CAERLEON

DIRECTORY

ISSUE 95 SEPTEMBER/OCTOBER 2023



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

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

Pinkmove ROBERTS

Welcome!

Hope you all had a wonderful warm summer and are looking forward to autumn and the usual Halloween activities ahead.

We are a small independent business and make a huge effort to produce and deliver this magazine. Our aim is to provide an informative and interesting magazine that positively contributes to both community life and local businesses. We rely totally on the revenue from the advertising to keep the magazine in production and need local businesses to support us as much as they possible can.

We deliver to over 25,000 homes all over Newport; this is an ideal way for you to reach prospective customers and support the local community at the same time. Don't forget that if you rely totally on social media to promote your business you are missing out on so many potential customers who prefer not to use social media.

Susan x

COPY DEADLINE FOR THE NOVEMBER / DECEMBER EDITION - FRIDAY 29TH SEPTEMBER

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

Editor: Susan Woolford | Sales & Distribution: Leslie Woolford

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

SS/

arb Architects Registration Board

RIBA Architecture.com

Sustainable Studio Architects

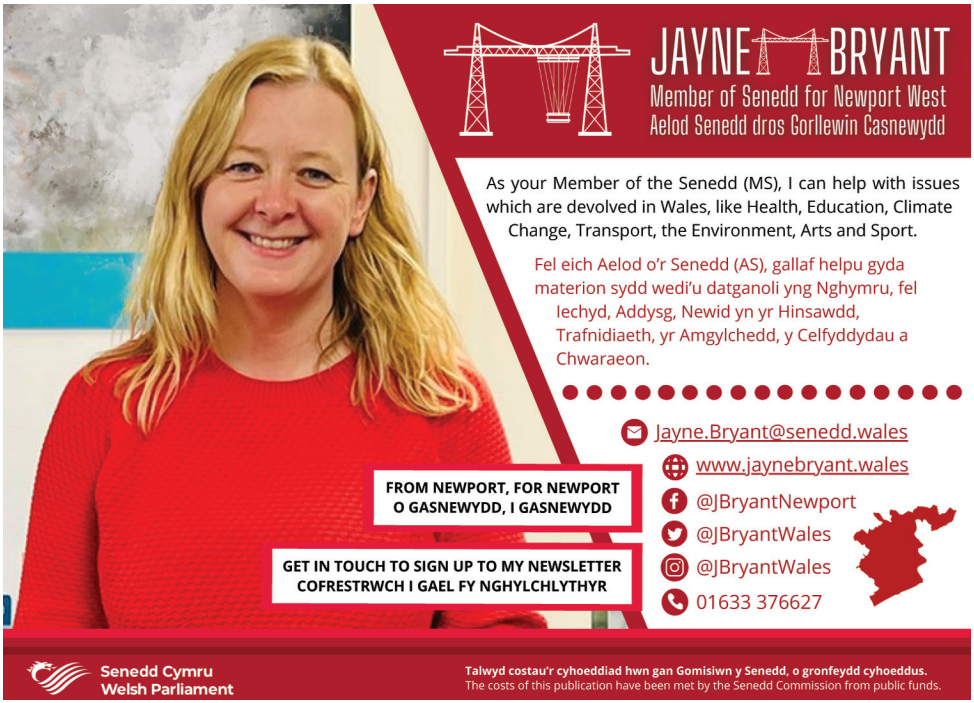
info@sustainablestudio.co.uk

sustainablestudio.co.uk

01633 741101



Architecture
Surveying
Planning
Building Regulations
Conservation
Interiors
Visualisation
Virtual Reality



Could you use some help with your cleaning, ironing or both?

