

ROGERSTONE

# DIRECTORY

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Sunday 21st August  
(See inside for details)

ISSUE 97

JULY/  
AUGUST 2022



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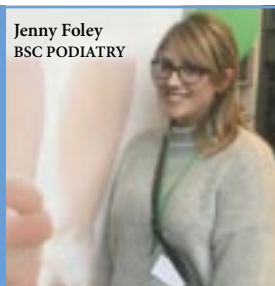
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# Visit Newport

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Take its' rare Transporter Bridge across the river.  
Pop along to its' freshly renovated Market in City centre.  
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*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 Chartists.*

## **This poem was written by Rebecca Stack**

Rebecca has written two children's books  
Gordon the Giraffe Dreams Big & Addy the Anxious Aardvark  
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LISA PRYCE-JONES

HYPNOTHERAPY & HEALING

NEWPORT

# Insomnia

**When was the last time you woke up without your alarm clock, feeling refreshed and not needing caffeine?**

**I**n today's busy world many people suffer from not being able to sleep properly which is known as insomnia. Research has shown that two thirds of adults throughout developed nations fail to obtain the recommended 8 hours of sleep nightly and the World Health Organisation have declared a sleep loss epidemic through industrialised nations. Scientists are lobbying doctors to prescribe sleep to their patients. The importance of sleep cannot be underestimated as natural restorative sleep is essential in order for us to function at our optimal level and for our body to heal itself. Routinely sleeping of less than 6/7 hours a night demolishes your immune system, doubles your risk of cancer and is a factor in whether or not you develop Alzheimer's disease. Inadequate sleep, even for short periods, disrupts blood sugar levels profoundly and increases risk of heart disease as well as contributing to anxiety and depression.

You are likely to have insomnia if you regularly experience some of the following: -

- Find it difficult to drift off to sleep
- Awake during the night
- Lie awake at night
- Awake earlier than needed and then can't go back to sleep
- Still feel tired after waking up
- Feel tired and irritable during the day
- Find it hard to nap during the day even though you're tired
- Find concentration difficult because you're tired

Symptoms can be present for just a few nights, to several months, or sometimes even years. If you're constantly tired during the day you probably don't get enough sleep.

The most common causes of insomnia includes:

- Stress, anxiety and depression
- Noise
- A room that is too hot or cold
- Uncomfortable beds
- Too much alcohol, caffeine or nicotine
- Recreational drugs
- Jet lag or shift work

Some people obtain sleeping tablets from their GP to help with insomnia. However, whilst it may help in the short term it does not address the underlying problem and people often experience negative side effects from the medication.

## **How can hypnotherapy and healing help with insomnia?**

Difficulty sleeping can have many causes and hypnotherapy can be an effective way to identify the causes, address them and re-programme the mind to get back into a healthier sleeping pattern in order that you can start to recharge your body naturally. Healing activates your body's immune system and balances your energetic body allowing you to enter deep relaxation.

To find out more on how I can help you with hypnotherapy and healing to improve your sleeping and quality of life just get in touch now as I will be delighted to help you!



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# Rogerstone Welfare Cricket Club 2022

2022 season has started with a mixture of results for all three teams with both first X1 and 2ndX1 playing 5, winning 2 and losing 3. Because of non-availabilities of players, the 3rd X1 have played 5, won 2, lost 1 and conceded 2.

The youth cricket has got off to a fantastic start with the All Stars and Dynamos programs and the U13s, and U15s well underway. With respect to the competitive cup games the U13s lost their game against Llanarth while the U15s won their cup game against Malpas. At U11s the club has had to rebuild and have successfully build up the squad from older Dynamos proving the worth of the program.



*RWCC U15s team 1st round winners in cup.*



*Jasmine Smith RWCC,  
Wales U18s*

We have four youth players in regional squads and Jasmine Smith has been selected for the Wales U18s girls squad.

The Ladies section continue to thrive and have to date played in league games on three Sundays winning at least half of their games.

At the older end of the age

scale Club members who attend the Glamorgan hub of the Sporting memories hub at Rogerstone Welfare C.C. Pavilion were, with the

Pontypridd Rugby Club hub members, Guard of honour at the Glamorgan v Middlesex County Cricket match at Sophia Gardens.





With the help of our sponsors the Club continue to improve its facilities the latest being the addition of the 'Astro turf to the glassed balcony floor'.

