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ISSUE 94 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

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

Editor: Susan Woolford | Sales & Distribution: Leslie Woolford

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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).

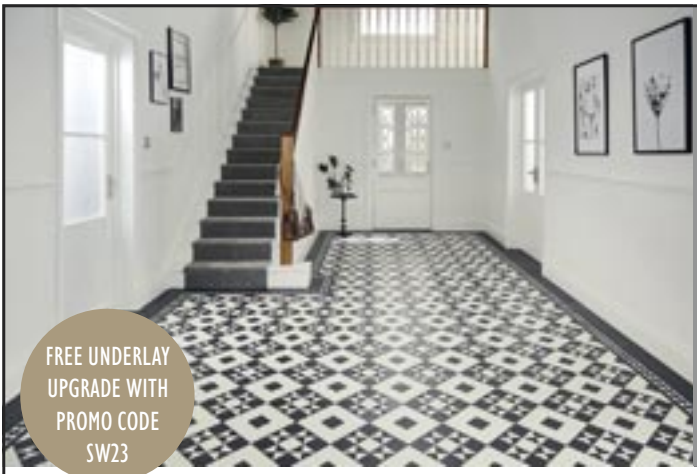
We explored the gardens at RHS Wisely with a tour of the Cotswolds after an overnight stay, a four day weekend based in Plymouth and a week in Northern Ireland

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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Caerleon
Then & Now



Caerleon Railway Station from a postcard posted at 9pm on July 27th 1905. In the top right houses are under construction on Station Road. The two shown are being built for Messrs. William and John Banner. In 1899 they were listed as fellmongers of Museum Street. William occupied *'Fairfield'* and John *'Hillgrove'*. Both still carry the same names today.
Below is the same view taken at 11am on May 12th 2023.



Extract taken from Norman Stevens's books of Caerleon. They can be purchased from Caerleon Post Office



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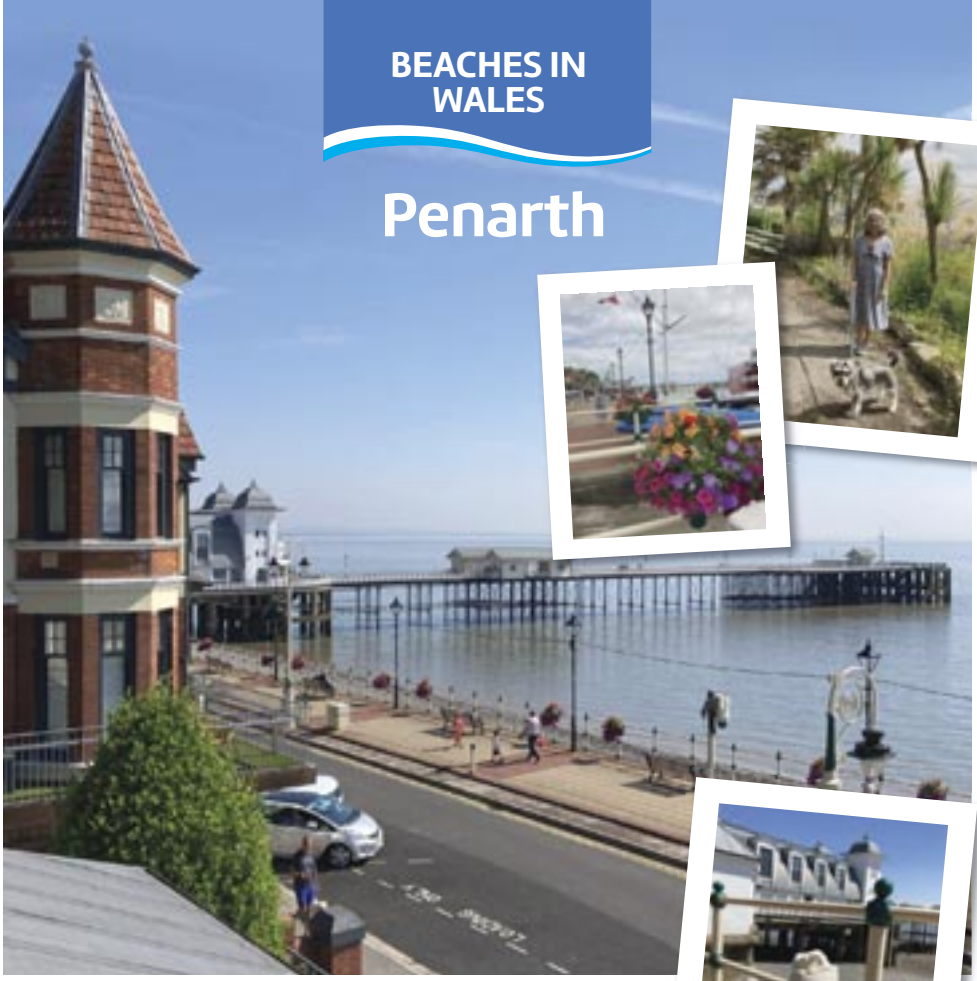
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BEACHES IN WALES

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.

