

# ROGERSTONE DIRECTORY



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SEPTEMBER/  
OCTOBER 2020



SW DIRECTORIES

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I hope you enjoyed the sizzling temperatures we experienced in August. Personally, I'm looking forward to some cooler weather and to all the delights of autumn. It's my favourite time of year, the lovely crisp, dry days of September, a nip in the air and the gold, red and russet leaves on the trees.

Thank you, one again to the NHS, all the key workers and to the wonderful volunteers who have continued to keep our community going during the Covid-19 pandemic.

Please don't forget to get in touch soon if you would like to advertise your business in our November/December edition. We deliver to 26000 homes all over Newport; this is an ideal way for you to reach prospective customers and support the local community at the same time. Advertising in the Directories has proved successful for so many of our advertisers, some have been with us since the very first magazine in May 2006.

A sincere thank you to all our advertisers and everyone who supports us.

Keep safe & healthy

*Susan*

Editor: Susan Woolford | Sales & Distribution: Leslie Woolford



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### **Covid-19 Update - Crawfords Working Practice**

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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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# Rogerstone Welfare Cricket Returns

**Following a long but very necessary period without cricket because of Covid-19  
Cricket returned to The Welfare Grounds on Saturday 25th July.**

Before this only outdoor net practice was allowed between two families or less with only one net being used and with social distancing and hand sanitising. It has not been an easy task to get cricket back. Consent had to be obtained from The Senedd, the governing body ECB/Cricket Wales and finally Rogerstone Community Council. To get this approval very stringent safety precautions have had to be put in place in line with the guidelines. This includes a very comprehensive Risk Assessment covering many areas. Firstly, everyone who plays or officiates or who enters the pavilion or patio area has to sign the attendance sheet and leave contact details. These will be

discarded after 21 days. Use of the nets is via a booking system with available slots displayed and names of people booked in. 10 minutes is allowed for safe changeover. Included is a one-way system into and out of the pavilion for toilet use with a hand sanitizing station on entry and exit which is via the back door. Also, the patio area, mainly for spectator guests, has a one-way system and hand sanitizer station. 2 metre social distancing measures are in place together with many other safety rules notices. The scorers are positioned on the open air balcony with social distancing and hand sanitising. Players are only allowed into the pavilion to use the downstairs

toilet facilities. There are no showers, changing rooms or upstairs toilets in use. There are no teas as in a normal match. Players are asked to provide their own food or grab something to eat from The Hut Cafe. Both teams will come ready dressed. Copious amounts of hand sanitizer and PPE have been provided by the ECB via the NAT WEST CRICKET FORCE scheme for which we are indebted. On the field of play the umpires are not allowed to touch the ball or take care of any fielder's cap or sweater. All players must hand sanitise every six overs and when fielding the fielder must return the ball directly to the bowler. On the boundary we

*First game underway*



*Practice facilities with social distancing signs.*



have added signs to the boundary markers warning spectators not to touch the ball and to keep 2 metres from the boundary. This has been helped by the Council staff ensuring that the boundary is marked a good 2 metres from the park benches. Batsmen have extra wide social distancing markers to ensure social distance from umpires when running. With respect to refreshment drinks, these are served from the kitchen window to customers who are socially distanced



*Public warning signs*



outside on the patio. Drinks are only served in disposable containers. We would like to thank Cricket Wales for all their work behind the scenes supporting the club and many others and their negotiations with The Senedd. We would also like to thank the Community Council for their understanding and specifically Steve Davies and his ground staff for their continued support. Lastly, we would like to thank our Covid-19 Safeguarding Champion Jon Matthews and his team for the hard work put in to make our club safe. After all this hard work and waiting it is refreshing that we have the game up and running again at both senior and youth

levels. Unfortunately, because of the timing and the Covid-19 outbreak we have had to cancel our All Stars program. It is also very pleasing that after a long break, players are very enthusiastic and membership levels have soared to new levels.



**Derek Picken - Support Welfare Officer.**



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LISA PRYCE-JONES

HYPNOTHERAPY & HEALING

NEWPORT

## How would you like to improve your life to make you happier?

**T**he pandemic has been a challenging time for most people for a variety of reasons. As the world starts to get back to the new normal it is important for us to reflect and take steps towards achieving the life that we want. We need to apply self-care first in order that we can help others and also contribute towards improving the world around us.

Whatever your goals (e.g. reduce anxiety/stress, increase confidence, lose weight, overcome phobias, stop smoking, sleep better, deal with grief) Lisa would be delighted to help you.

Lisa is a Hypnotherapist, Energy Healer (Master Reiki Practitioner & Teacher, Spiritual Healer, Crystal Healer) and Counsellor. Hypnotherapy is a very effective way of enabling us to offload emotional issues that detrimentally impacts upon us, reduces pain, stops unwanted habits and helps us to move towards achieving our goals more easily. Healing helps by activating the immune system and balancing the energy body

which in turn has a positive effect upon the physical body.