Then why not to use Maid2Clean

- *Reliable vetted cleaners*
- *Cleaners available days and hours that suit you*
- *Affordable service and great results!*

Maid2Clean®

Call us on **0800 433 2179**, email us at: services@maid2clean.co.uk or simply submit your inquiry at: https://www.maid2clean.co.uk/local-office

Caerleon
Then & Now

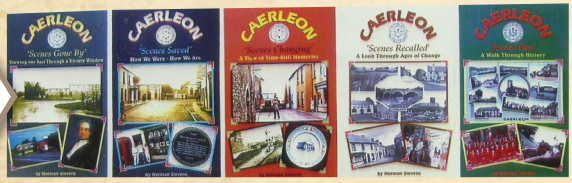


Caerleon Charity Endowed School dates from 1724. At that point, the house was a junior school that was funded by a bequest from Charles Williams. The school became part of the state education system in 1948 under the 1944 Education Act. The school was designated a Grade II* listed building in 1951. Above is a very early photograph taken circa 1890.

Below is the same view taken in January 2023.



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



KITCHEN INSTALLATION & REPAIRS

DO NOT PAY INFLATED STORE PRICES

Complete installations or just upgrade with new hinges, drawers, worktops, doors etc.

Door re-alignment service.

No job too small.

Over 30 years experience.

07593 025453

Sophie Millar

PHYSIOTHERAPY

Physiotherapy assessment and treatment in the comfort of your own home.

SM PHYSIO

How we can help

- Neurological rehabilitation
- Recovery after an injury
- Rehabilitation after an illness or hospital stay
- Balance rehabilitation
- Management of long term conditions
- Before or after surgery
- Promote and maintain independence

HCPC and CSP registered.

07737308166
Sophie.millar.physio@outlook.com
www.sophiemillarphysio.com

ROGERSTONE

Landscaping & Driveways Ltd

Driveway, Landscaping and Building Specialist

All Aspects of Work Undertaken

Google 5 Star Customer Rating ★★★★★ READ REVIEWS

Yell 5 Star Reviews

Follow us on Instagram

Find us on: facebook

Marshalls REGISTER APPROVED INSTALLERS

Tobermore Approved paving Installer

Don't Delay CALL today for a Free quotation

Tel: 01633 449836
Mob: 07384 502176

Email: rogerstone.ld21@gmail.com
www.rldltd.co.uk

VIDEO TAPE TRANSFERS TO DVD OR USB



Convert and transfer all your 8mm Films, VHS, VHSc, Betamax, Video 8 and DVI to DVD or USB.

PRICES START FROM £16

I am local (NP20) so no posting necessary.
Email: jtvideoconversions@gmail.com

Phone: 07488 454164



Home

is where the heart is

Let's keep it there™

bluebird care®

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

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

Starting from as little as a 30-minute visit, through to dedicated 24-hour care and everything in between.

Our Services

- Companionship Care
- Respite Care
- Overnight Care
- 24-Hour Care
- Personal Care

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





How we can support you

Meal times - Household Chores - Shopping

Medication - Outings - Personal Care

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

Bluebird Care Newport & South Monmouthshire

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

bluebird care®

BOOM TOWN

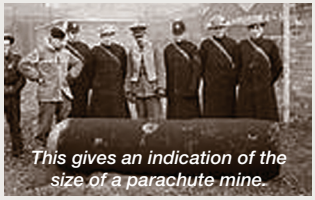
by Paul Minton



The destruction at Glasllwch Crescent



The destruction by the parachute mine at Park Avenue



This gives an indication of the size of a parachute mine.

Bombs are something that never seem to go out of fashion. Take Christopher Nolan's recent film, Oppenheimer, about the man credited with the development of atomic weapons. I haven't watched it but I am told the movie contains A-bombs as well as a few F-bombs. Then, there's their first ongoing use against the population of Ukraine. Whenever we hear about the atrocities that occur there daily, we might well find ourselves yearning for a gentler age but it is important to remember that our past is not as peaceful as we might wish. In fact, bombs have struck Newport many times over the years.

Perhaps one of the earliest attacks in the town was when Viscountess Rhondda attempted to blow up a post box on Risca Road in the name of women's suffrage. Her homemade incendiary was deposited into the box one day in June 1913 and caused damage to the mail inside. She refused to pay a £10 fine (presumably, she had forgotten to add a stamp to her explosive), which led to a brief stint at Usk Prison.

