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Susan x



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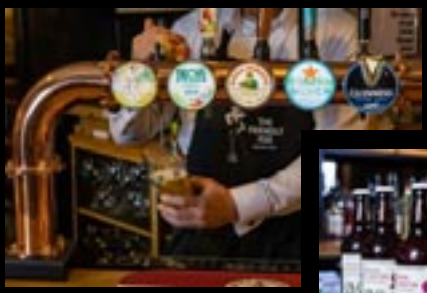
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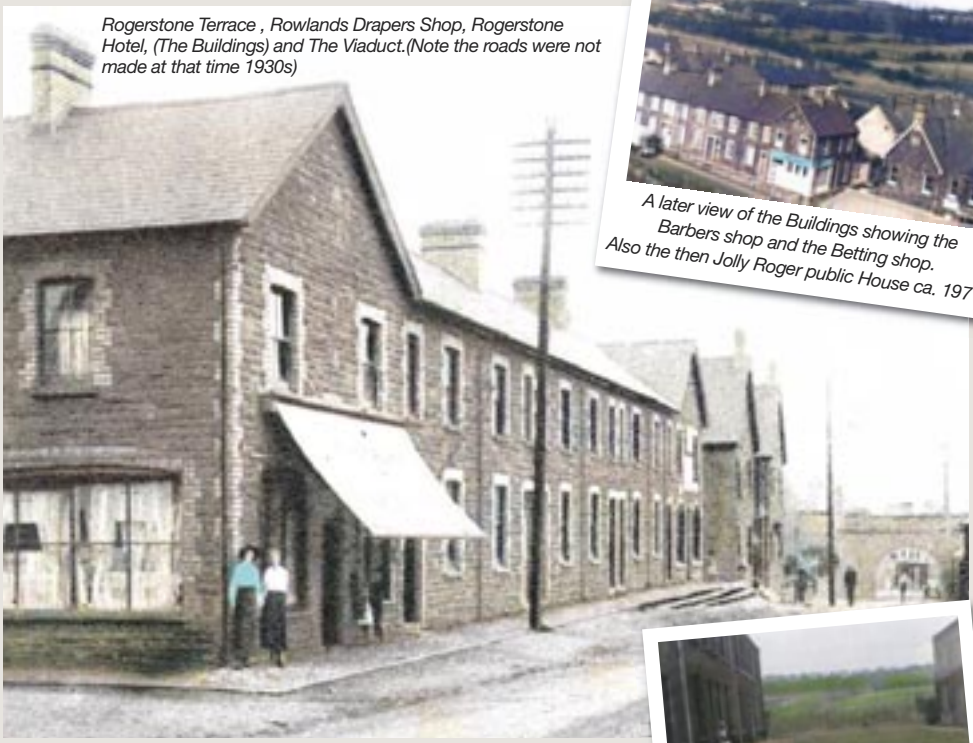
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The ‘New Buildings’

Rogerstone



Rogerstone Terrace , Rowlands Drapers Shop, Rogerstone Hotel, (The Buildings) and The Viaduct.(Note the roads were not made at that time 1930s)

A later view of the Buildings showing the Barbers shop and the Betting shop. Also the then Jolly Roger public House ca. 1971



Edwin Street 1940s showing the unmade road

Having previously described The Nook in the previous article it’s ‘a must’ that I describe the ‘Buildings’ in this article. Initially called the ‘New Buildings’ was simply because they were built after The Nook and thus ‘newer’ but not by much.

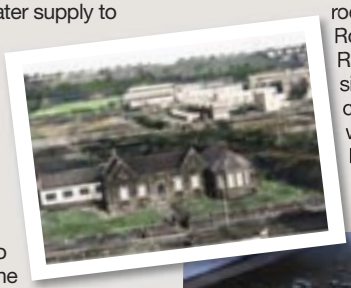
The Buildings estate consisted of three streets each of 20 houses , a front terrace of 16 houses and two shops and a Hotel, The Rogerstone Hotel, later known as The Jolly Roger and then various Indian Restaurants and currently Mama Linas Italian Restaurant. The one section of the three terrace sections remains standing and lived in as of course does Mama Linas. The street names were Edwin, Charles and James, named after the hierarchy of Nettlefolds steelworks.

