

ALLT-YR-YN

DIRECTORY



ISSUE 87
JULY/
AUGUST 2022



SW DIRECTORIES

WELCOME!

Now the Jubilee celebrations are over, let's hope the weather will be kind to us in July and August, so we will all be able to take a walk in our local beautiful countryside, lovely beaches and benefit from some summer sunshine.

If you are interested in advertising your business in the directory, please contact us to find out about

the very competitive advertising rates. You will always deal with us directly, like many of the businesses that advertise in this magazine, we are a small, independent business and fully appreciate how much your business means to you.

**COPY DEADLINE FOR
THE SEPTEMBER /
OCTOBER EDITION -
FRIDAY 29TH JULY**

Advertising enquiries: Telephone Leslie on 07725 888070 or 01633 892771 or email contact@swdirectories.co.uk



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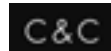
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LAURA ASHLEY
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Wednesday 10.00am - 5.00pm
Thursday 10.00am - 5.00pm
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Pop along to its' freshly renovated Market in City centre.
It has a food court to eat in, takeaway or deliver.*

*Newport has Flyover Murals and Underpass Mosaics.
It has a Medieval Ship Centre and Castle Remains.
The Riverfront and Dolman theatres' have many shows
And Tredegar House Folk Festival has lots to entertain.*

*Stunning views of Twmbarlwm from Ridgeway's top.
Not far from lovely visitor centre of Fourteen Locks.
Walk along the Canals built to transport iron ore and coal.
Canals maintained after, for use by old Newport Docks.*

*At Caerleon there's the Roman Fortress, Ampitheatre and Baths.
Also where the World's largest carved love spoon is found.
It is in the arts and craft centre with other sculptures.
Wentwood Forest has a Bronze Age Burial Mound.*

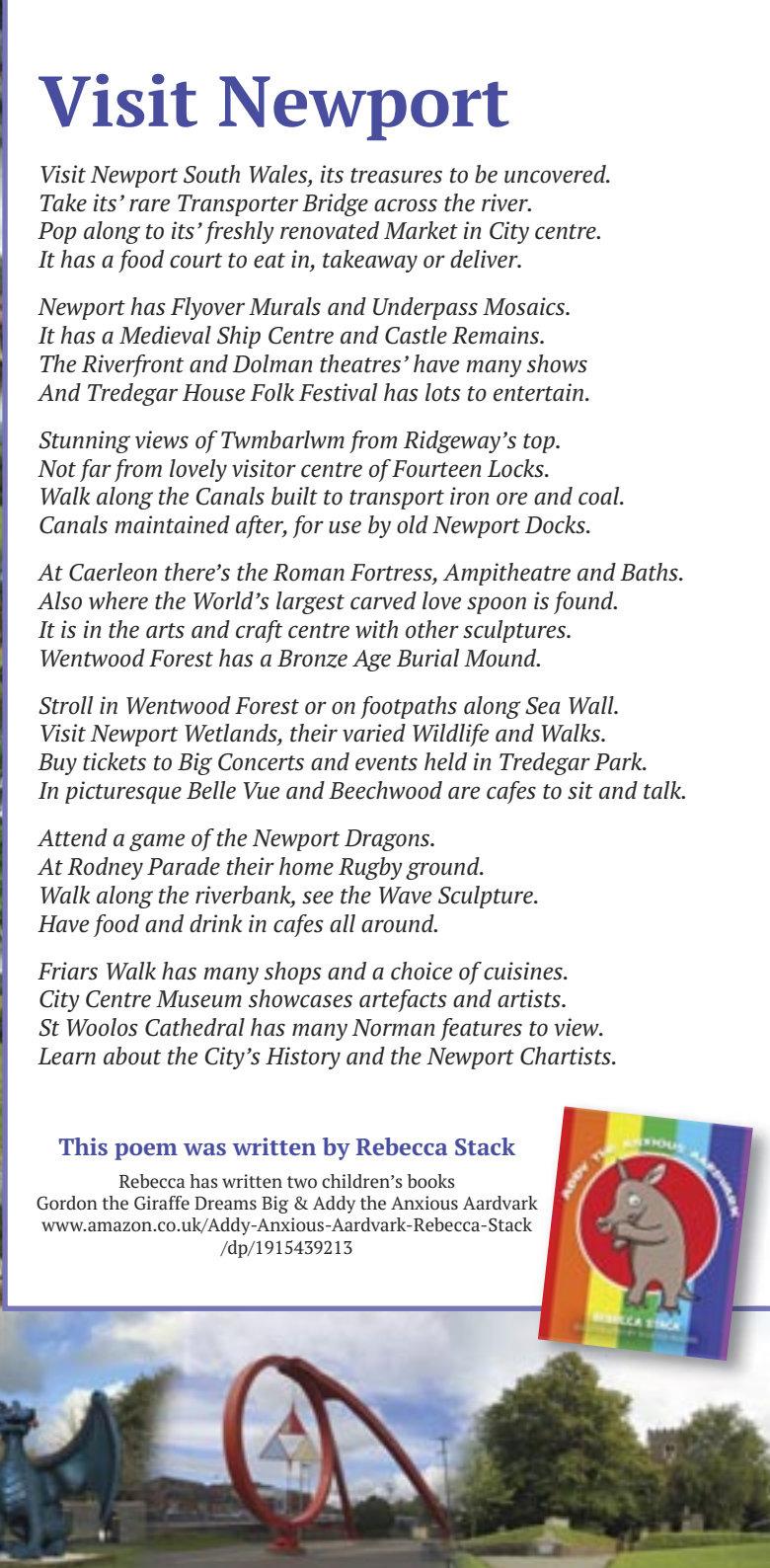
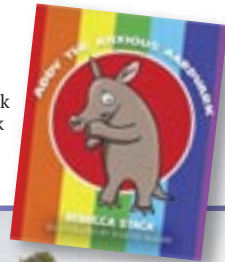
*Stroll in Wentwood Forest or on footpaths along Sea Wall.
Visit Newport Wetlands, their varied Wildlife and Walks.
Buy tickets to Big Concerts and events held in Tredegar Park.
In picturesque Belle Vue and Beechwood are cafes to sit and talk.*

