ALLT-YR-YN

DIRECTORY

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JANUARY/
FEBRUARY 2022

SW DIRECTORIES

WELCOME!

It's always good to try new things and aspire to improve our lives, whether it's losing the extra pounds we put on over the festive season, attempting to become fitter, volunteering or helping a local charity, starting a new hobby or even starting a business. Trying something new and having different experiences often makes us feel focused and happier in life.

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We wish you a Happy New Year.

Best wishes

Susan x

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The Tragedy of Liverpool Jack

by Paul Minton

There are a multitude of true crime podcasts to listen to these days and the concept has even infiltrated TV series, such as 'Only Murders in the Building' starring Steve Martin and Sting (who was ironically in The Police). Whilst podcasts might not have been around a century ago, there was still plenty of crime reported in newspapers for the morbidly curious to get their teeth into and no shortage of violence and mayhem in Newport. Frequently, the perpetrators of such heinous deeds were quickly identified and so it seemed in the case of *Liverpool Jack.*

GEORGE JONES (Prisoner).

John Smith, otherwise known as *Liverpool Jack*, lodged in Dolphin Street and was employed as a signalman at Alexandra Docks. He acquired the nickname having formerly worked on the Liverpool and Manchester Ship Canal and had lost a leg in an accident some years prior, wearing a cork prosthetic in its stead. Aged 44 at the time of his death, his corpse was discovered outside his work hut at around 5.30am on 20 March 1909. Policemen visiting the site discovered a trail of blood leading from the body to his cabin. There being no signs of a struggle, it was surmised he had been resting inside on a bench before being bludgeoned. The pathologist believed the first blow to his head would have rendered him wholly unconsciousness and the victim may have rolled off the seat and onto the floor where the attack continued. Smith had probably managed to rouse himself sufficiently after the assault to exit the cabin, before succumbing to his injuries. A small iron poker retrieved from the hut was considered the likely murder weapon.

The last person to see the deceased alive was actually a police constable the previous night when Smith filed a complaint against a certain George Jones. Jones was a 39-year-old rope runner or guard working at the dock's temporary railway. The two men had known each other for fourteen years but their friendship had soured in the preceding months. On the day before the murder, the pair had quarrelled, with Jones stating that Smith had raised his stick to strike him and that he had responded by knocking the older man to the ground. Jones was reported to have said, "If you had two legs, I would kill you. Jack, you have been talking about me all over the dock. I will follow you wherever you go and kill you."

As the only suspect, Jones was taken into custody and was eventually brought before Newport Magistrates to decide whether he should stand trial for murder. Despite the earlier assault and ill-timed threat, there seemed no evidence to tie Jones to the crime scene. Two buttons recovered from the cabin did not match any owned by the defendant and analysis of his clothing and boots detected no blood. Indeed, after his altercation with Smith, Jones had worked his nightshift as usual, which was corroborated by his colleagues. The driver of the train on which Jones was a guard stated it was impossible for him to have gone to Smith's cabin unnoticed between 1.15am and 5.40am. Another driver reported seeing no sign of the deceased as he passed the hut repeatedly during the night, although he spotted a man, that was neither Smith nor Jones, in the doorway shortly before midnight.

The Justices agreed there was insufficient evidence for further action against the prisoner and a jubilant Jones was released. "I feel all right," he told a waiting reporter, "But should not like to go through it again." And he never did, although neither did anyone else: the crime remains unsolved to this day.

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New Year 'Investment' Resolutions

Navigating the choices planning for the future brings.

Like millions of Britons, you've probably made some New Year's resolutions. Now you need to figure out how to make them become a reality. Having a personal lifestyle financial plan in place early will make it easier to manage your money further down the line.

With so many savings and investments options out there, you might feel confused about what's the right choice for you. That's where we step in to help. It's never too early to start to plan. The sooner you work out your goals and start following a plan to achieve them, the more likely you are to succeed.

A personal lifestyle financial plan is now more important than ever. In these difficult economic times, people need to be aware of how to better manage their money and generate new sources of income in order to survive and thrive in today's world.

A solid personal financial plan will keep your finances on track while allowing you the freedom to have fun, spend time with your family and save for future endeavours or emergencies that may come up.

