

ALLT-YR-YN

DIRECTORY



ISSUE 75
JUNE/JULY/
AUGUST 2020



SW DIRECTORIES

HELLO EVERYONE

It feels so good to be back, life in lockdown has been hard on many of us but hopefully moving forward and working together as a community we will be stronger and more caring than ever. Please use as many of the advertisers as you possibly can so that we can continue to deliver our magazine through your door in the future, we totally rely on the revenue from the advertising to design, print and deliver the magazines each time.

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Take care

Susan

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My team and I are still working through the current COVID-19 pandemic.

If you have any issues that you would like to discuss or bring to my attention, please do not hesitate to get in touch.

Mae fy nhîm a minnau yn dal i weithio drwy'r pandemig COVID-19 presennol.

Os oes gennych chi unrhyw faterion yr hoffech eu trafod neu eu dwyn i'm sylw, mae croeso i chi gysylltu.



Mohammad.Asghar@senedd.wales



www.mohammadasghar.org.uk



01633 220022



15-17 Church Road, Newport, NP19 7EJ.

(Oscar) Mohammad Asghar MS|AS

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Our showroom will not re-open on 1st June as the current government guidelines do not allow it, however we can bring samples of items such as

kitchen doors to your home in different styles and colours. We will re-open our showroom as soon as possible.

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Catherine Ward-Bexter | Director

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Lockdown

What strange times these are, who would have thought that we would all have to spend weeks closeted in our homes while some horrendous plague devastates people's lives.

Hopefully, by the time you read this there will have been some relaxation of social distancing and we will be able to see family and friends after many weeks of isolation. There are often unusual up sides to any horrible events and groups need to stay in touch so in addition to our Facebook page which keeps our members in the loop, the committee 'Zoom', once a week on Tuesdays at 7.30. This has not been without its hiccups but hopefully each week will be smoother and it is quite an emotional experience seeing friends, thankfully safe from Covid and catching up not only with personal news but W.I business too.

For Rogerstone Roses W.I., lockdown came at a very strange time, we were just about to move premises, as our present venue is to be sold. We were fortunate enough to find a new meeting place at St John's Church Hall on Risca Road in Newport where we were going to start meetings on April 14th. We did manage an introductory coffee morning so members could become acquainted with the new venue but have not had a meeting there yet.

Back in the distant past, before the word virus was the most used word in everyone's vocabulary, Rogerstone Roses celebrated St David's Day with an evening of Welsh culture, this proved to be a highly entertaining evening comprising snippets of information interspersed with



some easy folk dances.

The following meeting was our 'Charity Night', over the years we have raised money in various ways but the 'sit down meal' seems to be the most successful. Members are asked to pay £10 for a two-course meal, which the committee provides and serves. Members as always are generous and provide many raffle prizes which boost our donation enormously. This year our chosen charity is the South Wales Air Ambulance, they do outstanding work and like all charities are dependent on our donations. Who knows when we will meet again but whenever it is it will definitely be at our new venue.

The summer programme has of course been cancelled. Will we be able to restart in the autumn? I have a niggling feeling that we won't and that we may not be able to meet until 2021, hopefully I am just being gloomy.

Whatever happens the committee sends all good wishes to our members, stay safe, ladies and we will look forward to meeting up soon.

Liz James

We meet on the second and fourth Tuesday of every month, members arrive from 7pm onwards for a coffee or tea and a chat and the meeting starts at 7.30pm.



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Covid-19 Update - Crawfords Working Practice

Due to the major impact the coronavirus has had on everyone, Crawfords working practice has changed to comply with our customers' needs and our safety in these difficult times.

When Crawfords arrive at your home or property to clean your soft furnishings or carpets we will be:

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As a company we take our responsibility to our customers as paramount when working at their home or property and will endeavour to keep them safe whilst we are working.

On completion of the clean an application of Formula 429 plus (a water based anti-microbial with multi surface broad spectrum kill factor 6) will be applied to your fabrics and carpets, this will ensure that they are contamination free.

I would like to say to all my customers - please stay safe.

James Crawford

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Make a DIFFERENCE

Hello, my name is Karla, I run a local health and fitness business here in Newport. Like most, we are at home, staying safe and extremely grateful to those Key workers who keep this country going. I'm writing today to try and give back, to try and raise spirits and keep the local community positive.

As a mum, wife and business owner I can empathise and appreciate how the current situation has negatively affected us all, not able to connect with family and friends, not having the freedom to exercise as we'd like and most of all, those with children and vulnerable adults isolated at home, its hard to see a way through and stay positive.

