ALLT-YR-YN

DIRECTORY

ISSUE 93 JULY/AUGUST 2023



Thinking of Selling Your Home?
Call 01633 746 088 Free Valuations

Wales's Highest Selling Local Branch, Six Years Running!

Pinkmove ROBERTS

Welcome!

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

Lets hope the weather will carry on being kind to us over the next couple of months and we'll all be able to continue walking in our beautiful countryside, on lovely beaches and benefit from some summer sunshine.

Susan x

COPY DEADLINE FOR THE SEPTEMBER / OCTOBER EDITION FRIDAY 28th JULY

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

Editor: Susan Woolford | Sales & Distribution: Leslie Woolford

The editor cannot accept any liability to any party for loss or damage caused by errors or omissions.
All artwork is accepted on the strict condition that permission has been given for use in the publication.
SW Directories does not officially endorse any advertising material included within this publication.
All rights reserved. No part of this publication may be reproduced without the prior permission of the editor.



Nant Coch Church

68 Fields Park Road

www.nantcoch.org.uk or phone 07551 988397.

Sunday Service, 10.30am

Toddlers / Community Event / Bible Studies



David James & Sons

Carpet, Flooring & Laminate Specialists • Established 1988

- Free planning and estimate service
- Laminate flooring specialist and approved stockists of Quick Step
- We're a family-run business that values each and every customer
- Expert fitting
- Moving furniture & removing with disposal of existing flooring service available



New showroom is now open

Free home selection service

If you can't come to us, we'll come to you

460 – 462 Caerleon Road, Newport NP19 7LW

Tel: 01633 253800 / 07976 258363

Email: james.carpets@ntlworld.com

LOOKING FOR A REGISTERED, FULLY INSURED DOMESTIC ELECTRICIAN?



Give Matt at Coles Electrics a call for a free no obligation quote on all your domestic electrical needs.

We offer a professional, friendly electrical service and take great pride in all work carried out to ensure your complete satisfaction!

NAPIT TRUSTMARK Cheekatrade.com

COLES ELECTRICS
WE'RE SWITCHED ON

REGISTERED & INSURED ELECTRICIAN

07850 473552 01633 815148

@coleselectrics Coleselectrics@gmail.com www.coleselectrics.co.uk



BLACKDALE

FLAT ROOFING & CARPENTRY

BLACKDALE IS A LOCAL FAMILY RUN BUSINESS WITH OVER 40 YEARS OF EXPERIENCE. WE PRIDE OURSELVES ON OUR FRIENDLY AND PROFESSIONAL SERVICE.







FIBREGLASS ROOFS
CARPENTRY
HAND-CUT ROOFS
SOFFIT, FASCIA & GUTTERING
EXTERNAL WALL CLADDING

Contact us for a free quote:

07523 320301
info@blackdaleflatroofing.co.uk
www.blackdaleflatroofing.co.uk

Blackdale Flat Roofing Ltd T/A Blackdale Flat Roofing & Carpentry
Company Registration Number 13415370

EARLY BIRD OFFERING

Pop in & enjoy our early bird menu -
2 courses for £16. Available 12pm-4.30pm
Wednesday to Friday. Or enjoy 10% off
your food 5pm-7.30pm Wednesdays
& Thursdays when you show this advert.
T&Cs apply.

THE FRIENDLY FOX
DINE | DRINK | ENJOY













SUMMER SPECIAL...

2 COCKTAILS FOR £12
Available all day, every day
Weds-Sun. T&Cs apply.

AL

Walk-ins welcome or to book
please call 01633 649296.

The Friendly Fox
33 Caerphilly Rd
Bassaleg
Newport
NP10 8LW
www.friendlyfoxbassaleg.com

Rogerstone
ROSES

Changing Times





As sometimes happens in my articles the topic is now a memory. However, I felt that this was such a momentous occasion in our history that I needed to, at least, mention it.

After all this practice has been in existence in our country for over a thousand years. Having soaked up the historical pageantry, the uplifting music and the wide-ranging outfits of the actual celebrants, many of you will have continued to celebrate with family, friends and or neighbours. We at Rogerstone Roses were no exception. Our Coronation celebration was a mixture of the solemn, the loyal toast and the cerebral, a Royal quiz and the fun a game similar in essence to pass the parcel and to complete the evening a splendid buffet provided by members, these never cease to amaze me, the variety of goodies is most positively mouth-watering. And I almost forgot to mention we had some very special guests, maybe should have mentioned them first, my lack of respect could earn me a stay in the Tower!!! Look carefully at the accompanying pictures. All in all, an enjoyable celebratory few days and I, on behalf of our W.I. wish the royal couple a long and happy reign.

Throughout life, change happens, as we have seen with the coronation, and life in W.I. is no different and so our AGM has rolled around again, by the time you read this our committee will very possibly be changed. Change of course can be very good for an organisation, new folk bring with them fresh ideas which can certainly enhance meetings.

Over the last few years, Rogerstone Roses W.I., has been reasonably fortunate as regards members. Covid and the need to move premises meant a double whammy and we, like many other organisations, lost members over these years but over the last fourteen or so months we have been joined by a significant number of very enthusiastic ladies who have ensured we have a healthy membership. Not all W.I.'s have been that fortunate and so Gwent Federation has suggested that in September every group should have an open meeting when members can bring a friend, neighbour or family member and introduce them to a typical W.I. event. The choice of event is down to each group to choose whatever they feel is appropriate. Rogerstone Roses will decide what format ours will take after our AGM. More info in the next issue but if you are reading this and think I'd quite like to see what its all about, panic not we only sing Jerusalem at our AGM, do think about coming along, it will be on September 26th. We meet at St John the Baptist Church Hall, near the Handpost, members arrive about 7.15 and meetings have always finished by 9pm. You would be most welcome.

Liz James



R.B Painting & Decorating

INTERIOR / EXTERIOR PAINTING

Fully Qualified
Free no obligation quotes
Clean, tidy & accurate



Mobile: 07840 265638
Email: rcbayton@gmail.com
www.rbayton.com

PSW

Professional Portable Appliance Testing

Established in 2003.

Technicians based across South Wales.

We pride ourselves on offering quality and reliable service.

ECA HSE

Tel:01633 263655
www.pswservices.co.uk
Email: info@pswservices.co.uk
Contact us for a free, no obligation quote!

K9 Traintime

NO CHOKE CHAINS OR RATTLE BOTTLES JUST KIND EFFECTIVE METHODS!