To create a strong personal lifestyle financial plan that works for you, it's a good idea to first take some time and ask yourself questions about why you want this kind of plan, what exactly it would entail, what its benefits are to you, what you hope to get from it in the future, and what steps you can take to make it happen.

Asking yourself these questions is a good first step towards creating a lifestyle financial plan that will work for years. By taking the time to find out exactly what your goals are, you'll be better able to move towards them – and keep moving even when life gets in the way of achieving them.

This knowledge can help you get on track more quickly after a setback or help you stay the course when times get tough. A solid personal financial plan starts with asking these key questions of yourself before going any further.

IN SUMMARY

Whatever your plans, the right advice could help bring them to life.

Your personal lifestyle financial plan should shift your focus from the goal to the journey. With a full understanding of your vision, circumstances, and priorities, we will provide you with bespoke professional advice to effectively create your successful lifestyle plan, enabling you to achieve your financial and lifestyle goals, and together develop a strategy to make these become a reality.

Five reasons why you should talk to us about your personal lifestyle plan:

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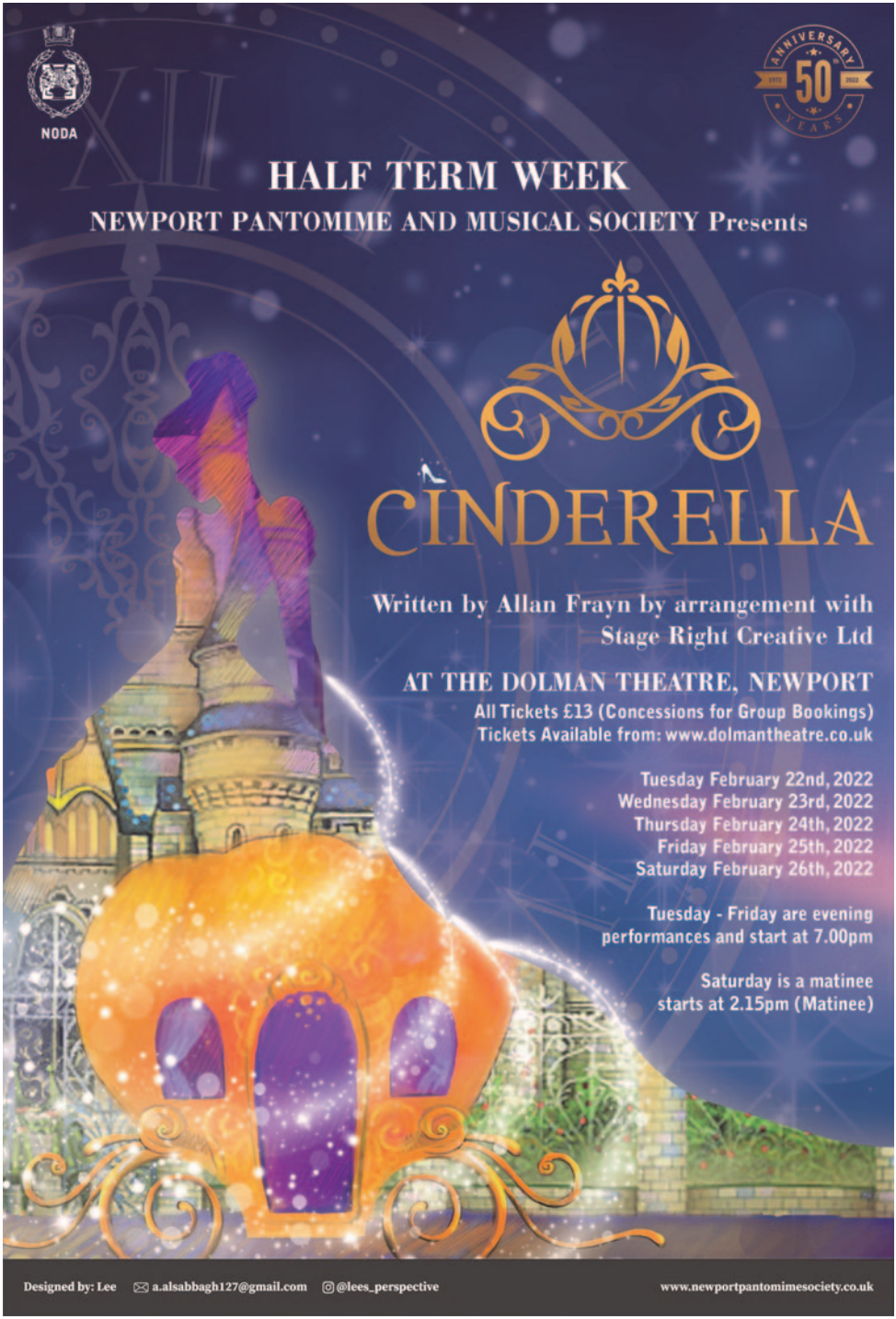
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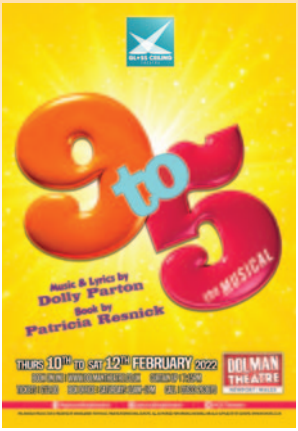