As a fitness professional, as in any businesses, planning and setting targets is essential for success, but in a climate where every day brings new uncertainty, how do we do it? We look for a new angle, we look at our businesses and seek out a new way to do things. Every cloud has a silver lining and this Pandemic has helped to re-focus and shape a new way for our businesses to work. A phrase we use in the fitness industry, 'work outside your comfort zone, because this is where the magic happens' is so true and today, I implore you to find your comfort zone and step outside.



My business relied on face to face appointments whether in a class or a private PT session, in one week it was all gone. I was not ready for online, I wasn't ready to try and get to grips with social media, I like things the old-fashioned way, paper and pen, hardcopy diaries and face to face. I now had to step outside my comfort zone, I had to deal with my demons that I had put off for so long. So here I am, trying to make a difference in the virtual world, I am now like a child, learning new skills for the first time, I'm excited that I'm trying, I'm positive that with the help of my family I can do it, I'm motivated because the things that scare me are now what drive me to succeed. I wanted to write to you today to

not give up, but to keep trying, after all what have we got to lose?

I plan to use my new digital skills to bring some positivity to my local community, after all, I can now reach more people! Yes, I'm online and yes, I'm trying. As part of my give back campaign I will be raising money for the Sparkle Appeal. I'm doing this by running fitness classes, family discos, quizzes and bingo mornings. Like so many other businesses I have been greatly impacted by the Pandemic and I simply want to shine a bit of light on this dark time and put a smile to the faces of our local community.

Donating through JustGiving is simple, fast and totally secure. Once you donate, they will send your money directly to Sparkle (South Wales) Limited, so it's the most efficient way to give - saving time and cutting costs for the charity. Just go to their website and type in the search bar -

Like so many other businesses I have been greatly impacted by the Pandemic and I simply want to shine a bit of light on this dark time



Karla's PBF Fitness fun or just call 07791 217306 for more details.

Stay positive!



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Flying Sea Lions and Stone Roses

by Paul Minton

One of my proudest moments was discovering that my family had a coat of arms. Admittedly, many surnames have their own heraldic shields, but it still came as a surprise nonetheless. We even have a motto, “Pro Deo et patria”, which, if your Latin is as non-existent as mine, means “For God and country”. Since my ancestors appear to have been mainly farm workers, I like to think of them shouting out these words as they heroically chased chickens and fed pigs their daily slop.

Historically, the designs were used in battle or on seals for legal documents, so it was always important to verify their identity or credentials. This work was carried out by so-called “heralds” and thus, the related study became known as heraldry. With terms like “fess”, “gules”, and “ordinaries”, the field has its own unique language. Without help in navigating its otherwise impenetrable glossary, the novice would be left scratching their head so much people would think they had nits.

The Newport coat of arms is an interesting one. It has a downwardly-pointing red chevron on a gold shield or escutcheon, crowned by a cherub’s head with wings that seem to grow out of its face. Each side is accompanied by a “supporter”: there is a winged sea lion on one side and a sea dragon on the other. These fantastical beasts are meant to represent strength on land, water, and in the air – there’s nothing like covering all the



bases! In fact, Newport was the first authority to include a winged sea lion in their coat of arms but let me clarify that this is not a sea lion in the conventional sense but a half lion-half fish hybrid complete with webbed feet and scales. It would sooner rip your face off than balance a beachball on its nose. The current Newport City Council logo is also based on this dubious-looking creature, even though the image bears more than a passing resemblance to a sheep being hit by a flaming boomerang.

The shield was officially adopted in 1929 and the College of Arms, which regulates heraldic matters,

agreed to the addition of the supporters and the motto, “Terra Marique” (meaning “By land and sea”), in 1958. However, Newport had been using a basic design composed of the escutcheon and cherub since 1835. The emblem is actually adapted from the earlier Stafford crest of the Dukes of Buckingham, who held the Lordship of Newport during the Middle Ages. It is generally believed that the chevron was cunningly inverted to point downwards to avoid confusion with the family’s insignia but others have suggested that its reversal was indicative of disgrace: the 3rd Duke was executed for treason in 1521. Whatever the explanation, the chevron is intended to represent a roof so when it is upside down, someone definitely needs to get their house in order by phoning a builder.

