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# DIRECTORY

ISSUE 102 JANUARY/FEBRUARY 2024



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In these difficult financial times, it's often hard to keep focused on our business goals. Now is not the time to stop advertising, it is actually more important than ever to advertise your business and remind potential customers about your products and services.

If you are interested in advertising your business in the Directory, please contact us to find out about the very competitive advertising rates.

Do you feel better when you smile? I certainly know that whenever I smile, I instantly feel happier. The only resolution I'm making this year is to smile more and hopefully spread a little happiness to everyone I meet.

Wishing you all a 2024 filled with kindness, compassion, respect and gentleness.

*Susan*

**Advertising enquiries: Telephone Leslie on 07725 888070 or email [contact@swdirectories.co.uk](mailto:contact@swdirectories.co.uk)**

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## How can I help?

If you have any questions or require any help with council issues, please do get in touch:

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Graig Community centre/hall availability & bookings -  
Please contact John Harris at [j.harris@graiGCC.co.uk](mailto:j.harris@graiGCC.co.uk) or  
call 07999 777493.

Rhiwderin Community centre/hall availability & bookings -  
Please contact Paul Gregory by email - [jessica.gregory@talktalk.net](mailto:jessica.gregory@talktalk.net)





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Talwyd costau'r cyhoeddiad hwn gan Gamislen y Senedd, a grantydd cyhoeddus.  
The costs of this publication have been met by the Senedd Commission from public funds.

# Happy New Year!

# Blwyddyn Newydd Dda!



9 Rathbone House, 1 Serpentine Road, Newport NP20 4PF  
@ natasha.asghar@senedd.wales ☎ 01633 215138

Aelod o'r Senedd Cymru dros Dwyrain De Cymru  
Member of the Welsh Parliament for South Wales East  
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# PROTECTING YOUR FAMILY'S INHERITANCE

Most people hope that their estate will pass on to their children and grandchildren eventually. But this will not happen for many, unless careful arrangements have been made to protect their assets from being taken towards the end of their life to pay for care home fees.

**T**he solution to help protect your estate is a Will incorporating a Property Protection Trust (PPT). A testamentary PPT can only be executed whilst both partners remain alive. Upon death of the first partner, their Will specifies that their share of the property is placed into trust and names the ultimate beneficiary of this share, normally the children and grandchildren of the deceased. The surviving partner, under the terms of the Trust, has the unequivocal right to remain living in the property for the rest of their life. On the death of the second partner the Trust comes to an end and the property



passes to the beneficiaries. As the surviving partner does not own the deceased's share of the property it is fully protected for the beneficiaries, so if the surviving partner requires care, or even remarries, this share of the children's inheritance is protected. This last point can be of particular interest to couples who have come together but have children from different

partners. A PPT can help each person in a relationship ensure that their children inherit their share of the property, while giving their surviving partner the ability to live in the property for the rest of their life. If the surviving partner wants to move to another property, they can still sell the property and the proceeds be used to purchase a new property; the terms of the trust remain over the new property. Westminster Law will assess your current circumstances and arrange the trust that will provide the best protection for you, your family and your assets.

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\*All our prices include VAT (when applicable). These very special rates are only available if you are over 60 years old. Our normal price for a standard single Will is £135, or £225 for a couple. Minimum spend for a free home visit is £85.

## RIVERS IN SOUTH WALES

### River Usk

The River Usk rises on the northern slopes of the Black Mountain in the westernmost part of the Bannau Brycheiniog National Park. It flows north into Usk Reservoir, then east by Sennybridge to Brecon before turning southeast to flow by Talybont-on-Usk, Crickhowell and Abergavenny after which it takes a more southerly course.

Beyond the town of Usk it passes Caerleon to flow through the heart of the city of Newport and into the Severn Estuary at Uskmouth. The river is about 78 miles long and the Monmouthshire and Brecon Canal follows the river for most of the length of the canal. The normal tidal limit of the river is just below the bridge at Newbridge-on-Usk, some five miles north of Newport.

