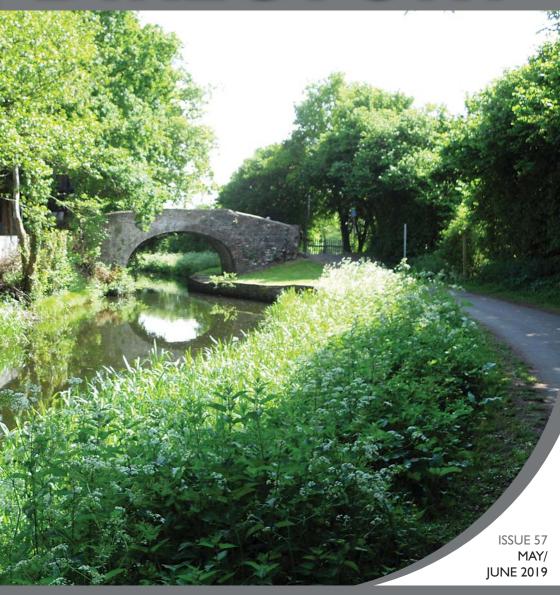
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Hopefully, the weather will be kind to us over the next couple of months and we'll all be able to take a walk in our beautiful countryside and benefit from some summer sunshine.

Best wishes

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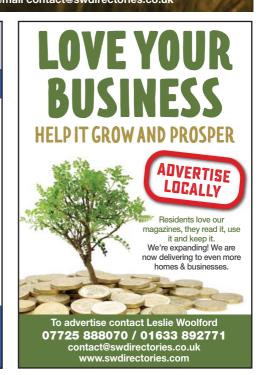




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May/June 2019 swdirectories.com Be Aware When You Visit Historic Twmbarlwm

AFTER THE LONG WINTER most people are desperate for some sunshine and outdoor activity. So pack a picnic and get the family out into our beautiful countryside – and if you want somewhere local and FREE, there's nowhere better than the historic mountain of Twmbarlwm.

Note that I said 'historic' – it's amazing how many people don't realise its historical significance. So this year CTS has arranged to erect signs to remind people that the hillfort at the summit of Twmbarlwm is, in fact, a Scheduled Ancient Monument (SAM). As the signs say, Twmbarlwm is considered to be of National Importance and is protected by the Ancient Monuments and Archaeological Areas Act of 1979 and updated by the Historic Environment (Wales) Act 2016.

But what exactly is "Scheduling"?

"Scheduling" is the UK's oldest form of heritage protection. It began in 1913, although its roots go as far back as 1882 when through the Ancient Monuments Protection Act, a 'Schedule' of mainly prehistoric monuments deserving of state protection was first compiled. Twmbarlwm was added to the list in 1939.

In Wales, "Scheduling" is the responsibility of Cadw (the Welsh word for 'keep') an Executive Agency within the Welsh Government.

The term "Ancient Monument" is applied to a wide variety of archaeological sites. From ancient burial sites and standing stones to the far more prominent and well known medieval castles and abbeys.

At the other end of the spectrum, there are industrial remains which continued in use into the twentieth century. Indeed the eastern edge of the Mynydd Maen ridgeway at Penyrheol and Cwm Lickey is also classified as a SAM because of its rich industrial heritage.

The aim of scheduling is to ensure the long-term preservation of a site. Any proposal to carry out works at a SAM which might have the effect of damaging it must be approved by Cadw. Even if the works are beneficial to the monument, Scheduled Monument Consent must be applied for – a thorough process that CTS has been involved with several times.

The full extent of SAM designation cannot be explained in such a short article and I would advise you to visit the Cadw website (www.cadw.gov.wales) for more details.

For the casual visitor to the site you should remember the basic rules such as: Take all litter home with you; Do not light fires or barbecues; Do not damage undergrowth or structures; Do not dig into the ground surface.



This site is a Scheduled Ancient Monument and is protected as being of National Importance under the Ancient Monuments and Archaeological Areas Act 1979

DO NOT: Leave Litter, Light Fires, Damage Undergrowth or Dig Into the Surface of the Landscape – Offenders will be prosecuted

NO MOTORISED VEHICLES
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PLEASE KEEP TO THE PATHWAYS

The ground surface of this area is very fragile after the wildfires of 2018 – please respect this area while it recovers naturally.

Tumoarlum





ken after the wildfires of 2018 © Mark Walters / Cadw



Motorised vehicles are forbidden and the riding of horses and bicycles is not allowed.

