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ISSUE 106 JANUARY/FEBRUARY 2024



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

Susan

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NATASHA ASGHAR MS | AS



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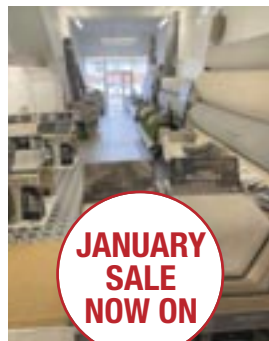
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passes to the beneficiaries. As the surviving partner does not own the deceased's share of the property it is fully protected for the beneficiaries, so if the surviving partner requires care, or even remarries, this share of the children's inheritance 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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Between Tregwilym and Tydu

PART 2

By Derek Picken



The first Police Station (now The Nick house) left of picture

Continuing the journey westwards along Tregwilym road towards Tydu. On the north side next to Ovoca (now Tregwilym Lodge Home), the old Hull family residence who were the village Doctors are two semi-detached houses and, left of picture, the first Police station. Also between the houses and Ovoca Dr. George Hull's pigeon loft can be seen. This was his major hobby. A good view of the extensive railway marshalling yard can be seen behind the houses.

The police station was complete with a cell and in WW2, two Italian prisoners of war were put in the cell. The following morning it was discovered they'd both escaped on the Police bicycle! Also, the large village carnivals that were held in the 1950s and 60s were huge events attracting thousands of people. They were held on a bank holiday weekend and of course, thousands of pounds were collected in coins and no banks were open. The

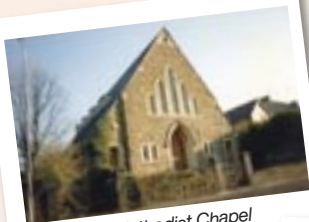


*The first brick built Primitive
Methodists Chapel*

police cell was used to store all the heavy bags of coins safely. Originally the main Primitive

Methodists Chapel was on the site where the Pentecostal Chapel is today. They then built the more substantial stone building, pictured, next to the police station.

In 1906 an even bigger stone chapel was built in front of the old chapel which then became the hall to the main building. The site is now houses and the replacement chapel Trinity Chapel in Glasllwch Lane. It is said that the opening ceremony of



The New Methodist Chapel

the chapel was interrupted by a horse racing commentary picked up by the metal spire of the chapel.

Opposite the Chapel was the Oak Tree Public House which was demolished in the 1950s and adjoining it was Oak Tree Terrace and Orchard Place. Opposite Orchard Place was The British Legion Hall and later the British Legion Club. The British Legion site originally was for the Hall of the organisation. Later a Nissan hut was obtained from the army camp at Ruperra Castle and was erected behind the hall as the British Legion Club. Later the hall and the club buildings were joined to make one big club with a bar, lounge, snooker room and concert hall. To avoid any bar closure the new brick bar was built over the

Nissan hut. The club later became the Sir Douglass Haig (RAOB) club and then the Redwood Club. It finally closed as the Tydu pub. The now housing site is named Hadley Gardens after Hadely Street from the Nook, being



The Redwood Club

These are still there to this day but two of the cottages are combined into one making just two cottages.

Finally on the north side of Tregwylm Road, next to the Redwood Club site (Hadley Gardens) was the Free Carnegie Library. Lord Tredegar gave the land and he obtained a donation of £1400 from Scottish/American businessman and philanthropist Andrew Carnegie. Initially the library was run by Rogerstone Parish Council. The only other



The Oak Tree Hotel and Oak Tree Terrace on the left and The Carnegie Library on the right



Hillman's sweet shop, later The Midland bank at the end of Oak Tree Terrace

originally named after Hadley in Shropshire from where many migrants came to Rogerstone to work for Nettlefods in the late 1880s.

On the south side of Tregwylm Road, as well as the houses in Orchard Place, there was Stan

Lewis's Radio and electrical shack. Stan's business also included providing charged accumulators for the radios or wirelasses as they were then known.

On the south side of Tregwylm Road, after Orchard Place was Tregwylm Fach farm then Tydu Lane (Road) and then the three cottages called Tregwylm Place.



