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ISSUE 99 JULY/AUGUST 2023



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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

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Top reservoir last summer

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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.



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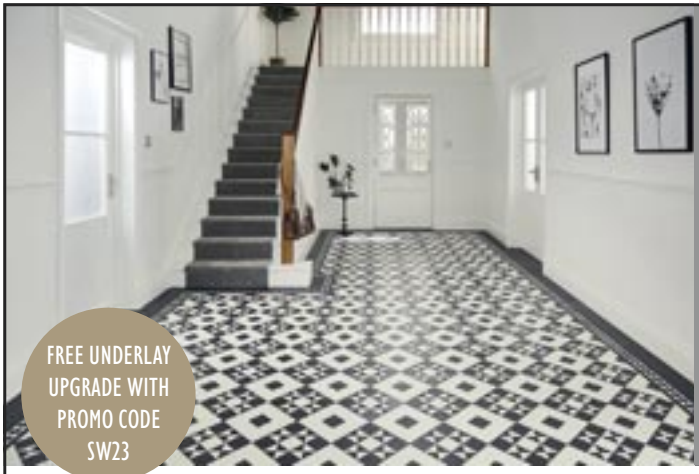
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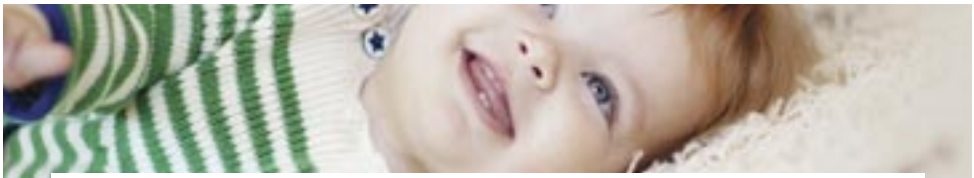
Reservoirs in Wales–Llandegfedd Reservoir



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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)

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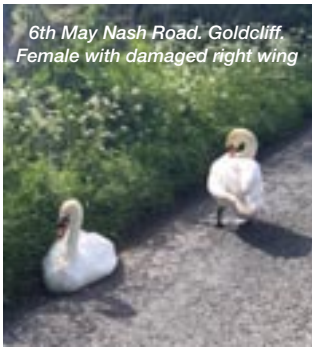
Jottings from a Crazy Month of May

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.

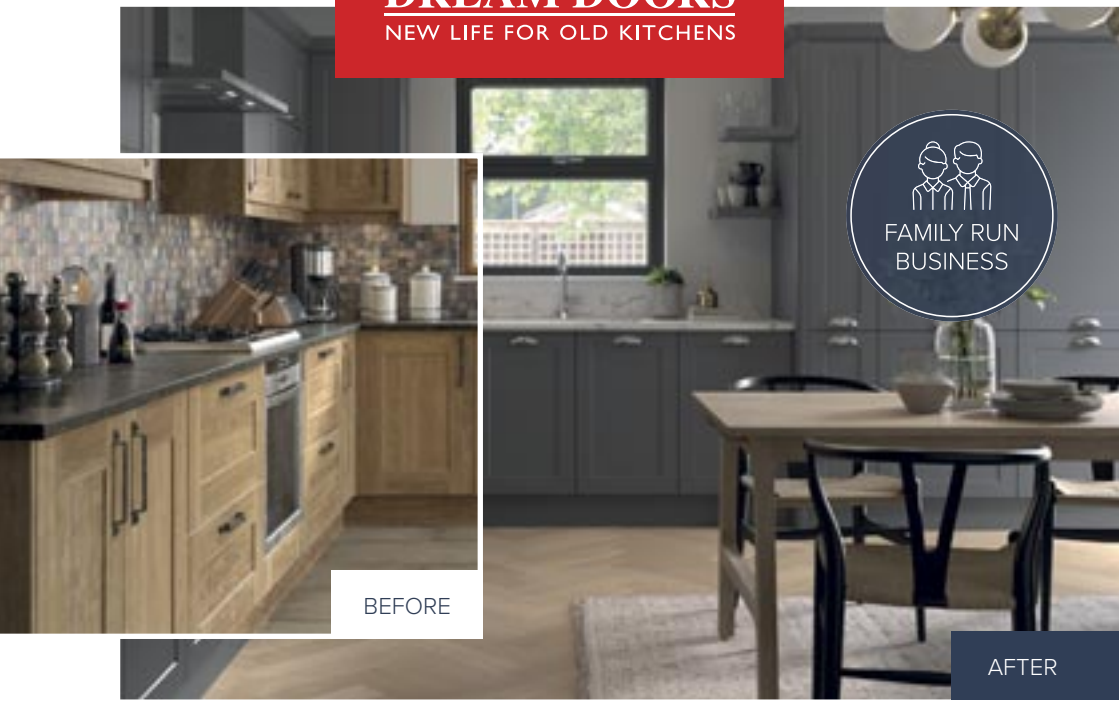
For the record, having described May as 'crazy', what was been related here are just two of the 22 missions completed as the month end approaches, totalling almost 2000 miles.