Perhaps the most significant improvement was the new Bar front, named the Stavros Bar after Club stalwart Lyndon (aka. Stavros) Stephens.

The club and the community will always remember Lyndon for the work he put into the club and his total dedication over many years.

We would like to thank our president, vice presidents,



*Sporting memories Guard of Honour at Sophia Gardens.*

supporters, ex-players sponsors and the Community Council Staff for the support they give to us to provide cricket for all ages to the Rogerstone Community.

**D.A. Picken, Chair RWCC.**



*Sandra Stephens and family open the Stavros' Bar*



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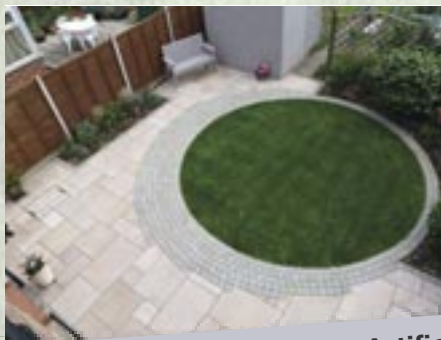
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# THE NATIONAL GARDENS SCHEME

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**For more information on gardens open go to:**

**[www.ngs.org.uk](http://www.ngs.org.uk) or get the Yellow Book,**

**NGS Gardens Open for Charity.**

**People are encouraged to book online through the National Garden Scheme.**

**However, we are happy to take cash on the day.**

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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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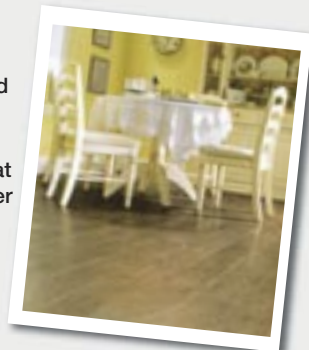
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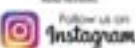
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# Back to normal

**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



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

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 stampeding 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.

**Liz James**

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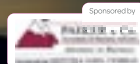
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# Gwerinwyr Gwent Diary

On 21st April we had our first indoor booking since March 2020. This was at the Christchurch Centre in Malpas after receiving an invitation from the Legacy Ladies group to appear at one of their monthly meetings. As these are outreach meetings with lunch included, it was very well attended by both sexes, although only utilizing under half the space in the huge carpeted hall.

Barbara Griffiths, our MC, gave a 3-part talk on Lord and Lady Llanover and we interspersed that with displays and audience participation until we were lucky enough to join them for lunch, a very pleasant morning for us, and I hope everyone present.

The last Tredegar House Folk Festival was the 30th anniversary in 2019, so it was with much celebration that the 31st festival finally took place on the 6th – 8th May. GG had a 20 minute spot on the Saturday afternoon and it was lovely to be back among all the other teams to dance in front of an audience. The weather was great and crowds of people flocked to the festival, many of them saying it was wonderful to be back and how much they had missed being able to enjoy the music, dancing and the atmosphere.

The warm weather caused the CAMRA bar to completely sell out halfway



through Sunday afternoon which caused some dismay, although there were other drinks outlets available. The international dance team visiting this year was Lubana with Meirani from Latvia, and they always put on a spectacular display. We were fortunate to also have two UK based teams of Bulgarian dancers, plus all the local dance teams with styles including Welsh, Scottish, Morris Appalachian, Clog, Indian and Middle Eastern/Belly Dancing. Musical highlights included Welsh bands Calan, Alaw, and Rusty Shackle plus new youth supergroup Avanc and what a lasting impression they made with their energetic playing, clogging and singing, check them out on their website. Also appearing were Bob Fox and Billy Mitchell and, replacing Barbara Dickson who sadly was taken ill at the last moment, Show of

Hands

who were on a UK tour and fortunately had that weekend free.

The following weekend (14th) we took a trip into England to dance at the Bradford-on-Avon Green Man Festival. This was our 3rd appearance and we have seen it grow from an all Morris dance team event, to a Morris plus GG festival, into a really varied dance festival. It takes place on just one day with dancing at five different venues around the town. Once again a lovely sunny day, in fact much too warm for us in our woollen costumes, but it brought out plenty of people to watch and at least the belly dancers had the appropriate costume on!