Tregwylm Fach (John's) Farm

Carnegie library in Newport was on Corporation Road but is now closed as a library. In total there were over 600 Carnegie libraries in the U.K.

Finally next to the library are the 14 semi-detached houses of Orchard Terrace, in later days known as 'the 14 houses'.



Rogerstone Carnival passes Orchard Place and Oak Tree Terrace and the Alcan Offices. Also in the photo is Stan Lewis's shack.



The Free Carnegie Library and Orchard Terrace

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Twmbarlwm Society Review 2023

It'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.

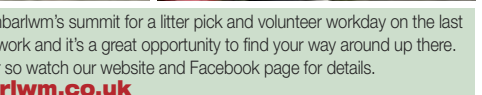
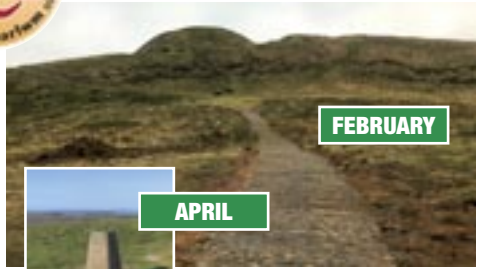
You can't really see it in the photo but we had installed a new stock fence from Pegwn-y-Bwlch around the top of the mountain to the forestry road on the south west slope of the hill-fort. This was to contain the cattle that were introduced as part of our conservation grazing scheme.

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



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.


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Happy New Year

I hope Christmas was all you expected it to be and that you managed to celebrate with family and friends. Hopefully you will have enjoyed some of those family traditions that are a part of many families' Christmases. Rogerstone Roses certainly managed to enjoy the familiar triad of festive events, a Christmassy talk, a celebration dinner and a Christmas party.

But time marches on and here we are in 2024, so Happy New Year to you all from Rogerstone Roses Women's Institute. I don't normally write our name in full but decided to after meeting a lady (am I allowed to say that these days or do I just have to call her a person - not sure about that!) who had never heard of the Women's Institute. How much longer will we be able to use that title? Will we have to become something much more in keeping with the crazy political correctness of today, that readers, is a personal view. I'm sorry if some of you are offended but I am having great difficulty in keeping up with phrases that are correct these days, it seems that offence is easily given. Again, another personal thought perhaps some of these 'righteous' folk should taking up an all-consuming hobby and leave the rest of us to potter on with our daily lives.

This year I am not planning any personal resolutions, mainly because by the end of January they are already long forgotten.

But I do have some hopes for the human race, it is often said that we learn from our mistakes, but this is not always true. Man's inhumanity to man is horrendous, this is played out daily in the war-torn countries throughout the world. Equality for women is a pipe dream in many countries. Let us all hope that 2024 will be a year that sees an end to conflict and strife.

An extension of the W.I. is the charity ACCW, the Associated Country Women of the World. This charity seeks to empower women in all their diversity all over the globe. Let us hope that this new year will see their work go from strength to strength and women will be seen as equals in these lands.

As always, our programme of events for 2024 is varied with

something for everyone, there will be talks, demonstrations, physical activities, nothing too strenuous I assure you, picnics a quiz and plenty more.

If you think that any of these things might interest you why not come along to a meeting. These are held at St John's Church Hall, Risca Road, near the Handpost in Newport. Our meetings start at 7.30pm but members arrive from 7.10pm to enjoy refreshments and a chat. Meetings are always on the second and fourth Tuesday of the month.