The difference between the Nook Houses and the Buildings houses were that the houses in the three streets had three bedrooms compared to two in the Nook and that they had a Garden about 20yds long with the outdoor toilet at the end of the garden. The houses consisted of a front room, a living room, a kitchen and three bedrooms. There was a coal fire grate in the front room and living room and one in two of the upstairs bedrooms.

Regarding the houses on the Terrace, (named Rogerstone Terrace and often called ‘The front’). The differences between these houses and the street houses were that the front was built of high-quality stone at the front and red brick at the back. The houses in the three streets were all red brick. Also, the houses on the Terrace had a passageway at the front door with doors to the front room and living room whereas those in the streets had no passageway and

to access the living room you had to walk through the front room. The two shops at each end of the terrace which are still standing, also had bigger extensions to the rear. When built there was no electricity supply to the houses. Lighting was by gas light on the ground floor. The gas mantles hung from the ceiling and the gas was lit with a taper. It was turned on and off by a valve operated by two chains attached to a swivel bar. All heating was via coal fires. There was no source of illumination upstairs so the route to bed was with a candle. Initially the only source of electricity was by accumulators or batteries. Many years later electricity was installed. The streets in the Buildings were not tarmacked until the early 1950s. However, every front door had a concrete doorstep which was regularly scrubbed clean by the ladies of the house.

At the end of Charles Street there was a large water tank which during the second world war was intended as a water supply to extinguish Incendiary bombs. Piles of coke were stored on the bank inside the railway sidings near the buildings streets to supply coke to the furnaces in the Aluminium works.



At the Newport end of The Buildings was the Main Offices for Nettlefolds and later GKN. In later years when the Aluminium works replaced the Steelworks the main drawing office was also added to these offices. Behind these Offices was a large air raid shelter covered in grass which could be entered from the front and the top. There was also a small water tank in the adjoining lane behind the Newport side of Edwin Street, again for incendiary bombs.

It is strange that while the natural earth for Rogerstone is Red Clay, the compacted earth of the three back lanes and the earth of the gardens was almost jet black. I can only think that this is the because of the ash from coal fires was always thrown on and dug into the gardens.

Number 1 Rogerstone Terrace was the Corner Shop for the estate and in the 1930s Stan Dudley and family lived there. They later moved to the 14 houses in Orchard Terrace but kept the old garage/stable part of the premises as storage for Stan's building business. In the 1950s the shop was run by Cyril and Edith Williams and when it closed became a barbers shop and a betting Office. This day it has been converted to a house. Still in Edwin Street is the dilapidated old stables of Rogerstone Hotel (Mama Linas). It is said that the horses used to pull the carts of red brick stone to build what was Bassaleg Grammar School were stabled there. In later years it became a skittle alley, an indoor air rifle range and the dressing rooms for Rogerstone Rangers Soccer side who played on Payne's field where the Police station is now.

At the other end of the terrace still standing used to be Rowlands Shop which eventually was converted into two apartments who I believe shared the same Stairs. It remains apartments to this day. On the opposite side of the road from Rowlands was the dray wagon entrance to the famous Rogerstone Institute built by Nettlefolds and holding 800 people. For many years this was the centre of many functions and meetings and was the centre of Social life in the village.



Rowlands Drapers Shop Rogerstone Terrace



A Close up of Rowland's Drapers Shop Windows Showing Bowler hats in one window and drapes in the other window.



Sir Stafford Cripps , minister for aviation addresses the aluminium works employees in1943 from the roof of the Medical centre . The Adjoining building is the old Institute and the white building in the background is the Drill Hall just finishing construction. Also in the background is the 3rd block of Rogerstone Terrace.

When the Aluminium works took over it became the works canteen. During the war the Drill Hall was built a road level in front of it for the Home guards etc. This was opposite the 3rd block of the Terrace. Today the drill Hall is flourishing under the control of Rogerstone Indoor Bowls Club.

The article would be all inclusive



without a photograph of some of The Building Boys in the 1950s. Back Row L-R.: Malcolm Satherley, Terry Lee, Alan Davies, Middle Row: Elwyn Davies, Keith (George) Lee, Terry Smith, John Hambledon, John Stanworth. Front John Kemp, Stuart Lee, Adrian Podmore.

