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ISSUE 95 NOVEMBER/DECEMBER 2023



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As 2023 draws to an end we would like to say a very big thank you to everyone who has contributed to the success of the Directory this year.

Thank you to all the distributors who, no matter how bad the weather is, deliver the Directories for us. Thank you to the residents and organisations for sending us articles for publication in the Directory. Finally, a very special thank you to the advertisers for their continued support, without the financial support from the advertisers there would be no Directory.

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Wishing you a happy and healthy festive period.

Warm wishes

Susan x

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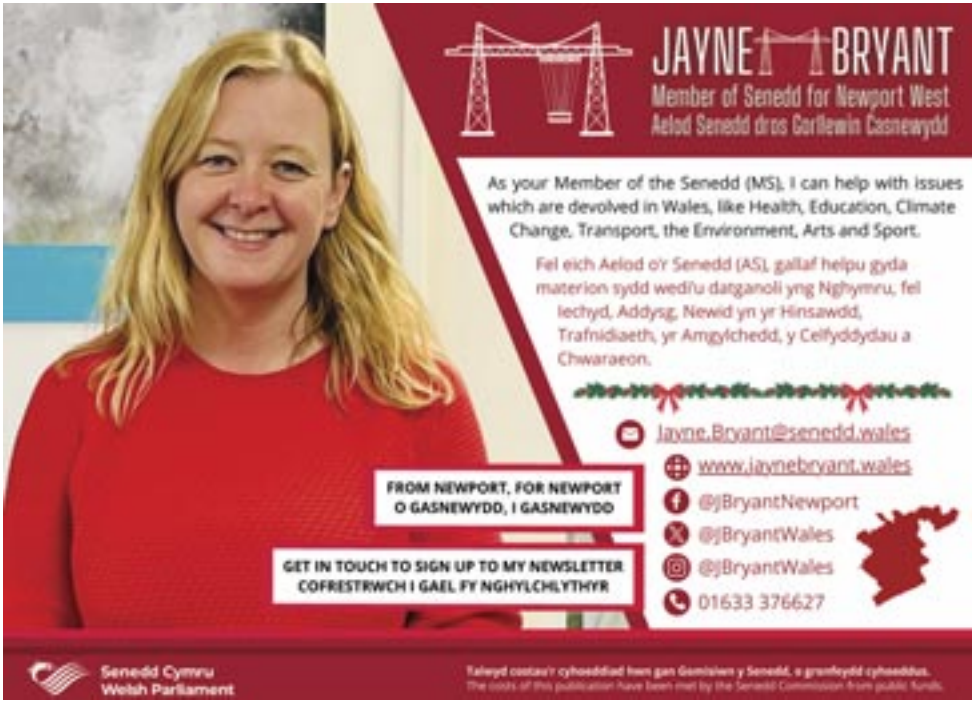
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Questions and Connections

As I am writing this in October it seems a little strange to wish any reader a Happy Christmas but as you will be reading this somewhat later in the year it does seem appropriate. So may I wish you all a Happy Christmas and a prosperous new year. It also seems appropriate, at this time, to say thank you to those of you who do skim my ramblings.

Enough of the pleasantries, down to the nitty gritty and the question is, What is the connection between the subjects listed below.





Captain Henry Morgan

Captain Henry Morgan, a pirate; Darts and Skittles; Keep fit; Blood Bike Wales; Christmas Traditions; Comic entertainer.

An eclectic list isn't it and the connection is possibly elusive. Not however to any Rogerstone Roses' W.I. member, these are just some of the topics and experiences that have made up some of our programme since September. There are always new things to learn and different experiences to be had.

I have played skittles before quite a few times, not that in this case practise makes perfect, but its always good fun and a chance to chat to folk whilst waiting your turn. So, all in all a jolly sociable evening. Darts on the other hand is a first, so working on the principle that if I actually manage to hit the board, this will be a result. Hopefully everyone will have the sense to stand clear. This is an event organised by Gwent Federation and is held in Usk, our group is sending two teams of four and rumour has it that one of the ladies in our other team actually has a cup for winning a darts competition, so my expectations are greatly inflated by this inspiring info!!!

Whatever, as I've said very recently sometimes you win and sometimes you lose but it is actually the taking part that is important. I can hear some of you sighing at this juncture that winning is important, which it is but I believe its not the most important factor, learning to lose gracefully is an important skill which stands one in good stead when treading life's rich path.

That's enough preaching for now and on to a part of our programme that is much more serious, Blood Bikes Wales.

Blood Bikes Wales is a charity founded in 2011, it provides a free motorcycle courier service to the NHS, it consists of a fleet of bikes ridden and co-ordinated by volunteers. These volunteers deliver blood to hospitals all over Wales, thus saving the NHS taxi fares and courier fees. A very worthwhile charity.

I had heard a little about Henry Morgan prior to our talk and I did know that he was related to the Lords of Tredegar, as will anyone who has visited Tredegar House, but Henry's life was much more interesting and he was certainly a 'posh pirate', not your usual high seas robber, more a privateer, who spent much of his adult life in the Caribbean doing the king's bidding.

Space is finite and there is no more so any topic left uncovered will have to remain so. Once again Happy Christmas.

Liz James

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and Sung Eucharist

~

Christmas Day 25th December

10.00am Family Service and Holy Communion

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Life changing benefits of a good night's sleep

Scientists have discovered a revolutionary new treatment that makes you live longer. It enhances your memory and makes you more creative. It makes you look more attractive. It keeps you slim and lowers food cravings. It protects you from cancer and dementia. It wards off colds and the flu. It lowers your risk of heart attacks and stroke, not to mention diabetes. You'll even be happier, less depressed and less anxious. Are you interested? If so the treatment, according to proven scientific research carried out by Dr Matthew Walker, is to sleep! In today's busy world many people have developed bad habits that impacts upon their sleep detrimentally. Sleep impacts upon all aspects of life so I thought I would share with you 10 top tips to help you sleep more soundly:-

1. Establish a consistent sleep schedule
Keeping consistent times for going to and getting up from bed regulates your body's internal clock which helps you to fall asleep, get up naturally and allows your body to heal itself. Sleeping more at weekends cannot make up for any lost sleep during the week!