- Puppy Classes
- Adult Dog Training Classes
- Weekly Classes
- Individual Training Sessions
- Over 10 Years' Experience



Please check the website for all classes.

Call Shaun:
07890 996093
www.k9traintime.co.uk

M.R.M Plumbing and Heating



FREE QUOTES
24/7 CALLOUT
COMPETITIVE PRICES

Mobile: 07864 029690
email: martin2979@virginmedia.com

St Anne's Church becomes High Cross Community Hall

Timeline

1934-Mission Room built on gift of land from Courtenay Morgan, 1st Viscount Tredegar
1943-Site becomes home to the 28th Newport Scout Group
1953-The Mission Room was replaced with a permanent hall
1958-The Gothic Arts and Crafts style church building completed and dedicated to St. Anne
2020-Church in Wales announces the closure of St Anne's Church and hall

The end of an era and an uncertain future

The Church in Wales announced the planned closure of St Anne's Church in January 2020 due to the cost of ongoing maintenance and a declining congregation. The closure of the church was a sad day for all those who had an understandable affection for this pretty local church located in the heart of High Cross. St Anne's Church has had a rich history of serving the community as a place of worship and convenient location for activities in the adjacent church hall.





In June 2022, feelings were running high at the packed open meeting organised by the Church in Wales to discuss the future of the site after closure. The fear was that the site would be acquired by a developer and would be forever lost as a community facility. As there are few alternative community venues within walking distance in High Cross, the loss of the site would be a real blow to the area and risk further isolating local people at a time when social interaction is perhaps more important than ever.

However, it became obvious that more than one party saw the potential of retaining the site as a going-concern. Several proposals were made for taking on the site in a way that would preserve some element of community access. The Church representatives were open to ideas and welcomed the presentation of firm proposals.



A new chapter

In the time since that meeting in 2022, 28th Newport Scout Group became the front runners in the negotiations with the Church in Wales regarding acquisition of the property. The Scouts were determined to 'save, retain and invigorate' the site for their Group and the community. The Scouts have a long association with the site, in fact, this year is the 80th Anniversary of 28th Newport Scout Group residency! Volunteers from The Scouts had already demonstrated



commitment to their long-term home by continuing to maintain the grounds after the closure of the church and throughout the pandemic.

While these wheels inevitably grind slowly and the transition process is not yet complete, our final stage National Lottery funding application has been received positively and we eagerly await news. In the mean-time our planning application for a change of use (from place of worship to community hall) has received approval from Newport City Council and The Scout Group have now taken on the role as official caretakers of the site on behalf of the Church in Wales.

As a well-known and respected international organisation, the Scouts have the track record and resources to be able custodians of the property. The site will be run as a charitable organisation by unpaid Scouts volunteers who are local people with a vested interest in maintaining and developing the site for the benefit

Scouts
28th Newport
Scout Group

their own community. The Scouts energy and commitment bodes well for the future too. Plans are already maturing for significant repairs and enhancements to the site and buildings.

The 28th Newport Scouts group currently provides activities for around 90 local young people through Squirrels (ages 4 to 6 years), Beavers (6 to 8), Cubs (8 to 10), Scouts (10 to 14) and Explorers (14 to 18). We also host our friends from the Girl Guiding Movement.

With the spectre of development and the potential loss of an important local facility fading, the site has been rebranded as High Cross Scouts and Community Hall and is already open for business!

The facilities

Once the transition process is fully completed, the hall and former church building will both be available for hire by organisations and individuals. The site is a great local location for group meetings, classes, social events and celebrations. We have already welcomed back some established community groups that made use of the hall before closure and are keen to attract new users from all parts of our diverse community.

Each building has a capacity to accommodate around 150 people. In addition, the green and spacious grounds are ideal for outdoor activities. The site has a musical performance licence and can apply for a temporary event licence to serve alcohol (by advance arrangement). On-site parking is free and new cycle parking racks have recently been installed.

The Hall building

- Canteen style kitchen facilities
- Audio-Visual facilities
- Wheelchair access ramp
- Accessible toilet
- Baby changing facilities
- Stage curtains
- Piano

The Church building

- Big screen projector
- PA audio equipment
- Hearing induction loop
- Raised stage area

Many thanks to the local parish and the Church in Wales for their cooperation throughout the transition process. The project would not been possible without their understanding, generosity and encouragement.

If you interested in booking the hall, please email: 28thNewport@Newportscouts.org.uk or message us on Facebook : HighCrossCommunityHall

Where are we and how to get here:

High Cross Community Hall (formerly St Anne's Church),
Church Close, NP10 9SH
What3words: **swim.each.scouts**
We are a 2 minute drive from M4 Junction 27
Public Transport Links:
Local Bus Stop – High Cross Post Office
Newport Bus Routes 1 (Newport) and R1 (Risca)
Stagecoach Route 56E
Pye Corner railway station, 10-15 minute walk (up a steep hill)

28th Newport Scouts - Integrity, Respect, Care, Belief, Cooperation.



Top reservoir last summer

Ynysyfro Reservoir

The Ynys-y-fro Reservoirs are approximately half a mile from the Fourteen Locks, Canal Visitor Centre, High Cross, Rogerstone and about one mile from junction 27 of the M4.

The reservoirs consist of two lakes of 16 and 10 acres. It was drained in January 2019 for essential maintenance but is now back to its full capacity. There is a 4km loop trail, starting from the visitor's centre and takes an average of one hour to complete. This is a popular trail for hiking, running, and walking, but you can still enjoy some solitude during quieter times of day. The trail is open year-round and is beautiful to visit anytime of the year.



Overflow outlet



Bottom reservoir

Established 1994

CURTAINS AND BLINDS

Soft Furnishings

Ashley Wilde · Chatsworth · Stitch · Bill Beaumont · C&C · KAI · STONEGLOW · tropical blinds



Clark and Clark Formations collection.

Cwmbran Curtains and Blinds are a family business run by Lyn and Michael, with over 50 years of combined knowledge and experience in this business, we can help you make your home look amazing. We have a vast experience in curtains and fabric blinds all made in house by us.

We love to advise and convert customer's ideas into a reality that will give you pleasure for years to come.
We have new range of fabrics now in store for 2023. All made to measure by us in our own workroom and you can be assured results will surpass all your expectations.