The Photograph was taken where the new Co-op is now. The building behind them was one of Stan Dudley's store sheds but before that it was one of the very first Primitive Methodists Chapels. In the background is the works managers mansion.

Finally next to the Risca end of the Terrace, was Sargeant's Garage. This later became nationalised as British Road Services before returning to Sargeants. It then became Criddle's garage which is now The New Coop and Pugh's.

The Buildings, unlike The Nook, part of it is still standing!

Derek Picken…Buildings boy.



The new and old Rogerstone terrace blocks

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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!

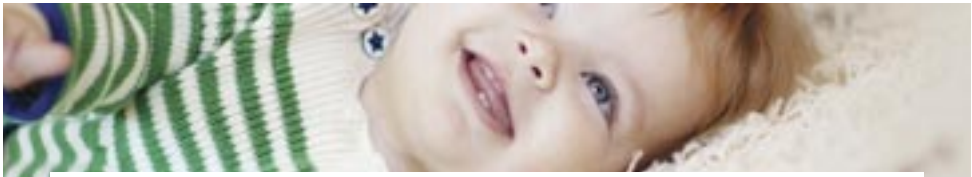
Terry Evans, Chairman
Cymdeithas Twmbarlwm Society



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.

www.twmbarlwm.co.uk



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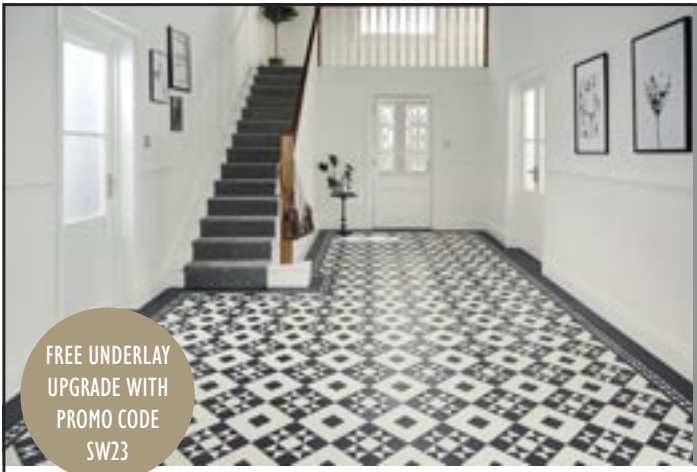
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St Anne's Church becomes High Cross Community Hall

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.

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The Church building

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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:

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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.

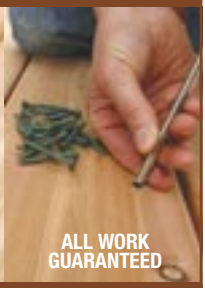
Liz James



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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.

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



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Tuesday	6.15pm	Body Conditioning - Online
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Thursday	6.15pm	Circuits - Face to Face only
Thursday	7.00pm	Pilates - Hybrid
Saturday	9.30am	Pilates in PJs - Online

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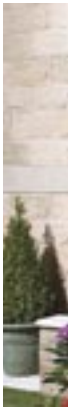
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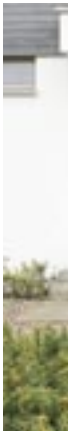






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The reservoirs consist of two lakes of 16 and 10 acres. It was drained in January 2019 for essential maintenance but is now back to its full capacity. There is a 4km loop trail, starting from the visitor's centre and takes an average of one hour to 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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Bottom reservoir