A little less than thirty years later, bomb attacks on Newport became far more prevalent and the casualties were far more than mere letters. Whilst the town was spared the worst of the Luftwaffe air raids during the Second World War, the town still proved an attractive target. The first bomb damage was reported in June 1940, when the Cleveland Oil Depot in Corporation Road suffered a direct hit. Nobody was injured in the blast itself, but four officials were hurt in their car en route to the scene. That all changed in the September, when a German bomber was brought down by a barrage balloon. The aeroplane crashed into a house in Stow Park Avenue, killing two children and most of the plane's crew. The following month, the Alexandra Dock Hotel in Pill was struck, causing several fatalities that included the landlady.

The next year saw yet more raids. In May 1941, bombs fell on Fields Park Avenue, Ridgeway Avenue, and Glasllwch Crescent, causing multiple deaths and damage to over 500 properties. And on the night of 1st July, parachute mines were dropped around Eveswell Street, Kensington Place, Belle Vue Park, Beechwood Road, and even Tredegar Park golf course. Some 37 civilians lost their lives and another 11 people died on 7th October when the Luftwaffe released bombs over Rogerstone. Attacks on Newport largely ceased afterwards but this was not the final time the town faced a bombing campaign.

Shortly after midnight on 14th December 1974, a 5lb bomb employing a clockwork detonator exploded in Commercial Street. The device had been planted in the doorway of Gor-Ray Skirts, a women's clothes shop, which was said to have been gutted. However, the damage extended far beyond the site and shops, such as the Homeland department store, Tesco, Millets, Halfords, and Lloyds Bank, were all affected. Commercial Street was cordoned off between Charles Street and Hill Street and many cars parked by the scene of the explosion suffered smashed windows and dented bodywork. A police constable, who was near the Gor-Ray premises at the time of the blast, was thrown backwards by its force and hurled into the window of a fabric shop. Thankfully, it wasn't curtains for him! Ironically, he had just been talking to the manager of Jackson's Discothèque, who enquired if the PC had had a quiet night.

The Newport bomb followed earlier attacks in Bath and Bristol, which used comparable devices. The authorities had been tipped off by a man with an Irish accent prior to both outrages but in the case of Newport, no advance warning was given. At first, in view of the similarities between the devices plus the apparent Irish connection, the police suspected the IRA were behind the Welsh explosion. However, a source close to the investigation later said the bomb was likely planted by a local person. Ultimately, no organisation or individual ever claimed responsibility and no-one seems to have been charged over the incident.

Established 1990

CURTAINS AND BLINDS

Soft Furnishings

Ashley Wilde Soft Furnishings since 1950 · Chatsworth Fabrics · Studio G · Bill Beaumont Textiles · C&C · KAI · Stoneglow · Design Studio · tropical blinds



Clark and Clark Formations collection.

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

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

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

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

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

PLUMBING & HEATING SERVICES

R. Howells
PLUMBING & HEATING

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

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

Find us on facebook · City & Guilds · Safe

S.CLODE FELT ROOFING

LOCAL ROOFER

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



Call Stephen on:
01633 300913
07778 496385

Advertise *your* business *from only*

£55 per issue

07725 888070

contact@swdirectories.co.uk

HSL

Painting & Decorating

Interior & Exterior Home Improvement

Julian: 07429 854 505
Michelle: 07443 460 323

Local Reliable Service Free Quotes



GAVO Gwent Association of Voluntary Organisations
Cymdeithas Mudiadau Gwirfoddol Gwent

Are you a Veteran?

Perhaps a carer, partner or child of a veteran?

We offer the following services:

Free drinks, a hot snack at every hub meeting.

Access to our in-house therapist

Access to in house drug and alcohol abuse specialist

Access to the DWP armed forces champion for benefits assistance.

Complimentary tickets for Newport County matches

Free day trips

Our own allotment

Access to woodland for wild camping

Free leisure and sports facilities

Back to work assistance

Assistance with housing

Struggling with the current cost of living crisis?

Our food bank is open when our hub is.

And we provide meal delivery.