SUMMER OFFER
WE NOW STOCK STONEGLOW CANDLES AND REED DIFFUSERS. LARGE RANGE ON STOCK

Opening hours for appointments:
Tues-Thurs 10.00am - 5.00pm
Friday 10.00am - 1.00pm
Saturday 10.00am - 2.00pm

WE LOVE WHAT WE DO - SO WILL YOU!
171 LARCH GROVE
MALPAS NEWPORT NP20 6LA
MOBILE :07887 677110
cwmbrancurtainsandblinds@gmail.com
www.cwmbrancurtainsandblinds.co.uk

Home Instead.

To us, it's personal

Looking for Care?

Care in the Comfort of your own home

- Companionship
- Personal Care
- Home Help
- Dementia Care
- Live-in Care
- 24 Hr Care
- Overnight Care



Award Winning Care

01633 740028



www.homeinstead.co.uk/newport-cwmbran-chepstow

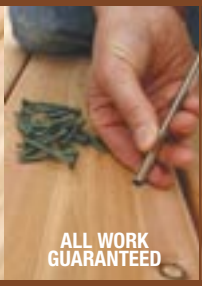
Email: info@newport.homeinstead.co.uk

Office 11, The Avana Business Park, Werm Trading Estate, Rogerstone, Newport, NP10 9FQ

G R JOINERS

ALL ASPECTS OF CARPENTRY WORK UNDERTAKEN

- UPVC Specialists
- Doors/Windows/Soffit & Fascia
- Fitted Kitchens & Bathrooms
- Laminate Flooring/Skirting Boards
- Door Locks Supplied & Fitted
- Decking/Fencing
- Floor And Wall Tiling
- General Building Services
- Plumbing Services



ALL WORK GUARANTEED

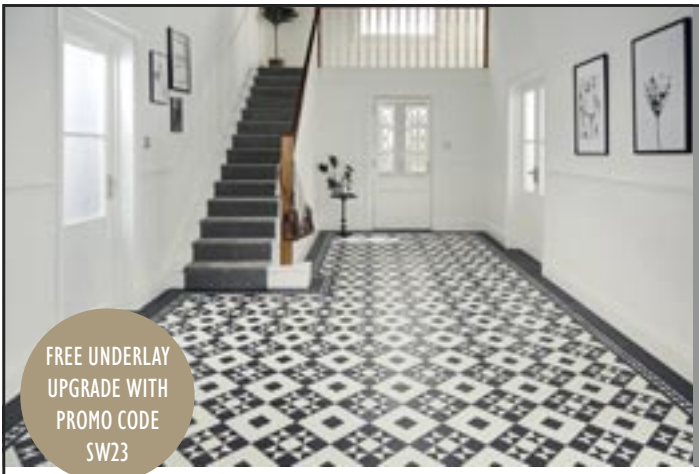
OVER 40 YEARS' EXPERIENCE | LOCAL RELIABLE SERVICE | QUALITY WORKMANSHIP

For Free Estimates And Helpful, Friendly Advice Call Glenn

Call 07775 811523 or 01633 376412

www.facebook.com/GRJoiners

58 Herbert Avenue, Risca, Newport, NP11 6JT



CARPET GALLERY

Summer Sale Now On

FREE UNDERLAY UPGRADE WITH PROMO CODE SW23

Newport's Premier Specialists

Newport's Premier Specialists In Flooring

Established in the city centre for thirty four years with many thousands of satisfied customers to date, Carpet Gallery offers a friendly personal service with a wide experience of all types of flooring, we're passionate about helping you find the perfect floor to suit your space, your needs and your style. Carpet Gallery supplies all major manufacturers, we encourage our customers to browse at their leisure in our showroom, we recommend taking home a good selection of samples to ensure compatibility and satisfaction. Our estimating service is completely free of charge and without obligation to buy.

Tel: 01633 841967 | Fax: 01633 549434 • Email: carpet.gallery©btconnect.com
8-9 Charles Street, Newport, Gwent, S.Wales NP20 1JU | www.carpetgallerynewport.co.uk

Devine Curtains & Blinds

Based at George St Furnishers, Newport with a wide selection of fabrics on show

Home Consultation Service Available

25 years' experience.

Large selection of fabrics available or you are welcome to provide your own fabric

Curtain fitting service available

- Curtains
- Valances
- Tie Backs
- Swags & Tails
- Roman Blinds
- Vertical Blinds
- Roller Blinds
- Venetian Blinds
- Conservatory Blinds

We have the largest selection in Newport of made-to-measure fabrics

All consultations are **FREE** of charge



Monday 11am-3pm. Tuesday 11am-3pm. Wednesday appointment only. Thursday 11am-3pm. Friday appointment only. Saturday 11am-3pm

Call Elizabeth Eatherington: 01633 896867 07707 606043 www.devinecurtains.co.uk

D Ivins Roofing

SLATING- TILING - LEADWORK SPECIALIST

Tel - 07876771433









For all your roofing needs

We've got you covered

- Tiling
- Slating
- Leadwork
- Facias, Gutter and Soffits
- Flat Roofing
- Valley Replacement
- Chimney Repairs
- Insurance Work

20 Year Guarantee

Fully Insured

Mobile:

07876 771433









Email: info@divinsroofing.co.uk **Website:** www.divinsroofing.co.uk

9 Ridgeway Grove, Newport NP20 5AN

Conservation Grazing on Twmbarlwm's SAM

Cymdeithas Twmbarlwm Society have been involved with helping maintain the landscape and environment of the iconic iron-age hillfort and medieval motte of Twmbarlwm for over 12 years.

Now an innovative project sees the society working with local farmers, the Llanarth Estate, Cadw and Caerphilly County Council to implement a programme of 'Conservation Grazing'. The aim is to improve the condition of the grassland, to increase biodiversity, reduce the risk of wildfires and protect the Scheduled Ancient Monument for future generations.

Since a catastrophic series of wildfires in 2018, the grassland on Twmbarlwm has been the subject of study by Gwent Wildlife Trust (GWT) and Cadw, to understand the impact that the blazes had on the grassland and the effect that the vegetation could have had in prolonging the fires. The research has shown that the density of bracken and woody species such as heather and whimberry may have caused the fires to burn hotter and for longer, causing damage to the soil and underlying archaeology. In areas where the fires burnt for longest the vegetation has struggled to recover, which, in turn is causing erosion on the scheduled monument.