Whilst recording their album, ‘Second Coming’, at Rockfield Studios near Monmouth, Manchester band, *The Stone Roses*, spent some time at the legendary TJ’s in Clarence Place. When it came to designing a cover for their 1994 single, ‘Love Spreads’, guitarist John Squire chose a photograph he had taken of the town’s coat of arms on Newport Bridge. The song proved to be their biggest hit and over-enthusiastic fans were later blamed for removing cherubs from the bridge in order to keep as mementoes. Although the cherubic image was to resurface on the album sleeve, the fate of those missing originals remains a mystery to this day.

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COVID-19 effects on retirement planning

Remember that pension savings are for the long term

The coronavirus (COVID-19) is having a widespread impact across all aspects of financial life, including retirement plans. The current global stock market turbulence, will no doubt be concerning for individuals whose pension savings are invested during these volatile market conditions.

However, making decisions based on what's happening in the short term can be a risky thing to do. It might be tempting, for example, to move all your investments into cash or other lower-risk investments for a while – but in doing that, you might miss out on the point when the value goes back up, so you could lose out in the long term.

TIME FOR MARKETS TO RECOVER

It's really important to remember that pension savings are for the long term. If you're young and currently paying into a workplace pension, then there is time for your pension pot to achieve growth over the long term and recover from the fluctuations currently being experienced in stock markets. You shouldn't be too concerned, as you have many years ahead of you, and this will provide time for markets to recover before you take your pension income. If you're older and closer to retirement, you may have seen your funds 'lifestyled'. This means your pension will have been moved into predominantly less risky funds and invested in 'safer' places such as in cash, gilts or bonds, which are lower risk.

ANNUITIES

If you're about to retire and were planning to buy an annuity, in March, the Bank of England cut the base rate twice in just over a week in a further emergency response to the coronavirus pandemic, reducing it from 0.25% to 0.1%. This has meant annuity rates have also fallen. An annuity is a type of retirement income product that you buy with some or all of your pension pot. It pays a regular retirement income either for life or for a set period. If you are thinking of securing an income by purchasing an annuity, the recent volatility shows the importance of gradually reducing the risk in your portfolio as you approach your expected annuity purchase date. Doing this provides greater certainty over the secured income you can expect to generate from your fund.

DRAWDOWN

If you continue to see a protracted period of negative investment returns, and you're already using drawdown or plan to move into drawdown soon, you might also want to avoid taking out any more than you need to while fund values remain depressed. The more you can leave invested, the more you will benefit over time once there is a recovery. Drawdown is a way of taking money out of your pension to live on during retirement, but you keep your pension savings invested when you reach retirement and take money out of (or 'drawdown' from) your pension pot. Since your money stays invested – and it's usually in the stock market – there is the risk that your fund may fall in value. The upside is that investment growth can provide higher returns and see your pot continue to increase in value.

CONTRIBUTIONS

If you are still in the process of saving for your retirement (and if appropriate), now might be a good time to consider increasing your pension contributions if you can. Even though your strategy may depend on the movement of the markets, increases in contributions over the long term can make a difference to the value of your eventual retirement pot. Again, there is no need to panic – at this stage, we do not know what the long-term implications of coronavirus will be. We can help you see the bigger picture, weigh all your options and take a balanced assessment of your risks.

PROFESSIONAL FINANCIAL ADVICE COUNTS

If you are about to retire, the amount of exposure you have will reflect both your attitude to investment risk and the time you have until retirement. So before taking any major decisions relating to your pension, take the time to get professional financial advice.



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Nurseries, Childcare & Coronavirus



There's no getting away from it... Coronavirus dominates virtually every aspect of life at the moment and that of course, includes nursery schools. And that word 'unprecedented' has got to be word of the year... Well perhaps runner up word of the year after 'Coronavirus'.

The first few weeks of the pandemic emergency were (quite rightly) focused on the NHS and making sure it could cope, before the nation's attention started to shift during April (again, quite rightly) toward care homes for the elderly. With both these critical issues coming under apparent control, May has seen the emergence of a new topic for national debate... i.e. Schools, Education and childcare. As we go to print, there is much talk about Schools re-opening on 1st June (IN ENGLAND) and with them, nurseries for pre-school children.