2. Switch off all electronic gadgets one hour before your bed time
All gadgets (computers, phones, tablets etc) emit a blue light which effectively interferes with your body producing the sleep hormone melatonin. Instead do something which you find relaxing (reading a book, taking a shower/bath, listening to calming music, self-hypnosis, meditation etc).

3. Make your bedroom a cosy space just for sleeping and intimacy
Remove any clutter and make your space really calming.

4. Avoid or reduce caffeine
Any caffeine you consume after lunch time will still be in your system at bedtime so reducing your caffeine, especially from midday can help to significantly improve your sleep!

5. Be physically active - consistently
Whatever your physical ability keeping a daily activity routine (e.g. going for a walk / gym etc) will help keep your body's internal clock regulated.

6. Be present in all activities
Whatever you are doing use all of your senses to keep your mind in the present moment. When your mind is in the present moment you cannot be anxious as that is in the future.

7. Eat meals at consistent times and avoid late snacking or eating
Eating late can lead to indigestion and also prevents the body from healing during the sleep state as it is busy digesting food.

8. Avoid or reduce your alcohol intake
Having a few drinks may feel like it's helping you to relax but it robs you of much needed healing and sleep. Consider what else you can do to relax and reduce it gradually by replacing it with a healthier option. If you feel the need to drink often ask yourself why and consider seeking help to address the underlying cause.

9. Keep afternoon snoozes short
If you feel the need to nap in the afternoon, ensure it is before 3pm and make it short (max 30 mins and use an alarm to wake you).

10.Snuggle down positively
Before going to bed, you may wish to write down anything on your mind. As you snuggle down have the intention of sleeping well, allow any unhelpful thoughts to drift away to the universe, take 10 really deep breaths (breathing in through your nose and out through your mouth) noticing how your body feels. Think about happy memories, positive things or listen to calming music/hypnosis/meditation.





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I Want to Believe

by Paul Minton



Telling a ghost story in a Gower cafe was not what I had expected to be doing when my old university friend came over from Canada during the summer. I hadn't seen him since before COVID and so I was delighted to catch up. I collected him from Newport Central and had anticipated going to a few local pubs but when he said how much he missed the sea, I felt obliged to help him out. And so it was that we found ourselves drinking tea at the Three Cliffs Coffee Shop near Pennard.

Our conversation meandered around travel, jobs, and mutual acquaintances, before we started talking about podcasts and my friend asked if I had any recommendations. I mentioned one such show called 'Uncanny' (soon to be a TV series this October). In each episode, the host interviews a witness, who recounts a personal, supernatural experience and then, with the help of two experts, one a believer and the other a sceptic, they try to explain the mystery. My friend said excitedly that he was already a fan of the podcast and we laughed about how a pair of scientists should be so interested in a subject like the paranormal. But then, surely everybody enjoys a spooky tale and I had one to share. My friend looked at me keenly and invited me to continue. And so I did…

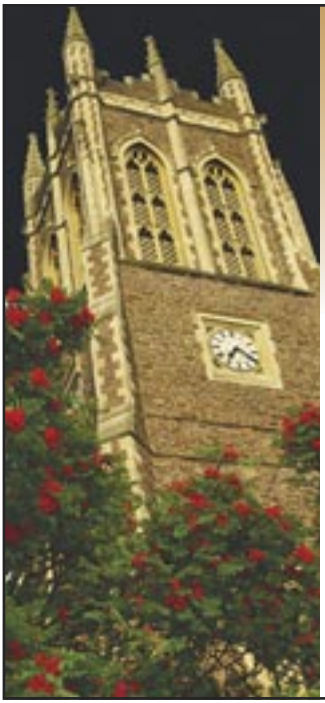
There was a man, who had travelled to his parents' home as he had just learned that his mother was dying. The news had been unexpected and the man and his father did what they could in those final days. Sadly, on one spring morning, the mother slipped away peacefully at home, with her husband and son at her bedside. After some little time had passed, the son took out his mobile phone and called his wife to break the news. No sooner had he returned the device to his pocket, a telephone rang somewhere in the house. But it wasn't the landline. Neither was it the son's mobile nor the father's. As the noise continued, father and son attempted to locate its origin and tracked it down to the mother's phone. When the son flipped open the old clamshell device, the screen showed the caller's identity and he was amazed to see that it was his name on the display. He pressed the answer button but unsurprisingly, there was no-one at the other end of the line. The son hung up and retrieved his own mobile to check its call history. Sure enough, a call had been placed from his phone to his mother's number a few minutes earlier. However, he had never made that call. Cynics would probably argue the son's finger must have slipped when putting away his mobile and he had dialled his mother accidentally – after all, her number was stored in his device's contact list but still, it was odd.

Several weeks later, the son went back home to his wife and returned to his job, albeit working remotely. On his first day, he glanced around his study and noticed an old block calendar. Each block was intended to be orientated so as to show a different number or month and thus provide the correct date. The item had become neglected and was largely forgotten and yet the date on the calendar, a random date that had been displayed, untouched, for years, was the same day on which his mother had passed away. Of course, it was just a fluke…wasn't it?

A slip of a finger plus a mere coincidence or something altogether more peculiar? I know which camp I fall into. After all, I was there.

I am the son.





