Solution on page 38

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LLANSANTFFRAED AND THE NARES FAMILY

(Part 5)

We will now continue discussing the Naval career of George Strong Nares, following his progress after his 1869 transit of the Suez Canal, which so upset the French nation.

As previously related he was promoted to Captain in December 1869, then commanding *HMS Shearwater* (1871 – 1872) he continued hydrographical work. This included an oceanographic research of the sea currents around Gibraltar. This experience lead to him being next appointed to *HMS Challenger*, a steam assisted 2,306 ton corvette, which was sent on a three year voyage circumnavigating the world carrying out oceanographic exploration.

This voyage was the first time that the world's oceans were systematically investigated for scientific purposes. The crew included a team of civilian scientists as well as officers experienced as naval surveyors. Challenger spent the first year in the Atlantic, then in 1874, travelling between Cape Town and Australia, she investigated in a southerly direction visiting Marion, Kerguelon and the Heard islands. She next ventured south as far as 66° 40' S, 78° 22'E, where ice prevented further progress. Challenger became the first steampropelled vessel to cross the

On this voyage Nares took his nine year old son, William Grant Nares with him, accompanied by a tutor,

Antarctic Circle.

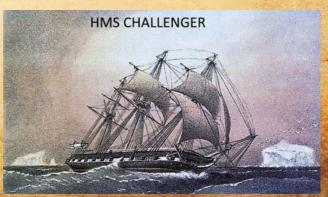
Adam Ebbels, who unfortunately died later in the voyage. Another unique feature of the expedition was the innovative extensive use of photography as a means of recording records, which ensured it a place in history. Nares published a two volume book in 1878, entitled 'Voyage to the Polar Sea', which is now highly valued for its early photographs.

In 1874, Nares was recalled and appointed to command the *Alert* and *Discovery* vessels during the British Arctic Expedition. He was an ideal choice for this because of his past experience in both Arctic and Antarctic expeditions. He was then in the prime of his life and one of the most experienced surveyors existing at that time. The ships attempted to reach the North Pole by sailing into the Arctic

Ocean, via Smith Sound, which separated Greenland from Ellesmere Island. This attempt failed and the *Alert* only managed to reach Floeberg Beach at 82° N, on the north-east tip of Ellesmere Island, one of the highest Northern Latitudes reached at that date.



This voyage lasted 18 months but was blighted by an outbreak of the highly dreaded disease – scurvy. This outbreak, particularly amongst sledging parties, became so severe that it was decided to make an early return in autumn 1876. This decision probably saved many lives amongst those affected. Nares was severely criticised for



allowing scurvy to develop, he pointed out that he had regularly issued rations of lime juice the recognised preventive. It was later discovered that it had been boiled before being bottled to enhance the storage. The boiling caused the loss of much of the vitamin 'C' content, making it practically useless.

Nares was made a Fellow of the Royal Society in 1875 and in 1877 awarded the gold medal of the Royal Geographic Society and also the Societé de Géographic de Paris. In 1876 he was knighted by Her Majesty Queen Victoria, then in 1878 he was appointed again to the Alert to carry out further surveying work in the Magellan Straight. After one season, he was recalled and appointed Marine Adviser to the Board of Trade. He served in the Harbour Department from 1879 to 1896. He was a Conservator of the River Mersey

from 1896 to 1910. He officially retired from active Naval service in 1886.

Nares was made a Rear Admiral in 1887 and placed on the retired list of Vice Admirals in 1892. One point of interest is that Nares was a member of the 'Ship Committee' for Captain Scott's ill-fated Antarctic expedition. Nares died in 1915 and his wife, Mary Grant, in1905. He was buried at Long Ditton Churchyard on the 19th January 1915. Two of his sons also entered the Royal Navy and one of them, Vice Admiral John Dodd Nares (1877 to 1957), became Assistant Hydrographer and Director of the International Hydrographic Bureau at Monaco. Nares certainly left his mark on the world's geography because his name was so frequently used in naming many of the regions that he encountered. Examples of this are Nares Harbour in the

Admiralty Islands, Nares Deep in the North Atlantic, two Capes in the Canadian Arctic, Nares Land in northern Greenland, Nares Straight between Ellesmere Island and Greenland and Mount Nares in Victoria Land in the Antarctic, etc. etc.. (The End)

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Alternatively you may like to talk to Nicola Price on 07974 111712 or Colin Harvey on 01633 894914.