As the owners of two such nurseries in the Newport area, we are delighted to see nurseries come into focus and the debate getting under way. We've read avidly and listened with interest to the Radio & TV

debates about the challenges facing carers and nursery staff, but in truth, there isn't yet a great deal of clarity – not even about the date itself here in Wales. Virtually all nurseries have remained closed (and let's be honest... we salute those few nurseries that did manage to remain open in support of key workers) but for most nurseries, it has been tough. Like any other business or institution, it has been a challenge keeping body and soul together with no income. In fact, for most of us, it would have become an insurmountable problem had it not been for the prompt introduction of the furlough scheme and business rates support from the Welsh Government.

The signal to GO on June 1st in England will be broadly determined by the country

meeting the five test criteria set out by the government back in April. Just to remind you, these five criteria are:

1. NHS seen to be coping with virus onslaught
2. Sustained fall in daily deaths
3. The Rate of infections ('R') decreasing to a manageable level
4. Being able to meet PPE Demand
5. Confidence that a Second wave of the virus can be avoided. On the 15th May, the Welsh Education Minister confirmed that she is using the same criteria, but has declined to set an arbitrary date at this time.

However, down here on the ground in the real world, we see other criteria concerned with anxiety among both parent and staff groups. Whilst some parents will simply have no choice but to send the children

to nursery, others are indicating that (for them) the risk is too great. Like most other nursery settings we have been in constant contact with our client parents and their children and we are listening to the concerns and doing our level best to re-assure families (and our own staff) that we intend to make things as near to normal as we possibly can when we do finally get that Go-Ahead. But let's not kid ourselves, there will be changes to protect the children, their families and our staff. These will mainly be concerned with enhanced hygiene awareness and regimes, but also subtle changes will be needed to limit the way various age groups mingle and interact. Nursery staff and child care professionals know that Social Distancing is not a concept easily understood by pre-school children, so we will have to find innovative ways to counter the



threats & risks associated with this new social etiquette. For example, we at **Kites**, are fortunate to have spare space and extra rooms that can be quickly brought into use, allowing smaller groups and less direct contact.

We are putting plans and arrangements like these in place now in order to be ready for a June opening, (fingers crossed!) but we aren't holding our breath. In the meantime, we

get on with the painting, decorating, upgrading and general preparations for a re-launch of our services as soon as we are permitted to do so.

We look forward to welcoming your children back to Kites in the not-so-distant future.

Catherine & Michael Whelan
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At this point in time (late May) we still await
Government advice on re-opening our nurseries, but rest
assured, as soon as it becomes safe to do so, we'll be there
for parents in both CAERLEON & NEWPORT.



In the meantime, please do follow us on facebook
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The Property Market is Back and with a *Huge Surge of Buyers and Sellers*

Rightmove reported a 120 per cent increase in the demand for property in the first week since the property market reopened in England.

This is a trend that will almost definitely be the same for Wales, and in particular Newport and the surrounding areas due to historical industry similarities and our close proximity to the border.

11,000 new sales listings were added to the Rightmove portal on the first day alone with the other leading house buying websites reporting similar figures.

Mortgage Market Responds Positively with More Products Available

In response to the re-opening of the property market, many of the mortgage lenders have reinstated products they had temporarily removed due to the lockdown.

A popular website that compares mortgages reported an 18% uplift in the number of visitors comparing mortgages in the first week since the re-opening.

Another very important factor to remember is that due to the very low interest rates there are some incredible mortgage products currently available including fixed term deals.

Allt-Yr-Yn - Our Local Market – What Can You Expect?

During lockdown, the local market as you would expect has been very quiet. We have kept ourselves busy completing on the sales of houses we had sold prior to the pandemic, and interestingly we have also been providing our professional experience and local knowledge for home owners who are going to be putting their houses on the market.

For some, the lockdown has given them the time to prepare their houses for sale. Gardens have been worked on, spare bedrooms decorated and the overall look and feel of houses have been improved.

For others, the impact on personal finances has had polar impacts. Not being able to go out and spend money has helped some save sizable deposits to move to larger houses, whilst for others who have experienced a decrease in household income, they are being forced to downsize to help manage their finances.

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Gater's Barbers Covid 19 Statement

At Gaters Barbers we want all our staff and customers to be confident that we have done everything to perform our tasks safely and follow all the recommended government guidelines.

We have all completed both the attached certificates and we have all the necessary PPE and cleaning products to be able to provide as safe a service as possible.

We also respect if you can also help us by following any advice we offer.

Looking forward to a healthy future together.

**Thanks,
Luke**



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Restoration & Maintenance of Mynydd Maen Commons

When you get to visit Twmbarlwm next you will see a brand new pond just a couple of hundred metres to the east of the Twmp. This is all part of the Management Plan that is administered by the Commoners – I asked LES MURPHY, secretary of the Mynydd Maen Commoners Association to explain a little of their role in the stewardship of our mountain...