The River Usk has played an important role in the history of Wales. Evidence of the long-standing use in transport and trade came in the form of the remains of the Newport Ship that were discovered in 2002. This ship, dated to around 1465, was most likely a trading vessel and may have sailed around Europe. Its presence in the Usk has confirmed what an important trading route the Usk must have been to the many towns and villages.

*Talybont Reservoir*



*Caerleon*



*Monmouth*



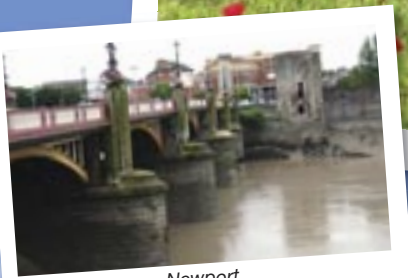
*Crickhowell*



*Usk*



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# LOCAL YOGA CLASSES

Yoga has been practiced in India for thousands of years but in recent times, it's gained immense popularity in the West. It seems that this surge in people seeking a place to downward dog isn't ending anytime soon either, as the love for yoga and all of its amazing benefits is increasingly on the rise. In today's busy, fast-paced world, yoga practice has been the much-needed anecdote for those wanting to be able to prioritise themselves and their wellbeing alongside their many other responsibilities.

Yoga is for everyone but it can be daunting going to your first class. Most people however, once they settle in, become hooked and their practice is a non-negotiable part of their routine. Here's why:

**Movement** - yoga postures cause you to become stronger and more flexible. You have less aches and pains, more balance and improved bodily awareness

**Breathwork** - breathing practice eases anxiety and alleviates depression. You feel calmer, clearer, more energised and strengthen your immune system

**Meditation** - training your mind to understand yourself better, dissolve limiting beliefs and build the inner resources you need to fulfil your potential

If you'd like to start yoga or build upon your current practice, I'd love to see you at my class. Everyone is truly welcome :)

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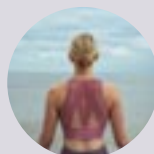
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\*valid until 29/02/24



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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 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:

1. To help you set goals and plan for your future
2. To help you navigate the world of finance with confidence
3. To identify opportunities
4. To plan for the unexpected
5. To provide peace of mind

In order to create your lifestyle plan, you need clarity over your financial and lifestyle goals, your objectives and your motivations. We explore every aspect of your financial world, taking everything into account to create a plan that works for you.



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# Helping you achieve your financial goals this winter



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Run it past me again Llew - your New Year's Resolution is that you won't eat chips whenever there's a K, Q or Z in the month !



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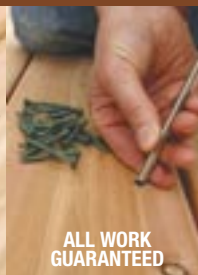
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# Do you know where your Will is?

Following the closure of Axiom Ince by the Solicitors Regulatory Authority, the firm has now closed down and their files have been seized.

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If you made your Will with Thomas Simon, O'Brien Lewis & James, Gordon Dadds or Ince & Co, who who were ultimately bought out by Axiom Ince, your Will may be in the hands of the Solicitors Regulatory Authority. The Solicitors Regulatory Authority will allocate a firm to manage their client files, including all Wills, in due course.

There is absolutely no guarantee that this firm will be local to you.

If you want to ensure that your matters are dealt with locally, with a firm that has been operating for over 150 years, we are here to help.

Our trusted Wills & Probate team are on hand to discuss moving your Will across to Harding Evans. You will find us in the heart of Newport but if you are unable to come to us, we can come to you. Contact us today to make an appointment.