*Attend a game of the Newport Dragons.
At Rodney Parade their home Rugby ground.
Walk along the riverbank, see the Wave Sculpture.
Have food and drink in cafes all around.*

*Friars Walk has many shops and a choice of cuisines.
City Centre Museum showcases artefacts and artists.
St Woolos Cathedral has many Norman features to view.
Learn about the City's History and the Newport Chartist.*

This poem was written by Rebecca Stack

Rebecca has written two children's books
Gordon the Giraffe Dreams Big & Addy the Anxious Aardvark
www.amazon.co.uk/Addy-Anxious-Aardvark-Rebecca-Stack/dp/1915439213





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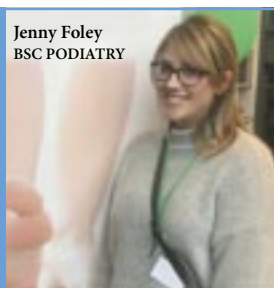
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fun trying the Kidz Quiz. Large
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Unusual plants for sale.



For more information on gardens open go to:
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People are encouraged to book online through
the National Garden Scheme.

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Directions: From Cefn Walk go over canal bridge at the
14 Locks, stay on the lane for 1/4 mile, white stones on
island, Croesllanfro Farm is in front of you.

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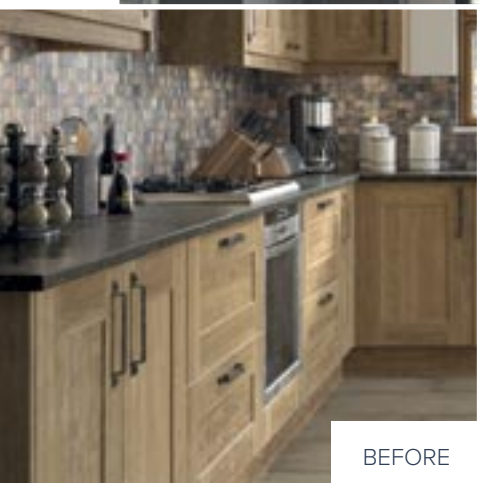
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Twmbarlwm Beacon Starts Jubilee Celebrations...

What a great weekend of celebrations it was for The Queen's Platinum Jubilee, and what a great way to kick it off with a Beacon on top of Gwent's iconic landmark, Mynydd Twmbarlwm. Thousands of similar beacons were lit, not only around the UK but all around the globe throughout the commonwealth countries.