The course of action outlined in GWT's report advised that grazing a small herd of Welsh Black cattle will hopefully, reduce the woody vegetation and dense patches of grass whilst manuring and seeding the areas of bare earth, improving the condition of the grassland across the monument. The herd will be regularly monitored to assess the impact of the grazing on the grassland and numbers decreased if over-grazing or damage to the scheduled monument occurs.

Cattle are being used rather than sheep because they are likely to have a more significant impact on the vegetation – they are less selective feeders than sheep and their larger feet are more effective at crushing invasive plants like bracken.

'Conservation Grazing' is being increasingly used to manage land for wildlife across Britain, with organisations like the Wildlife Trusts and National Trust employing grazing animals on their estates. Native breed cattle are also being used with great success to control invasive vegetation and improve grasslands and biodiversity on other scheduled monuments in Wales.

Commoners were always allowed to graze their sheep and cattle on the ridgeway of Mynydd Henllys and Mynydd Maen but the livestock was excluded from the scheduled monument as it was not part of the common. However, fences have now been erected at Twmbarlwm to ensure a controlled number of cattle are confined to the area around the hillfort.

Visitors are asked to keep to the Countryside Code when visiting Twmbarlwm (details can be found on the .gov.uk website) but in particular to ensure they close all gates behind them. Welsh Blacks are naturally docile and do not pose a risk to walkers, however, visitors are advised not to approach them or startle them, and to keep dogs on leads when around them.

There are other aspects to the landscape management plan that visitors may see in action – such as re-seeding with native grasses, erosion control and bracken bashing – but it's safe to say that all the groups involved in this project see this as an exciting new chapter in the history of Twmbarlwm, one that will see an ancient breed of cattle returned to the hill. Welsh Blacks have been grazing the landscapes of South Wales for at least 1000 years and may well have been the cattle of choice of the people who built the hillfort over 2000 years ago!

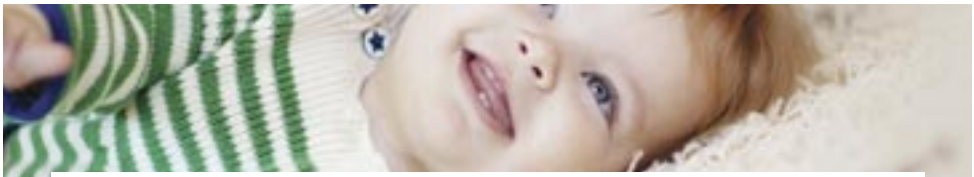
Terry Evans, Chairman
Cymdeithas Twmbarlwm Society



Cattle are regularly seen on the Common of Mynydd Maen and now they will also enjoy the pasture of the SAM itself

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



CRAWFORDS

Carpet and Upholstery Cleaning Specialist

- Stain, Odour & Spot Removal
- Flood Damage/Restoration Work Undertaken
- Upholstery and Leather Suites
- Carpets & Rugs
- Competitive Prices
- 24 Hour Emergency Call Out
- Free Surveys/Estimates
- Full Liability Insurance
- Domestic & Commercial





01633 265458
07840 554485
info@crawfordscleaningservices.co.uk
www.crawfordscleaningservices.co.uk

Taking a proactive approach to Retirement Planning

It's no secret that the traditional approach to retirement planning is becoming increasingly obsolete. Previous generations may have depended on their employers to provide them with a comfortable retirement, many of today's workers are often left to their own devices to save for their retirement. However, as individuals take on more responsibility for their financial futures, they face several challenges that can make this task more daunting.

With the UK's demographic landscape evolving rapidly, factors like increased longevity or delayed marriage make it harder than ever for people to accumulate the savings they need to retire comfortably. Whether you're just starting out in your career or nearing retirement age, it's never too early or too late to start planning and saving for the future. By taking a proactive approach to retirement planning and seeking expert professional advice, you can position yourself for success and enjoy the retirement you deserve.

FINANCIALLY STABLE

Research into the attitudes of the over 50s towards their pension has uncovered that half regret not saving into their pension sooner, and almost two thirds wish they had contributed more into their retirement savings at an earlier stage. 26% stated that they only started paying into their pension after they turned 30 years old, primarily because they did not feel financially stable enough to contribute sooner. Many, understandably, prioritised raising children or paying off their mortgages before putting surplus cash into their pension.

PERSONAL CONTRIBUTION

Almost 40% of people over the age of 50 believe that an income of between £10,000 – £20,000 per annum will be enough to live 'comfortably' in retirement. This is despite figures stating that £20,800 per annum will only provide an individual with a 'moderate' standard of living. To enjoy a 'comfortable' standard of living, the amount would need to increase to £33,600 per year. A quarter of those aged over 50 believe that a personal contribution of between 0% to 5% of their salary is an 'appropriate and achievable' level to attain a savings pot big enough to support them in retirement.

PENSION SAVINGS

When asked about financial advice, worryingly more than 70% of over-50s say they have never sought professional financial advice regarding their pension. Almost a third say they feel they know what they are doing and don't need support, while 10% say they rely on their family and friends for support and advice. However, after hearing that they could add as much as £47,000 to their pension (over a decade) by taking professional financial advice, half of them say they would. Pensions are more important to more of us than ever before. Automatic enrolment has brought pension savings to millions, but this was only introduced in 2012 and for many, especially those over the age of 50, it is perhaps too little, too late.

'COMFORTABLE' LIFESTYLE

Hindsight is a wonderful thing and life in your 20s and 30s can often take over, with children to raise, debts to pay and holidays to be had. However, it's important to take stock of your financial situation early. You may not think you have enough spare cash, or that it is years until you retire, but most people over the age of 50 wished that they had paid more into their pension pot, sooner. It's also important that people are realistic about how much they need to live on in retirement. With more people continuing to pay rent or mortgages after they finish working, it is unlikely that an income of between £10,000 – £20,000 per year will be sufficient to have a 'comfortable' lifestyle.

Kymin Financial Planners Celebrating 30 Years

Find us on:

Don't leave it to chance – to discuss your requirements, come and talk to us today, call us on 01633 840000 or email info@kymin.co.uk to book a no-obligation financial health check.