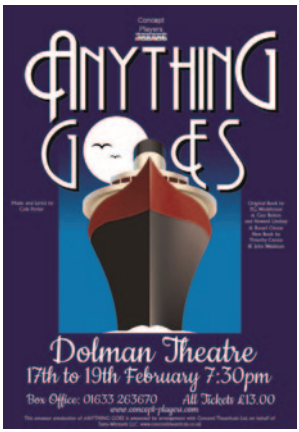

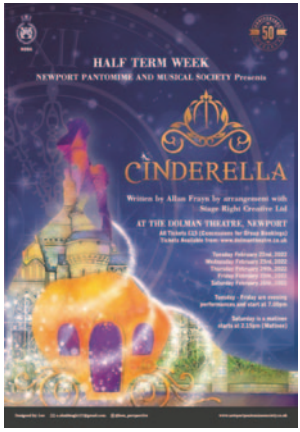

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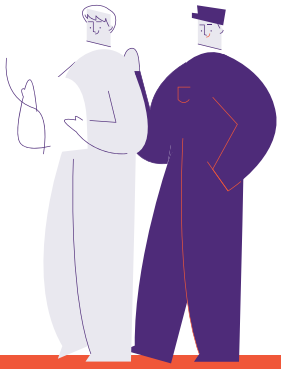

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Ongoing Goings-On On Twmbarlwm

The Twmbarlwm Society recently held its AGM, the first in two years due to Covid restrictions. It was great for the Trustees to be able to meet face to face for a change. However, despite social distancing measures we managed to keep our projects ticking over throughout lockdown with online Zoom meetings and email, as I hope my report to the AGM and the following summary shows.

The main projects that involved CTS were well underway when the pandemic restrictions first hit and I have written about them many times before on these pages and online.

First of all, the much vaunted archaeological investigation had started in the summer of 2019 and was due to continue in the spring of 2020 – however, the first lockdown came in March and all plans were put on hold. It was not until June 2021 that the Geophys team were allowed back on site.

The results of the geophys survey pin-pointed where we should dig and so August was earmarked for the actual dig.

A daily blog of the dig is available on our website but, in brief, with a small army of volunteers we and the archaeological contractors opened three trenches over a three week period – and although no major discoveries were made, the Twmp has piqued the interest of the archaeologists enough to return for more research next year.

Just in the past couple of months if you ventured upon Twmbarlwm you will have seen a few changes – the result of another scheme in which the society has played a major part. There's a lovely new dry-stone wall on the eastern side of the Twmp creating an impressive entrance to the monument off the ridgeway. Much of the stock fencing is new, the pond above the car park has been cleared and the eroded slope has been graded. This is work that has been in the pipeline for several years as part of the joint Caerphilly and Torfaen councils' *Adventure Triangle* project.

Next we must mention the re-opening of the *Cwmcarn Forest Drive* – it's not entirely a CTS project but many of us helped our sister society the *Friends of Cwmcarn Forest Drive* who were very influential in ensuring the Drive re-opened with its wonderful facilities being accessible to all visitors – young and old.

Finally – the two year hiatus did not put a stop to our monthly litter picks, although we had to cancel some early in the lockdown, but our willing band of volunteers were always able to get the job done following the strict guidelines.