We are open Saturday 1000hrs - 1300hrs

Tuesday 1300hrs to 1700hrs Wednesday 1000hrs to 1300hrs

Thursday 1700hrs - 2000hrs WINTER ONLY

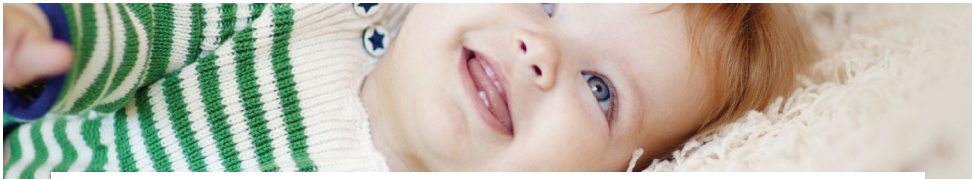
Come along, meet the crew, laugh and chat with other veterans in a warm safe environment

NEWPORT VETERANS HUB

Clarence House, Newport, NP19 7AA

Ian : 07368812521 Lee:07735301163

NEWPORT VETERANS HUB



CRAWFORDS

Carpet and Upholstery Cleaning Specialist

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





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

OUR CRAFTSMEN ARE PASSIONATE ABOUT EVERY DOOR WE FIT



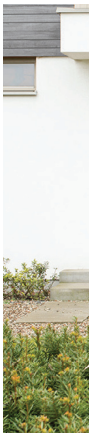
Invest in authentic craftsman fit doors for your home





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

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



DOORS & DECKING









TECHNICALLY ADVANCEED DECKING

Guaranteed for 25 Years*

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

*Structural Guarantee

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

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

Gwerinwyr Gwent Diary

After a busy start to the year, it has gone rather quiet on the bookings front for Gwerinwyr Gwent, so I'll go back a few months.



Over the coronation weekend of 5th- 8th May we appeared at the Tredegar House Folk Festival, dancing two spots, one in each of the dance marquees on the Saturday. We were part of 21 different dance groups that entertained the crowds for free on the Saturday and Sunday afternoons. A varied dance programme as always which included Welsh, Morris, Appalachian, Cornish, Belly Dancers, Clogging, Flamenco, and Indian Dance, plus of course international teams from the Czech Republic and Germany. One sad note was the final performance of Clocs Canton from Cardiff who have been loyal supporters of the festival. This all-ladies side with their colourful costumes (see photo) which danced North West style of Morris, was founded in 1986 but has been forced to disband due to falling membership. This, I'm afraid to say, is becoming all too common with many traditional dance sides struggling to find new members and this includes GG.



The music side of the festival was a great success with headliners of the three paying concerts being Barbara Dickson, Kathryn Tickell and Merry Hell. There were many free concerts and events too, in fact as it was a Bank Holiday weekend, for the first time ever the festival continued through to Monday with all events that day free.

Unfortunately, the weather took a turn for the worse but the concert, family ceilidh and workshops were pretty well attended despite the rainy afternoon. A measure of the festival's success was the CAMRA bar running out of beer by Sunday evening!

Since the festival, our only outing has been to St Julian's Methodist Church in June when we entertained the Monday afternoon group with one of our usual offerings of dance displays and audience participation.

Gwerinwyr Gwent (meaning: folk people of Gwent) was founded in 1976 and we dance just for pleasure, although we take part in festivals both in Wales/UK and Europe, and give demonstrations and run events including twmpaths/ceilidhs locally. Costumes are made from traditional Welsh flannel in a variety of colours and patterns with of course the famous tall Welsh hat worn by the ladies.

Gwerinwyr Gwent is always seeking new members, and either beginners or experienced dancers/musicians are very welcome. Practice night is Thursday 8-10pm at the Graig Community Hall (opposite the Ruperra PH).

Dancing is fun, it is exercise, but you don't have to be super fit to do it...why not give it a try!

For more details visit our website www.gwerinwyrgwent.org.uk, ring 01495 271953



If you feel like you have nothing left to hold on to, we'll help you let go...

We understand how painful a divorce or separation can be. At Harding Evans, you can trust our experienced team of Family solicitors to guide you through the process and have your best interests at heart.

Contact us today...