Liz James





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for our meeting, maybe for a speaker, board
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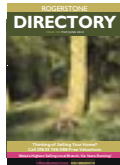
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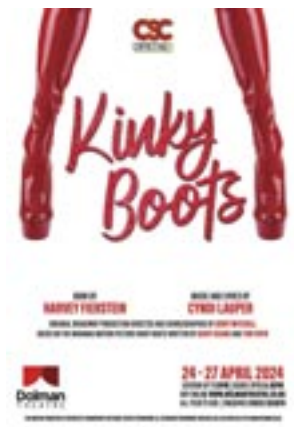
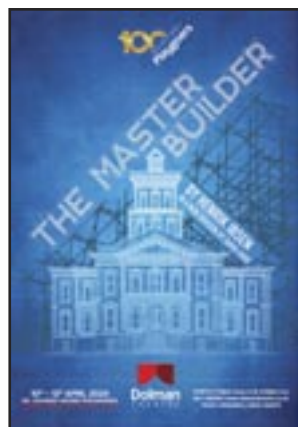
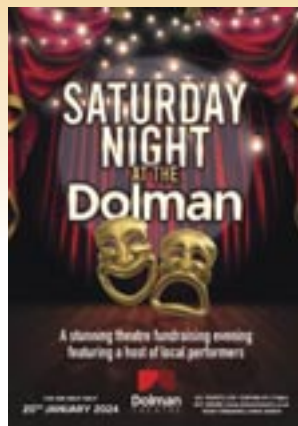
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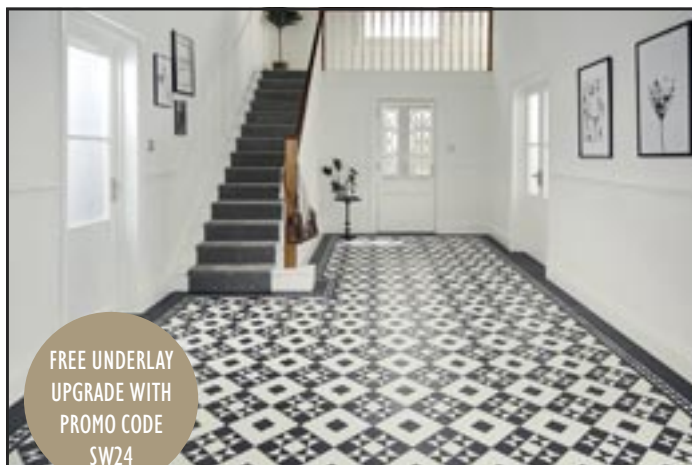
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Pontywaun County School

The Welsh Intermediate Education Act of 1889 resulted in the creation of schools to fill the gap between elementary schools and universities. Until then, the vast majority of children stayed at elementary school until they started work. The Monmouthshire County Council defined the various districts for the new schools and appointed members to a School Board to manage them.

Our local district which, initially, covered the area from Newbridge to Rogerstone was formed in 1894 and designated as the Pontywaun School District. This explains why the subsequent school was named Pontywaun but not why the school district was named Pontywaun, at that time there was no prospective site, was it just the mid-point of the district?

These schools were to be financed through the County Council from a combination of a half-penny rate, capitation grants from the Board of Education, Treasury grants, proceeds from local Customs & Excise duties and, finally, school fees paid by scholars. Some local companies provided scholarships for children whose families couldn't afford the fees, these included the Ebbw Vale Steel, Iron & Coal Company, the Blaina Co-operative Society, the United National Collieries and, later, St. Mellons District.

Of the nine nominated members of the school board, four were present at the first meeting on 15th November 1894 at Abercarn Police Court, these were Mr Evan Phillips



(Newbridge), Rev. J.M. Jones (Newbridge), Rev. T.A. Thomas (Abercarn) and Rev. H.S. Targett (Risca). These four accepted office and co-opted three further members, Mrs Wade (Rogerstone), Miss Margaret Stradling (Abercarn) and Rev. J.C.S. Darby (Vicar of Machen). The fully constituted board met at the Abercarn Local Board offices on 22nd November and Rev. Darby was elected as the first chairman. At this meeting Mr Newton Wade was appointed as Clerk to the Governors, an office he held until his retirement on 31st December 1945.

The Board's two initial requirements were to raise £500 from subscriptions and to secure a site. The money was gradually collected from various sources including 'the workmen at Abercarn, who voted a half-penny per man per week for twelve months as their contribution'. After much searching, including surveying sites in Newbridge, Abercarn and Risca, Lord Tredegar donated land at the junction of Club Row (now Brookland Road) and the main road, in Pontymister.