## **Get in touch:**

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# Clearly, There's No End in Sight

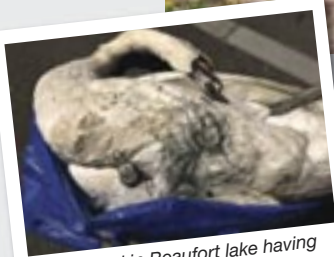
We have been writing about our exploits since 2008. In 2015, we wrote about an incident which occurred in 2008. We must have been short of material then. This was an absolutely appalling story (see photo) of an adult swan which survived being snared – hooks in both feet and a mass of heavy duty braided line – in the Severn Estuary off Black Rock near Portskewett. Until very recently, this was the scariest rescue from more points of view than one, in which we had ever become involved, with, potentially, the most appalling consequences; the swan would have drowned when the tide came in.

Now, this autumn, the horrors of this incident have been relived and exceeded. Over the years there have been calls from time to time from the lakes at Beaufort. Almost without exception, these have been to deal with angling related problems. In a way, this time round, the problem was relatively minor; the male swan was not moving very freely on the water on account of what amounted to a tourniquet around the lower part of his right leg. Clearly, it had been there some time, and the line had cut in very deeply, but, not without difficulty, this was removed, and the swan was released back with his partner.

A week later, another call from Beaufort; the same swan was



*Black Rock swan showing hooks in both feet, 2008*



*Drowned in Beaufort lake having been caught in fishing tackle*

struggling to free itself from fishing line in the middle of the lake (upper of two). With the best

will in the world, from a standing start it would be difficult to reach a position to be able to do anything in under one hour, but we did the very best we could.

Approaching the lake with a full array of rescue kit, including binoculars. There was no obvious sign of the swan. It was only by moving closer, and changing the angle of view that we obtained the first very frightening sign of what we were looking for – it looked very much as if we were already too late. Away, on the far side of the lake was a small white 'patch' under an overhanging alder tree. Immediately, one could not do other than to fear the worst. Laden with gear as we

were, we crossed to the other side of the lake as fast as we were able, only for our worst fears to be confirmed.

It wasn't easy to access the water's edge and then to retrieve the body, then, only with the aid of our longest swan hook.

Meantime, while we were preoccupied with the need to do this, we were all too aware of the partner moving around close by, calling plaintively as they do in such circumstances – such a sad sad sound, and there was nothing we could do to ease her distress.

There was line everywhere, many times tight around one leg, and leading ultimately to a medium to large hook caught in the tip of the swan's beak. We cannot begin to imagine the struggle which this poor innocent creature put up before he finally died.

As we have had cause to say again and again recently, nothing has changed in the 40 years we have been doing this work; how depressing is that!

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# Newport Bathroom Centre

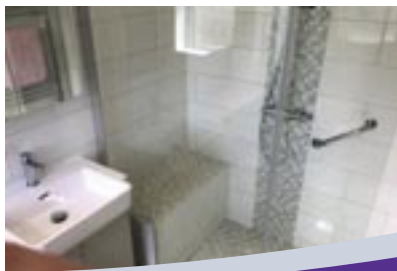


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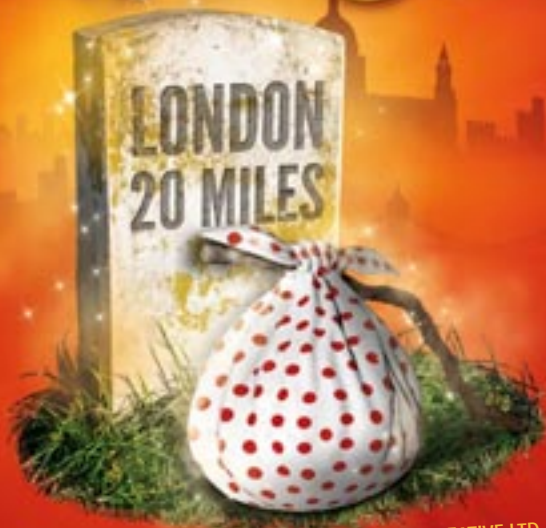
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# Move opens up interesting avenues for Newport U3A

**Newport u3a's move to the Dolman Theatre and our association with the Newport Playgoers Society have opened up interesting new avenues for us.**

Steve and Chris Bissex-Williams are long-time members of NPS and have joined our Choir and organise special events for us. They recently co-directed a production of 'The Shakespeare Revue' at the Dolman Theatre - a witty and enchanting collection of music and skits written by theatre's finest comic writers that were inspired by the Bard.