Queens Chambers, 2 North Street,
Newport, NP20 1TE

01633 244233

hello@hevans.com

hardingevans.com

Harding Evans solicitors

Your lawyers, for life.

Getting yourself Retirement Ready

Retirement planning can seem overwhelming, but the important thing is that no matter what age you are, it's never too early or late to start. Another benefit of starting early is compound earnings which is when the money you've earned on money you've invested begins generating earnings too. Investing a small percentage of your income can really add up over time.

Having a savings plan for every stage of your life is vital in helping you work towards a retirement that you can look forward to. To help, here's our decade-by-decade guide to saving for the future.

In your 20s: Getting started

Being in your 20s can feel like an exciting time to be alive but also daunting. It's never too early to start thinking about your financial future and setting yourself up for success.

With the proper knowledge and planning, you can easily create good savings habits that will set you on the path towards financial security.

Creating a budget is vital to staying on top of your finances. Knowing what expenses, you have each month will help keep you organised and make sure there's enough left over to put aside for savings. Ensure you know about upcoming bills and other costs to build those into your budget.

At the same time, remember to enjoy life too! Set money aside to do things you love, such as travel or hobbies. By taking a balanced approach to saving, you'll be able to get the most out of your 20s while still investing in your future financial security.

- Develop good savings habits early in life.
- Budget for saving rather than saving what's left at the end of the month.
- Take advantage of tax-efficient ISAs and Lifetime ISAs.
- Participate in workplace pension schemes.

In your 30s and 40s: Dialling up the focus

Another way to make the most of your 30s and 40s in the UK is to take advantage of salary sacrifice. This is an excellent way to increase your pension contributions while reducing your tax bill. You can redirect this money into your pension pot by agreeing to accept a lower salary each month. This means that while you will be contributing more to your pension, it could leave you with an increased take-home pay as you'll be paying less National Insurance Contributions (NICs).

In your 50s and 60s:

As you enter your 50s and 60s, retirement becomes a reality. It is essential to consider the right time to retire and how much money you will need to do so. Remember that individuals aged 55 or over can



start taking money from their pension. Starting from 6 April 2028, the average minimum pension age will increase to 57.

It is worth considering whether taking money at this stage is necessary for your circumstances, and any tax implications. Ultimately, careful planning and consideration throughout life will help ensure that you have enough money saved when the right time comes to retire. You should also ensure that you are up to date with any changes in the law or regulations that may affect your retirement and pension savings.

This can help ensure you receive the best returns for your investments when the time comes to retire. Remember, it's never too early to start saving for retirement. By following this decade-by-decade guide, you can work towards a secure and enjoyable retirement that you can look forward to. Don't forget, a 'flexi-retirement' approach is becoming more common, with many people continuing to work in some form during their retirement years.

Kymin Financial Planners
Celebrating 30 Years

Find us on:

To find out more or to discuss how we can help with your retirement planning, get in touch today on 01633 840000 or info@kymin.co.uk



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

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

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

Newport Bathroom Centre



CALL NOW FOR SOME EXPERT ADVICE



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

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



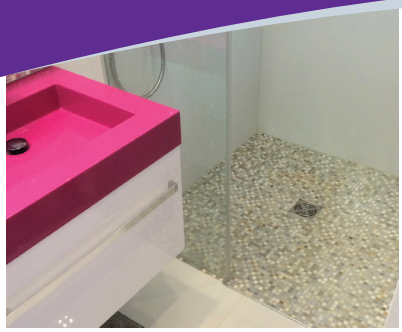
Newport Bathroom Centre

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

Tel: 01633 26 26 29

info@newportbathroomcentre.com

Leak free level access Wet Rooms



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





Newport Bathroom Centre

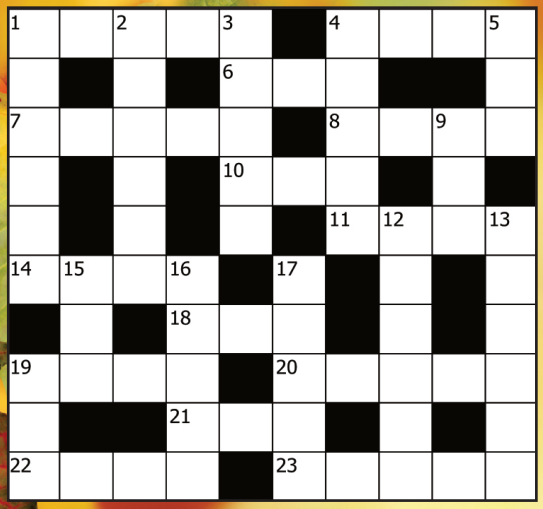
Based @ George Street Furnishers 19-24 George Street, Newport. NP20 1EN