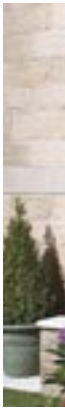


w: **www.kymin.co.uk** e: **info@kymin.co.uk**

Kymin House, 35 Bridge Street, Newport, South Wales. NP20 4BH **@kymin**

Kymin Financial Services Ltd is Authorised and Regulated by the Financial Conduct Authority, Firm Ref No. 189815

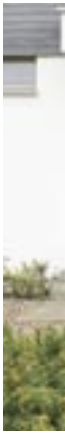






From our first visit to your home, we put attention to detail into everything we do. That's why you can be certain whether you are seeking beautiful internal or external doors for your country cottage or designer chic home, you are assured not only of incredible choice, but every door we fit is an investment in long lasting quality for your home.

- Fitted to perfection by craftmen who care
- An unrivalled choice of styles & designs
- Every door is warranted to maintain its long lasting good looks



DOORS & DECKING









TECHNICALLY ADVANCEED DECKING

Guaranteed for 25 Years*

- With Glass Ballustrades & Designer Lighting
- Enjoy The Best of Outdoor Living on Your Doorstep

*Structural Guarantee

BASED IN GEORGE STREET FURNISHERS
19-24 George St, Newport, NP20 1EN

01633 535310 **www.doorsanddecking.co.uk**

Home

is where the heart is

Let's keep it there™

bluebird care®

Care at home provides continuity, a familiar routine, and in your most familiar environment, your own home.

At Bluebird Care we build our care packages around you and your individual needs which means that you and your family can rest assured you'll receive care and support exactly as you need.

Starting from as little as a 30-minute visit a day, through to full live-in care and everything in between.

Our Services

- Companionship Care
- Live-in Care
- Overnight Care
- Respite Care
- Personal Care

With such a personal service, you'll want to engage with people you can trust, who are highly trained, who listen, understand and show compassion. **Our team deliver all of this and more.**





How we can support you

Meal times - Household Chores - Shopping

Medication - Outings - Personal Care

Contact our friendly team to see how we can support you or your loved one.

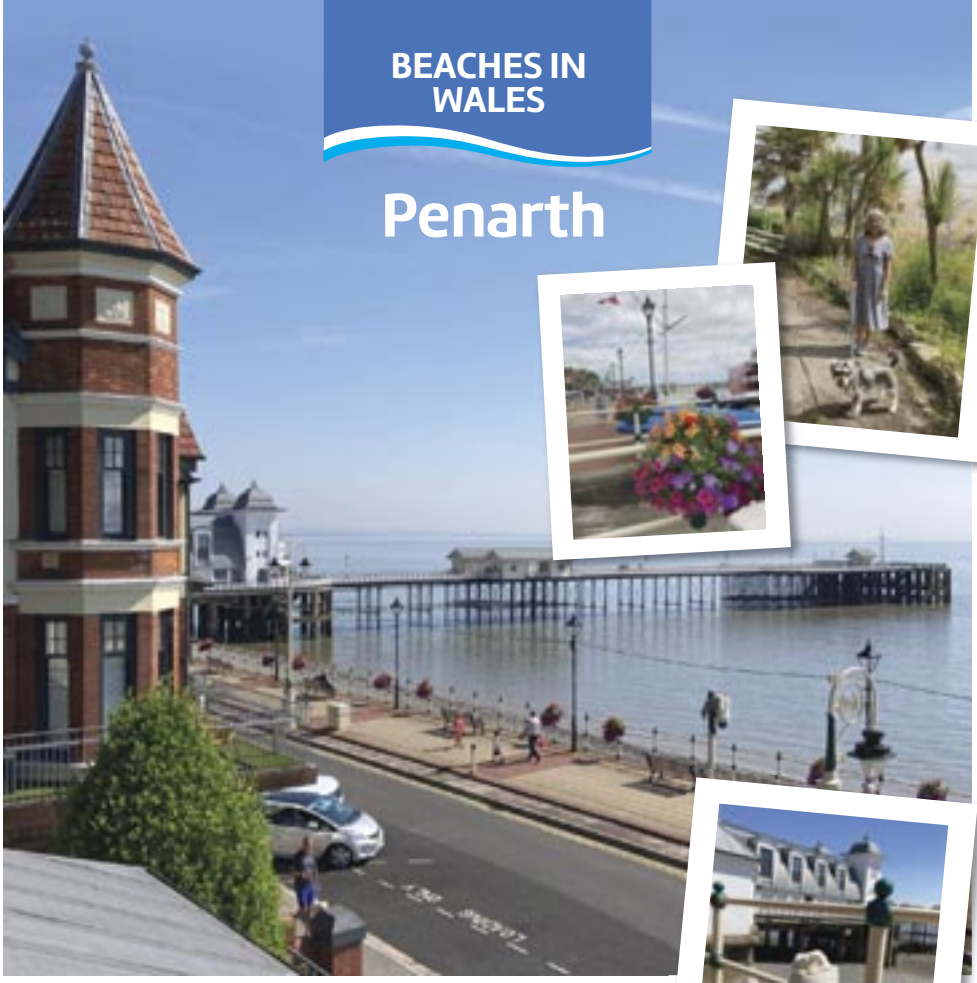
Bluebird Care Newport & South Monmouthshire

01633 267 708
bluebirdcare.co.uk/newport
newport@bluebirdcare.co.uk

bluebird care®

BEACHES IN WALES

Penarth



In 1856 the Cardiff Steam and Navigation Company started a regular ferry service between Cardiff and Penarth, because of the growing popularity of Penarth beach and the need for better communications with Cardiff. Boats were loaded and unloaded at Penarth using a landing stage on wheels which was hauled up the beach.

The Penarth Pier Company was formed to make a second attempt at building a permanent pier. The foundations were laid in 1894 and the pier successfully opened in 1895, at 750 feet (230 m) long.

In March 2011, planning permission was granted for a £3.9 million revamp of the pier to re-open the pavilion as a major tourist attraction. The new plans included a cinema and observatory. The work was completed and the pavilion reopened in Autumn 2013. The pavilion hosts a variety of exciting and interesting events throughout the year.

On the seafront itself is the Victorian Italian Garden that displays many unusual palm trees and exotic plants.

During the Victorian era Penarth was a highly popular holiday destination, promoted nationally as "The Garden by the Sea" and was packed by visitors from the Midlands and the West Country as well as day trippers from the South Wales valleys, mostly arriving by train.

Penarth is delightful stop along the Wales Coast Path, and a bonus is that you can easily walk to Cardiff Bay and the barrage. Take a walk along the pleasurable esplanade with its bars and restaurants or the pebble beach with an ice-cream in hand and enjoy the long views out over the Severn estuary and across to England.