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

**For more details visit our website [www.gwerinwyrghwent.org.uk](http://www.gwerinwyrghwent.org.uk) or call us on 01495 271953.**







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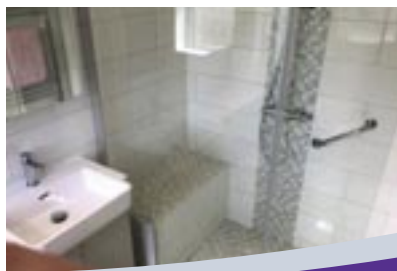


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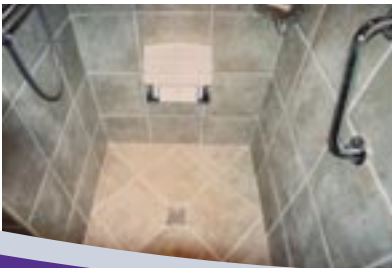
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# Something is always better than nothing

**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.

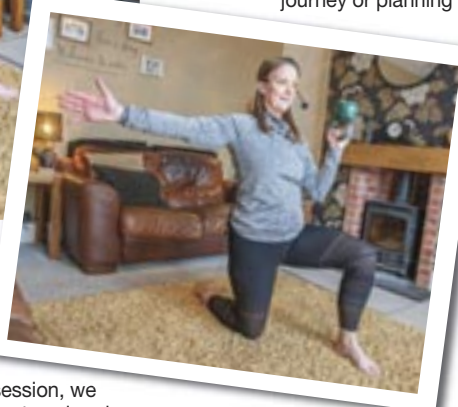
For too long we've put ourselves under pressure 'to go' somewhere like a gym, leisure centre or class and that sessions need to be an hour long, why? Well I'm here to tell you, you don't. Think about your daily structure, from family tasks, shopping, school, outside commitments, clubs and hobbies. Could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



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



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

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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# 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](http://u3asites.org.uk/newportsewales) or phone Angela Robins on 07983130541.

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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.

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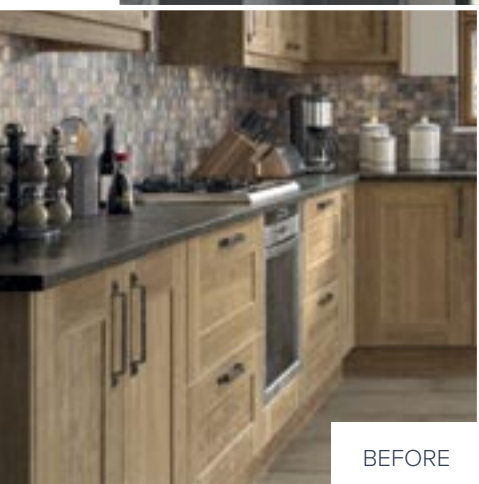
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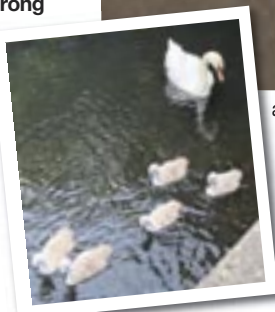
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## Springtime Perils

May is almost 'out' as I write this article and so we face the start of meteorological summer already. As far as the swans are concerned, breeding pairs have, it seems, 'performed' at least as well as in recent years with hatched broods of seven or eight appearing, almost, but not universally, to be the norm, i.e. at Coed Kernew, Tredelach, Malpas and St. Pierre. Such numbers are of course an insurance against the strong possibility of losses especially in the early days and weeks of life.

The Tredelech family, just off Lamby Way seems to be extremely unfortunate, ill-fated even. Within days of hatching two little cygnets went missing and a few days later another three were lost. We'll never know the reason for this, but possibilities include providing meals for large predatory fish, marauding gulls and mink which, as we have reported previously are known to be in the area e.g. at Pentwyn, only a very short distance away.

Over the last few years, the adults from this family have endured a number of undiagnosed problems; two years ago the female was obviously ailing and was caught and spent a week at Shepperton receiving a course of TLC. A year later she suffered a nasty leg injury resulting in her going into self-isolation, largely because catching her proved impossible. Now, this year the male is in trouble as our photograph shows; the right leg is being held at a very unnatural



angle. For now, nothing is to be done; this family has endured more than enough trauma for now. We

hope that doesn't sound too anthropomorphic...