So you see we are not a society who stand by and let others do the work – we like to make things happen – but in order to keep on doing that we need your support – please consider joining us and help us continue making a difference.

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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Adventure Triangle: The new dry-stone wall and other landscape maintenance features are all part of this joint council scheme

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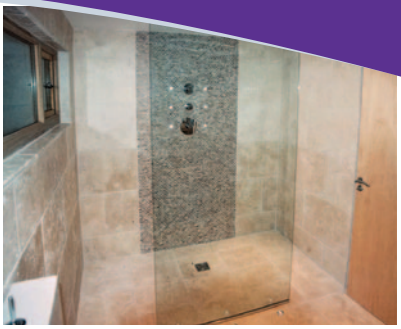

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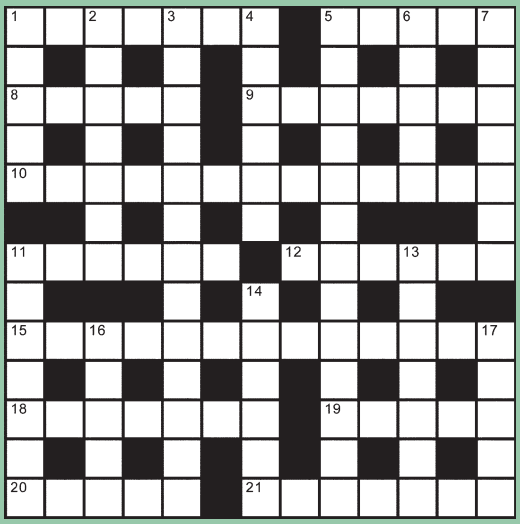

Across

1 Cooked in hot water vapour (7)
5 Older member (5)
8 Floating platforms (5)
9 Persons deliberately injured (7)
10 Upright (13)
11 Smoothly (6)
12 Spring back (6)
15 Display (13)
18 Saving of money (7)
19 Take in liquid (5)
20 Plant propagators (5)
21 Pulled or towed slowly (7)

Down

1 Thick sweet liquid (5)
2 Impose strongly (7)
3 Sundry items (13)
4 Split (6)
5 Book of facts (13)
6 Boring tool (5)
7 Extra player (7)
11 Everlasting (7)
13 Securing with metal pins (7)
14 Remained (6)
16 Elk (5)
17 Undressed (5)

Sudoku

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

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 33

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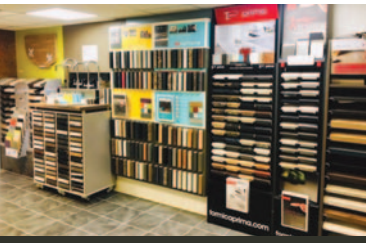

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DREAM DOORS Newport wins Wales Prestige 'Kitchen Design Specialists of the Year Award 2021'

Having completed more than 80,000 kitchen installations nationwide, Dream Doors is now the largest kitchen renovation company in the UK. Established in 2001, the company has over 100 showrooms nationwide, specialising in a made to measure service. Led by local industry experts Nick and Catherine Bexter, they opened the Newport branch in 2019.

This family run showroom, based on Caerleon Road, Newport was praised by the judges for their 'excellent customer service, high quality installations and personalised made to measure efficiently delivered service. Offering an online kitchen design tool, Catherine and Nick also provide showroom and home visits, combined with a free no obligation quote; this is customer service at its best'.

Delighted to have won, Nick and Catherine explained that customer satisfaction is not just a sales line, they really care about their customers experience and happiness. Catherine tells us, 'We enjoy taking the time to combine old and new to achieve a high quality result in less time, with less hassle, less cost and less waste! Whilst our team is great, Nick and I also try to oversee as much as possible personally, so we tend to be involved in every fit'.

They do as much or as little as the customer would like, covering everything from brand new kitchens to quality renovations, where they replace the doors and worktops for a fresh new look that is up to half the price of a brand new kitchen. Every installation has manufacture warranties, however, all their work also comes with a 12 month labour guarantee so customers also have complete peace of mind with a comprehensive after care service.