By working with clients on a sub-conscious (hypnotherapy), conscious (counselling) and spiritual (healing) level at the same time clients are able to make much quicker progress.

Effective Covid safeguarding measures are in place within Lisa's spacious clinic which includes the therapist and client being 2 metres apart and deep cleaning taking place in between each client.

So why not call Lisa to find out how Hypnotherapy and Healing could help you. You will be assured of a warm welcome, have plenty of time to discuss your issues and have a therapy plan made to meet your personal needs.

**Lisa is also delighted to share that she will also be offering Reiki Healing and Hypnotherapy courses. To find out more either contact Lisa or visit her website for further information.**



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# Lockdown highlights littering illiteracy

**W**hen I started to consider my theme for this month's topic I had just come in from our monthly litter pick on Twmbarlwm. I thought I can't go banging on about rubbish and littering on our mountain again – can I? But then I realised that I haven't written about this disgusting habit for quite a while so I'm afraid the answer is a resounding "Yes" – indeed I really need to highlight this problem.

As part of the coronavirus restrictions the government allowed and encouraged people to maintain their fitness with at least a daily walk. So more people than ever seemed to be getting up to Twmbarlwm for their daily fitness routine. That's great but I was amazed that so many people seem to think it's okay to casually leave their empty bottles and energy-bar wrappers scattered about the countryside. I often gather a bag of such rubbish on my walks around the mountainside.

The nature of this litter suggests to me it's dumped by people who are out exercising – runners, cyclists etc. – surely if you take that stuff up the mountain with you, it's not too much effort to bring the empties back down with you?

Those of you who are briefly passing through our landscape scattering your dross to the four winds should go back to class to revise the country code and learn to leave only footprints – and make sure your friends get the message too.

Another bone of contention during lockdown was the fact that the council had closed down most civic waste disposal facilities. Many people argue that this policy led to an increase in fly-tipping in many areas around the borough. I'm not going to speculate on the veracity of that argument because in my opinion there can be no excuse for the crime of fly-tipping.

To load a car or van with household detritus and drive miles out into the countryside with the intention of dumping it in a hedgerow or on a quiet mountainside is an act so premeditated and anti-

*Our first litter pick in six months (below) was done with social distancing in mind, nearly a dozen volunteers turned up and collected about twenty bags of rubbish*



social it should be severely punished.

To teach such perpetrators the error of their ways we should all be more vigilant and report any incidents of fly-tipping. If you see it in progress or have proof of the culprits, you can report it to the police using their 101 service, you can do so anonymously if you don't want to get involved.

Don't forget, if you arrange to have rubbish collected professionally, it is your responsibility to ensure it is a properly licensed service – if a fly-tip is traced back to you, you are liable to be prosecuted and fined as much as the offender. I can assure you that the authorities do try to trace the origin of the offenders and successful prosecutions are on the rise.

CTS did not arrange any "official" litter picks during the lockdown period but I am very grateful to a few members who went and did a clean-up on the mountain of their own volition.

At the end of July we had our first litter-pick since January. Nearly a dozen willing volunteers turned up and we collected twenty bags of rubbish and cleaned up a couple of burnt out mattresses. The following day, CCBC collected what we had gathered. We are always grateful when the council supports us so well in our efforts to keep our mountain and environs tidy for everyone to enjoy.

Maybe the most challenging lesson needs to go out to that group of young people who gather, like teenagers have always done, to have a bit of fun and have a sneaky drink or whatever. I know you don't think it's cool, but go on, take your fast food wrappers and unmentionable trash home with you – and behave like the little angels all your parents think you are.

I dare you, get "Keep Wales Tidy" trending – or better still, join us for a litter-pick.

*Terry Evans, Chairman, Cymdeithas Twmbarlwm Society*



**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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# SCHNAUZERFEST

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Inspired by her dog Susie-Belle in 2014  
Janetta Harvey published her first book to raise  
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started Schnauzerfest to  
raise money for rescued dogs.



## How can you help?

### What is Schnauzerfest?

Schnauzerfest is all about walks  
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[www.schnauzerfest.org](http://www.schnauzerfest.org)

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### Books supporting Schnauzerfest

Janetta Harvey donates all her book royalties to Schnauzerfest.

Her books are:

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with Annabel Wilson

**Saving Maya**

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**Did Somebody Say Walk?**





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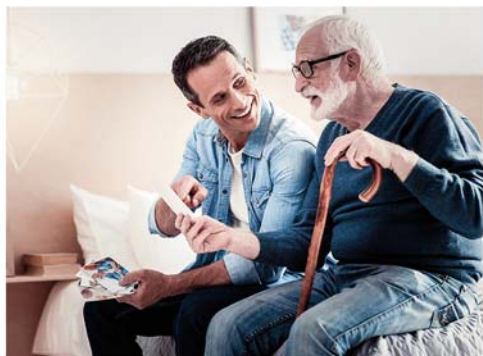
# MAKE A WILL

Making a Will is important. It means you can be prepared for whatever the future holds, making the process much easier for those you leave behind.