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.

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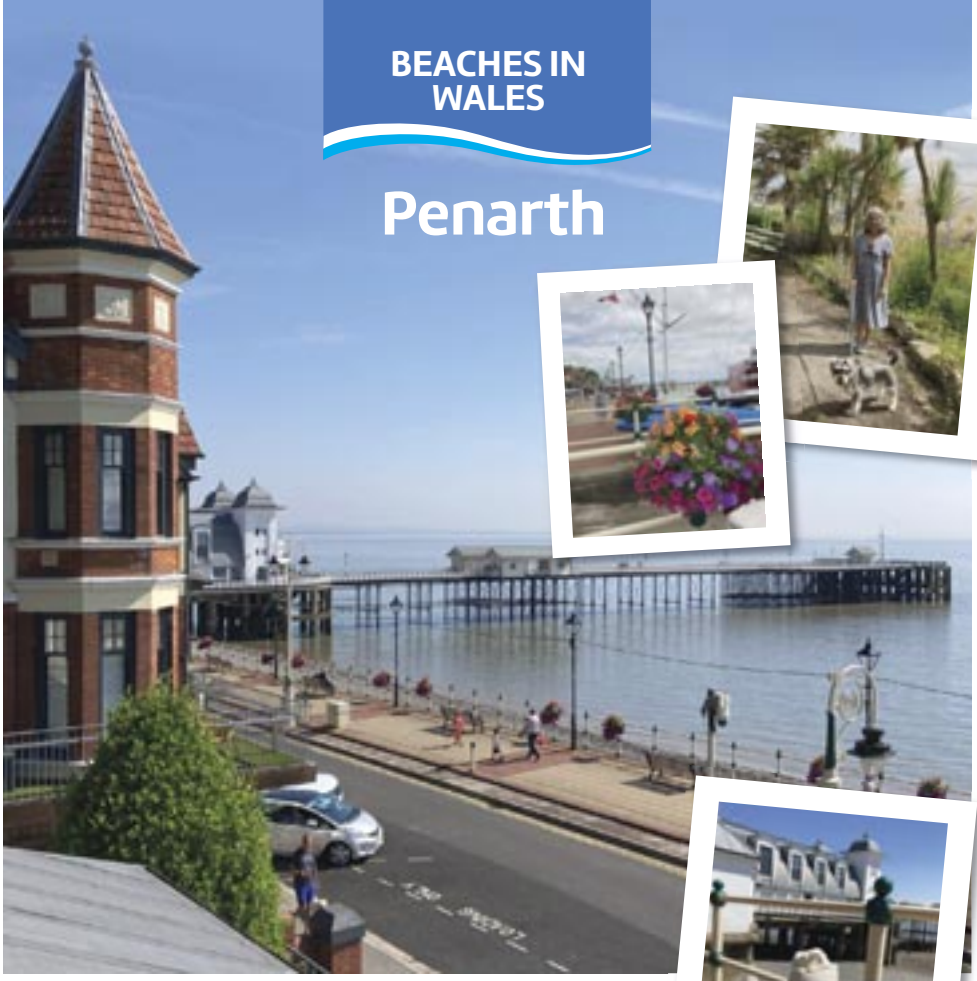
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BEACHES IN WALES

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.

LISA PRYCE-JONES
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This summer I celebrate helping people with Hypnotherapy for 10 years.



Lisa

Hypnotherapist & Healer

I became a Hypnotherapist after personally overcoming a chronic auto immune disease, where my body was effectively attacking itself, by embracing both Hypnotherapy and Healing. As a result of this choice and making lifestyle changes, I have never needed another operation, do not take any medication and I have been symptom free for many years!

Whilst I started by offering just Hypnotherapy I then felt compelled to share my passion for the healing arts and subsequently introduced a variety of healing modalities including Spiritual Healing, Reiki Healing, Crystal Healing and most recently Māori Healing.

My passion has taken me to both Japan (Reiki Healing) and New Zealand (Māori Healing) and I have been so fortunate to have learned from very respected and experienced teachers.

I support people with a wide range of issues. The most commonly presented issues includes anxiety, stress, overcoming fears and phobias (flying, driving, spiders, lifts), changing habits (eating healthily, reducing alcohol, stop smoking, hair pulling, skin picking), increasing confidence and performance (exams, presentations, sports, sexual), pain management and overcoming trauma.