Steven Lansdown is also a member of the choir and has many years' experience in amateur dramatics. He successfully auditioned for a role through the friendship he has formed with Steve.

In addition, Pam Linton who was a u3a member for 22 years and a previous Convenor of the Choir is also the Musical Director of NPS.



Newport u3a provides 40 social, active and cultural groups for the retired at the Dolman Theatre Wednesdays to Fridays during term time at 9.45-15.00. For more information visit [u3asites.org.uk/newportsewales](http://u3asites.org.uk/newportsewales) or phone Angela Robins on 07983 130541.

## Hardy Plant Society

The Hardy Plant Society Monmouthshire group meets at the village hall on Berthon Road, Little Mill NP4 0HJ twice a month on Saturdays at 2.30pm. We invite those who love hardy perennials, shrubs and trees to share their interest by joining us.

On Wednesday 17th January at 7.30pm a Zoom talk 'Amazing Orchid Stories' by **Trey Sanders of Orchid Botanics.**

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For more details of our activities, please consult our excellent website:  
<https://hpsmonmouthshire.co.uk/>



## The Team at Belle Vue Tea Room would like to wish you all a very healthy, happy and prosperous New Year!

We have now completed five full years at Belle Vue Park. We have learned a lot and tried to respond to feedback to make the Pavilion a family (and dog) friendly place for you to visit.

We hope you are as thrilled as we are to know that we are now embarking on what we hope to be another five years at Belle Vue. We want to continue giving you the best possible value for money in these trying times and we look forward to welcoming you rain or sunshine.

### As a reflection over 2023:

- Our afternoon teas served each day from 2.00pm have grown in popularity. They comprise of locally made and homemade sweets and savouries and can be booked online or at the till. We even offer vouchers which are becoming popular as birthday gifts.
- We hosted our monthly (from March) artisan markets. We struggled with fresh meat and vegetables, so we are redoubling our efforts to bring you those in 2024.
- We supported Sparkles Appeal, our charity of the year by collecting on markets visitors' behalf over £1800 during 2023. This year we will once again be looking for a local charity to support.
- We hosted the Peace Run which is an international campaign as it made one of four stops in Wales and we hope that a memorial to peace will

be installed within the Park at some time in the future.

- We provided five out of the six planned street food Friday evenings (the weather put paid to August unfortunately). This is where we provide music on the bandstand between 6.30pm and 9.30pm. You can bring your own beverages and food and there is no charge for listening to the music. However, there are scrumptious food vendors and a bar on hand to make the events flow. We will continue this during 2024 on the third Friday of each month.
- Family events have been busy this year with 10 weddings, over 30 baby showers and adult birthday teas. We have also been privileged to host 6 funeral teas, which are sad occasions, but we try to offer support and understanding at these difficult times.
- Our loyalty card scheme has been very popular, so much so we keep running out of cards! We shall ensure that in 2024 we have plenty for our regular customers.
- Some of you may not know about our pay forward scheme. This is where, for £1.50 you can purchase a

drink for a stranger. We top that amount up and a voucher is printed for collection by someone in need. They just need to take it along to the till and a hot drink of choice is available to them.

The costs of energy, food and drink ingredients have risen significantly over the past 12 months. We have tried not to pass these costs to our customers because we know that this can be counter productive. What can mean a frequent coffee and cake can reduce to an occasional treat if prices are too high. From April, staffing costs will be higher and we anticipate the waste management will impact on us too. We are likely to have to increase costs a little, but we will also absorb costs where possible.