By October 1897 things were sufficiently advanced for the Board to seek temporary accommodation and they were granted permission to use the schoolrooms of the Baptist and Wesleyan chapels in Crosskeys. The school commenced at the temporary bases on 1st June 1898 with 20 pupils, 12 boys and 8 girls. By the end of June there were 22 boys and 21 girls, among the boys was the well-known name of Wallace Jones (Abercarn).

Plans for the new building were approved in November 1898 and the building tender accepted in May 1899 with two foundation (or memorial) stones bearing the names of the school governors being laid on 9th August 1899 in a ceremony performed by Lord Tredegar. On 1st May 1900 the building was sufficiently ready for pupils to move in with the official opening ceremony, performed by Sir Lewis Morris (a late substitute for Lord Tredegar), taking place on 2nd November 1900. This concluded with a luncheon for the dignitaries held at the Risca Public Hall.


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LISA PRYCE-JONES
HYPNOTHERAPY & HEALING
NEWPORT

What would you like to achieve in 2024?

As we embrace the New Year what goals would you like to achieve? Perhaps feeling more calm and relaxed in your day to day life, get more enjoyment out of life, lead a healthier lifestyle (eat more healthily, stop smoking, reduce alcohol, stop gambling), gain more confidence in work or socially, get the job that you want, sleep better, reduce pain, cope better with grief or overcome fears.

As Einstein said *"if you always do what you always did, you will always get what you always got"*.

So why not consider having Hypnotherapy and Healing now so that you can start your journey and make lasting changes to achieve the life that you want!

Whilst goals are important it is actually the process that is even more important and I can help with my bespoke toolkit.

Hypnotherapy and Healing are both complementary therapies that work alongside conventional medicine effectively as

demonstrated in clinical trials which includes Harvard University, Stanford University and University of

Birmingham. As a Hypnotherapist, Energy Healer (Master Reiki Practitioner & Teacher, Spiritual, Maori and Crystal Healer) and Counsellor I work with clients on a sub-conscious (hypnotherapy), conscious (counselling) and spiritual (healing) level at the same time resulting in clients being able to make much quicker progress whatever their aspirations are.

So why not get in touch with me now to find out more on how Hypnotherapy and Healing could help you. I have been helping people for over 10 years and in 2023 was delighted to receive the Hypnosis Business of the Year award. You will be assured of a warm welcome, have plenty of time to discuss your issues and have a therapy plan made to meet your personal needs.

Lisa

Hypnotherapist & Healer



In addition to personalised one to one therapy sessions I also teach Reiki Healing and Hypnotherapy. New for 2024, I will be offering some group Hypnotherapy sessions too! So to find out more visit <https://www.hypnotherapyandhealingtrainingwales.co.uk/> www.hypnotherapyandhealing.co.uk or get in touch – lisapryce-jones@outlook.com / 07427 451992

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:

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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

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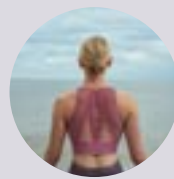
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For More Details Contact Zoe

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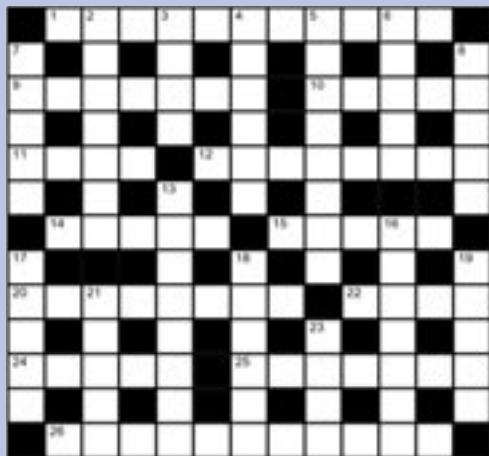
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*valid until 29/02/24

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 38

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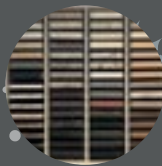
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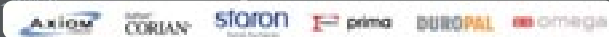
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Consistency versus Sporadic?