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Newport u3a Receives an Asda Foundadion Grant

Following an application to Asda by Committee Member Julie Kennedy, Newport u3a has received a Community Grant within the Category 'Bringing Communities Together.' A cheque for £968 was presented by Karen Woods, the Manager of the Pillgwenlly, Newport store and Liz Burden their Community Champion at a recent History Group meeting.

Stephen Berry, the Chairman of Newport u3a, said "It has been a pleasure working in partnership with Asda in order to sustain our face to face group meetings during these difficult times." The grant has been used to purchase a laptop, air quality monitors and sanitising products.

Newport u3a meets Wednesdays, Thursdays and Fridays, during term times, at Shaftesbury Church and has over 30 diverse subject groups. The Covid Lockdown has made members very aware of the possibilities for using technology, so having a laptop available will greatly enhance what is already on offer to our 350 members and will be a welcome addition to our assets.

If you would like a more active retirement visit www.u3asites.org.uk/newportsewales for more information or phone Angela Robins on 07983 130541.

u3a learn, laugh, live

Belle Vue
Park & Tea Room

What's On

A happy New Year from your friends in Belle Vue Park.

We hope you had a relaxed and wonderful Christmas. The Team is welcoming the shorter days at the moment, our Christmas festivities are always full on.

We have been planning activities for 2022, these include the monthly market from March 6th and every first Sunday right the way through to December. You will see a return of the popular Street food Friday sessions on the third Friday of months between April and September. Plenty of hot food and cool drinks accompanying a new set of musicians to entertain you. No charge as usual to join us and to enjoy an early evening.

Our afternoon teas are very popular in the conservatory served every day from 2.15pm. We welcome buffets or teas as hen or baby shower functions. We continue to offer weddings in the bandstand and in the conservatory. Great affordable packages are available.

We will be partnering with Louby Lou Storytelling to deliver lots of exciting trails and child friendly activities. We are happy to assist in delivering a wide range of community activities, we were thrilled with the great music sessions we had around the bandstand last year. We are always interested to hear your ideas.

Thank you for supporting us for another year. We really appreciate every one of you. We hope to see you for coffee and cake as well as all the interesting creations our team likes to try out.

Jan, Paul and the Team

Email: Bookings@bellevuetearoom.uk Facebook: @bellevuetearooms Tel Jan on 07737 630657

Happy New Year 2022

Again, this is very strange because I am wishing you all a Happy New Year as is correct for time of publishing but it is actually the end of November as I am writing.

What 2022 will bring is obviously in the future but hopefully the pandemic will subside and folk will resume 'normal', whatever that becomes. Although as I write this a new strain of Covid has been discovered in South Africa and Singapore, perhaps we will just have to learn to cope with new variants and live our lives accordingly. Who knows?

I'm thinking that my New Year's Resolutions might be rather different this year, perhaps along the lines of:

- I will always wear my mask appropriately
- I will carry my own hand sanitizer - mainly because the stuff they provide in places tends to the very sticky and often smells revolting.
- I will endeavour to wear a mask and my glasses, finding a suitable mask so my glasses don't steam up.
- I will try and recognise people that I know albeit their faces are masked.

This seems like a goodly number and I will try hard to keep them at least until January is over.

Rogerstone Roses is back to near normal in so much as we have face to face meetings in our new venue. We now meet in St John the Baptist Church Hall on Risca Road having had to vacate St Anne's due to various problems with plumbing which meant it had to close.

We have settled in and are finding that most members are glad to be able to come along and enjoy whatever the evening offers.

This year promises to be as varied as usual encompassing talks, demonstrations, hands on etc, etc. It's that time of the year too when W. I's all over the country discuss the resolutions topics that members have decreed need more public awareness and or action. Over the years the W.I. has been instrumental in bringing important issues to the populus and even in some cases changing government policy.

The very first WI resolution was passed in 1918 at the NFWI's second Annual Meeting; it requested improved housing. Over the years other topics have included equal pay for equal work, smoking in public places, plastic pollution and cervical screening. All these topics have impacted on society and these are just a handful of the most significant that have been promoted. No doubt in the years to come other significant issues will be debated and acted upon. Members' opinions are always heard.

One positive that has sprung up in our group, following our annual questionnaire, which asks for members' views is how much the members enjoyed the outdoor activities that were planned. Although the current programme is still being finalised there will certainly be more outdoor activities included.