## How to write a Will?

Trying to make your own Will without legal advice could lead to mistakes. Instructing a solicitor removes many of the risks, providing you with the reassurance that your Will is valid.

Within your Will, you should include executors for the Will and beneficiaries who inherit your estate. If you have children under 18, then you will need to name a guardian for your children.



## What is Lasting Power of Attorney (LPA)?

It is also important to appoint a Lasting Power of Attorney. A LPA is a legal document which allows you to appoint someone (known as your Attorney) to make decisions for you if you lose capacity in the future.

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# As the Restrictions Ease the Local Housing Market Booms

**We have seen a spectacular increase in the number of instructions received to market houses of all sizes in the area since the Welsh Government eased the lockdown restrictions.**

Sellers have spent the lockdown period preparing their houses for sale and our team have been out providing free valuations and advice to those of you who want to move.

When you travel around Rogerstone you might well have noticed our For Sale boards as this area has been particularly active.

## **Houses in Rogerstone are In Demand**

Houses in this area are selling quickly. Demand for properties here has increased and we are receiving enquiries from both local buyers and those from further afield who are actively looking to move.

## **Is It Safe to Put Your House on the Market?**

We would like to reassure you that we are following all the advice provided by the Welsh Government regarding putting your house on the market. Our team will happily explain to you what is required by all parties and we also inform viewers what is expected from them. This information can frequently change and when it does, we will let you know.

## **Changes to Welsh Land Transaction Tax**

The Welsh Government announced that the Land Transaction Tax (LTT) would change, bringing the rate payable for properties valued at between £180,000 and £250,000 to zero. The changes will come into play on 27 July 2020 and will run up until 31 March 2021.

Properties in Wales selling for under £180,000 were already exempt of paying the tax, so essentially the Government has extended the threshold up to £250,000. The change will not include second homes or buy-to-let properties, which will continue to pay the existing LTT as well as 3% of additional tax.

## **Free Valuation with Our Local Housing Market Experts**

If you are thinking about selling your house, please get in touch with John Newell and his team who will be happy to arrange an appointment and provide you with a free valuation based on not only the condition of your house but also the local market. We will only provide realistic valuations; we do not over inflate prices.

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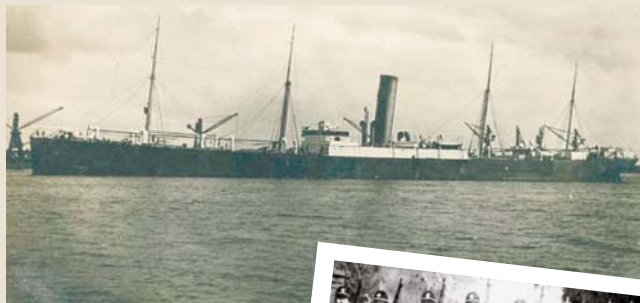
# The First Prize of War

by Paul Minton

As countries across the world implement lockdown strategies to stem the tide of the coronavirus, many people have taken the opportunity to reconnect with family and acquaintances. I am no exception and have been exchanging stories (and cute animal videos) with an old friend from Hamburg. Curiously, there is one major tale from history that links our two cities, that of the *SS Belgia*.

The steamship was originally called the *Irak* and was constructed in Belfast in 1901. It operated out of Liverpool for over decade until it was acquired by the Hamburg America Line in 1913, when it was renamed the *Belgia*. In August the following year, the vessel was travelling from Boston, Massachusetts to Hamburg with a cargo that included flour, timber, and copper as well as animals bound for Hamburg Zoo. These consisted of various exotic birds, chameleons, bullfrogs, rattlesnakes, racoons, and even two live alligators. On 3 August, the Captain learnt that war had broken out between France and Germany and he was reportedly concerned that his ship might be captured by the French Navy as it passed through the English Channel. Claiming that its reserves of coal were running low, the *Belgia* headed towards the Bristol Channel but was refused entry to both Barry Dock and Cardiff Pier Head. As it approached Newport, the last of the Welsh seaports, it was instructed to set anchor and wait for a pilot to navigate the ship into the newly opened Alexandra Dock.