In my full-time practice I offer one to one therapy sessions and also teach both Reiki and Hypnotherapy.

Most clients have a Hypnotherapy session followed by a Healing session which is supported with talking therapy (based on Acceptance and Commitment Therapy or Cognitive Behaviour Therapy).

In the current economic climate, especially with the cost of living crisis having a psychological impact upon so many people dealing with stress and uncertainty, there is a great need to increase personal resilience and develop effective coping strategies. Whilst traditional methods such as exercise, meditation and talking therapies can offer some relief very often deeper work needs to be done to address the root cause to make lasting change.

Hypnotherapy unlocks the power of the mind by inducing a deep level of relaxation with heightened focus where deeply ingrained beliefs and emotions reside. Using Hypnotherapy and reframing perspective, limiting beliefs can be changed and resilience built. This is achieved by using guided visualisation along with positive affirmations and suggestions which all help to rewire thought patterns, reduce anxiety, promote relaxation and overall enhance well-being enabling you to focus on your goals!

Healing activates and strengthens the immune system, relieves anxiety and stress, removes trauma, relieves pain, increases the injury recovery rate, rebalances the body and promotes deep relaxation and peace within the body and mind.

To find out more about how I can help you with:

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- learning how to give Reiki to yourself (and your friends and family too)
- becoming a Hypnotherapist Practitioner

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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.

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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.

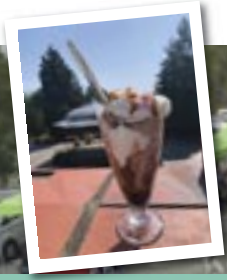
Monday Bank Holiday 28th
Our partners Green Top Markets will once again join us to host a family fun day with children's entertainment and family activities. The café will be open and music will play on the bandstand. Everyone welcome and the donation entry (just 5p per adult) will go to MOTs, Multi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

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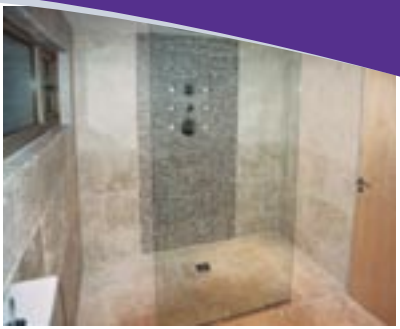
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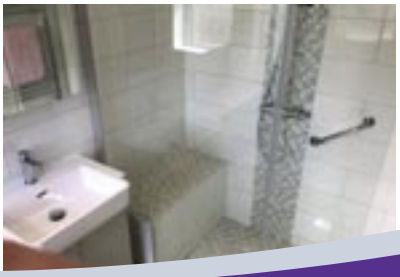
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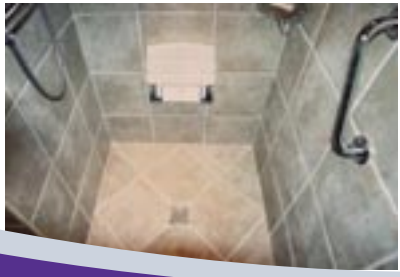
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Conservation Grazing on Twmbarlwm's SAM

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.

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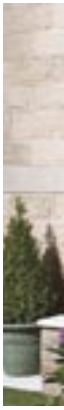
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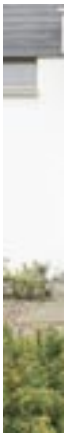






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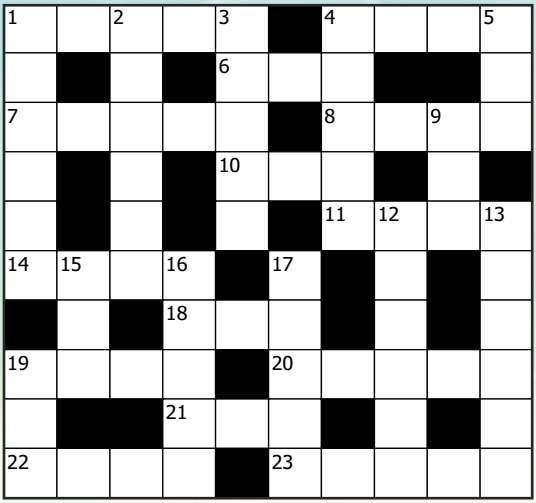


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Puzzles

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 35

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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

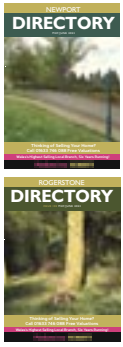
If you would like to broaden your horizons during retirement, visit u3asites.org.uk/newportsewales, pop in for a brochure, or phone Angela Robins on 07983 130541.



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

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