It surely must be a good thing that we cannot see what the future holds but after nearly two years of Covid restrictions it would be nice to hope that 2022 would see its global demise, if not completely then to controllable levels.

If you think that you might be interested in meeting new people, making new friends, getting out and about and listening to interesting talks, why not come along and join us. We meet every second and fourth Tuesday of the month. Meetings actually start at 7.30pm but members arrive from about 7.10pm to enjoy a chat and a cup of tea or coffee. If you would like more information, please find our advert elsewhere in the magazine and pick up the phone.

Happy New Year readers may it be a happy and healthy one for you all.

Liz James

Rogerstone Roses WI

Meet on the 2nd and 4th Tuesday in the month at 7.00pm in
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For more details please contact:
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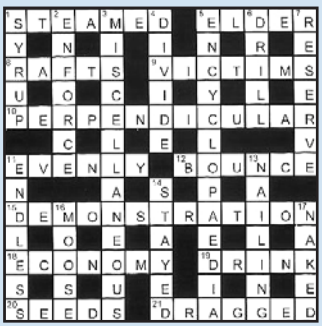

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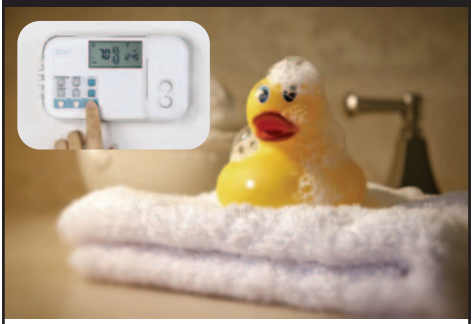

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Our staff

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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.

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Here we go 2022, what's in store this year? As we settle back into our normal routine after the festive holidays, how is the mind focused on what's needed for you this year. Have you set your goals and are you ready to stick to them? Are you planning to walk more, eat more fruit and vegetables, dry January, lose weight, run your first 5km? Whatever the goal, there's one area that's typically missed and 9 times out of 10 is the one thing that's holding us back, Stress. Have anyone's goals this year planned on managing stress?

Fight or flight is how your life is balanced, but too much can be very detrimental. I help clients to become better versions of themselves, whether that be stronger, relieve pain, improve mobility, or weight loss, the one common theme around each client is how stress is controlling the outcome.

Cortisol is our stress hormone, be ready for fight or flight, but it's also a key hormone that helps to regulate blood sugar levels, reduce inflammation and regulate your metabolism. Can you see how important it would be if stress was not managed correctly when trying to lose weight? High levels of stress can lead to Anxiety, Depression, Digestive problems, Muscle tension, Heart disease, Sleep problems, Weight gain and Memory disfunction.

So why do we ignore this in our New Year plans? What can you do to avoid the stress belly, and yes it's a thing, holding fat around your midriff can be down to stress? Set some 'YOU' time goals, work with a coach or qualified professional, if it helps. We put other appointments in our diaries for hair, dentist, picking the kids up from school, so why can't you set a daily timer to find a quiet space to focus on your breathing, plan for a walk in your lunchbreak, reduce coffee and alcohol, take daytime naps where you can or take regular exercise.

Choose an activity that makes you feel good, yoga, going out with friends for lunch, our happy place is when endorphins are released and improves mood and lowers blood pressure. Healthy relationships with home, work and friends are so important and recognise the areas in your life that are stressful and work on improving those one at a time, work with a professional if needed, your health is a priority.

Ultimately be your best self, recognise negative thought processes and take time to breath, journal and reflect, being more aware of your own thoughts will help you to recognise what's causing the stress that holds you back and ultimately stops you achieving your goals. I work with a coach, and the end result is incredible, but find what works for you and build this into your 2022 goals, so this year YOU can achieve, be the best version of you! Good luck and as always if you have any questions, please ask.

PBF Fitness
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Good luck and as always if you have any questions, please ask.
Karla, PBF Fitness
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Covid-19

During these difficult times we are having to run our business in a different way.
We have re-organised our showroom to allow for social distancing and we are operating by appointment only for the foreseeable future. We have hand sanitizer and various PPE for you to use on arrival for your appointment to keep us and our customers safe and well. Please call or use our contact form on our website to arrange an appointment.
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