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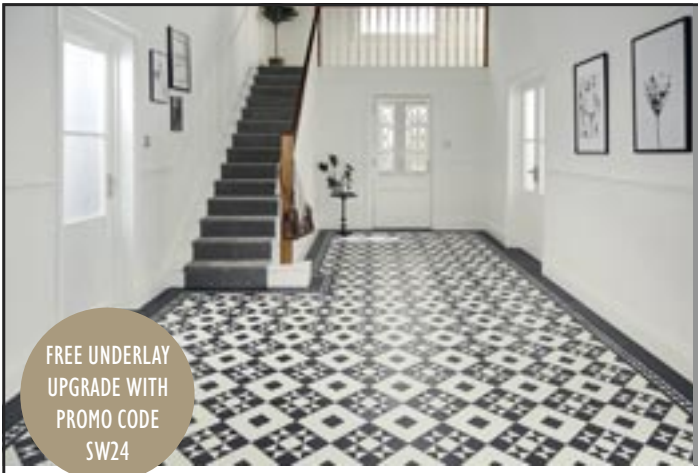
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17th December 5 pm - Carol Service
24th December 10.30 am - Morning Worship (Advent)
24th December 11.15 pm - Midnight Communion Service
25th December 10 am - Christmas Day Celebration

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Saving and Investing for the Next Generation

Today's young generation is anticipated to face a future with considerably higher expenses than their parents and grandparents. The rising education, housing, and general living costs have created a financially challenging landscape. As such, many parents and grandparents are taking proactive measures to provide a financial safety net for their children and grandchildren.

Why start investing early? Investing early for your child or grandchild has a multitude of benefits. Simply put, the sooner you start investing, the sooner you start earning interest on the interest you've already earned. This compounding effect can significantly boost a child's savings over time.

Early investment also has the potential to provide a higher return on investment. The rationale behind this economic case is that the longer the investment period, the higher the potential returns.

Additionally, starting a pension for a child, despite being many decades away from their retirement, makes financial sense. It is a long-term investment that could provide a significant nest egg when the child reaches retirement age.

Investing strategically - By starting early and investing strategically, it will enable you to provide a solid foundation for your child's or grandchild's economic wellbeing.

Choosing the right investment account - When considering the tax implications and how to arrange your affairs best, if appropriate, tax-efficient structures like Junior ISAs (JISAs), Bare Trusts, and Pensions should be explored.

Junior Stocks & Shares ISA (JISA) - These investments allow parents to invest in various investments on behalf of their children. While grandparents can contribute to a JISA, only parents or legal guardians can open one on behalf of the child. If a child is 16 or 17 and does not already have a JISA, they can open a Cash Junior ISA. The money in a JISA is locked away until the child turns 18, at which point it becomes their ISA. A JISA has a current annual allowance of £9,000 (tax year 2023/24), and anyone can contribute.



Bare Trusts - A Bare Trust is a simple trust in which the beneficiary (the child) has the absolute right to the capital and assets within the trust. A Bare Trust is commonly used to pass assets to young people, where the assets are held in the name of the trustee (typically a parent or grandparent) until the beneficiary reaches a specific age, often 18. These trusts can hold various investments and can be a flexible way to manage and control assets on behalf of a child. Money can be withdrawn from a Bare Trust while the beneficiary is still a minor, if it is used for their benefit, such as for school fees.

Pensions for Children - Starting a pension for a child might sound odd, but it could make financial sense. The pension will grow tax-efficiently, and it can be a great way to give your child a head start on their retirement savings. Plus, other family members, like grandparents, can contribute too. Investing up to £2,880 per child each tax year (tax year 2023/24), HMRC will top this up with a further £720 to give an investment of £3,600.

Making the most of Personal Allowances - Both you and your child have Personal Allowances that can be utilised to minimise tax liabilities. Your child has a tax-free Personal Allowance for income, which in the 2023/24 tax year is £12,570. They also have a separate Dividend Allowance, currently set at £1,000 per year.

Exempt from Income or Capital Gains Tax - Assets held in a JISA are exempt from Income or Capital Gains Tax, providing a significant tax advantage. However, if the funds in a Bare Trust come from the parents, they are taxed as though they belong to the parents where if a grandparent contributes, the assets are taxed as belonging to the grandchild.

Contributions to bare trusts and JISAs are potentially exempt transfers for Inheritance Tax purposes if the donor survives for seven years from the date of the gift.

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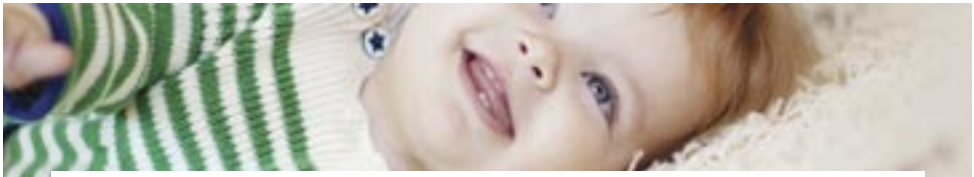
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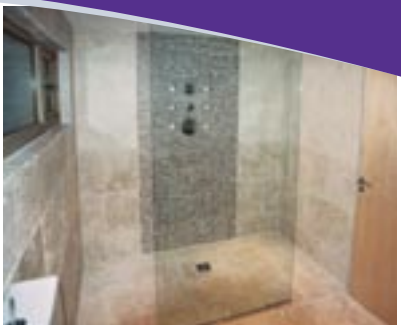


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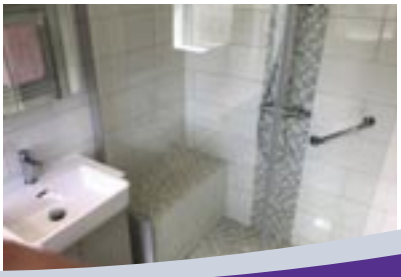


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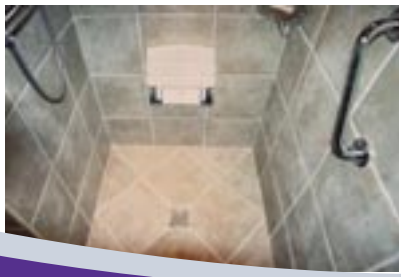
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Ebbw River

The Ebbw is a river in South Wales which gives its name to the town of Ebbw Vale. The Ebbw River is joined by the Ebbw Fach River (Welsh meaning 'little Ebbw river') at Aberbeeg. The tributary Sirhowy River joins at Crosskeys, then the river continues flowing south east, through the town of Risca, then through Rogerstone, Bassaleg and alongside Tredegar Park. The Ebbw then at the western end of Newport it joins with the River Usk, before flowing into the Severn Estuary.