After months of planning the joint organisers, Cymdeithas Twmbarlwm Society and the Risca Community Council, led a team of willing volunteers up to the top of Twmbarlwm to light a Commemorative Beacon – at a height of 419m it's the highest peak in south Wales.

The Society called on the help of many local organisations to make the event happen including Risca Fire Service who provided a 4x4 vehicle and three strong men to transport the Beacon and bottles of gas to the top – and bring it all down again.

Also in attendance were a team from the local branch of the St John's Ambulance Service whose specialist skills, fortunately, were not needed on the night.



The 1st Abercarn Scouts played a great part in helping guide visitors up the mountain and more importantly back down again in the dark. Scout

Rhys Richards, who recently received the Chief Scout's Gold Award, was given the honour of lighting the Beacon.

Weather on the night was perfect and we were treated to a beautiful sunset.

The Beacon burned brightly for half hour while the gathered throng marveled at the views and tried to identify the location of other beacons that could be seen far and wide.

The organising team were very grateful to all those who helped make the event such a success.

*Terry Evans, Chairman
Cymdeithas Twmbarlwm Society*



The Iron Age Hill Fort on Twmbarlwm has been used as a location to light a Beacon for centuries. Photo courtesy Craig Hale, 1st Abercarn Scouts.

...again



A related story from the night concerns Mr Cedric Mumford – he has been a member of CTS since it's inception and he has a special claim to fame because he was also at the first Twmbarlwm Beacon event for Her Majesty on the occasion of her Coronation in 1953 – 70 years ago.

Cedric was in the scouts on that first occasion and helped build a bonfire on top of Twmbarlwm. He clearly remembers how someone had to crawl inside the bonfire to light it and how they all watched in awe as other bonfires started to be lit on hill tops as far as the eye could see.

It was an emotional journey for Cedric who travelled from his home in Cardiff to relive those memories from 70 years ago and the Twmbarlwm Society was extremely pleased to welcome him here again.



Chris Evans MP for Islwyn, who delivered a short speech and the dedication to the Queen and led a rendition of the National Anthem before the lighting of the Beacon, is seen here with some of the 1st Abercarn Scouts.

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 throughout the year so watch our website and Facebook page for details.

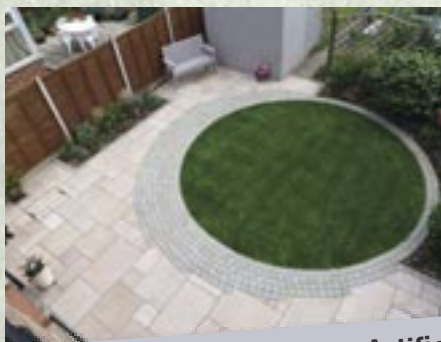
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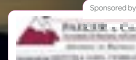
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6 ROUTES

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Gold route: 73 miles
Silver route: 53 miles
Bronze route: 33 miles
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Kids route: 3 miles*
*kids ride free!



THE BLACK MOUNTAIN TREKS

Saturday 17th September 2022

Route 1
Distance
27.2 km
Elevation
849m

Route 2
Distance
14 km
Elevation
600m

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

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

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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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U3A Can Sing a Rainbow

Newport u3a Choir has performed its first concert since the lockdown in March 2022. Friends of Llanfrehfa Grange Walled Garden Society invited the choir to perform at its official opening on the May Day Bank Holiday Saturday, which fortunately was a cracking sunny day.

Members of that society have spent five years restoring the derelict Victorian garden into a recreational, leisure and therapeutic horticulture resource for the benefit of the health & care staff and the general public; the object being to improve the lives of those visiting the garden. It has been named one of the country's best green spaces.

The choir sang light-hearted melodies, jazz, pop and songs from the musicals whilst the visitors relaxed in the attractive surroundings. Instead of wearing their official uniform, members donned



bright tops of all colours of the rainbow to honour our NHS Heroes.

Since the retirement of our pianist, the Choir has been looking for someone to fill this rewarding role. Please contact us if you are interested.



For more information about our many diverse groups visit u3asites.org.uk/newportsewales or phone Angela Robins on 07983130541.

100 years of Air Traffic Control, 35 years of evening classes

On 22 February 1922 the first Air Traffic Control licence was issued to George James Horatio Jeffs, known as "Jimmy", who worked at Croydon Airport.

He had a long and distinguished career, finishing his time as air traffic control manager at London Heathrow airport.