Tel: 01633 26 26 29

info@newportbathroomcentre.com

Puzzles

CROSSWORD



Across
1. Plenty (5)
4. First man (4)
6. Cut the grass (3)
7. Steam room (5)
8. As well as (4)
10. Writing fluid (3)
11. Great story or film (4)
14. Ooze or leak (4)
18. Boy's name (3)
19. Large room (4)
20. Turn, rotate (5)
21. Be in debt (3)
22. Ditch around castle (4)
23. Of Rome (5)

Down
1. Estimate value of (6)
2. Dive into (6)
3. Computer message (5)
4. Not asleep (5)
5. Cow noise (3)
9. Snow shoe (3)
12. Small stage or lectern (6)
13. Cardboard container (6)
15. Long time (3)
16. Plane flyer (5)
17. Go into (5)
19. Bacon (3)

SUDOKU

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

AWARD WINNING BESPOKE WORKTOPS MADE IN NEWPORT



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

SPECIALISTS IN SOLID SURFACE, LAMINATE AND PANELLING

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

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

PLEASE VISIT OUR WEBSITE FOR MORE INFORMATION OR QUOTATION BY EMAIL



YOU CHOOSE THE COLOUR & DESIGN



WE THEN TEMPLATE AND CUT TO SIZE...



...AND THEN ACHIEVE THE PERFECT FINISH

AXIOM by FORMICA GROUP · DuPont™ CORIAN® · staron Solid Surfaces · FORMICA prima · DUROPAL · omega

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

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

OPENING TIMES

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

Also Open Saturdays 9am - 1pm

WTLAMINATES.CO.UK

#thetoppeople

Improve, Don't Move!

Maximise the value of your home.

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

FREE FITTING PAYMENT ON INSTALLATION





GAROLLA ROLLER SHUTTER DOORS

01633 383 321

LINES OPEN 7 DAYS A WEEK

www.garolla.co.uk

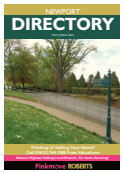
Trustpilot 4.8 out of 5 / 4,700 reviews | Yell 4.8 out of 5 | Checkatrade Where reputation matters 9.8 out of 10 | CE APPROVED

BESPOKE ELECTRIC DOORS MANUFACTURED IN THE UK

SW Directories

Local Business & Community Magazines

SW Directories offers a low cost and effective way to acquire more business.
Established in 2006, the Directories are extensively used and respected by our readers.





25,500 copies are delivered to homes and local businesses six times a year. The seven Directories cover Alltyryn, Bassaleg & Rhiwderin, Caerleon, Malpas, Newport (Beechwood, St Julian's, Celtic Horizons, Duffyrn, Lysaght Village, Glan Llyn, Mon Bank), Rogerstone, Risca (Crosskeys, Pontywaun & Cwmcarn).

It's easy to be in the magazine, call us today to find out about our special offers.

To advertise call Leslie on 07725 888070 or
Email: contact@swdirectories.co.uk
Website: www.swdirectories.com



A	M	P	L	E	■	A	D	A	M
S	■	L	■	M	O	W	■	■	O
S	A	U	N	A	■	A	L	S	O
E	■	N	■	I	N	K	■	K	■
S	■	G	■	L	■	E	P	I	C
S	E	E	P	■	E	■	O	■	A
■	R	■	I	A	N	■	D	■	R
H	A	L	L	■	T	W	I	S	T
A	■	■	O	W	E	■	U	■	O
M	O	A	T	■	R	O	M	A	N