UP TO 50% LESS THAN A NEW FITTED KITCHEN

by simply replacing the doors and worktops

DREAM DOORS®
NEW LIFE FOR OLD KITCHENS



MODERN | CLASSIC | TRADITIONAL | CONTEMPORARY

- Replacement kitchen doors
- Cost effective made to measure solution
- Worktops and appliances
- Quick installation in 2-3 days by local professionals

Checkatrade.com Where reputation matters 9.8/10

Dream Doors Newport,
163 Caerleon Road,
Newport, NP19 7FX

Call us now for a free estimate:

01633 526077

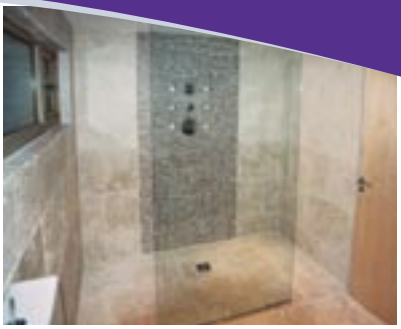
UK MANUFACTURED

dreamdoors.co.uk THE UK'S #1 KITCHEN MAKEOVER COMPANY

Newport Bathroom Centre

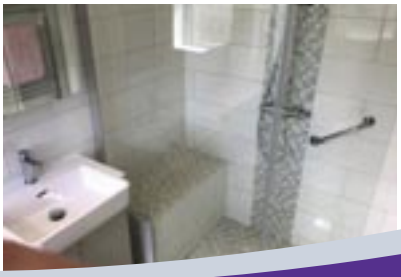


CALL NOW FOR SOME EXPERT ADVICE



Newport Bathroom Centre has been installing luxury and less able wet rooms in South Wales for many years.

Our dedicated team are able to fully project manage your wet room solution.



Newport Bathroom Centre

Based @ George Street Furnishers 19-24 George Street, Newport. NP20 1EN

Tel: 01633 26 26 29

info@newportbathroomcentre.com

Leak free level access Wet Rooms



- Easy level access
- No leak tanking system
- Underfloor heating (optional)
- Large selection of tiles
- 16 years of Wet Room experience
- Full design service computer aided
- Power showers
- Fully project managed





Newport Bathroom Centre

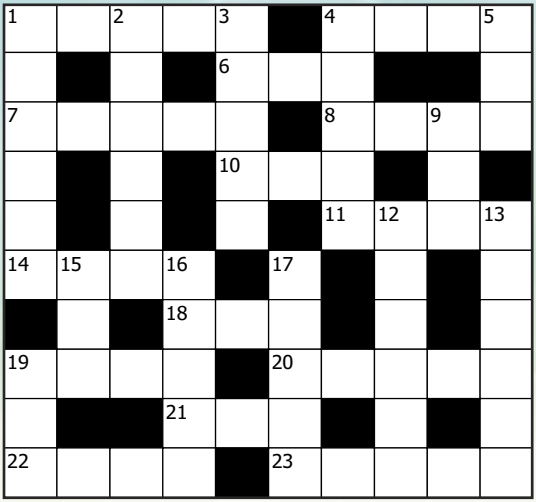
Based @ George Street Furnishers 19-24 George Street, Newport. NP20 1EN

Tel: 01633 26 26 29

info@newportbathroomcentre.com

Puzzles

CROSSWORD



Across

1. Seat (5)
4. In addition to (4)
6. As well as (3)
7. Romantic partner (5)
8. Bird of peace (4)
10. First woman (3)
11. Telephoned (4)
14. Appointment (4)
18. Large seed (3)
19. Worry (4)
20. Desired, wished for (5)
21. Devon river (3)
22. For always (4)
23. Having ascended (5)

Down

1. Named (6)
2. Business promotion (6)
3. Scarcer (5)
4. Poisonous snake (5)
5. Single number (3)
9. Commercial vehicle (3)
12. Takes as ones own (6)
13. Place for fruit & veg (6)
15. Atmosphere (3)
16. Go into (5)
17. Surgical spirit (5)
19. Enemy (3)

SUDOKU

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

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 29

AWARD WINNING BESPOKE WORKTOPS MADE IN NEWPORT



Picture shows Tristone Iris Worktops with integrated solid surface sink recently fabricated and installed by WT Laminates

SPECIALISTS IN SOLID SURFACE, LAMINATE AND PANELLING

VISIT OUR LARGE SHOWROOM TO VIEW OUR HUGE SELECTION OF WORKTOPS ON DISPLAY

- Remember to bring approximate sizes of your kitchen/worktops and drawings if possible
- We can provide free accurate, no obligation quotations
- Most can be ordered for next day delivery to any location
- We can offer cutting to size, all fabrication and fitting services

PLEASE VISIT OUR WEBSITE FOR MORE INFORMATION OR QUOTATION BY EMAIL



YOU CHOOSE THE COLOUR & DESIGN



WE THEN TEMPLATE AND CUT TO SIZE...



...AND THEN ACHIEVE THE PERFECT FINISH

Axiom · DuPont Corian · staron Solid Surfaces · prima · DUROPAL · omega

Units 10-12 Newport Business Centre, Corporation Road, Newport NP19 4RF

01633 251908 **INFO@WTLAMINATES.CO.UK** **WWW.WTLAMINATES.CO.UK**

OPENING TIMES

Mon - Thurs 8am - 5pm, Fri 8am - 4.30pm

Also Open Saturdays 9am - 1pm

WTLAMINATES.CO.UK

#thetoppeople

Stress, is it holding you back?

Researching the best training, nutrition and lifestyle pathway for my clients is so important. Each an individual requiring varying degrees of support. This lends itself to a path of discovery which identifies common causes to issues that arise and how simple sometimes the answers are to solving the problem.

However, what happens when you've followed the plan, been consistent in your approach, more motivated to look after yourself and still the outcome doesn't follow suit. You suddenly find yourself slower when out on a run, weaker when you lift your weights and putting on weight, when logic says you should be losing it.

Have you ever considered your stress levels? Stress has become the leading cause for both physical and psychological illness, inflammation within the body, impacting on chronic health conditions, like Arthritis, Asthma and Diabetes, to name a few. Stress has such a detrimental effect on the body, with so much research to support this, but do we ever consider what we could do about it, or do we just simply push ourselves more?