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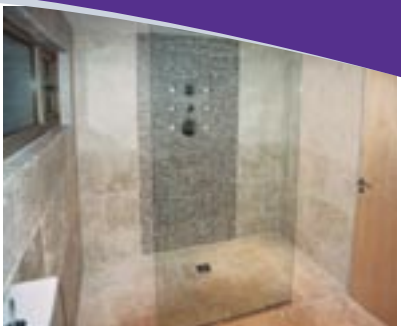
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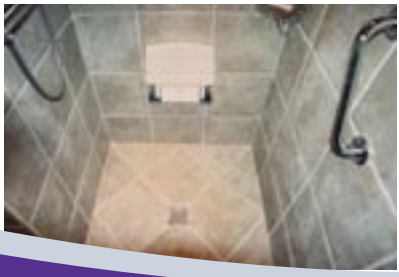
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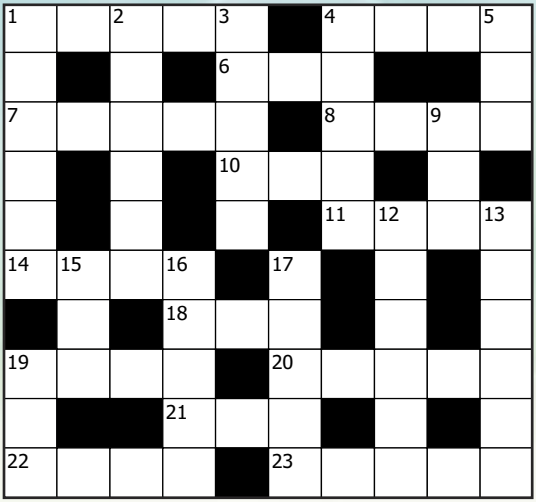
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Puzzles

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 36

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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.

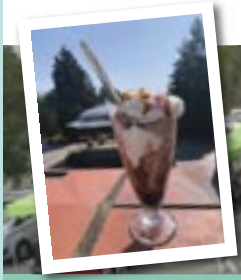
Monday Bank Holiday 28th
Our partners Green Top Markets will once again join us to host a family fun day with children's entertainment and family activities. The café will be open and music will play on the bandstand. Everyone welcome and the donation entry (just 5p per adult) will go to MOTs, Multi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

LET'S GET READY FOR ROGERSTONE'S DAY OF FAMILY FUN

THE ROGERSTONE FESTIVAL

Sunday 3rd September 2023

Rogerstone Welfare Grounds 11am till 4pm

A great opportunity for a Community Get Together before the children return to school



We have heard from a very good source that The Vikings {Blaeddau Du} intend to invade our festival so, come along:
YOUR COMMUNITY NEEDS YOU.

As well as dealing with the Vikings you can choose from a variety of food stalls including our very own Glade Café or, if you prefer you can bring along your own picnic.
You can wonder through our array of stalls from local traders and find that special gift.

Other attractions include:

- The 'Joining Forces Car Display' and Disc Golf.
- Another big favourite returning that attracted a lot of interest last year is the Taekwondo display.
- Inside the hall you will be able to enjoy and purchase the work of local artists.
- In the cricket club, always a favourite you will have the opportunity to view archive film of Rogerstone past.
- For the younger ones there will be the always popular bouncy castles and much more.
- There are also various other entertainments to be confirmed.

If you would like to have a stall £20.00, or any businesses that would wish to sponsor this community event please get in touch: rogerstonefestival@gmail.com

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.

NEW BEGINNINGS COMMUNITY GROUP

We meet every 1st & 3rd Thursday between 12pm - 12.30pm in the Cafe in the Faith Church on Wern Trading Estate, The Celebration New Build, NP10 9FQ, for a chat, drink and maybe a bite to eat and then carry on at 1.00pm into the church area for our meeting, maybe for a speaker, board games or whatever else we might have planned. The session ends at 2.00pm.

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

C	H	A	I	R	■	A	L	S
A	■	D	■	A	N	D	■	■
L	O	V	E	R	■	D	O	V
L	■	E	■	E	V	E	■	A
E	■	R	■	R	■	R	A	N
D	A	T	E	■	E	■	D	■
■	I	■	N	U	T	■	O	■
F	R	E	T	■	H	O	P	E
O	■	■	E	X	E	■	T	■
E	V	E	R	■	R	I	S	E

1	3	4	2	6	9	7	8	5
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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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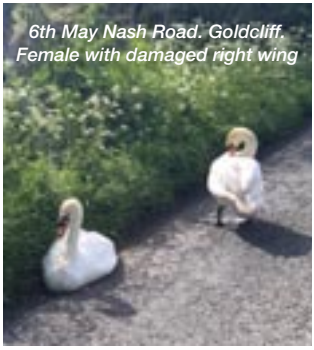
Jottings from a Crazy Month of May

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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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:

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

Just get in touch now as I would be delighted to offer you a complimentary telephone or Zoom consultation to share how I could help you.