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



Support for Asbestos Victims in the Newport Area

Asbestos Awareness & Support Cymru (AASC) is an independent charity providing support to victims of asbestos related illnesses and their families in Wales and is currently planning more support groups and events in and surrounding the Cwmcarn, Newport area! 'CafeAASC' is a concept of bringing people with a shared understanding together informally over light refreshments and the charity would welcome anyone who has been diagnosed with an asbestos related illness or anyone who is caring for a loved one who has been diagnosed to get in touch. There are also plans to hold a Patient & Carer event in the area in Autumn too which will provide an opportunity for those who have been diagnosed with the asbestos related cancer, Mesothelioma, asbestosis or pleural thickening to speak with health professionals and specialist advisors whilst meeting with others in relaxed surroundings.

Jo Barnes-Mannings, the founder of the charity identified a need in Wales following her father's diagnoses of Mesothelioma and explains, " AASC was set up in November 2011 with the hope of providing additional support to those who's lives have been devastated by illnesses that were very often caused by doing an honest day's work. Sadly, due to Wales' industrial past and a latency period of up to several decades, we have seen an increase in the number of cases in recent years. We would encourage anyone who has been affected by an asbestos related illness to get in touch so that we can offer our support and share information."

For more information, visit the website www.a-a-s-c.org.uk or call 01495 272479

A.A.S.C
Asbestos Awareness and Support Cymru

DIAGNOSED WITH AN ASBESTOS RELATED ILLNESS?

Whether your query or concern relates to:

* Benefits Advice & Entitlements
* Specialist Legal Advice & Compensation
* Availability of Support Services
* Meetings and Events

CALL US TODAY! We are here to provide information, guidance and support!

Asbestos Awareness & Support Cymru (AASC)
TEL: 01495 272479
www.a-a-s-c.org.uk Email enquiries@a-a-s-c.org.uk

Registered Charity No. 1148804 Companies House Reg. 8018086

BEACHES IN WALES

Porthcawl – Rest Bay Beach





Porthcawl's Rest Bay is a long sandy west facing beach and is popular with surfers.

It is designated a Blue Flag beach based on the cleanliness of the water and the state-of-the-art water sports centre, which provides the perfect base for adventure seekers eager to sample South Wales' outdoor activity.
Dogs are not allowed on the beach from May to the end September.
The annual Elvis Festival in Porthcawl takes place between 23rd & 25th September and attracts Elvis tribute artists and devotees from across the world. It is recognized as the biggest gathering of Elvis fans in Europe and maybe in the world.
Early last September, we took a stroll along the board walk part of the coastal path enjoying the views of the bay and the golf course.

UP TO 50% LESS THAN A NEW FITTED KITCHEN

by simply replacing the doors and worktops

DREAM DOORS®
NEW LIFE FOR OLD KITCHENS



MODERN | CLASSIC | TRADITIONAL | CONTEMPORARY

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

Checkatrade.com Where reputation matters 9.8/10

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

Call us now for a free estimate:

01633 526077

UK MANUFACTURED

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


NEWPORT RFC
2023-24 SEASON
RHINO
GET YOUR TICKETS NOW AT
BLACKANDAMBERS.CO.UK/TICKETS

L J SYMONDS

ROOFING, BUILDING & MAINTENANCE

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

BUILDING
- New Build
- Extensions
- Renovations
- Garage Conversions

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





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

Newport U3A musical classes

Newport u3a has several musical classes including the long established Listening to Music Group. This sociable 'ensemble' listens to a wide range of music chosen by its enthusiastic members. Recently we've also had a video presentation based on the diaries of Clara and Robert Schumann, and a CD course about Mozart's life and music.



It gives us the opportunity to enjoy the positive effects of music whilst interacting with others. Some present a 'Desert Island Discs' selection or give a presentation on a pet subject. We regularly attend concerts together and go out for a monthly lunch.

During the summer recess we continued to meet at each other's homes followed by a stroll to a local inn for a meal together.

u3a learn, laugh, live

Newport u3a resumes its meetings for the retired at the Dolman Theatre on 6th September. For more information visit our website u3asites.org.uk/newportsewales or phone Angela Robins on 07983 130541.