In common with the nearby Sirhowy River and Rhymney River the correct name for the river is 'Ebbw River', not the more usual 'River Ebbw'.

For more than two hundred years, the Ebbw River played an important role in the industrialisation of the valleys. Iron works were established at the heads of both the Ebbw Fach and Ebbw Fawr, and the river became a depository for waste from the coal and steel industries. The demise of these industries has seen the Ebbw's waters flow clean again and its natural life restored.



Crescent Road, Risca



Afon village after heavy snowfall



Afon village old construction bridge with river in full flow



Weir at Caerphilly Road bridge, Bassaleg



Near the start of the Golden Mile by Treadgar Park

Glandstone Street bridge, Crosskeys

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- Singing for the Brain

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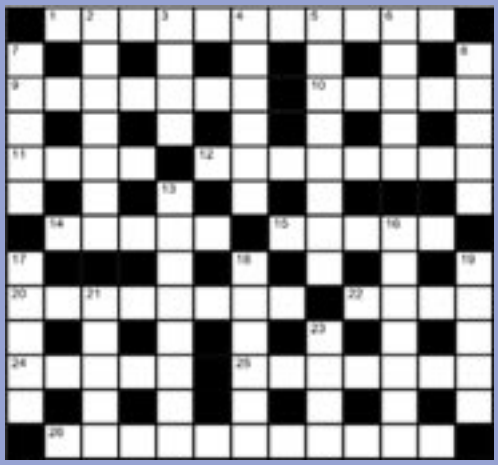
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Puzzles

CROSSWORD



Across

1 Sweet-smelling climbing plant (11) 9 Light raft made of balsa, used by Thor Heyerdahl to cross the Pacific in 1947 (3-4)
10 Insect in the stage between egg and pupa (5)
11 City of Helen, whose face "launched a thousand ships" (4) 12 Tree which grows in tidal, chiefly tropical, coastal swamps (8)
14 Communion table (5)
15 The Mill on the ___, George Eliot novel (5)
20 Line of descent of a pure-bred animal (8)
22 Brewery cart (4)
24 Private instructor (5)
25 Spanish painter, born in Greece (1541-1614) (2,5) 26 Primate species to which modern humans belong (4,7)

Down

2 Action that turns out to be to the disadvantage of the person who took it (3,4)
3 First name of authoress Blyton (4) 4 Helix (6)
5 Roman Emperor who succeeded Tiberius (8)
6 Key ___, 1948 film (5)
7 Glide across ice (5)
8 Biblical tower intended to reach to heaven (5)
13 Australian marsupial (8)
16 Physician who performs operations (7) 17 Mark ___, US swimmer who won seven gold medals in the 1972 Olympic Games (5)
18 Formerly the basic unit of money in Spain (6)
19 Tower supporting high-tension wires (5) 21 Mark used to indicate the word above it should be repeated (5)
23 Tangerine/grapefruit hybrid (4)

SUDOKU

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

The object of sudoku is to insert the missing numbers in the boxes to satisfy just one condition: each row, column and 3x3 box must contain the digits 1 through to 9 exactly once. This can be done by applying logic – you do not have to guess.

Solutions on page 29

AWARD WINNING BESPOKE WORKTOPS

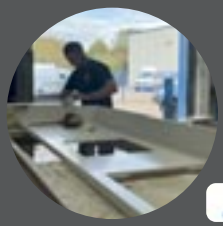
Hand Crafted in Newport



KITCHEN LAUNCH EVENT COMING SOON

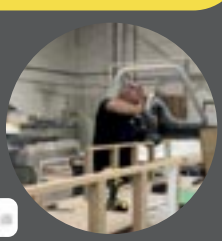
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Life lessons

Life lessons are something we all experience every day, but do we actually accept and listen to the lesson or brush it off as another mistake?

As we head towards the close of 2023, can you identify with any key messages that you have learnt from this year? Are you more resilient that you thought, have you been more forgiving, did you try something new and realise you weren't actually as bad as you thought you were? Based on these outcomes, what will you take with you into 2024 to help you become a better version of yourself?

I've been in my business for 8 years and it's had its ups and downs, like any business. 2023 however, has been more challenging to me than going through the Pandemic. This is due to the one issue that I always took for granted, given I am still so young, my Health. This year I have experienced Covid for the 4th time. It has in every way broken my body and each time I learn how to adapt to get better. As a Personal trainer my work hours are long, intensive and I'm on my feet all day, which pushes my mental, physical and emotional capacity.

Covid has created a vulnerability in me that I need to learn about, regain control of and bring my health back in check.

PBF Fitness
Pretty Bloomin Fabbas Fitness

If you ever need help or advice, please get in touch, I'm here to help. Thanks for reading, Karla. 07791 217306

I have had to reduce my workload by 50% to help manage fatigue, which has meant adjustments to living, I have adapted my diet to boost my Vitamins and Minerals to help manage my immunity, I have had to improve my sleep through Aromatherapy and meditation and I have to accept that I have long Covid for which I have sought the help of natural therapists to recover. This by far has been the most difficult lesson, accepting I need help. I am a stubborn and driven individual and I have always prided myself that I can do things on my own. My life lesson for 2023 has been to stop making the same mistakes and listen and accept help!