Worse has befallen another family, the one on the Neath Canal in Neath itself. This pair also produced seven cygnets. Sadly, all too typical of the times in which we live, a gang of young hooligans was reported to have attacked the female in particular, leaving her with a damaged (right) wing. (See our second photograph). Help was sought from a well known national rescue organisation whose representative turned up the following day and it wasn't until four days later the swan was collected. To the consternation and horror of all those involved, the next we knew was that the bird had been euthanised. It is alleged the swan had suffered a double compound fracture of the

wing. It seems barely credible this can be true. In the days following the attack she continued to remain associating with the young family. A better and more acceptable outcome would have been to have administered antibiotics and pain relief, and then later on, if necessary, considered the option of a partial wing amputation. After all, our native Mute Swans are largely very sedentary; they actually do very little flying especially if they are paired and hold territory as these at Neath do.

Elsewhere, at Old Cwmbran, a family with six cygnets moved south to Two Locks and after a week there, one of the young birds was found dead in the water following a night of serious disturbance caused by, it is believed a group of 'out-of-control' youths. The police have been involved, but as we all know they are up against insuperable odds, so the chances of any kind of positive outcome from this episode can best be described as zero.

It's all a bit depressing, but we carry on as best we can.

Story: Peter and Ellen. Photos: Babs and V. Price, Neath. For swan and other wildlife issues please contact Ellen or Peter on 01633 895241 or 07802 472788. Please note, because there are so few of us, there is a limit to the volume of rescue work we can carry out; for Swan Rescue South Wales, swans are our priority.

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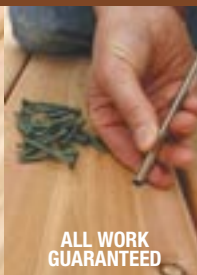


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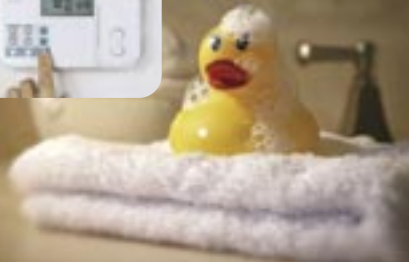
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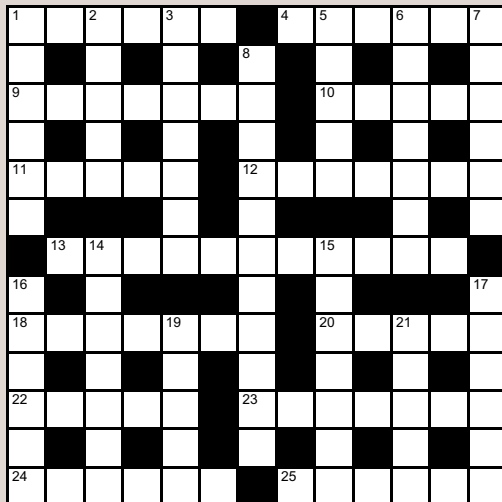
# Quick Crossword

## 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 44



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# Twmbarlwm Beacon Starts Jubilee Celebrations...

**W**hat 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 Abercam 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 Abercam 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 Abercam 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.

[www.twmbarlwm.co.uk](http://www.twmbarlwm.co.uk)



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## Rogerstone Roses WI

Meet on the 2<sup>nd</sup> and 4<sup>th</sup>  
Tuesday in the month at  
7.00pm in

**St John the Baptist  
Church Hall,  
Risca Road - The Handpost**

For more details please contact:  
Mary Edmunds 01633 891363



## NEW BEGINNINGS COMMUNITY GROUP



We meet every 1st & 3rd Thursday between  
12pm - 12.30pm in the Cafe in the  
Faith Church on Wern Trading Estate,  
The Celebration New Build, NP10 9FQ,  
for a chat, drink and maybe a bite to eat and  
then carry on at 1.00pm into the church area  
for our meeting, maybe for a speaker, board  
games or whatever else we might have  
planned. The session ends at 2.00pm.

## Puzzle Solutions

6	7	9	2	4	1	3	8	5
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





## Atgofion Chwaraeon

MYND I'R AFAEL Â DEMENTIA, ISELDER AC UNIGRWYDD DRWY BŴER CHWARAEON.