Also, metal detectorists should note that it is an offence to use a metal detector on a SAM without prior consent from Cadw and the landowner.

However, a general rule of thumb might be – if you wouldn't do it at Cardiff Castle, Stonehenge or Tintern Abbey, then don't do it to Twmbarlwm.

Finally, please remember that at the moment the ground surface on Twmbarlwm is still extremely fragile after last year's wildfires, so please respect the landscape and give the area time to recover naturally.

Terry C. Evans, Chairman CTS

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.



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A Simple Plea

By Paul Minton

In my regular articles for the Directories, I always endeavour to recount a story with a local flavour, preferably one laced with jokes and quirky asides. I will not do so on this occasion as I have a simple plea to make. But first, I want to tell you about one of my dearest friends.

I met Rick at university: we lived in the same halls of residence. me on the top floor and he on the ground. I can't even recall how I got to know him but Rick was at ease talking to everyone. As he got older, his waistline might have expanded and his hair might have abandoned its copperv flame of youth but his sense of fun and infectious enthusiasm remained undiminished. He was loved and respected by all, including my parents who, I am sure, would have liked to have adopted him!

After graduating, Rick moved around with work but he was regular visitor to our home in Newport, often dropping in on his way down to the West Country where his family lived or en route to Cardiff if he had meetings there. He drove a red Chrysler for many years, which he christened "Scarlet O'Cara" and he would frequently bring along some of his delicious homemade bara brith: another reason why I always looked forward to seeing him.

Rick worked for various environmental organisations and was also a volunteer for different charities, often making long drives across Europe to Romania in order to deliver donated supplies. Each

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Christmas Day would be spent, in part, at a homeless shelter that provided hot dinners for those in need. He was also a magistrate and on one occasion, I had the pleasure of watching him in action. Once the court was in session, this gentle giant, who would more likely than not, greet you with a big bear hug, became a formidable presence. Defendants and solicitors quivered as Rick unleashed withering reprimands but as soon as we were outside

together, he reverted to his

normal, placid demeanour,

much like the Hulk shrinking back into Bruce Banner. As if to counterbalance his enviable accomplishments, Rick lost his mum when he was still in his twenties and more recently, his father suffered a stroke and lived in a nursing home. Having no siblings, Rick sold his own property and moved back to the family house to be closer to his dad. When I saw him last, he mentioned finding it difficult dealing with his dad's condition but he quickly steered us into more light-hearted waters. It was a

momentary glimpse beneath his happy-go-lucky exterior but the thing about Rick was that he was a very private person, never wanting to burden anyone with his own problems.

His dad died earlier this spring and tragically. Rick took his own life the same week. He was 48 years old. It is particularly tragic that Rick had given so much support to those with mental health issues but when he needed it most, we - his friends - were oblivious. So I have an appeal to make. No matter how bad things get, whether there is a personal tragedy, a relationship breakdown. financial worries, or concerns about exams, it is crucial to talk to someone before doing something that cannot be undone. Similarly, if you are aware of somebody who might be at risk, don't wait to be asked for help. It is better to offer and be rebuffed than to delay and discover it's too late to intervene. There was never a more beloved, cheerful, and outgoing character as Rick and if it can happen to him, then given the right circumstances. we are all at risk.



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We seek to be traditional in our message.

We hold to historical Baptist distinctives. Specifically, we are fond of The First London Baptist Confession of Faith, 1646 edition. We gladly accept broken, unaccomplished, needy sinners like ourselves; but we are not seeker-driven. We do not believe that 'doing church' is what God requires of people, and we do not believe that it is this or any other local church's responsibility to water down, nor add to, the gospel of Jesus Christ in order to create a more 'comfortable' environment. Do we want that gospel [good news] to be understandable? Yes. Do we ourselves want to be compassionate and inclusive? Yes. We want broken people - people like us - who know their sinfulness. We are here for those who know that they need something more than what this life has to offer. We seek not to offer more of the same, but to offer something different. The person and work of Jesus Christ is enough for us. We invite you to come see why.

We seek to be relevant in our vision.

We maintain that the Bible is more than a collection of ancient writings, but rather, it contains everything we need to face the problems of life in today's culture. Consequently, our teaching and preaching will include practical application to help us live as we ought to live. We are not an elite group of those who have 'arrived' and we are committed to continual change. We rest on and submit to the absolute, unchanging truth of the Bible; and it in turn changes us. We hear and meditate on God's Word - and while we do that, we try to be doers of that Word, and not hearers only. We have found that the unchanging truths of the Bible affect our everyday lives, and we pray that we will become more and more like Jesus Christ as we submit to and obey His Word.