In 1922, of course, the 'control' process was extremely rudimentary, simply consisting of coloured flags and lights.

Today, air traffic control in Britain is a highly complex operation, reliant on the use of very sophisticated technology, handling national and international air traffic in the world's busiest airspace. Although the Covid pandemic



had a devastating effect on the number of flights, the numbers are now starting to increase back to normal levels.

I wrote my first book on ATC in the early 1980s and had it published by Ian Allan Limited in

1984. It was so successful that I was asked to produce an update 2 years later. Over the next 25 years there were 10 revised editions, plus a few others covering airband radio.

In 1987 I was asked by Newport Borough Council to run evening classes at Brynglas House, which continued for the next 18 years. When my time with the council came to an end, the class members decided that we should continue independently.

Our group still meets every fortnight in Newport covering every aspect of the subject, both in the UK and world-wide.

If you would like more information please email me – grahamduke@btinternet.com



Belle Vue Park & Tea Room



What's On

July

Sunday 3rd 11.00am – 4.00pm Belle Vue Artisan Market

Our popular monthly market returns with new and regular artisan bakers, makers and creator. We collect a donation as an entry fee for our charity Hope Rescue.

Sunday 3rd 1.00pm – 3.00pm Bandstand Music

Newport Symphony Orchestra present on the bandstand.

Friday 15th 6.30pm – 9.30pm Street Food Friday

Music with the Blue Evolution Band acoustic arrangement. Street Food vendors, bar and cocktails. All welcome. Free entry and in the case of wet weather we will move indoors.

Saturday 30th July 1.00pm – 3.00pm Rhythm on the

Bandstand Music presented by the Dave Williams Band



August

Sunday 7th 11.00 am – 4.00pm Belle Vue Artisan Market.

Sunday 7th 1.00pm – 3.00pm Bandstand Music

Newport Male Voice Choir

Friday 19th 6.30pm – 9.30pm Street Food Friday

Music with the Dave Williams Band. Street Food vendors, bar and cocktails. All welcome. Free entry and in the case of wet weather we will move indoors.

Saturday 27th 1.00pm – 3.00pm Rhythm on the Bandstand

Music presented by the Blue Evolution Band



Look out for more information on our notice boards and Facebook/Instagram @Bellevuetearooms and on our new website www.bellevuetearoom.uk. Alternatively text or phone Jan on 07737 630657.



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Protecting Family Wealth

What will your legacy look like?

Estate planning is about putting your affairs in order, to help make the lives of your loved ones easier. It can help to protect your estate for your beneficiaries and reduce the impact of Inheritance Tax (commonly called IHT for short).

IHT is something many of us don't know enough about. Simply because we don't think we need to.

IHT DOESN'T JUST AFFECT THE WEALTHY, FIVE KEY POINTS TO CONSIDER – TAX YEAR 2022/23

Traditionally, only the wealthiest in society were affected by IHT. But rising property prices means more and more people are now facing it. It all comes down to the value of your overall estate upon your death. If it's worth more than your personal nil-rate band (NRB), anything above could be liable to IHT at up to 40%. (If you're single or divorced, the NRB is £325,000 and if you're married, in a registered civil partnership or widowed, it's up to £650,000).

THERE'S ALSO THE RESIDENCE NIL-RATE BAND (RNRB) – BUT NOT EVERYONE CAN BENEFIT

- If you're wondering what the RNRB is, this can be used alongside your usual NRB and was introduced to help more people reduce their IHT liability. Every UK adult has a RNRB of £175,000. But the rules can be more complex than many people realise. Amongst the restrictions, you can only use this allowance if it relates to a property you have lived in and passed to a direct descendant (such as your child or grandchild – not a friend, niece or nephew).

YOUR ESTATE ISN'T JUST YOUR HOME - Your savings and investments, car and any rental properties form a part of your estate. Not forgetting any jewellery, you have, household furniture or expensive paintings (minus any liabilities). After working out the value of your belongings, you may be surprised by how much your estate comes to. However, it's also important to bear in mind that these assets could increase or decrease in value in the future.

ANNUAL REVENUE IS EXPECTED TO KEEP CLIMBING

- The latest IHT figures should be a 'wake-up call' for families to think carefully about



their tax planning. IHT receipts in the United Kingdom amounted to approximately £5.32 billion in the financial year 2020/21.