This has been a breakthrough, because without my health I cannot enjoy and do the simple things in life that bring happiness to me. I always thought my youth would shrug off a virus, but it hasn't and I am now re-inventing my health once again, so I can take the lessons with me into 2024 and keep learning about myself and how I can become healthier and enjoy the things in life that are meaningful.

What will you do to help you go forward into 2024? What help do you need? You can apply this to any element of your life which needs a little adjustment? 2023 is a time to stop, take check and listen to what you need to bring back the equilibrium, good luck.

Remember if you ever need help, advice or you simply have a question, please feel free to get in touch.

I have adapted my diet to boost my Vitamins and Minerals to help manage my immunity



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Puzzle Solutions

Across: 1 Honeysuckle, **9** Kon-Tiki, **10** Larva, 11 Troy, **12** Mangrove, **14** Altar, **15** Floss, **20** Pedigree, **22** Dray, **24** Tutor, **25** El Greco, **26** Homo sapiens.
Down: 2 Own goal, **3** Enid, **4** Spiral, **5** Caligula, **6** Largo, **7** Skate, **8** Babel, **13** Kangaroo, **16** Surgeon, **17** Spitz, **18** Peseta, **19** Pylon, **21** Ditto, **23** Ugli.

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



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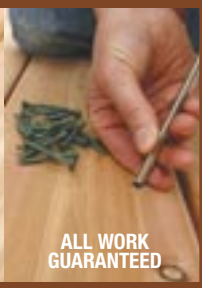
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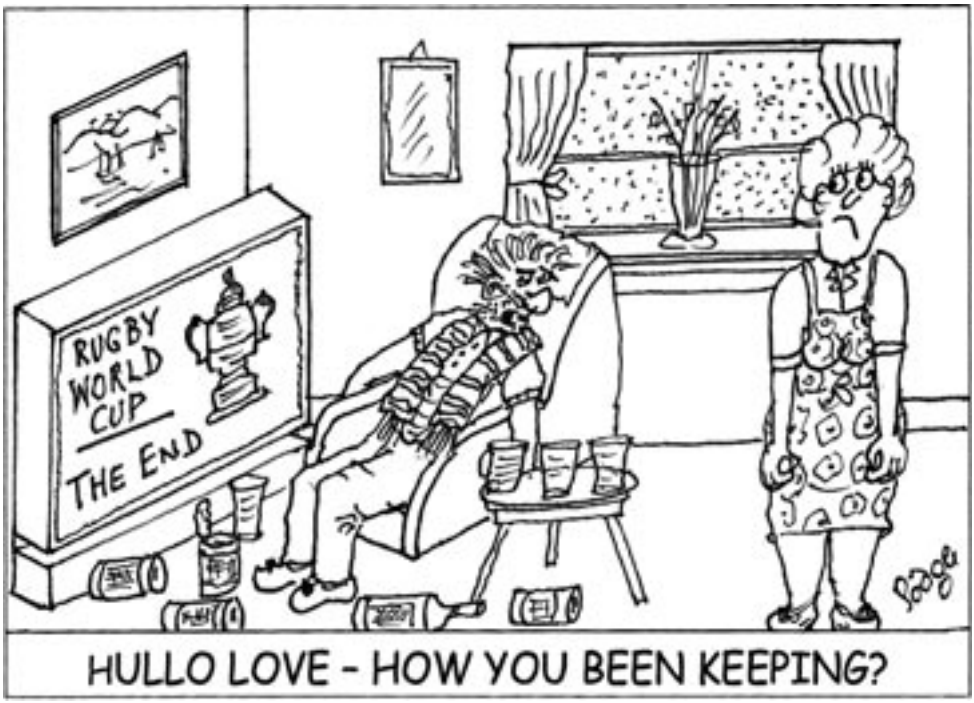




25,500 copies are delivered to homes and local businesses six times a year. The seven Directories cover Alltyryn, Bassaleg & Rhiwderin, Caerleon, Malpas, Newport (Beechwood, St Julian's, Celtic Horizons, Duffyrn, Lysaght Village, Glan Llyn, Mon Bank), Rogerstone, Risca (Crosskeys, Pontywaun & Cwmcarn).

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• **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 so you can enjoy what you grow at reasonable cost and by sustainable, organic methods.



• **Wednesday 18th October 7.30pm Tim Walker Paradise Lost and Restored** a Zoom talk by Tim, the former Director of Oxford Botanic Garden, discusses how gardening has changed over the last 400 years. Or has it?
You will be made very welcome.

Newport U3A Quickie Quiz

Newport u3a provides 40 active, leisure and cultural groups for the retired, plus it has a new addition to its timetable - 'Quickie Quiz' - a short monthly quiz of 40 questions.

The questions are chosen to appeal to our members' ages, diversity of interests, and experience, with just the occasional 'snorter' to sort out a winning team - we hope that those unable to answer the odd question will at least find it interesting! Teams are formed upon arrival so individuals can be included and members are invited to take a turn at being the quiz setter. The winners of the much coveted prize, bars of Gold (biscuits) at our first quiz were Marion Green, Sue Kilsby and Rob Wilkinson.