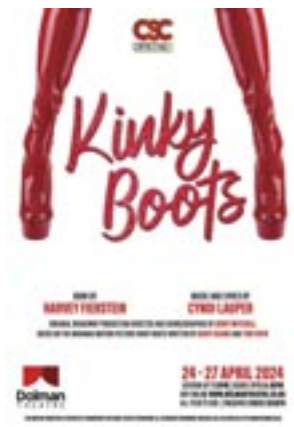
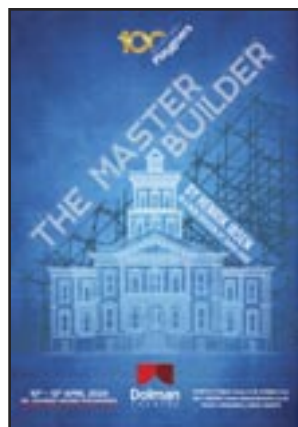
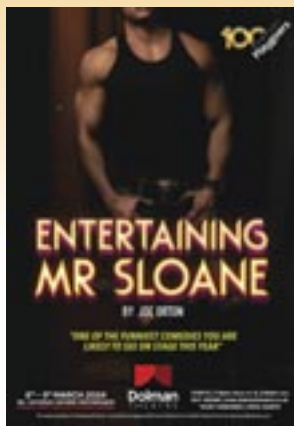
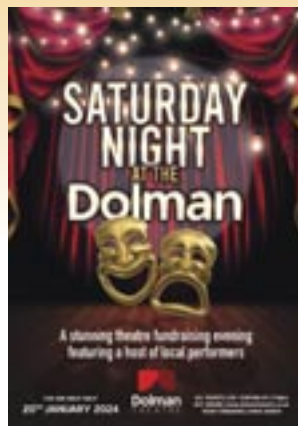
We are considering charging for card payments, 1% of each transaction but without the charge for cash payments. We will seek advice on this but want to assure you that you and your friends and family are important to us so we will do our best to keep costs down. Once again, we hope to see you as we continue to open every day between 9.00am and 4.00pm.

**Very best wishes**  
**Jan, Paul and the Team**



# DOLMAN

## THEATRE NEWPORT



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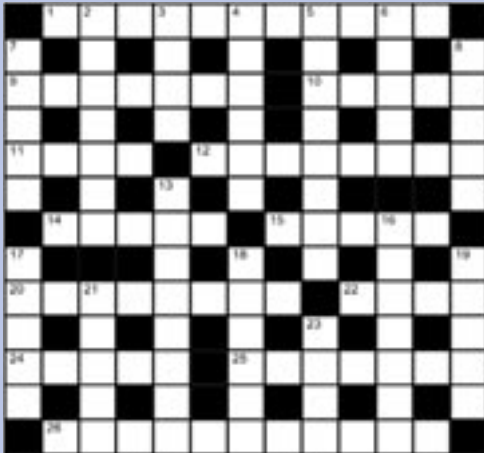
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# Puzzles

## CROSSWORD



### Across

- 1 Sweet-smelling climbing plant (11)
- 9 Light raft made of balsa, used by Thor Heyerdahl to cross the Pacific in 1947 (3-4)
- 10 Insect in the stage between egg and pupa (5)
- 11 City of Helen, whose face "launched a thousand ships" (4)
- 12 Tree which grows in tidal, chiefly tropical, coastal swamps (8) 14 Communion table (5)
- 15 The Mill on the \_\_\_, George Eliot novel (5)
- 20 Line of descent of a pure-bred animal (8)
- 22 Brewery cart (4)
- 24 Private instructor (5)
- 25 Spanish painter, born in Greece (1541-1614) (2,5)
- 26 Primate species to which modern humans belong (4,7)