Hardy Plant Society Monmouthshire Branch

HPS Monmouthshire group is for people who love plants and gardening and enjoy talking about them with other like-minded gardeners. Non-members are welcome to come along - it's an opportunity to meet people in a friendly atmosphere. Entry varies between £4 and £8. Our regular meetings are held at the village hall in Little Mill NP4 0HJ. The group also hosts occasional Zoom talks, organises garden visits, gardening discussion dinners and plant sales. Keep in touch by emailing monmouthshirehps@gmail.com or consult our website www.hpsmonmouthshire.co.uk Lots of news and plant-related information in both. We'd love to hear from you. Coming up in the next two months:



Ammi majus

- **Saturday 2nd Sept 2.30pm Little Mill Village Hall 'Robinson's Wild Garden at Gravetye'** an illustrated talk by Tom Coward the Head Gardener at Gravetye Manor in Sussex.
- **Saturday 9th September The Usk Show** a highlight for many. We will be selling plants on our stand. Come and buy!
- **Saturday 14th October 2.30pm Little Mill Village Hall 'A Garden above the Estuary' by Adam Alexander.** Adam will be full of tips and techniques for his speciality of growing heritage veg thus ensuring what you grow is at reasonable cost and by sustainable, organic methods.
- **Wednesday 18th October Tim Walker 'Paradise Lost and Restored' a Zoom talk at 7.30** Tim, the former Director of Oxford Botanic Garden looks at how gardening has changed over the last 400 years. Or has it?

ARTHUR PEAKE
EST. 1918
FUNERAL SERVICE

5th Generation Independent Funeral Directors

One of the few remaining independent Funeral Directors, owned and managed by Kerrie Peake and family



Memorials



Pre-Paid Funeral Plans



Floristry Service



Centenary Chapel



Mercedes Fleet



Bereavement Support

Please call us for more information on
01633 482291

FUNERAL PLANS FROM Golden Charter
Smart Planning for Later Life

SAIF INDEPENDENT FUNERAL DIRECTORS CARE

SAIF INDEPENDENT FUNERAL DIRECTORS

National Association of Funeral Directors

Woodland Funeral Home, Woodland Road, Croesyceiliog, Cwmbran, NP44 2DU

www.arthurpeakefunerals.co.uk

St David's Hospice Care

Fundraising Calendar of Events 2023





Run for us

CARDIFF HALF
HANNER MARATHON CAERDYDD

Sunday 1st October 2023







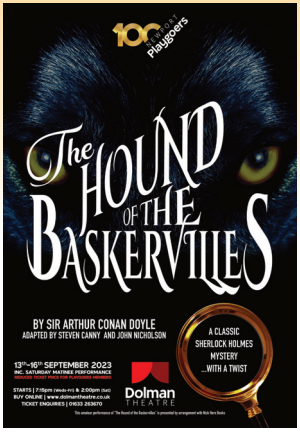
To book call **01633 851051**
or visit **stdavidshospicecare.org**

Bringing care home

Find us on:

Registered charity number: 1010576

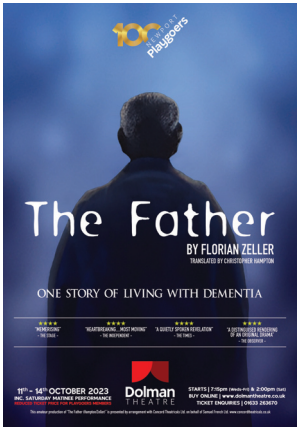
DOLMAN
THEATRE NEWPORT













Booking: www.dolmantheatre.co.uk
Theatre Enquiries: 01633 263670

Home Instead

To us, it's personal



Award Winning Care

Looking for Care?

Care in the Comfort of your *own* home

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

For more information call:

01633 740028



https://www.homeinstead.co.uk/newport-cwmbran-chepstow/
Email: info@newport.homeinstead.co.uk
Office 11, The Avana Business Park, Wern Trading Estate, Rogerstone, Newport, NP10 9FQ.