Some five hours later, however,



events had caught up with the ship as Britain and Germany declared war. In less than two hours, the Chief Constable and the Dockmaster took a tugboat called *Wolfhound* and concealed a team of twelve policemen below deck. The men were armed with rifles borrowed from the Territorial Army, although these were reputedly devoid of ammunition. The *Belgia* was then berthed successfully with the Captain's cooperation, whereupon the policemen emerged from their hiding place and captured the liner along with its 20 crew, 75 reservists, and floating menagerie. The Germans, who offered no resistance, are thought to have become the first prisoners of the entire conflict. They were taken to the Temperance Hall in Dock Street before being transported to the Isle of Man, where they were interned for the duration of the war. Meanwhile, the ship's cargo was sold in auction at the Waterloo Hotel and the alligators and reptiles are said to have been displayed at Abergavenny Fair. The incident made the global news, including an announcement in the New York Times.

The Hamburg America Line protested at the loss of the *Belgia*, arguing that it



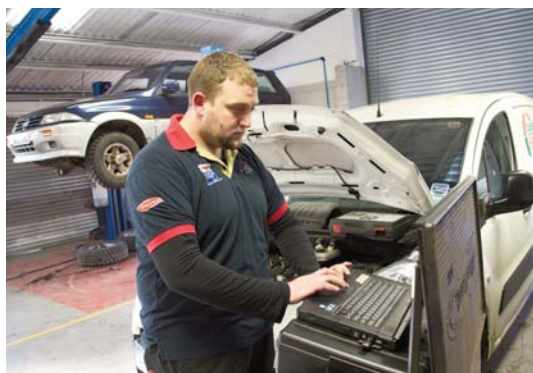
breached the Hague Convention that protected ships against seizure if moored at an enemy port during the outbreak of war. However, a British Court ruled that the vessel was not docked at Newport when hostilities were declared and as such, the confiscation was lawful.

As a prize of war, the *Belgia* soon found itself swelling the ranks of the Merchant Navy under the new moniker, *Huntstrick*. At the time, it was customary to rechristen seized ships with names that bore the anti-German prefix, *Hun-*. In June 1917, the steamer was tasked with delivering troops and provisions to Salonika in Greece but it was sunk by U-39, captained by Walter Forstmann, one of Germany's foremost U-boat commanders. Fifteen lives were claimed in the attack off the coast of Morocco, including *Huntstrick's* Master, Robert Duncanson. Ironically, he lived in Clyffard Crescent, just a short walk from where his ship had been captured in Newport less than three years before.



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education of retired people.  
We have had to curtail our  
activities since the  
Coronavirus Lock Down as  
many of our members are in  
the vulnerable category.

When the Aneurin Bevan  
Scrubbers was initiated in  
response to the COVID-19  
outbreak our Welfare Officer and  
Chairman's daughter, Lisa,  
became a coordinator for  
Newport and Caerleon and  
recruited over 30 of our  
members, many from the Craft  
Group, to help create and  
supply scrubs to the NHS  
(hospitals and surgeries) and  
other care providers. Scrubs are  
usually worn by medics but are



Our member,  
Gwyneth McGuinness,  
with some of the  
scrubs she has  
made.

now used as personal protective  
equipment to prevent the  
spread of the virus. All fabric  
offerings were supplied by  
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clean bedding such as Peppa

Pig and Superman duvet  
covers! In all, they  
made well over  
2,000 pieces of  
PPE at the time  
when it was needed  
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members and to put  
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We also have a monthly Branch meeting on the last Wednesday of each month at the Stow Park Community Centre, Brynhyfryd Road, Newport NP20 4FX  
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Cwmbran group contact - Mrs Val Carnegie  
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# Post Lockdown

**What to write I ask myself? Obviously the W.I. have not met since the beginning of March so there is no news of our meetings. We, the committee as mentioned in my last article do Zoom on Tuesday evenings and we actually had our first ever meeting al fresco, in a member's garden. What a revelation!! Certainly, the garden was a glorious sight, a riotous plethora of colour, that in itself was a lovely experience, particularly for those of us who have rather shrubby gardens but wonderful as well was to see, in the flesh the other members, everyone turned up and observed social distancing appropriately.**

I think, I, like many people take some of the minutiae in life for granted and talking face to face with others has certainly been one thing I'd not given much thought to until recently and what a different experience the garden meeting was compared to a computer screen. I'm not knocking virtual meetings they served and are still serving us well and the bonus is the weather is immaterial.

I'm not quite sure why it is so much easier to hold a conversation, in person face to face, after all we are face to face on a screen, but it is. We waited politely for each member to say their piece, and commented constructively, we do aim to do this on screen but it is different, and thoroughly enjoyed a productive meeting. Of course,



there wasn't a huge trough of items on the agenda, it's difficult to plan when there is at the moment no sign of us being able to meet but we did think perhaps we could have 'a picnic in the park' in September. We will be able to finalise any details of this in our next outdoor meeting towards the end of August when hopefully lockdown measures might be further relaxed. Something, I feel, that would make life much easier for large groups like ours would be to make social distancing a metre plus.