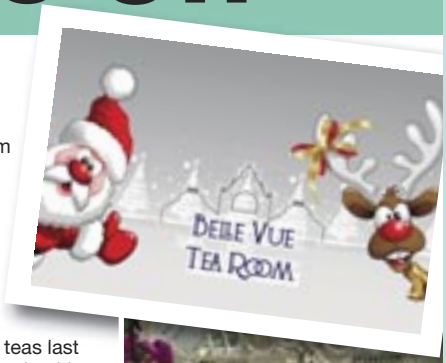
u3a learn, laugh, live

We meet at the Dolman Theatre Wednesdays to Fridays at 9.45am-3.00pm during term time. 'LEARN, LAUGH, LIVE' is our motto, so if you would like more of that in your retirement come and try us out for two weeks, visit u3asites.org.uk/newportsewales or phone Angela Robins on 07983 130541.

Belle Vue
Park & Tea Room



What's On



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Friday 24th 6.00pm-8.00pm
Wreath making workshop with Chelsie from Appleblossom in May

December

Saturday 2nd & Sunday3rd
Belle Vue Christmas market with mulled wine, Christmas carols, range of hot food stalls. Over 50 gift stalls.

Christmas at Belle Vue

December Sat 9th & Sun 10th, Sat 16th & Sun 17th
Following our hugely successful Christmas brunches and teas last year, Santa is returning to visit us. The elves are accompanying him and will be entertaining you with antics and games. Tickets are now available to see Santa and the elves whilst you enjoy a pancake brunch between 10.30am-12.00pm or cream tea between 2.00pm-4.00pm in our lovely Frozen themed Pavilion.
Book via phone or at the tearoom. Brunch costs - adult £12, child £15, Cream Tea cost - adult £15, child £18.
Santa has a little gift for children and will be in the conservatory during all sittings. You don't have to queue to see him and he loves chatting with you and having photos. There is limited availability (13 tables per sitting) and we advise early booking.









Afternoon Teas available daily £18.50 per person. Bookable online www.bellevuetearoom.uk.
Christmas tickets for Santa and our grotto on sale shortly via our website.
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Swan
RESCUE

The First Marathon for Quite Some Time

On each of the last nine days of September there was a call-out as a result of which just shy of 1200 miles was added to the car's logbook, including two trips to Shepperton. The first involved a very small cygnet (4.2kg) badly beaten up by a pair of adults on the Gloucester to Sharpness Canal. The second trip, marking the start of this marathon took us to Llandrindod – more mid than south Wales!

A local resident out walking with a friend near The Lake encountered two fairly large cygnets some 500 metres or so away from the lake. In the heat of the moment, it appeared there had been some kind of altercation on the lake – what we would describe as a territorial dispute. Accepting this to be the case, there was no alternative other than to bring the one bird which had been captured into care; the second cygnet had, meantime, disappeared.

Given what little was known of the history of this bird, it seemed the only sensible next step was to transport it to Shepperton. That was straightforward enough (the following day) except during a pit stop at Reading on the return, a call from Network Rail reported a pair of swans on the railway line at Allensmore, south of Hereford. They had been made safe (contained) but a 50 mile detour was now necessary to return them whence they had come.

Fast forward to the next day (2/10) and mid-morning Michelle rang to report a swan 'down' in the middle of a football pitch at Cogan; apparently unwilling to move and therefore somewhat vulnerable to any passing off-lead dog. Immediately, down tools and set off for Cogan. Halfway there, and in comes another call from Chloe at Llandrindod. She



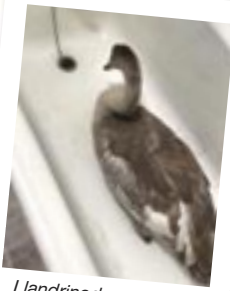
Grounded adult swan and Cogan Leisure Centre 2/10/2023

sounded desperate, and with good reason; the second cygnet had turned up, even further away from The Lake and under attack from two dogs. There really was no alternative but to deal with the Cogan situation as quickly as possible – capture, with the aid of two swan hooks in a corner of the playing field, and release at The Knap in Barry.

Next stop, Llandrindod for the second time in three days! The story to emerge from this is extraordinary.

The Lake at Llandrindod is not particularly large, so it is a bit of a surprise that it supports two pairs of breeding swans, but it does, and in 2023, each pair produced four cygnets. It now emerges that, at some point immediately prior to the start of this story, there were actually 10 cygnets on the lake, i.e., two intruders. This is difficult to understand or explain; only two possibilities appear to exist; one, the 2023 cohort of cygnets is only just starting to fly. We know of two cygnets flying out from Tredegar Park Lake, separately and landing in widely different locations. Not knowing the Llandrindod area intimately, we do not know where there might be other breeding swans which could be the source of these two intruders, but the likelihood of two coming down together in the same place seems a bit far-fetched. Two, we cannot rule out the possibility that these two unfortunate cygnets were thoughtlessly dumped on the lake by person or persons unknown in ignorance of the inevitable consequences of this action.

Chloe, having rescued the swan from the dogs secured it in her bath(!) awaiting my arrival for immediate transportation to Shepperton. The last time we asked, the two cygnets were doing well in SE England. We think this tale qualifies as a marathon!



Llandrinod cygnet on route to Shepperton

Story: Peter & Ellen. Photos: Michelle & Chloe.
For swan problems please contact Peter & Ellen on 07802 472788


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High Cross Community Hall

Winter Update

Our first year of operation is flying by and after a busy summer and autumn, there are no thoughts of winter hibernation at High Cross Community Hall! Here is an update of what has been happening at your local community facility.

What's on?

Scan the QR code with your mobile phone camera for 'What's on' details or visit our Facebook page for a full list of our winter schedule together with contact details for the groups who are using the Hall.

Money matters

We are delighted that our National Lottery Community Fund grant application has been approved in full enabling us to buy the former St Anne's Church Site. The sale process is progressing and, fingers crossed, we hope complete the purchase in the very near future.