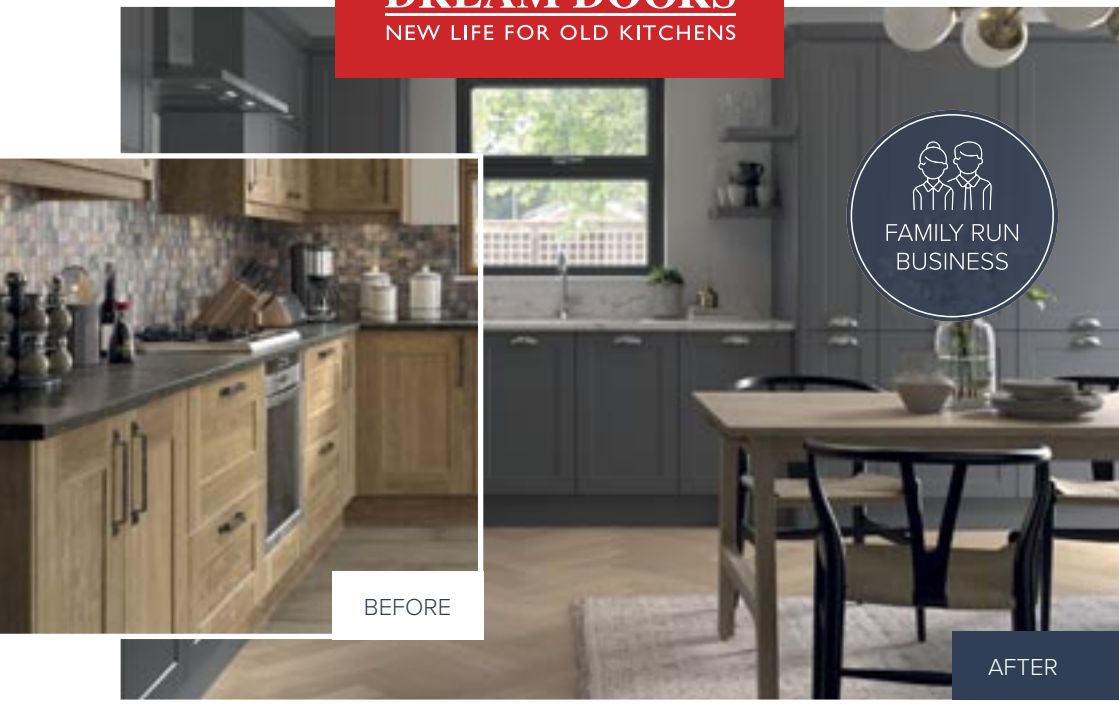
As part of my celebration over the next 10 months I will be offering 10 gifts.
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The Closure of Pontywaun Grammar School

A letter from the Clerk of Monmouthshire County Council dated 21st July 1960 was received by the Head of Pontywaun Grammar School. The letter said 'I enclose herewith a copy of notice issued in accordance with the provisions of the Education Act 1944 with regard to the Authority's proposals to discontinue the existing Pontywaun County Secondary School and to enlarge certain other schools. I should be glad if this Notice is affixed to the school notice board.'





This caused consternation locally and resulted in the formation of a protest group, the Association for the Preservation of Pontywaun Grammar School (A.P.P.G.S.) with Chairman A.M. Baulch J.P. and Secretary L. G. Durban. Being rebuffed in appeals to the County Council, the Association then wrote directly to Sir David Eccles, Minister of Education in a letter addressed to the House of Commons on 7th December 1961. With an introductory letter, this was reproduced in full in the Risca Advertiser of 15th February 1962 under the bold heading 'The Little Dictators'.

All protests and appeals were in vain and, after the summer 1962 holidays, all Pontywaun pupils wishing to proceed to A level and the previous 1st forms were transferred to Bassaleg or Newbridge. Also, there was no new intake, some teachers transferred totally and others became part-time in Pontywaun and part-time in Bassaleg or Newbridge. The headmaster of Pontywaun, John Herbert, became headmaster of Newbridge.