As lockdown measures do ease and we are able to go out and about more, I have seen some extraordinary sights, a trip to Barry Island would have left most people thinking there was no pandemic at all, social distancing was a joke and unless I am much mistaken large groups of teenagers still cannot meet in close proximity. I must say I had

some sympathy, they were no problem and who wouldn't want to meet mates on a warm summer's day. On the other hand, I have experienced situations where the professional seeing me is gowned, masked and visored and I have not been allowed to step over their thresholds until my temperature has been taken and my mask donned.

A final personal thought, no doubt we will be told, when and if the powers that be decide whether we have to wear masks in public but I do hope it's left as a choice, how I struggle with that face covering, suddenly I can't breathe, my glasses are all steamed up and I can't hear anything anyone else is saying. I know this is pathetic but it's what happens. Obviously if it becomes mandatory, I shall have to grin and bear it or perhaps invest in a state-of-the-art mask, we have the cheap ones, or perhaps one rainy day settle down with some glorious fabric and construct something comfortable!

Stay safe and well readers and hopefully we will see each other soon.

Liz James

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# Gwerinwyr Gwent Diary



## Well, what a year!

We have not danced since March and at the time of writing there is no prospect of even starting back to practice. It is such a shame that so many festivals and fund-raising events have had to be cancelled. We had some lovely bookings lined up such as the Tredegar House and Chippenham folk festivals in May, Abergavenny arts festival in June and Stroud folk weekend in September.

Then there was Crickfest and Magor Marsh open day, both in July, plus a fund-raising school ceilidh in Cefn Hengoed, Panteg Ladies Probus and Devauden WI.

The rescheduled NGS open garden day at Llanover was going ahead on the 2nd August, but with reduced numbers by timed ticket and no refreshments, plant sales or, of course, traditional Welsh dancing. The amount of money raised for charity this year will be a fraction of previous years, but at least some gardens have

been able to open since lockdown eased. Whoever came up with the idea, it is a wonderful way to raise money.

Members of our group live as far apart as Bridgend in the west to Hereford in the east, and we have kept in touch by fortnightly Zoom meeting and quizzes, but it will be so good to get back together and dance. As always we are hoping to encourage some new people to join us. We have a couple of young members, but most of us are around retirement age and we worry that the group will not be able to keep going. It will be a tragedy if a part of traditional Welsh culture is lost from this area of Wales. At present there are also groups in Pontypool and Blaenavon but we are all



suffering from the same problem with recruitment, and fewer schools are including Welsh dancing in their curriculum, even with the encouragement of the Welsh government.

Welsh folk dance steps are few and quite easy, it is mainly the pattern of the dances that has to be learnt. It is a sociable way of keeping fit, so please think about giving it a try and don't let the costume put you off, you soon get used to wearing it. We would also love to recruit some extra musicians to join our band.

**Gwerinwyr Gwent is always seeking new members, and beginners or experienced dancers/musicians are very welcome. Practice night is (will be) Thursday 8-10pm at the Graig Community Hall (opposite the Ruperra PH).**

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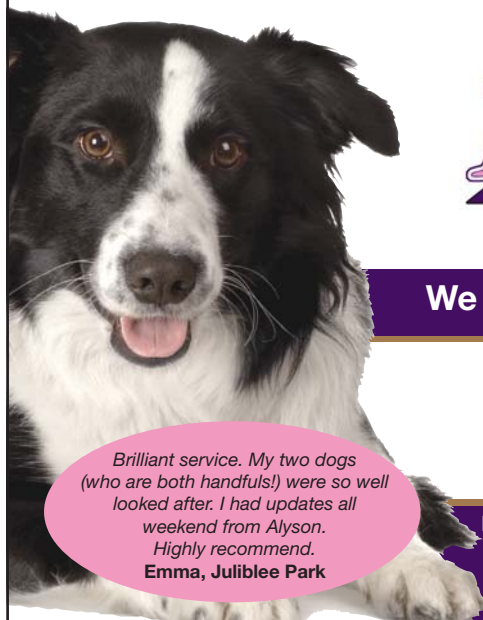


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# THE MYSTERY OF THE MEMORIAL PLAQUE DISCOVERED IN RHIWDERIN (PART 2)

I will open this part of the article with a photograph of Eveswell Street as it was before W.W. 2. It is likely that many of the people standing pictured in the group may have died during the bombing incident, perhaps even Albert Garland was amongst this group.

The Memorial Plaque for A. Garland is engraved from Fellow Workers Npt. Corporation, Red & White Services, Barlows Furnishers, Richards

Caterers, & Friends  
Rodney Road.

We can presume that all the people mentioned in the plaque must have worked with and known Albert

Garland. They possibly collected money and contributed to and paid for the Memorial Plaque. The first question is – Where was it intended to be attached by means of the four corner holes? Suggestions that have been made to me include that the plaque could possibly be screwed to a coffin containing the unidentified remains of the bomb victims, or secured to a wall in Albert's local school or church.