Mae Clybiau Atgofion Chwaraeon AM DDIM ac i unrhyw un dros 50 oed sy'n mwynhau siarad am chwaraeon a'u cofio.

Mae rhai – ond nid pob un – o'n haelodau yn byw gyda dementia neu hwyliau isel, neu maent wedi'u hynysu; mae eraill yn mwynhau'r cyfle i gwrdd â phobl eraill.

Clwb Wythnosol AM DDIM – Bob dydd Iau 2pm-3:30pm.

Pafiliwn Criced Tiroedd Lles Tŷ-du, Tregwilym, Road NP10 9EL

Mae sesiynau'n cynnwys:

- Pwnc gwahanol bob wythnos
- Cwis Wythnosol
- Gweithgaredd corfforol byr, ysgafn os dymunir
- Te / Coffi

Mae croeso bob amser i ofalwyr gyda chyfranogwyr y clwb!

I gael rhagor o wybodaeth neu i gofrestru, ffoniwch [sadie.lewis@glamorgancricket.co.uk](mailto:sadie.lewis@glamorgancricket.co.uk) neu ffoniwch 07949 468041. Fel arall, cysylltwch â Adam ar 07807043239 neu [adam.howells@newport.gov.uk](mailto:adam.howells@newport.gov.uk)

## Sporting Memories

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Some – but not all – of our members are living with dementia or low mood, or are isolated; others simply enjoy the opportunity to meet other people.

FREE Weekly Club – Every Thursday 2pm-3:30pm.

Rogerstone Welfare Grounds Cricket Pavilion, Tregwilym Road, NP10 9EL

Sessions include:

- Different topic each week
- Weekly Quiz
- Short, gentle physical activity if desired
- Tea / Coffee

Carers always welcome with club participants!

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

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**IF YOU NEED SUPPORT  
PLEASE GET IN TOUCH  
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# RCV UK Weekly Activity Planner

FACEBOOK - @RCVUK  
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TWITTER - RISCAY  
WWW.RCVUK.ORG  
INFO@RCVUK.ORG  
01633 848899

Additionally we also run Tin on a Wall foodbank collections, We Cycle bike hub and  
We Grow wellbeing garden and allotment.  
Get in touch to find out more or just to have a chat. We're happy to help.

MON	TUE	WED	THU	FRI	SAT
9am - 2pm We Connect Coffee Shop 60 Tredegar Street	9am - 2pm We Connect Coffee Shop 60 Tredegar Street	9am - 2pm We Connect Coffee Shop 60 Tredegar Street	9am - 2pm We Connect Coffee Shop 60 Tredegar Street	9am - 2pm We Connect Coffee Shop 60 Tredegar Street	9am - 2pm We Connect Coffee Shop 60 Tredegar Street
9.30am - 11am Best Feeding Group The Centre @ St Davids Ty Sign	10am - midday Activity Morning Channel View Comm Centre	9.30am - 11am Toddler Time The Centre @ St Davids	7.30pm - 8.30pm Makaton Song & Sign via Zoom Online	10am - midday Coffee Morning Channel View Comm Centre	
4pm - 6pm We Connect Pantry 60 Tredegar Street	4pm - 6pm We Connect Pantry Support from Platform available 60 Tredegar Street	10am - 11am Wellness Walk We Connect Coffee Shop			

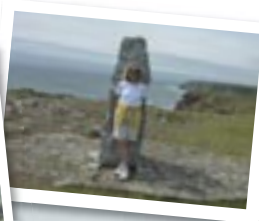
## BEACHES IN WALES

### Port Eynon

**Port Eynon Bay is a very popular beach resort beside the village of Port Eynon. Port Eynon Point is the most southerly tip of the Gower Peninsula.**

Once there was a booming trade in oyster fishing, the remains of the oyster pools and the old harbour wall can be seen at low tide. Limestone quarrying, lobstering and crabbing was also booming but as with many little ports there was reports of smuggling. At one stage, it is thought that eight excise men were stationed in the village alone.

At the far end of Port Eynon Bay stands the 18th century ruin of the old Salt House, originally extracting salt from the sea, although it is thought that the business was run as a cover for smuggling goods.





## 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](http://www.bellevuetearoom.uk). Alternatively text or phone Jan on 07737 630657.



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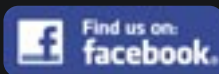


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