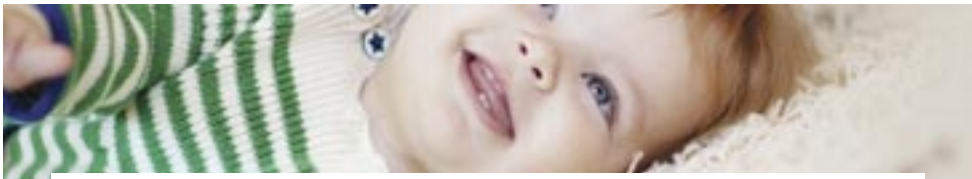
The Penarth Pier Company was formed to make a second attempt at building a permanent pier. The foundations were laid in 1894 and the pier successfully opened in 1895, at 750 feet (230 m) long.

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.



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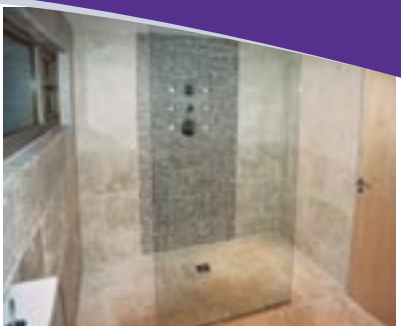




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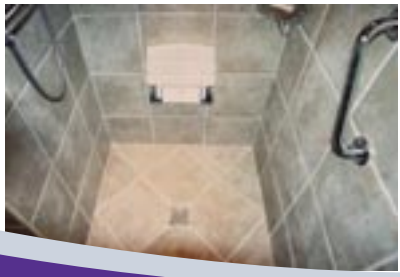
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Harding Evans Solicitors has chosen Sparkle as their Charity of the Year for their Newport Office for the next 12 months

Sparkle supports children and young people with complex needs within the Aneurin Bevan University Health Board area. It is the official charity of Serennu Children's Centre in Newport, Nevill Hall Children's Centre in Abergavenny, and Caerphilly Children's Centre.

The guiding principle for Sparkle is to ensure that children and young people with disabilities and/or developmental difficulties, and their families, are fully supported and able to participate in valued childhood experiences, with access to the same range of opportunities, life experiences, activities, and leisure services as any other child and their family.

Harding Evans Solicitors has over 90 employees based at their Newport office, who will be participating in a range of activities to raise vital funds for Sparkle Appeal throughout the year.

Ian Edwards, Fundraising Manager at Sparkle, has said:



L-R: Ian Edwards, Luke McCarthy-Reed, Jade Burton, Brooke Boucher, Matt Brewer, Vic Smithyman, Emma Sweeney, Debra King, Tracey Holloway.

"Sparkle relies on valuable corporate partnerships to enable our team to provide support and deliver leisure activities for children and young people with complex needs.

"So, we are delighted Harding Evans chose us to be its charity of the year and look forward to a fun and rewarding year with its team."

"Having been based in the heart of Newport since the 1870s, it is really important to us that we give back to the communities around us" added Ken Thomas, Chairman at Harding Evans, "our team here voted unanimously to support the great work that Sparkle do and we look forward to raising as much money for them as we can over the next 12 months – and having some fun while we do so!"

About Harding Evans:
Harding Evans is one of South Wales' most progressive law firms, offering a full range of legal services to businesses and individuals from its offices in Cardiff and Newport. With a 100-strong team of solicitors and support staff, their wealth of knowledge and expertise covers all areas of the law; whatever your legal needs, they are there to help.

Inquiries to:

Harding Evans:
Haley Evans, Marketing Manager
DDI: 01633 760703
Mob: 07507 430743
Email: haley.evans@hevans.com

About Sparkle Appeal:
Sparkle is a charity based in Newport that supports children and young people with disabilities and/or developmental difficulties, and their families, living in Gwent.

Inquiries to:

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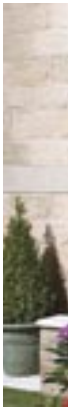
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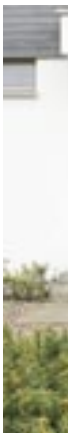






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Swan RESCUE

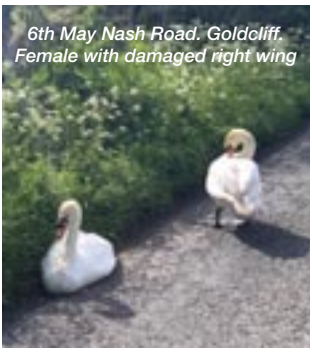
Jottings from a Crazy Month of May

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













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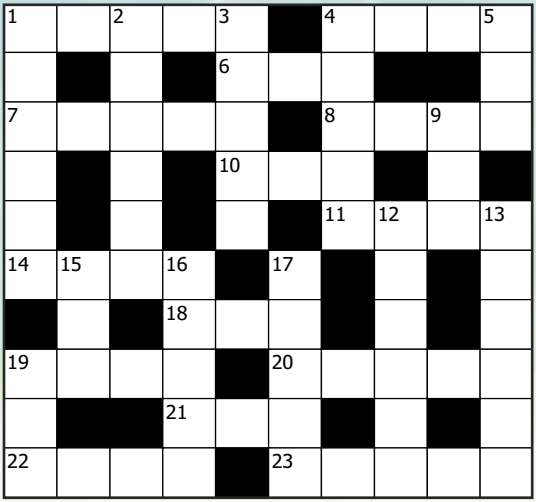
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Puzzles

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 22

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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

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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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MADE IN BRITAIN

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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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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