Happy New year.

Here's a great question for you, do you think that being consistent with exercise, at shorter intervals with a health goal, is better than having a go, fewer times, but for longer? Based on research, the answer is consistency and shorter intervals. This is applicable not only to the associated health benefits you might encounter like weight loss to strength gains with exercise, but shifts in mood, mental wellness, blood pressure, cognitive function, cardiovascular and the management of chronic health conditions all well documented to improve. I appreciate that this sometimes



is not always easy to manage, with work and life commitments driving our functionality. However, would you accept, given our need for technology, that you couldn't give yourself 10 minutes every day of the week to do something to improve your health? Whilst scrolling through social media or reading a book,

could you stretch? Whilst on a meeting, within boundaries, could you walk and talk? Whilst being taxi for the family, are you able to secure time out to concentrate on breathing techniques for 10 minutes? Little and often is the key to long term health success. So, when you're thinking about what your going to do at the start of January 2024, have a little closer look at the time you've spent on social media in your insights and think about how better your time could have been spent on you, and stop looking at what the world around you is doing. Take back some control and accountability for you, you are very worth it.

If you ever need help or advice, please get in touch, I'm here to help.
Thanks for reading, Karla. 07791 217306



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ONLINE

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Tuesday	6.15pm	Body Conditioning – Online
Wednesday	10.00am	60+ - Hybrid
Thursday	6.15pm	Circuits - (Bookable)
Thursday	7.00pm	Pilates – Hybrid
Saturday	9.30am	Pilates in PJs – Online

*Hybrid class is face to face and via zoom at the same time.
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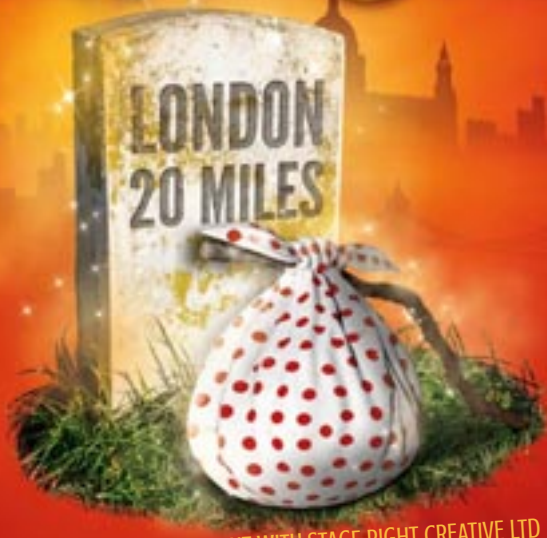
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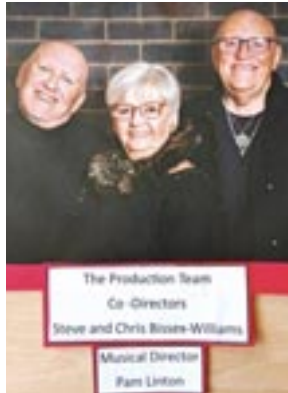
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Move opens up interesting avenues for Newport U3A

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 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.

Learn how to grow orchids with Orchid Botanics, a Bristol-based online plant store which specialises in orchids and many other rare and unusual plant species too.

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Belle Vue
Park & Tea Room



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



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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	3	3	9	2	5	6	8	7
2	7	8	6	1	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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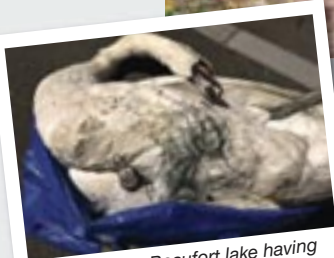
We have been writing about our exploits since 2008. In 2015, we wrote about an incident which occurred in 2008. We must have been short of material then. This was an absolutely appalling story (see photo) of an adult swan which survived being snared – hooks in both feet and a mass of heavy duty braided 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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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.

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