Crossword Solution

	b.		² C		³c		¹F		³s		۴P	
c c	Α	R	Ε	Е	R		*R	Α	Т	Н	Ε	R
	s		М		0		-1		0		R	
°G	Н	Е	Е		w	-	L	D	L	1	F	Е
			N		D		L		Е		0	
10	12 _M	1	Т	т	Е	D		13 A	N	G	R	Υ
	1				D		Ήн				М	
15 A	s	1	16D	Е		įΩ	Е	N	ĭ⁵T	-1	s	Т
	Т		R		¹º U		Α		R			
20 N	Α	Т	1	0	N	Α	L		²1E	Α	²² S	Υ
	K		<		1		Т		Α		0	
23 D	Е	s	Ε	R	Т		™ H	0	Т	Е	L	s
	S		N		Е		Υ		Υ		Е	

Across: 7 Career, 8 Rather, 9 Ghee, 10 Wildlife, 11 Omitted, 13 Angry, 15 Aside 17 Dentist, 20 National, 21 Easy, 23 Desert, 24 Hotels. Down:1 Dash, 2 Cement, 3 Crowded, 4 Frill, 5 Stolen, 6 Performs, 12 Mistakes, 14 Healthy, 16 Driven, 18 Treaty, 19 Unite, 22 Sole.

Sudoku Solution

5	4	2	3	7	6	8	1	9
1	9	3	2	8	5	6	7	4
8	6	7	9	4	1	3	5	2
2	3	5	7	9	4	1	8	6
6	1	4	8	5	2	9	3	7
9	7	8	1	6	3	2	4	5
7	2	9	4	1	8	5	6	3
3	5	1	6	2	7	4	9	8
4	8	6	5	3	9	7	2	1

Risca LIBRARY

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Tuesday	9.30am - 1.00pm 2.00pm - 5.00pm
Wednesday	9.30am - 1.00pm 2.00pm - 6.00pm
Thursday	9.30am - 1.00pm 2.00pm - 5.00pm
Friday	9.30am - 1.00pm 2.00pm - 5.00pm
Saturday	9.30am - 4.00pm

Baby Rhyne Time

meets every Wednesday 2.15pm - 2.45pm

Crafters Corner

meets weekly on Friday's at 11am-12pm (Informal craft session over tea and coffee, bring your own projects)

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Benefice of Lower Islwyn St. Mary's Risca St. Mary a risea Sunday 10am Holy Eucharist St. Margaret's Pontymister Wednesday 10am Holy Eucharist Reverend Martyn Evans 01633 619425 martynevans01@btinternet.com The Salvation Army Sunday – 10.30am & 5.00pm Parent & Toddlers, Tuesday 9.30am Luncheon Club – Wednesday12.00pm Major Kingsley Layton 01633 619418 Tuesday-Fridays www.riscasalvationarmy.org.uk **Moriah Baptist Church** Sunday 11.00am; 6.00pm Friday Babies & Tots 9.30am-11.30am Secretary: Sylvia Ware 01633 612789 www.moriahrisca.com Bethany Baptist Church Sunday 10.30am; 6.00pm. Wednesday Prayer & Bible Study 7.15pm Friday Coffee Morning 10.30–12noon The Revd. lan Waugh. 01633 619163 St Davids Shared Church, Ty Sign Sunday 11.00; 6.00pm Crosskeys Methodist Church Sunday 11.00am **Trinity Congregational Church,** Pontywain Sunday 11.00am. Rev Paula Parish-Foley Stow Park Church Centre, Brynhyfryd Rd, Newport Sunday 10.45am Sunday 3.00pm Oedfa Gymraeg (Welsh Language Service) Sunday 5.30pm Informal Service with Tea Wednesday Prayers 10.00am, Bible Class 11.15am Cafe with light meals and shop is now open Tuesday to Friday only. Volunteers welcome www.stowparkchurch.org.uk / 01633 843730 Hope Baptist Church, Crosskeys Sunday 11.00am; 6.00pm Tuesday Prayer Meeting 7.00pm Wednesday Luncheon Club 12.15pm Thursday Sisterhood 7.00pm Friday (term time) K's Childrens meeting 6.00pm Contact: Stuart Godfrey 01495 272227 Clyde Street Pentecostal Church Sunday Communion 11.00am Sunday Evening Service 6.00pm Tuesday Prayer Meeting 7.30pm Society of Friends (Quakers) Caerleon Town Hall 1st & 3rd Sundays 10.30am 01633 264210 Ss. Anthony and Clare (RC) Risca Sunday Mass 11.00am Tuesday Mass 7.00pm Wednesday Exposition 9.30am followed by Mass 10.00am. Church open to visitors 10.00–1.00pm with coffee and tea in the Church Hall Our Lady of Peace (RC) Newbridge Sunday Mass 6.00pm. Thursday Mass 1.30pm Church open to visitors 12.00–2.00pm The Sacred Heart (RC), Pontilanfraith Saturday Mass 6.00pm. Sunday Mass 9.30am Monday 11.00am. Friday Exposition 10.00am followed by Mass 10.30am Church open to visitors 10.00am–2.00pm Fr. Kevin Paine Tel.01495 233304 07980 236936 catholicchurch@binternet.com **Crosskeys Pentecostal Church**