YOU COULD DO SOMETHING ABOUT IT -

There are plenty of perfectly legal steps you can take to protect your family's wealth from the taxman. The IHT solutions include annual exemptions, allowances, direct gifts and trusts. Of course, there are many different options to choose from, so it's important you find one that's right for you. With this in mind, and the fact that IHT can be a complex subject, you should always obtain professional financial advice to guide you through the complexities – and help you put suitable plans in place.

WORRIED ABOUT INHERITANCE TAX EATING INTO YOUR ESTATE?

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Something is always better than nothing

The caption 'something is better than nothing' is a phrase I frequently utilise with my Personal Training clients. You will never regret a workout, but more importantly you will never regret just doing a little something towards your health, like go for a walk, stretch, follow a YouTube video, the options today are endless.

As a Personal Trainer I aim to inspire those I help, and to achieve any marginal gains and by marginal gains I mean at least 15 minutes of health and wellness activities every day. 15 minutes every day adds up to 105 minutes across a week, within a month that's an extra 7 hours and as a total across the year that's an additional 84 hours. This is pretty extraordinary for those who struggle to achieve just one hour every now and again.

I know what you're thinking, is 15 minutes enough? I'm here to tell you, 100% it is. You can achieve a decent power walk, a fantastic body weight workout (Tabata training, high interval training is only 4mins long, and has proven benefits that impact across fitness, strength, power, stamina and weight loss) or even a wonderful Yoga or Pilates based stretch routine all in 15 minutes. All of which significantly impact upon your health benefits.

For too long we've put ourselves under pressure 'to go' somewhere like a gym, leisure centre or class and that sessions need to be an hour long, why? Well I'm here to tell you, you don't. Think about your daily structure, from family tasks, shopping, school, outside commitments, clubs and hobbies. Could you plan 15mins a day? I know each and every one of us



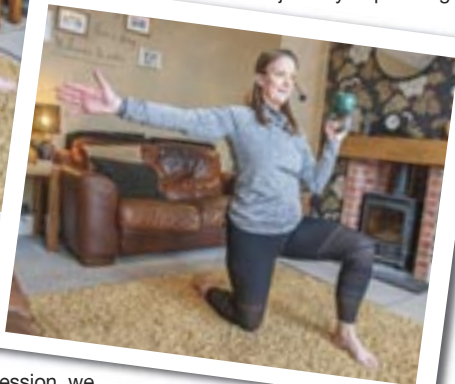
could, it just needs to be a priority for you, and believe me, then you'll do it.

All too often if we miss that vital session, we instantly throw in the towel and feel a failure and discount that day and in most instances the rest of the week. Rather than think something is better than nothing we simply stop and give in. We can all plan great sessions and arrange to join in an activity, but because time or work commitments get in the way we

go without that session completely, missing that vital opportunity to help improve the body and mind.

So next time you feel like your day is running away with you, remembering those vital 15 minutes add up to something great, meaning 'something is really better than nothing'. 15 minutes a day is great investment in your health, after all it's the only place you really need to live, so look after yourself.

Whether you're on a new health journey or planning



a mobility programme so you can do everyday tasks without pain, always remember 'something is better than nothing', I promise you, you won't regret it. 15 minutes is all you need!

If you ever have any questions, please feel free to get in touch. I'm here to help.



Good luck and as always if you have any questions, please ask.

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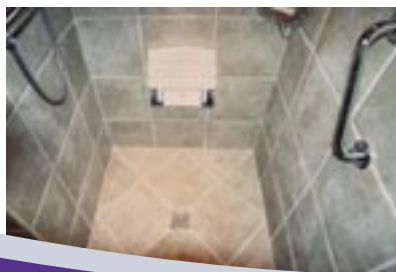
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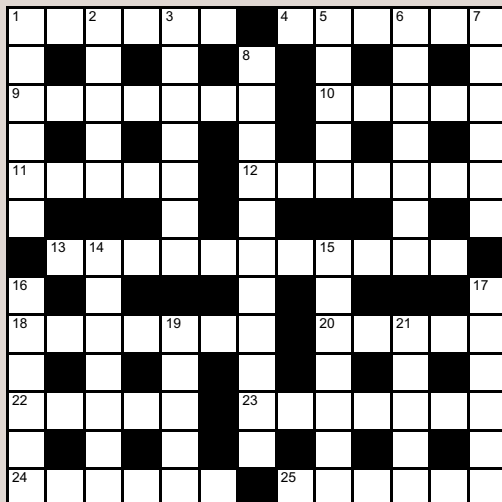
Quick Crossword