Scouts
High Cross Community Hall
Neuadd Gymunedol Highcross

Self-improvement

The hall volunteers are determined to provide a high quality venue for our local area. Renovation and upgrade efforts are now starting to get underway in earnest. Working from the bottom up (!), the unglamorous but vital work on Hall sewers has begun with a full CCTV condition survey. The entrance foyer has been beautifully redecorated and the tired looking male toilets have now had a complete modern refit. All of this work has been undertaken by our fantastic volunteers along with generous



donations of time and skills from local business. A big thank you to all who have contributed to improving the Hall environment for our visitors.

Young at heart

We are already developing as a significant hub for the Scouting and Girlguiding movements in the area. Meetings for local young people are now being held four nights a week with age groups ranging from 4 to 25 years.

Power to the people

We are very keen to make further progress on our mission to serve the local community and develop as a space for local training and classes. We are a volunteer run, non-profit organisation and offer attractive rates for fellow charities and community focused groups. We have a number of daytime slots available and would love to attract new visitors from all parts of our diverse neighbourhood.

Get the party started

Our reputation as a venue for children's parties is gathering pace and we have hosted a number of lively birthday celebrations. If you are interested in hiring our lovely hall space at reasonable rates, please do not hesitate to get in touch.



CRONFA GYMUNEDOL COMMUNITY FUND

Where are we and how to get here:

High Cross Community Hall (formerly St Anne's Church), Church Close, NP10 9SH
What3words: swim.each.scouts
We are 2 minute drive from M4 Junction 27
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Stagecoach Route 56E
Pye Corner railway station 10 -15 minute walk (up a steep hill)
Contact us by email at: HCCH@newportscouts.org.uk

Join the team

Would you be willing to get involved with supporting your local community space?

We are currently looking for volunteers to join our Property Team. Grass cutting, painting or just a willingness to get stuck in, if you can give an hour a week or just one Saturday a year, any time and skills you can offer would be very welcome! Toolbox training and safety equipment is provided where necessary. Check out our new HCCH Property Team page for details!

The facilities

The Hall is already available for hire and we hope the Church building will soon be open for use once the property purchase process is complete. 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 on-site parking is free!

The Hall building

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

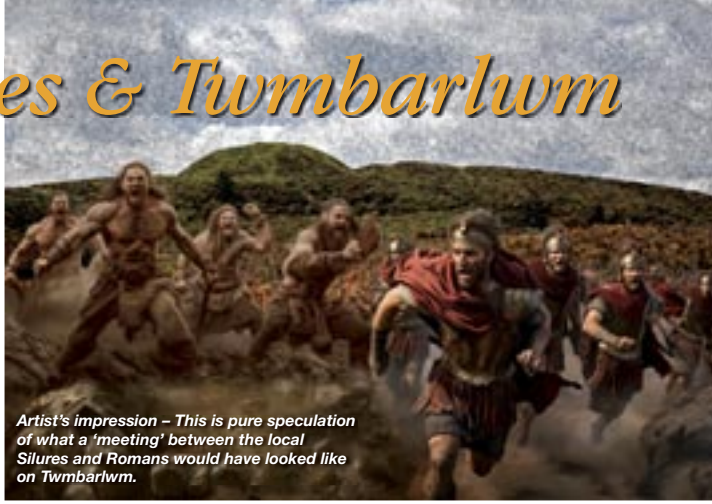
The Church building

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



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

The Silures & Twmbarlwm



Artist's impression – This is pure speculation of what a 'meeting' between the local Silures and Romans would have looked like on Twmbarlwm.

In the early days of CTS some members wanted to refer to Twmbarlwm as *"…the home of the Silures"* but it was decided that was too bold a claim to make when the likes of Llanmelin hill-fort has stronger claims.

However, carbon dating of samples taken during our recent archaeological digs show that the Twmbarlwm hill-fort was certainly in existence during the Roman occupation – but, unfortunately we found no solid evidence of links with local peoples.

Nearly all of what we know of the relationship of the Silures with the Romans comes from one man – the Roman historian Tacitus, who mentions the Silures in two of his works, *The Annals* and *The Agricola*.

Although the Silures were unquestionably Celtic speakers they did not fit the description of the Classical Celts, who are described as being mainly blond. Indeed, Tacitus describes them as "swarthy" and notices a preponderance of black, curly hair. He compares them, not improbably, with the Iberians – the Spaniards of his day. They occupied the whole of the old counties of Glamorgan and Monmouth, and some way into Brecon. Horses played a large part in their religion and it may be their skill in horsemanship that made them so formidable.

The Romans found little opposition in their initial invasion of Britain; many of the tribes of southern England being pro-Roman. After a minor rebellion by the Iceni tribe of East Anglia they drove over the Severn into what is now south-east Wales. There they had a shock: the Silures were definitely not pro-Roman. The invaders tried both carrot and stick tactics but as Tacitus remarks *"Neither severity nor kindness could prevent the Silures from carrying on the war."*

They then combined forces with Caratacus, a British prince who had refused to welcome the Romans. However, a combined force of Britons from both south and north Wales under his leadership was defeated somewhere in Shropshire and Caratacus was captured, to live out the rest of his life under house arrest in Rome.

The invaders assumed the Silures would sue for peace – but they did not. Instead, they attacked, killing the Roman Prefect and *"eight Centurions and the bravest of the private soldiers."* The Roman commander, Ostorius, was so enraged he stated that the enemy should either be transplanted inside the Empire or, better still, exterminated. However, Ostorius died without either ambition being realised.

The Romans had established forts at Abergavenny and Usk, but so great was the threat that they began to establish one of the only three Legionary forts south of Caledonia at what is now Caerleon.

The Romans moved their assault to north Wales to destroy the Druid sanctuary on Mona (Anglesey). They then had to deal with a major uprising from the Iceni, led by the redoubtable Boudica, which also ended with the Romans victorious.