### Down

- 2 Action that turns out to be to the disadvantage of the person who took it (3,4)
- 3 First name of authoress Blyton (4) 4 Helix (6)
- 5 Roman Emperor who succeeded Tiberius (8)
- 6 Key \_\_\_, 1948 film (5)
- 7 Glide across ice (5)
- 8 Biblical tower intended to reach to heaven (5)
- 13 Australian marsupial (8)
- 16 Physician who performs operations (7) 17 Mark \_\_\_, US swimmer who won seven gold medals in the 1972 Olympic Games (5)
- 18 Formerly the basic unit of money in Spain (6)
- 19 Tower supporting high-tension wires (5) 21 Mark used to indicate the word above it should be repeated (5)
- 23 Tangerine/grapefruit hybrid (4)



## SUDOKU

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.

Solutions on page 35



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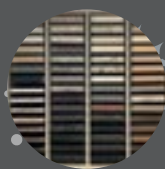


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# Twmbarlwm Society Review 2023

**I**t's that time of year again when we reflect on last year's achievements and failures – so I like to browse through all my photographs to act as an aide-memoire.

When I started looking at my hundreds, nay thousands, of photos, it proves we were as busy as ever, but unfortunately, due to space, I can barely scrape the surface here, so please visit our website to see more.

My first visit to Twmbarlwm was on 1st January and I was surprised to see how many people were up there. It was a fine but overcast day and bitterly cold but the car park was full and there were people continuously climbing the slopes to the top all the time we were there – it's great to see and a clear indication how important the mountain is to locals.

Through January and February our contractors completed the stone path from the dry-stone wall to the base of the twmp and installed a new base around the trig-point – which was a welcome sight for those hundreds of visitors who, once more, joined us on our Good Friday, annual Hot-Cross-Bun walk.

You can't really see it in the photo but we had installed a new stock fence from Pegwn-y-Bwlch around the top of the mountain to the forestry road on the south west slope of the hill-fort. This was to contain the cattle that were introduced as part of our conservation grazing scheme.

Also as part of our land management scheme to improve the bio-diversity of the area, a hardy group of volunteers did some bracken bashing on a few horrendous weekends in August and September.

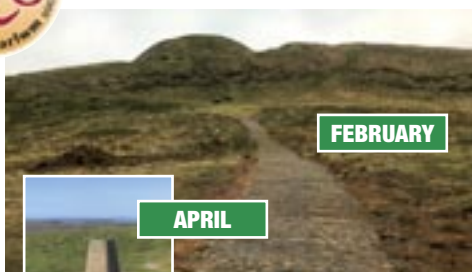
Although we have done no physical archaeological work on the mountain this year, the work with CPAT and Cadw goes on and we will be publishing the finished report of last year's digs very soon.

But no round-up would be complete without a mention of the many volunteers who join us once a month, come rain or shine, to do a litter pick centred on the car park and ranging all round the mountain slopes – your help and dedication is greatly appreciated by us and every visitor.

TERRY EVANS  
Chairman CTS



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**FEBRUARY**



**APRIL**



**MAY**



**AUGUST**

**SEPTEMBER**

## LITTER PICKING VOLUNTEERS EVERY MONTH



**Cymdeithas Twmbarlwm Society** 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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**Across:** 1 Honeysuckle, 9 Kon-Tiki, 10 Larva, 11 Troy, 12 Mangrove, 14 Altar, 15 Floss, 20 Pedigree, 22 Dray, 24 Tutor, 25 El Greco, 26 Homo sapiens.

**Down:** 2 Own goal, 3 Enid, 4 Spiral, 5 Caligula, 6 Largo, 7 Skate, 8 Babel, 13 Kangaroo, 16 Surgeon, 17 Spitz, 18 Peseta, 19 Pylon, 21 Ditto, 23 Ugli.