The second question has to be why was it that the Plaque ended up in this cottage garage in Rhiwderin? Maybe a previous owner of the cottage was a relative or friend or fellow worker of Albert Garland and for some particular reason had retained possession of the Plaque.

An informative local history book *The History of Newport Borough* by Hadyn Davis mentions that Albert Garland was the Bandmaster for the Newport Sea Cadet Corps.

Pre-war Eveswell Street



Coincidentally, another bomb victim, Mr. Alfred Searle of Gaerwood House, is also mentioned in the same book, as the founder and

commanding officer of the same unit for 41 years.

Perhaps the plaque could have been intended to be mounted and displayed on the wall of the Sea Cadet's

headquarters? Then for some reason this did not happen and one of the people involved retained it and took it to Rhiwderin, where it remained.

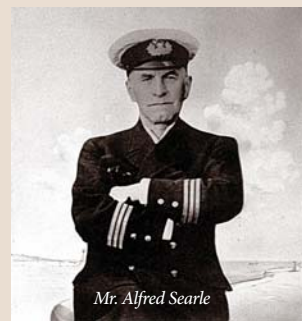
There are also similar sized memorial plaques mounted in St. John's Parish Church, Maindee. This may have been Albert Garland's local place of worship.

I have attempted to contact the Sea Cadets to see if they held any information about their former Bandmaster Albert Garland, leaving messages on their answer phone and sending them emails. The only response was an acknowledgement of my emails saying that they would get back in touch later, but I have not had any further message.

As a matter of interest I have discovered that Sea Cadets Corps was developed locally from the Maindee Church Lad's Naval Brigade.

I also searched in a recent telephone

directory for local residents with a Garland surname, to see if any of them were related to the Maindee Garland family. I did speak to about six local residents named Garland including one with a Conway Road address (situated close to Eveswell Street), but none were related to the Eveswell Street Garlands.



Mr. Alfred Searle

I have also arranged with contacts in the Newport Reference Library to try and identify the names of people living at Deri Cottage, Caerphilly Close, Rhiwderin during the relevant period. I was hoping to discover a possible connection to the Maindee Garland family. Unfortunately, none of my attempts to discover any further information about the plaque or Mr. Garland have been successful. Basically there are two unanswered questions, where was this plaque intended to be mounted on display? And why did it end up in Rhiwderin? I have, therefore, decided to conclude my investigations and throw the search open to the readers of this Directory. I request that anyone, with any suggestions to contact the editors of the Directory with any relevant information or suggestions.





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# New normal / new you!

**So here we are, finding ourselves saying 'the new normal'. Who would have thought it, still stuck in a routine or no routine, kids back to school or not back to school, back to work or staying at home. How do we get back on track to look after ourselves?**

As a health professional it has been challenging to motivate clients to look after themselves, our own health is the first thing to suffer if stress levels are high and routines are changeable. Excuses creep in and exercise and good nutrition takes a back seat. Where do you gain focus from and what simple steps can you take, to start prioritising YOU?

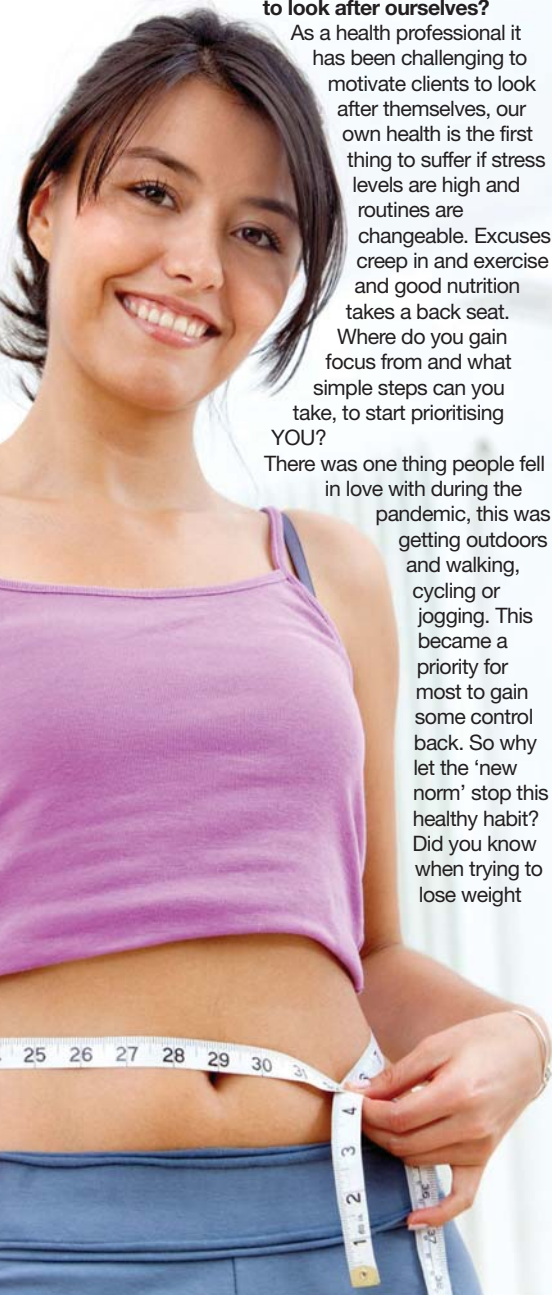
There was one thing people fell in love with during the pandemic, this was getting outdoors and walking, cycling or jogging. This became a priority for most to gain some control back. So why let the 'new norm' stop this healthy habit? Did you know when trying to lose weight