However, the Silures fought on, having added the defeat of an entire legion to their accomplishments. Nero, alarmed by the near success of the Boudican uprising, removed armies from Germany to Britain to deal with the problem, over 2,000 legionaries, eight cohorts of auxiliaries and 1,000 cavalry. Faced with the forces of an entire Empire it was only a matter of time for the Silures, whose guerrilla tactics had frustrated the invaders for so long.

Tacitus' final words on the war refer to the final victor, Julius Frontinus, in these complimentary terms for his foe: *"He subdued by force of arms the strong and warlike nation of the Silures, after a hard struggle, not only against the valour of his enemy, but against the difficulties of the terrain."*

Thus the Silures were pacified, their capital, Llanmelin, was abandoned and a new one established at Caerwent.

Their valour was not lost, having held off the Romans, Saxons, and battled long and hard against the Normans, their descendants are still here.

Who knows? Perhaps you are one!

Martyn Vaughan, Trustee
Cymdeithas Twmbarlwm Society

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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Bydd Rhaglen 2023- 2024 yn cynnwys:

- Yr Athro Jamie Medhurst yn siarad am Ddathlu 100 mlynedd o'r BBC yng Nghymru
- Ymweliad gan Jo Knell o Siop Cant a Mill
- Rhys Webber yn son am ei ffotograffau o bobl Casnewydd,
- Ioga Cadair a Dawnsio Gwerin
- Llinos Patchell yn son am ei hamser yn Seland Newydd

Rydym yn cwrdd yn Neuadd Eglwys Bethesda, Tŷ-du NP10 9AS ar ail ddydd Iau bob mis rhwng 2.00 a 4.00 y prynhawn ac mae croeso cynnes i bawb ymuno â ni.
Bydd ein cyfarfod i ddathlu'r Nadolig ar 7fed Rhagfyr yn agored i bawb – dynion a menywod. Bydd lluniaeth Nadoligaidd ar gael a Stondin Llyfrau Ail-law hefyd.
Cysylltwch â Ruth Willis drwy ebost: am fwy o fanylion.
Dyma beth o'n hanes:
Sefydlwyd cangen Merched y Wawr Casnewydd a'r Cylch ym 1975. Felly ymhen 2 flynedd byddwn yn dathlu hanner canrif o weithgareddau i fenywod drwy gyfrwng y Gymraeg yng Nghasnewydd.
Ar hyn o bryd, mae dros 20 o aelodau ac mae rhaglenni'r blynyddoedd diwethaf yn



Picnic yn y Tiroedd Lles Mis Gorffennaf 2023



Te prynhawn yn Llys Llanofer Mis Mehefin 2023

amrywiol iawn ac wedi cynnwys: Cwrdd â Sioned Williams, aelod o Senedd Cymru, Eirwen Richards yn siarad am gaws, sgwrs gan Aled Davies am gasglu llestri Cymreig, Noson Gerddorol gyda Fiona Gannon o Gwm Tawe, Cwrdd ag Eirian Jones, pennaeth Ysgol Gyfun Gymraeg Gwent Iscoed a Mari Owen yn rhoi hanes yr arlunydd Gwenni Griffith.
Dyn ni hefyd yn cwrdd â changhennau eraill yn rhanbarthol. Ym mis Mehefin aethom am daith tywys i Lys Llanofer ac rydym yn dod ynghyd i ddathlu'r Nadolig ac i gynnal Gŵyl Wanwyn.
Yn genedlaethol yn ystod y cyfnodau clo roeddem yn gallu ymuno yn rhithiol gydag aelodau ar draws Cymru i wrando ar Mererid Hopwood, Bethan Gwanas ac eraill ac mae hyn yn parhau.

Bydd gan y gangen stondin yn Gŵyl Newydd yn Theatr Glanyrafon ar 30 Medi gyda gêmau i blant fel Twba Lwcus a Dyfalwch Enw'r Ci.
Mae'r gangen wedi cefnogi ymgyrchoedd blynyddol Mudiad Cenedlaethol Merched y Wawr i godi arian ar gyfer elusennau ee drwy gasglu bagiau ar gyfer Cymorth Cristnogol, drwy gasglu mwclis, sgarffie, broits a beltie ar gyfer Sefydliad y Galon, a thrwy gasglu sbwriel ar gyfer Cadwch Cymru'n Daclus.

Merched y Wawr is a Welsh medium women's group established in Wales in 1967 and Cangen Casnewydd a'r Cylch (the Newport branch) was established in 1975. We meet monthly in Bethesda Baptist Church hall in Rogerstone to enjoy a wide variety of events and activities. We also join in national fundraising campaigns and annual events. For more information, please contact Ruth Willis by email at: ruth_willis05@hotmail.com

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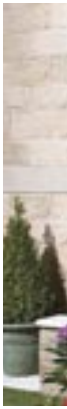


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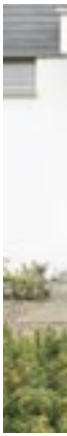






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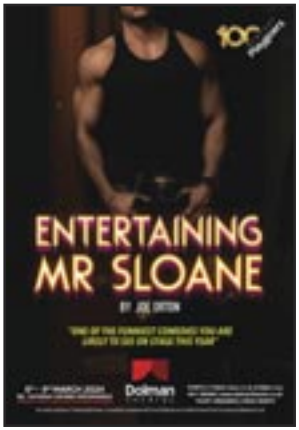
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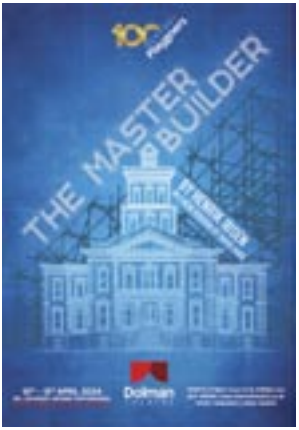
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