Stress impacts on our Cortisol levels, our stress hormone for 'fight or flight' raising blood pressure, heart rate and breathing rate to help us fight our stressor or run away. A little in the body is needed every now and again to help us manage daily life, but too much will inevitably wreak havoc with the equilibrium our bodies try and find every day. Stress will negatively impact your sleep, making us crave sugary foods and caffeine-based products, cognitive function declines, digestive and gut health declines, leading to conditions like IBS.

You can now start to recognise why your run, lifting weights, finding the energy to go out for a walk or shift those pounds are now so challenging. Your body is working so hard to balance out our stress hormones, it can't efficiently help you with the tasks you would like to do during your recreational time.

What can we do? Simple 5-minute time outs throughout your day are great. We all find the time to check our phones, make a cup of tea, procrastinate on a job. But what if we prioritised some time out? Did you know 5 minutes of breathing exercises, mindfulness or meditation is as good as an hour's sleep? Imagine how relaxed, focused and calm you would feel? 5-minute time outs of your day, is proven to improve mood, boost brain function, reduce stress, slow down the aging process and support gut health, amazing.

Now ask yourself could you afford to spare 5 minutes a day? Breathing exercises can be as simple as counting your breath in and out, making sure you lengthen the breath out. Breath in through the nose for 3 seconds and out the mouth for 6 seconds, in a quiet space where you can't get interrupted. Set a timer and notice the difference before and after. Before bed is a great place to start. Don't delay, have a go today.

PBF Fitness
Pretty Bloomin Fabbos Fitness

If you're stuck or need a little advice, I'm always here to help, just simply get in touch. Thanks Karla 07791 217306



HSL
Painting & Decorating
Interior & Exterior Home Improvement

Julian: 07429 854 505
Michelle: 07443 460 323

Local Reliable Service Free Quotes

S.CLODE FELT ROOFING
LOCAL ROOFER



- Competitive Rates
- No Job Too Small
- UPVC Fascia & Guttering Repaired & Cleaned

Call Stephen on:
01633 300913
07778 496385

PLUMBING & HEATING SERVICES

R.Howells
PLUMBING & HEATING

- Central Heating Systems
- New Boiler Installations
- Boiler Repairs, Servicing & Power Flushing
- Landlord's Certificates
- Plastering
- Tiling
- Domestic & Commercial Services
- Bathroom Installation
- Local & Reliable Service
- Over 22 Years' Experience

No Job Too SMALL!
Call Ryan on 07789 996779
Email: ryanplumbandheat@gmail.com
www.rhowellsplumbingandheating.co.uk

Rogerstone Roses WI



Meet on the 2nd and 4th 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

Puzzle Solutions

1 C	H	2 A	I	3 R	■	4 A	L	S	5 O
A	■	D	■	6 A	N	D	■	■	N
7 L	O	V	E	R	■	8 D	O	9 V	E
L	■	E	■	10 E	V	E	■	A	■
E	■	R	■	R	■	11 R	12 A	N	13 G
14 D	15 A	T	16 E	■	17 E	■	D	■	A
■	I	■	18 N	U	T	■	O	■	R
19 F	R	E	T	■	20 H	O	P	E	D
O	■	■	21 E	X	E	■	T	■	E
22 E	V	E	R	■	23 R	I	S	E	N

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

ROGERSTONE
Landscaping & Driveways Ltd

Driveway, Landscaping and Building Specialist
All Aspects of Work Undertaken

Google ★★★★★
Yell 5 Star Reviews
Instagram
facebook
Marshalls REGISTER
Tobermore

Don't Delay CALL today for a Free quotation

Tel: 01633 449836
Mob: 07384 502176
Email: rogerstone.ld21@gmail.com
www.rldltd.co.uk

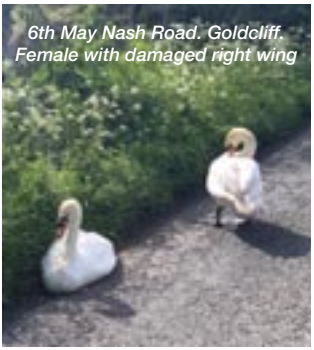
Jottings from a Crazy Month of May

This article is being prepared with just a few days left before June begins; it really has been some month with a very wide range of incidents to cope with; limited space allows a brief reference to be made to only a few of them.

Avian influenza (AF) is still around, although at the time of the actual rescue, we did not make a connection between the fact the adult swan in question was almost totally blind, having what appeared to be cataracts in both eyes. It is now a known fact this is one of the several possible consequences of being an AF survivor. This bird had strayed from the slipway area at Channel View in Cardiff, but mercifully had not got as far as any of the busy roads in the area. Of logistical necessity we had to hold him here in South Wales for 48 hours, during which time he fed extremely well, before transporting him to Shepperton. Interestingly, the swan did respond to changes in light and shade.

The second story for this time would be better described as a saga; it began on the afternoon of Wednesday 19th April, with a call from a member of the public concerned about a swan with a possible wing injury on the road in the vicinity of The Farmers' Arms at Goldcliff. With the best will in the world, travel time to this location is unlikely to be much less than 45 minutes, so it was hardly a surprise to find no trace of the bird when we arrived in the area. As it happens, the police had also been called (Incident No 233) and they too had not encountered the swan.

Forward now a week to the 26th, and a local farmer reported what must have been the same swan on his land. Again, it was no surprise to discover, by the time we arrived, there was no sign of the swan; the area is criss-crossed with drainage ditches – reens – which are used by swans as 'highways' and so can cover relatively long distances undetected unless one happens to have the advantage of a drone or a helicopter!



6th May Nash Road. Goldcliff. Female with damaged right wing



Nash Road. Pair exploring their new home in Kent

Forward again to May 6th. Two motorists on the same stretch of road had encountered a pair of swans – the female with an injured wing, or was it an unusually 'light' case of angel wing? These two wonderful ladies had done a superb job; protecting the swans 'cwtched' down against the grassy verge with a car pulled in close either side. Immediate removal of the birds was obviously essential. So, we picked up the uninjured male first in the belief, rightly, that if he had been left 'til later he might well have been much more difficult to catch. As it was, the female did cross the verge and dropped into the ditch on the far side, but, with the judicious use of the extended swan hook was not too difficult to catch. Having loaded them securely into the car, the decision as to the next move had been made already; Shepperton tout de suite.

Later a relatively simple tidying-up on the damaged wing, and the luck continued to hold with a beautiful lake in rural Kent providing a new home for this very lucky pair of swans.