Across

- 1 Plant stalks used as roofing material (6)
 4 Government tax on imports or exports (6)
 9 Coastal area between La Spezia in Italy and Cannes in France (7)
 10 Man in chess or draughts (5)
 11 Well-grounded in logic or truth (5)
 12 Stretchy fabric (7)
 13 Substance that stimulates love or desire (11)
 18 Female ruler of many countries (7) 20 Often the last movement of a sonata (5)
 22 King of Judea who ordered the death of many children (5)
 23 Country, capital Quito (7)
 24 Beads used in prayer (6)
 25 Fish-eating bird (6)

Down

- 1 Flourish, prosper (6)
 2 Block of iron or steel on which hot metals are shaped (5)
 3 Popular British cheese (7)
 5 First letter of the Greek alphabet (5)
 6 Disposition to remain inactive (7)
 7 Picture painted on a plaster wall (6)
 8 Trader who sells sewing and dressmaking materials (11)
 14 Egyptian paper reed (7)
 15 Johann ____, Austrian composer of waltzes (1804-1849) (7)



- 16 Rope or light chain used to restrain an animal (6)
 17 Scottish clan leader and outlaw (1671-1734), the subject of a novel by Sir Walter Scott (3,3)
 19 Duck valued for its soft down (5)
 21 Point directly opposite the zenith (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.

Puzzle solutions on page 29

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Back to normal

At last, it really does feel as though we are almost 'back to normal.'

Apart from a few establishments that require mask wearing, masks have in the main been consigned to a drawer from whence they will emerge, god forbid, should the pandemic rise again.

Certainly, W.I. feels more normal, meetings in the main have gone ahead as planned. Occasionally speakers are unable to attend as happened at our first meeting in April, fortunately we had plenty of warning, so what should have been a demonstration of a spring flower arrangement turned into an evening of Easter fun and games, nothing too strenuous!!! Quizzes and puzzles to start, egg and spoon team races and a take on pass the parcel with easter eggs and an appropriate story. All invoked much laughter, well maybe not the quizzes and puzzles but certainly the rest.

A representative from HHI, Health Help International, spoke to us in May and she gave examples of the excellent way in which this very local charity is helping the poor and disabled in Zambia and Southern India. The charity is based in Stow Park Presbyterian Church and refreshingly all its money goes to these needy folk. This is one of the reasons Rogerstone Roses have chosen this as their annual



Zambia which enables a level of financial independence for folk.

If any of you heard strains of Jerusalem one Tuesday in May, it was us at our AGM, the only time we sing this wonderful song, perhaps we should consider singing it at every meeting as some W.I.'s do!!! On the other hand, maybe not although our members are to be congratulated for raising their voices acapella. A face-to-face AGM with all its ritual seemed quite amazing after the last two years. Not much changed, I

have to admit, not many members stamped to join the committee, fortunately they were all happy to stay put as was our president. This is very important as W.I.s cannot run without a president. Business done meeting was closed and members enjoyed a buffet and what a delicious spread, members had put in some effort to ensure many tasty morsels were to be sampled.

July 12th is our final meeting of the summer and we are back in the hall for a hog roast. We have done this for a few years and it has always been most successful.

Rogerstone Roses has a break in August but we will be back on September 12th with a new programme. If you would like more details, please

find our ad elsewhere in the magazine and use those contact details.

charity. As a start, a collection was taken at the end of the evening which realised a healthy sum and ladies also bought items made by small co-operatives set up by HHI in

Liz James

July/August 2022

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Puzzle Solutions

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

Crossword Solution

Across:

1 Thatch **4** Tariff **9** Riviera,
10 Piece **11** Valid **12** Elastic
13 Aphrodisiac **18** Empress
20 Rondo **22** Herod **23** Ecuador
24 Rosary **25** Osprey

Down:

1 Thrive **2** Anvil **3** Cheddar
5 Alpha **6** Inertia **7** Fresco
8 Haberdasher **14** Papyrus
15 Strauss **16** Tether **17** Rob Roy
19 Eider **21** Nadir

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For more information or to register contact Sadie on sadie.lewis@glamorgancricket.co.uk or call 07949 468041. Alternatively, contact Adam on 07807043239 or adam.howells@newport.gov.uk

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