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Hidden in Plain View

In a secluded corner of John Frost Square is a cultural gem which thousands pass every day, many without even realizing that it exists. It is of course Newport Museum and Art Gallery. Even those that know of it tend to assume that it is of very little significance, but in fact it houses a collection of national and international importance.

The Museum:

Founded in 1888, one of the oldest in Wales. Its collection brings the history of Newport and the surrounding area vividly to life:-

The pre Roman era featuring the tools and other remains of hunter gathers who roamed the shores of the Severn Estuary thousands of years ago, and the almost complete skeleton of an aurochs, an extinct breed of giant cattle.

The Roman Collection is one of

the best in Wales featuring finds from both Caerleon and Caerwent, including the oldest Christian relic ever found in Wales

The Medieval period includes artefacts from the Newport ship and finds from local castles, priories etc.

The Chartist Uprising - a fantastic array of items from and relating to the Rising, including John Frost's pistols.

The Art Gallery:

A truly diverse collection, highlights of which include paintings by Sir Stanley Spencer, Dame Laura Knight and L. S. Lowry together with works by important Welsh artists Kyffin Williams and Stanley Lewis. There are even some unattributed sketches that may be by Turner. The decorative art collection includes a sculpture by Sir Jacob Epstein, studio ceramics by Lucy

Rice and Ewen Henderson and the Iris Fox collection of porcelain and Wemyss ware.

Activities:

Both the Museum and Gallery organize a regular programme of temporary exhibitions, and during school holidays drop-in family craft sessions take place. At any time family trails and activities can be collected from the information desk.

In the autumn and winter there are monthly lectures on historic and cultural topics, organised by the Friends of Newport Museum and Art Gallery (FONMAG). They take place at 7 pm in the Art Gallery on the 2nd Tuesday of the month from September to April inclusive. Admission is free for FONMAG members, £2.00 for non-members.

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John Newell, owner of Kingston Newell Estate Agents is not surprised by the continued increase in demand for properties in the area. He said, "It was only last year that Newport was named as the UK's fastest moving property market and sales of houses throughout the region have remained very strong with many houses selling on the same day they are listed and going to sealed bids.

Whilst some have been sceptical about the impact of the abolition of the Severn Bridge tolls, we have sold a lot of houses to private buyers and investors who are keen to take advantage of the comparative cheaper house prices here."

Malpas is One of the Most Popular Areas

Commenting on the local market, John said, "Looking at our own sales figures, we know that Langstone in the east of the city and Malpas in the west are areas in high demand with properties being snapped up very quickly not only by those looking to move to the area from Bristol but also from Cardiff where again the house prices here provide much better value for money.

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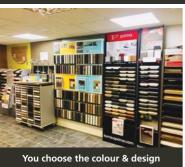


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Bluebird Care

Providing Support When You Need It



We provide high quality care and support services throughout Newport & South Monmouthshire, enabling our customers to retain their independence whilst living in the comfort of their own homes.

Why choose Bluebird Care

It might be the first time that you have had to consider care for yourself or a member of your family; or perhaps you are looking for some extra support to complement the care you already receive. Whatever your situation, deciding on a suitable care company can be a stressful and difficult task, filled with uncertainty and pressure to make the right choice.

Unlike other companies, we do not take a 'one size fits all' approach to providing care. Instead, we are passionate about delivering a personalised service designed around the needs of each individual customer to support their lifestyle.

Our staff

We recruit and train all of our own staff to the highest standards to ensure we provide the quality of care that we would want for our own family and friends.



Our Services

You might be looking for short-term help and support after a stay in hospital, or whilst recovering from an illness. Or perhaps you need care and support for the long term. It might be respite that you need whilst your usual carer takes a break, or maybe you need someone to take care of a family member whilst you're away. Whatever your needs, Bluebird Care can help.

From 30-minute visits aimed at helping with household tasks or preparing a meal; to caring for those living with dementia – Bluebird Care provides you with the support you need, when you need it most.

Some of the tasks that our Home Care Assistants frequently undertake include:

- Full personal care including showering and bathing
- Mobility assistance, including the use of hoists and other equipment
- · Assisting with medication
- Assisting with managing the home, e.g. cooking, cleaning, laundry
- · Help with shopping and meeting friends
- Providing support and assistance to customers attending GP/hospital/ dental appointments

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