and shift stubborn body fat, by increasing your daily exercise-related activity thermogenesis (EAT) contributes up to 30% of your daily calorie expenditure and yet your gym or class session only contributes to 10%. So, yes getting your 10,000 steps in a day holds greater value for you on your journey than you ever thought, when trying to lose weight.

The other great shift, was having time to cook. Whilst some decisions were questionable, people fell in love with cooking again. Did you know by tracking calories through free apps, like Myfitnesspal, leads to a more mindful approach to how you fuel your body? Enabling you to make better food choices, better education and relationships around good nutrition. Government guidelines suggest 2500kcal a day for men and 2000kcal for women, when actually if we move very little this could be adjusted by about 500 kcal per gender, allowing only 2000kcal for men and 1500kcal for women. Once you start tracking you become so much more aware of the calorie total and how making healthier swaps leads to a better fuelled body and overall weight loss.

Clients I have helped to take back control, track calories to start their journey, becoming more aware of their nutritional habits, achieve 10,000 steps a day, drink at least two litres of water a day and find ways to add vegetables to their diet. No juices, portion control fads, no limited macros, no fad diets. Just mindful eating, stepping and better food choices.

The one piece of advice I would give you, is try not to do it all at once... it takes 21 days to form a habit. Pick one and do it well, rather than five and do them mediocre. Be accountable, weight loss is a journey, not easy, not linear but one with highs and lows, that is evaluated regularly. If you would like advice on where to start please get in touch. The journey does not need to be hard and difficult, with support you just simply need to start.



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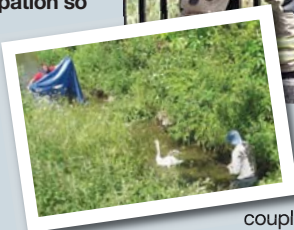
## What Did You Do in the Lock-down Daddy?

To coin a phrase! The simple honest answer is that we carried on pretty well as normal. Apart from April, which was eerily quiet and uneventful, we were on the road only ten times, calls for our services continued more or less unabated. It is worth noting swan rescue activity is very largely a solitary occupation so that social distancing is really not a problem.

The following statistics (below table) comparing the period March to July (up to 27th for 2020), are presented in support of this statement.

The most striking feature of our journeys until just over a week ago is how little traffic there was and in particular how incredibly easy it was to exit High Cross onto the main road. But now it is at least as bad as ever and manners of some drivers appear to us to be plummeting to new lows.

As might be expected we have a



wide selection from which to choose a couple of rescues

worthy of mention, but the two we will touch on both owe the eventual success to the sterling efforts of crews from the Fire and Rescue stations in Yate (South Gloucestershire) and Cwmbran. In the first case, our victim was a 'yearling' which had been driven away from his natal home by his parents, normal behaviour as the start of the next breeding season approaches and found himself

trapped in the deep narrow stream bed cut for the River Frome close to Yate town centre. Our picture shows the final act, made possible by the Fire Officer driving the swan towards me leading to capture and relocation to a sanctuary in the West Midlands.

The second required the help of a team of really fit guys to assist in the capture of the third (of seven) cygnets on the canal in Old Cwmbran, all of which had fallen victim to lost or carelessly discarded fishing tackle and all of which needed to be hospitalised. Our picture shows the final moments after the cygnet had been netted, just before taking charge of him for investigation, care and treatment.

Our involvement with 'tackled' swans continues unabated; sadly, nothing has changed in almost 40 years!

Sincere heartfelt thanks to Red/Green and White Watch respectively for making both these rescues possible in the most efficient and timely way possible.