The final school year. 1962/63, opened with 3rd, 4th and 5th forms (about 220 pupils) with 'Billy' Beynon, the previous deputy, becoming headmaster for his final year before retiring. It was a strange final year with a half-empty school and teachers coming and going on a daily basis. A semblance of normality was maintained by appointing prefects but, where previously these had been from the Upper-6th A-level class, now they were chosen from the 5th year O-level students with two who had stayed on to re-sit their exams becoming Head Boy & Head Girl. Towards the end of the final term, whilst 5th formers were involved sitting O-level exams, books were being collected and crated-up to be transferred to the other two schools many to remain in storage before being disposed of having never been used again. David George Evans lays claim to being the last pupil to leave the building having been kept behind for some misdemeanour during the final day. So it is most appropriate that, 60 years later, almost to the day, he is organising a reunion of any ex-pupils at Crosskeys Rugby Club on Saturday 5th July; not just for those that were there at the end but anyone recorded on the school admission register.

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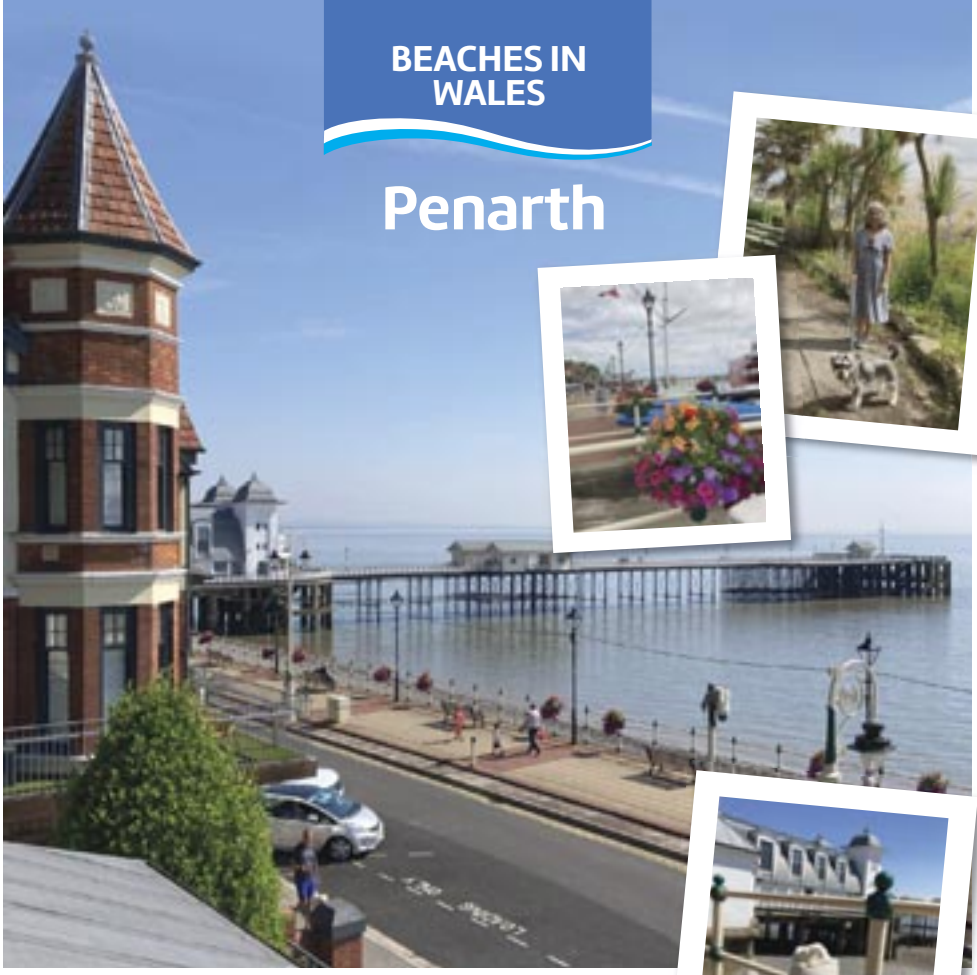
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Penarth



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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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
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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.

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