Gladstone Street. Sunday 10.30am; 6.00pm

Monday 9:30am-11:30am Ty Sign Tots Monday 7:00pm-9:00pm CAP Fresh Start Group

Wednesday 7:30pm-9:00pm Connect Group

Thursday 7:00pm Monthly Bible Book Club

Tuesday 7.15pm prayer meeting Thursday 7.15pm Bible Study Agape Community Church Ty Sign

Channel View Community Hall

Wednesday10:30am-12:00noon

CAP Job Club TLC Cafe

Sunday School 11.00am

Sunday 10:30am

Thursday Prayer/Bible Study 7.00pm Friday (term time) Children's Club 6.00pm Pastor Stephen Tucker 01633 866580 www.tyisafbaptist.com **Grace Baptist Assembly** Malpas Community Centre Pillmawr Road. Sunday 3.00pm Faith Community Church, Wern Industrial Estate, NP10 9FQ. (opposite Cedric John's). Sunday 10.30am. Pastors Mike & Helen Taylor 07454 179892. www.fcconline.org.uk **Newport City wide Family of God Church** Tydu Community Hall, Rogerstone. Sunday 10am-2pm 07888 313523 info@fogwales.com www.fogwales.com Eglwys Annibynnol Mynydd Seion Hill Street, Casnewydd NP20 1LZ Oedfa Gymraeg am10.30 Bore Sul ac Ysgol Sul Welsh Language Service at 10.30am on Sundays Croeso Cynnes i Bawb A warm welcome to fluent Welsh speakers and learners. www.mynyddseion.org.uk Sian Howley 01633 421427 sianhowley@hotmail.com Elin Maher 01633 243700 elin.maher@ntlworld.com **Newport Cathedral** Sunday 8.00am Holy Eucharist 10.30am Cathedral Eucharist 5.00pm Choral Evensong Every weekday 8.00 am Morning Prayer 8.15 am Holy Eucharist Everyday except Wednesdays 5.00 pm Evensong Wednesday 6.30 pm Choral Evensong Thursdays only 10.30 am Cathedral Eucharist Contact details 01633 267464 Email enquiries@newportcathedral.org.uk Website www.newportcathedral.org.uk St Martins-in-the-Gaer Sunday 9.30am Holy Eucharist Contact details 01633 267464, Email enquiries@newportcathedral.org.uk, King's Church Lower Dock Street, Newport. Sunday 10.30am and 5.00pm. 01633 244453 **Newport Christian Spiritualist Church** Orchard Lane Community Centre off Stafford Road Friday Service 7.00pm- 8.30pm Sunday Service 6.30pm-8.00pm Tuesday Healing Clinic 6.30pm-8.30pm **New Life Christian Church** 37 Llanover Street, West End, Abercarn NP11 4SX We meet at 5pm each Sunday. Haydn Jefferies 07949 220135 **New Beginnings Church** Rogerstone Primary School Ebenezer Drive, Rogerstone NP10 9YX Sunday Service 11.00am Facebook- New beginnings Church/Newport Contact 07990 540966 **Dan-y-Graig Church Risca** Sunday 11.00am and 6.00pm. Sunday School 11.00am Monday 7.00pm Guild Tuesday 10.30am Coffee morning Thursday10.30am Coffee morning Rev. Paula Parish-Foley 01633 412760 **Crosskeys Methodist Church** Sunday Worship 11am Mondays - Wesley Guild 7pm to 9pm Contact Michael Gray 01495 270253 Thursdays - Ladies Group 2pm to 4pm Contact Ruth Gray 01495 270253 General Contact Michael Gray 01495 270253, or The Minister, Rev Les Jones 01633 843322

Contact Pastor Mark Jones 07836 608085

www.agapeonline.org.uk

Ty-Isaf Baptist Church Sunday 11.00am; 6.00pm

TLC Cafe

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Veterans and pensioners Christmas meal 2018

It is hard to believe that this was my eighth year organising and raising funds for Veterans and Pensioners from across South Wales.