For the record, having described May as 'crazy', what was been related here are just two of the 22 missions completed as the month end approaches, totalling almost 2000 miles.

Story by Peter & Ellen, photographs by Emma & Mel. For swan and all other wildlife problems please contact us on 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.

St David's Hospice Care

Fundraising Calendar of Events 2023













To book call **01633 851051**
or visit **stdavidshospicecare.org**

Bringing care home

Find us on:

Registered charity number: 1010576





Newport U3A is back

Newport u3a is back on track with its full programme of 40 leisure, cultural and active groups for the retired. In addition, members made up for lost time and arranged a bumper year of excursions and holidays, organised by Out & About Newport.

We have been on Day trips to Swindon Railway Museum & Outlets Shopping Centre, Glastonbury & Haynes Motor Museum and the BBC's most advanced Radio and TV studios, packed with cutting-edge technology and robotic cameras. There we spoke to



Wynne Evans (singer, comedian, broadcaster and star of the 'Go Compare' adverts).

We explored the gardens at RHS Wisely with a tour of the Cotswolds after an overnight stay, a four day weekend based in Plymouth and a week in Northern Ireland

Newport u3a meets at the Dolman Theatre Wednesdays to Fridays during term time until 14th July and will resume activities on 6th September.

members to learn more about the trips, holidays and events on offer.

u3a learn, laugh, live

If you would like to broaden your horizons during retirement, visit u3asites.org.uk/newportsewales, pop in for a brochure, or phone Angela Robins on 07983 130541.

Belle Vue
Park & Tea Room



What's On

July

Sunday 2nd 11.00am - 4.00pm
Belle Vue Artisan Market
Our popular monthly market returns with new and regular artisan bakers, makers and creators. We collect a donation as an entry fee for the Serennu charity campaign, Sparkle. We have collected nearly £700 on the first four markets. Well done all who have donated.

Sunday 2nd 1.00pm - 3.00pm
Newport Symphony Orchestra will be joining us at the market.

Sunday 9th 1.00pm - 3.00pm
Rogerstone Community Band will be with us on the bandstand.

Sunday 16th 1.00pm - 3.00pm
The Cardiff Melingriffith Brass Band will once again be joining us.

Sunday 23rd 1.00pm - 3.00pm
The Tongwynlais Temperance Band will join us for their second appearance on the bandstand this year. It is so lovely to see so many bands and music events on the lovely bandstand.

Friday 22nd 6.30 pm - 9.30pm
Streetfood
We welcome back the Three O'clock Club to sing their favourites and new songs. We shall have the Fairy Glen bar and at least five foody stalls to tempt all tastes.

August

Sunday 6th 11.00 am - 4.00pm
Belle Vue Artisan Market
Between 1.00pm and 3.00pm the Markham and District Brass Band will entertain all you lovely supporters of Belle Vue and its events.

Friday 19th 6.30pm - 9.30pm
Street Food
Music with the Blue Evolution Band, full electric show to set the park rocking. Street Food vendors, bar and cocktails. All welcome. Café will be open serving hot and cold beverages, cakes and ices.

Saturday 20th 1.00pm - 3.00pm
The Newport Male Voice Choir will be singing for us on the bandstand.

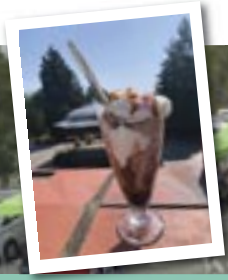
Monday Bank Holiday 28th
Our partners Green Top Markets will once again join us to host a family fun day with children's entertainment and family activities. The café will be open and music will play on the bandstand. Everyone welcome and the donation entry (just 5p per adult) will go to MOTs, Multi Organ Transplant Support.

You can still book our popular afternoon teas every day, served from 2pm at £18.50 per adult. We can cater for most food intolerances and allergies. We require at least 24 hours' notice to ensure that we have the freshest possible ingredients for you.









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

Improve, Don't Move!

Maximise the value of your home.

FREE FITTING
PAYMENT ON INSTALLATION

- SPACE-SAVING – MAXIMISE YOUR GARAGE HEADROOM
- SECURITY-ENABLED AUTO-LOCKING SYSTEM
- CHOICE OF 21 COLOURS TO MATCH YOUR HOME
- REMOVAL AND RECYCLING OF YOUR OLD DOOR
- DEDICATED AFTER-CARE TEAM





GAROLLA ROLLER SHUTTER DOORS

01633 383 321

LINES OPEN 7 DAYS A WEEK

www.garolla.co.uk

Trustpilot 4.8 out of 5 / 4,700 reviews | Yell 4.8 out of 5 | Checkatrade Where reputation matters 9.8 out of 10 | CE APPROVED

BESPOKE ELECTRIC DOORS MANUFACTURED IN THE UK



Conservatory Solutions Wales

Conservatory too hot in Summer or too cold in Winter?

Make your Conservatory a room you can use all year round with our Roof Systems.

CSW

To arrange a free no obligation quotation, Please contact us:

Tel: 01633 420747

Mob: 07747 677131

www.conservatorysolutionwales.co.uk

L J SYMONDS

ROOFING, BUILDING & MAINTENANCE

ROOFING

- Tiling
- Slating
- Fibreglass
- Chimney stack repair
- UPVC Fascias

BUILDING

- New Build
- Extensions
- Renovations
- Garage Conversions

MAINTENANCE

- Gutter repair
- UPVC cleaning
- Roof repair
- Misted glass repair
- House painting





Visit www.ljsymonds.co.uk Email leesymonds@hotmail.co.uk
Tel: 01633 548688 Mob: 07506 292990
Ljsymondsroofing@gmail.com
33 Allt-yr-yn View, Newport NP20 5EH



HIGH CROSS HOME MAINTENANCE

PLUMBER, GAS AND HEATING ENGINEER

Now Offering Disability Adapted Bathrooms

- Boiler Servicing
- Installs & Breakdowns
- Landlords Gas safety certificates
- Emergency Call Outs 24/7
- Bathrooms
- En Suites

Gas Safe Register 632885

Find us on: facebook

BAXI · Glow-worm · MAIN · ideal · ARISTON · Ferroli · Keston · POTTERTON · Vaillant · WORCESTER Bosch Group

Contact Nick

07759 725792 / 07957 519835

highcrosshomemaintenance@hotmail.com