New pond creation helps water retention in the uplands as well as providing water for livestock

Up until 2012 we (the Commoners) managed the common in a way that allowed us to have maximum grazing for livestock with a policing/protective element to try and stop destructive elements such as fly tippers, off-road vehicles both two and four wheeled, vandals and thieves.

Commoners would repair boundaries and keep gates in good order and carry out other essential work.

In 2012 that changed with the introduction of 'Glastir' a Welsh Government initiative to limit grazing and improve and repair the environment and wildlife habitat.

Each Common drew up a plan to submit it to the WG, fortunately our plan was accepted and finance was secured to implement it.

1. An extensive bracken control plan implemented by mowing with a tractor and spraying with a helicopter.
2. Heather management to encourage the recovery of Grouse and other wildlife.
3. Target hardening of footpaths by introducing large boulders to prevent off-road vehicles using the paths.
4. Protecting vulnerable areas such as SAM sites and ground nesting bird areas.

The bog on the Penyrheol side of Mynydd Maen is the fourth largest in Wales. The Commoners are creating a network of dams and clearing waterways under the guidance of an expert hydrologist.



Right: Bracken control is an important part of Upland Management



5. Cleaning and upgrading ponds.
6. Reducing the grazing animals by 30% to prevent overgrazing,



This plan was implemented for three years and had a limited level of success. We have failed to entirely stop motor bikes and destructive vandalism due mainly to ineffective policing policies.

In 2015 we approached CADW and the local countryside development officer who gave us access to funding for more protective work and an extended bracken control programme,

Wet Lands – The Sustainable Uplands programme provided the funding for the regeneration of wet lands and the restoration of a large peat bog, the fourth largest in Wales.

New pond creation in wet areas to prevent water run off and help retention.

Adventure Triangle – Working in collaboration with the Twmbarlwm Society we accessed funding from Caerphilly and Torfaen councils to develop the public resource of the common with improved paths, repairing stone walls, better drainage and bracken control.

Watch the CTS website for more information and future developments.

CTS usually meet at the car park below Twmbarlwm's summit for a litter pick and volunteer workday on the last Sunday of every month – but due to the Coronavirus emergency we will not be organising any events until official restrictions are made clear. If you do venture onto the mountain, it is always a good idea to carry a bag with you to collect any litter as you go along – you could leave this at the car park, inform us about it and we will arrange for the council to collect it. When we start arranging events again they will be announced on our website and Facebook page – please look out for details.

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Our staff

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Our Services

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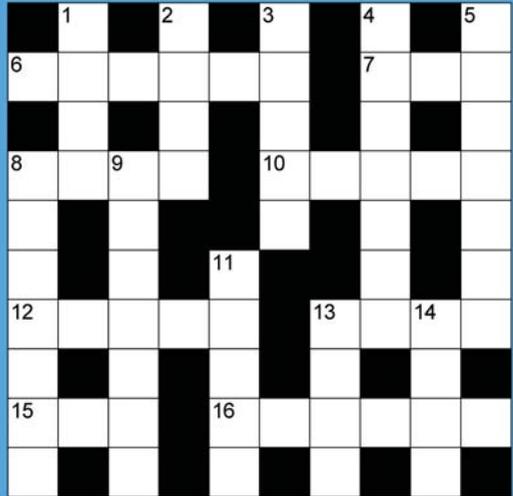
Crossword

Across

- 6. Rotten (6)
- 7. Small child (3)
- 8. London art gallery (4)
- 10. Depart (5)
- 12. Heavenly being (5)
- 13. Scottish loch (4)
- 15. Single number (3)
- 16. Horse barn (5)

Down

- 1. Molten rock (4)
- 2. Land measurement (4)
- 3. Grown up (5)
- 4. Unusual (7)
- 5. Small rivers (7)
- 8. Crime against crown (7)
- 9. In a knot (7)
- 11. Deep cut (5)
- 13. Close to (4)
- 14. Condiment (4)



Sudoku

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

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.