On Thursday the 13th December the staff canteen was transformed by volunteers from IPO, the Welsh Government and ONS, as over 60 volunteers descended on the canteen to help rearrange tables and chairs, dress the tables and lay them ready for our guests to arrive. It always amazes me to see how quickly the room is transformed. Our guests started arriving by car, minibus and taxi (some a little earlier than expected (at 14:00 instead of 15:00, but they were given tea/coffee and looked after by the volunteers). The volunteers welcomed all of the veterans and pensioners with a glass of Bucks Fizz or orange and lemonade. With coats and jackets taken, they then chose where they wanted to be seated. Some waited to see friends who they had not seen since last year and eyes glowed and the smiles spoke volumes at seeing each other

It was only a short time later that the Deputy Mayor and Deputy Mayoress arrived. Speeches were given by the Deputy Mayor and Mrs Joan Reynolds and I thanked the catering staff and the volunteers for helping make the event possible. A huge thank you must also go to Mrs Joan Reynolds for putting together the list of attendees (no small task, as she worked long and hard to ensure that everyone had the opportunity to attend, even with some very late

replies.) I also paid thanks to our guests for attending and hoped that they enjoyed the afternoon. Everyone stood for the prayers which were read by Mrs Joan





Reynolds of The Royal British Legion, with shivers running down my spine and I am sure that I was not alone in feeling emotional: the room fell silent for the minute's silence. The buale was played by Mr Bill Baber. Everyone returned to their tables for the start of the festivities. The catering staff provided yet another brilliant meal again this vear with a four course dinner that would outshine even a five star restaurant (this coming from so many of our guests), they said that the meal was faultless and that they were all so grateful for the courtesy and kindness shown by the staff waiting on them. John Pullinger, Iain Bell. Jan Jones. Nick Barford and Scott Howell were a huge hit, not only with the staff for joining in, but also the pensioners and veterans. Well done to you all for taking time to come and support all the other volunteers.

The entertainment was provided in the form of The Cats Pyjama's

(from Bristol), three very talented voung ladies and the ONS Choir. Again everyone was in awe of the talent and I have been asked for them to come again in 2019. I hope that this will be possible and will be asking to book them both again for 2019. Even though most of our guests had started leaving around 19:00, the canteen erupted when the Welsh national anthem was sung by the choir with everyone left joining in. Scott Howell took charge of the huge free raffle and did an amazing job (maybe he will add this to his busy calendar each year, fingers crossed). He helped wherever he could and did so with great gusto, much to the enjoyment of the veterans and pensioners.

goodie bag that had been donated by NGARA Media UK, based in Cwmbran.
Lastly, my ever grateful thanks go to all the staff who volunteered to wait on the tables, help set up the canteen, cook and serve the meal and entertain our guests. I know a lot of you said that I did an amazing job again this year, but it would not have been at all possible without your fabulous help and support.

All the veterans and pensioners

were presented with a fabulous

2019 is already in my diary, some invites have already been sent to ensure that dates are marked on calendars and I look forward to seeing everyone there again.

Elizabeth Buttigerg

PREPARING FOR RETIREMENT WHEN YOU'VE REACHED YOUR HAIF CENTURY

When people reach their 50s, they often begin to realise that retirement, in whatever form they decide to take it, suddenly feels an awful lot nearer. If you're in that age group and haven't yet given the prospect much thought, now is a good time to start thinking about the years that lie ahead.

Plan ahead

When do you envisage starting your retirement? Having an approximate date in mind will help you work out a budget for your later years. Typically, retirees need more money to spend in their active years on things like travel and hobbies. Later in retirement they tend to need less income, with their spending levels likely to increase towards the end of their life if they need residential or nursing care.

Get a pension check

Now is the time to review your pension arrangements to see if they are on track



to provide the level of retirement income you'll need. At this point, if it looks as if you need to save more to reach your target income, you still have a few years in which to step up your contributions if your earnings will allow.

You should also keep track of any pensions you may have accumulated with past employers and take advice about whether it would be in your best interests to consolidate them into just one plan.

It also makes sense to get a state pension forecast, and to check when you will receive it, as the state pension age is increasing to 67 between 2026 and 2028.

There's a lot to consider in the runup to retirement; we're here to help.

If you're making plans for your retirement and would like some professional advice, then please get in touch for a free initial Pension Review.

The value of pensions and the income they produce can fall as well as rise. You may get back less than you invested.



ADULTS COMPLETE 109 LIFE ADMIN TASKS A YEAR

Most of us have a list of personal admin tasks that need doing, such as paying bills, managing our mortgage, topping up our savings or checking our bank statements. On occasions we can all struggle to get through what seems to be a never-ending 'to do' list.

A recent survey^[1] shows that the average adult has four important tasks currently pending, but never enough time to do them. These admin tasks include important things like managing their mortgage and reviewing their insurance and savings.

Whilst admin tasks can be a pain, tackling them can be financially rewarding, and give you a sense of achievement and peace of mind that you've finally accomplished them.

Getting the help you need Working with an adviser can help you tackle some of those tasks you know you should attend to. We can review your mortgage, tell you if you're saving enough in

We can review your mortgage, tell you if you're saving enough in your pension, help you put the right protection policies in place to protect you and your family, and much more besides.

1. AAT (Association of Accounting Technicians) 2018

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