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

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# Full Moon Cottages and Inn



**Little remains of these cottages today, which are located at the entrance to the Sirhowy Valley Country Park. A close-up section of an early 20th century photograph shows how the hamlet looked, sometime around 1910. The 1879 OS map shows the hamlet and also shows the nearby Rock Vein Colliery which was sunk in the 1840s and the cottages were probably built for the miners who worked there. “Risca Pit” on the opposite side of the valley is shown only as – “New Pits” – with no details of the buildings shown at that time. This pit was sunk in 1875, producing coal by 1878. It is likely that the area was mapped before the mine was fully operational.**

**T**he farmhouse known as Rhyd-fraith can be seen in the centre of this image, painted with white lime-wash, and above it are the lower eight dual houses or “ranks”, also in lime-wash white. The upper eight ranks face the opposite way, and perhaps that is why they are not painted in lime-wash, but we’ll never really know that. They don’t appear to have widows on this side, just stonework. To the left and above the ranks are a block of three cottages and

above them can be seen a “toilet block”, no doubt of the crudest drainage system known...The remains of these are still visible today.

The Full Moon Inn stands to the right of the ranks and separating them was a flight of steps leading down through the gardens and onto the riverside Parish road. These gave access from the upper ranks down to the road. More cottages can be seen here; a block of three, where the road rises up to the level crossing, and another

cottage opposite them, on the river side of the road. Another dual-house can be seen at the junction. A friend of mine, aged 86, remembers visiting his uncle who lived there and seeing the family who lived below through the gaps in the floorboards.

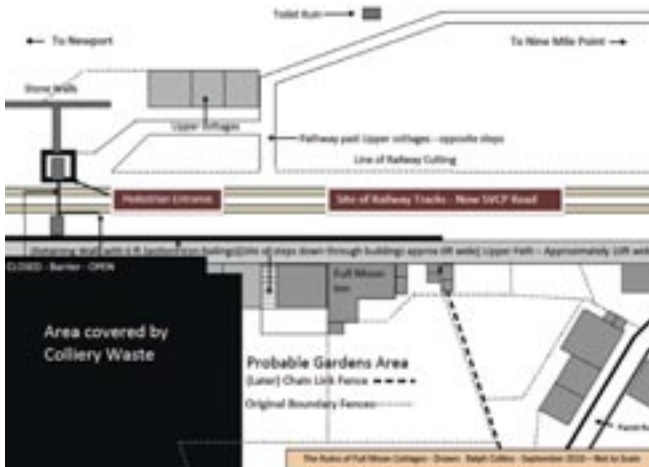
The water supplies came from springs flowing out of the valley side. The spring for this building was in the garden, and it is still there today, under a drain cover. Clean water was also taken from the mountain stream that tumbles down the steep valley side, and is now piped under the Parish road a little further up the valley, and was known as a “sash”.

Finally, the level crossing gate-house is last building on the right, where a cloud of steam can be seen rising from a train approaching it as it heads down the valley. The next section of the Parish road can

be seen as it makes its way up the steep hillside, on the opposite side of the level crossing. Although the quality is poor, it is a truly remarkable image, as it captures the entire hamlet.

The 1851 Census shows that “coalminers” lived in the cottages at that time, many of them from Somerset. The entries in the first column of a Census form were where the number of the house-holder’s Schedule were recorded, and the first entry for Full Moon was for No. 47, and they ran up to No.73; 26 household numbers scheduled in total. By the 1891 Census, there were 32 dwellings recorded, which accounts for there being more dwellings in the image.

The next image is a drawing that I made of the layout of the Moon hamlet. In it you will see a small yard or platform at the foot of the steps. If you look down the actual site of the steps themselves, you can just



make out this yard or platform. You will also see the cottage is at the point where the Parish road meets the railway level crossing and this where the gate-keepers house is located. Today it is used by Caerphilly County Borough and known the Full Moon Office. The cottages and the inn were declared – unfit for human habitation in

1935, and demolished. The residents were relocated to Waunfawr Park Road where they were known to be unsettled by their relocation, after they and their families before them had lived in the Full Moon hamlet for about 90 years.

An extract from the (uncompleted) second volume of - Western Valley Walks and more...  
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