Puzzle solutions on page 30



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More Swans in Unsuitable or Inappropriate Places

Sunday 8th March, 7.47pm, the phone rang as it tends to do! It's completely dark outside and we're just finishing our evening meal. The caller is from Dyfed Powys Police; she is reporting a grounded young swan on a busy main road in Felinfoel, Llanelli. We have to make it clear there is nothing any of us can do at this particular time, which maybe sounds somewhat unprofessional, but a compromise agreement was reached. This was that the police would 'shunt' the bird into the immediately adjacent Afon Lliedi. This they did successfully although concern was expressed that the stream was very fast flowing, as a result of what seemed like days of heavy and near continuous rain. And so this was the way it was left, but with the promise we would attend the following day, and assess what more needed to be done. The following day, Gary duly reported, as expected, the swan was still there but did not seem distressed by his predicament. He was holding his position in the stream, but clearly a rescue sooner rather than later was essential. Bread and poultry corn was given and accepted, but any thought of a rescue at this time had to be dismissed as much too dangerous. The fact the swan was fit and well was amply demonstrated by him attempting to take off a number of times by pattering along the water surface some 50-60 metres before running out of space. We joined Gary in Llanelli the following day when we took the first of our

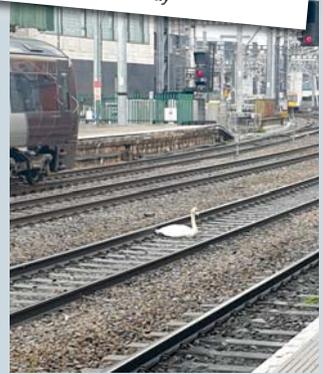


Afon Lliedi in full spate, no safe rescue possible

photographs; it was still the case the water flow in this narrow and very deep channel was far too great to contemplate a rescue. The change in the character of the stream following two further days during which there was little or no rain was dramatic, as can be seen from our second photograph. From this point on the plan was very simple; Gary was in the stream below the swan to prevent him from escaping in that direction and your reporter, was on what was now a bit of a beach ready with a swan hook as Gary moved slowly upstream. And the rest, as they say, allegedly, is history. As a brief tailpiece to this story, and before the Coronavirus shutters went up, and a few days after the Llanelli episode, we received a call from Network Rail; a swan had 'alighted' in the middle of the tracks at Cardiff Central railway station and extraordinarily had survived to tell the tale, notwithstanding the 'cats cradle' of high voltage conductors which are now a very obvious feature of the main



Conditions now favourable, rescue under way



Please direct me to the correct platform to Newport

South Wales to London line. Needless to say, it was railway staff who retrieved the shell-shocked bird, but clearly needed our help to provide rest and rehabilitation, most of which, thankfully our friends at Shepperton were willing and able to provide.

For swan and all other wildlife problems please contact Peter or Ellen on 01633 895241 or 07802 472788.



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Newport City Council

Puzzle Solutions

Sudoku

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

Crossword Solution

Across: 6 Rancid, 7 Tot, 8 Tate, 10 Leave, 12 Angel, 13 Ness, 15 One, 16 Stable.

Down: 1 Lava, 2 Acre, 3 Adult, 4 Strange, 5 Streams, 8 Treason, 9 Tangled, 11 Slash, 13 Near, 14 Salt.

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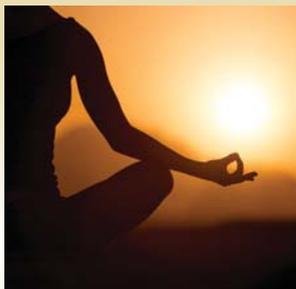
Newport U3A

**I Hope by the time this article
is published that the
Coronavirus Crisis will be
easing down and some sense
of normality has return.**

Newport University of the Third
Age is a self-help charitable
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advance the education of
retired people.

We have had to curtail our
activities this Spring and self-
isolate as many of us are in the
vulnerable category. Staying at
home was testing, wondering
how to fill the time.

However, our biggest asset is a
super abundance of talented
members, so a pop-up
magazine called Desert Island
Times was developed and sent
out to most of our 400+



members via email, to stimulate
interest and keep us
connected. Members from our
44 interest groups were very
quick to submit articles,
poems, stories, cartoons,

jokes, artwork and gentle
exercises. Also there were
lessons on how to solve cryptic
crosswords and Jazz and
Classical Music Appreciation
sessions that both had
suggested pieces to listen to
on YouTube. There was even a
meditation session to calm our
nerves.

Very soon members were
passing the magazine on to
family and friends, and it was
sent to other U3As around the
country.

You could say we became the
OPEN University of the Third
Age!

**If you are retired from full-time employment visit
u3asites.org.uk/newportsewales to see if classes have resumed,
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