*Text: Peter. Photos: Ellen and Stephen Pocock.*

	2019	2020
Calls received	111	100
Number (%) days Swan Rescue services needed	93 (61%)	84 (56%)
Total mileage	11841	9927
Number of trips of greater than 100 miles	44	36
Most frequent reasons:		
Fishing tackle	28	22
Territorial dispute	17	17
False alarm	17	21

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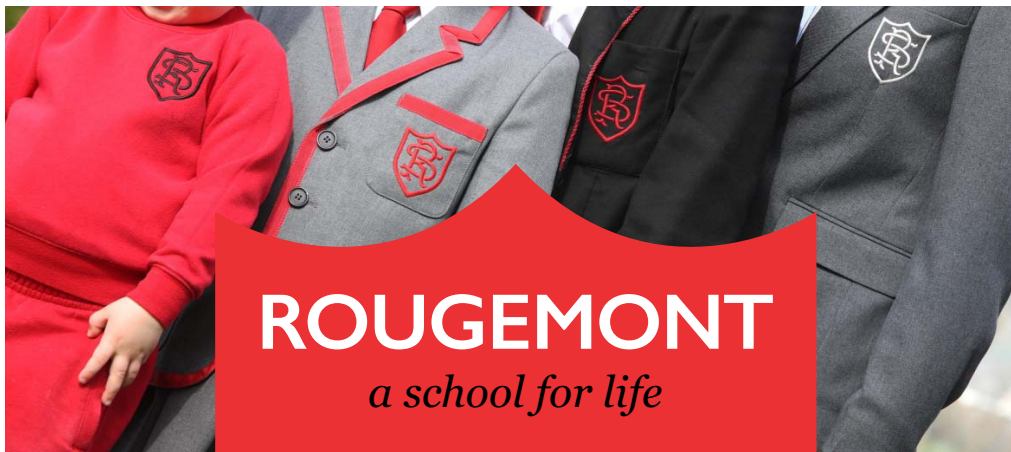
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# V L Roberts of Rogerstone

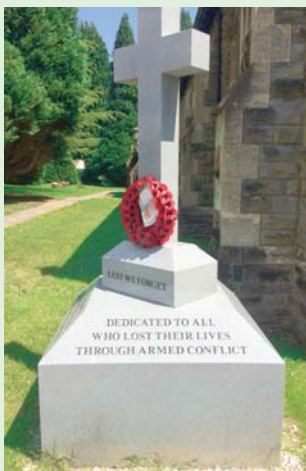
By Andrew Hemmings

**The lock down and coronavirus restrictions in the spring of 2020 brought about many changes in lifestyles. As I could no longer travel in Britain and Europe, I resolved to walk five miles each day in and around Rogerstone. On one occasion driven by impulse and intuition, I took a detour through the churchyard of St John's in the centre of the village. For the first time, I noticed a Commonwealth War Graves Commission (CWGC) headstone from the Second World War. I noted the following key details: –**

*V L Roberts Volunteer 13th Gloucestershire Bn Home Guard, died 25th September 1940, Age 23. Beloved Husband of Elsie and Loving Son of William and Gertrude Roberts of Rogerstone.*

The grave is in the north west corner of the churchyard in the shelter of trees close to the path, the entrance gate and the more recent memorial to all those who lost their lives through armed conflict.

My first clue came from Shaun McGuire's excellent website Newport's War Dead and from CWGC records. The 13th Gloucestershire Battalion was designated *City of Bristol Home Guard*. I deduced that Vivian Lawrence Roberts was based in Bristol in 1940 and would have probably joined the Home Guard when it came into being in June of that year. The Commonwealth War Graves Commission confirmed that Volunteer was the correct designation as the Home Guard was formed without formal Army ranks. These in the



style of *Dad's Army* were not adopted until 1941. The Commission added that there are 395 such headstones in the United Kingdom.

At that point in my research I felt it unlikely that V L Roberts had died as a result of enemy action. As it turned out I could not have been more wrong. Firstly though, thanks to the help from family historian, David Swidenbank I learnt more about

Vivian himself. He married Elsie Mary Cashmore in the spring of 1939; they were living at Elsian 694 Filton Avenue, Filton, Bristol; Vivian was employed as an Aircraft Tool room Miller, a reserved occupation, at the nearby Bristol Aeroplane Company. More dramatically, I found precise details of the time and manner of his death on Wednesday 25th September 1940. Jane Marley, Museums and Heritage Officer at South Gloucestershire Council helpfully sent me digital copies of newspaper cuttings and eyewitness accounts of that fateful Wednesday afternoon.

The aircraft factory and aerodrome at Filton, a suburb of Bristol, became a major target for the Luftwaffe, Nazi Germany's Air Force, one day in 1940 when without warning some 80 German aircraft descended from a clear mid-day sky just as workers were departing for their lunch break. Although the raid only lasted for 45 seconds, substantial damage was caused to the Rodney Road Works, the Flight Sheds and to eight precious production aircraft. In total, the raid claimed the lives of 132 people throughout the area including 92 'Bristol aircraft' workers. There can be no doubt that Vivian Lawrence became a casualty as the direct result of enemy action. He is commemorated on the war memorial inside St Peter's Church, Filton. His heroism and sacrifice deserve to be remembered in Rogerstone and Filton alike, especially by marking the 80th anniversary of his death on 25th September 2020.

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