MALPAS

DIRECTORY

ISSUE 83 NOVEMBER/DECEMBER 2023



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

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

Pinkmove ROBERTS

Michael G Ryan Son and Daughters Ltd

Independently Owned and Run Family Funeral Directors

24 Hour Service | 365 Days A Year

We provide the complete Funeral Service with respect, Dignity and understanding

24 hour personal attention 365 days a year.

We cater to suit the particular needs, faith and the budget of each individual family.

Repatriation to and from all destinations

Private chapel of rest

Horse drawn, flatbed H.G.V and motorcycle hearse available

Floral tributes

Catering arranged if required

Pre-paid funeral plans available as part of our service

Our concern is your wellbeing at a time when you are hurting most



106-108 Malpas Road, City of Newport, South Wales NP20 5PL

Tel 01633 854522 / Fax 01633 858851 / Freephone 0800 093 4746

Email: Newport@mgrfunerals.co.uk

www.michaelgryansonanddaughters.com

302 North Road, Cardiff CF14 3BN

Tel: 02920 626101 / Fax: 02920 623162

Email: Cardiff@mgrfunerals.co.uk



COPY DEADLINE FOR THE JANUARY / FEBRUARY EDITION THURSDAY 30TH NOVEMBER

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.

If you are interested in advertising your business in the Directory, please contact us to find out about the extremely competitive advertising rates. You will always deal with us directly, like many of the businesses that advertise in this magazine, we are a small, independent family business and fully appreciate how much your business means to you, especially in these uncertain times.

Wishing you a happy and healthy festive period.

Warm wishes

Susan x

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.

Advertise *your* business *from only*

£55 per issue

07725 888070

contact@swdirectories.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

HSL
Painting & Decorating
Interior & Exterior Home Improvement
Julian: 07429 854 505
Michelle: 07443 460 323
Local Reliable Service Free Quotes

S.CLODE FELT ROOFING
LOCAL ROOFER

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



Call Stephen on:
01633 300913
07778 496385

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.

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. 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. If you are interested, we would love to hear from you. Coming up in the next two months:

• **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.



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

M.R.M Plumbing and Heating



FREE QUOTES
24/7 CALLOUT
COMPETITIVE PRICES

Mobile: 07864 029690
email: martin2979@virginmedia.com

River Usk

The River Usk rises on the northern slopes of the Black Mountain in the westernmost part of the Bannau Brycheiniog National Park. It flows north into Usk Reservoir, then east by Sennybridge to Brecon before turning southeast to flow by Talybont-on-Usk, Crickhowell and Abergavenny after which it takes a more southerly course.

Beyond the town of Usk it passes Caerleon to flow through the heart of the city of Newport and into the Severn Estuary at Uskmouth. The river is about 78 miles long and the Monmouthshire and Brecon Canal follows the river for most of the length of the canal. The normal tidal limit of the river is just below the bridge at Newbridge-on-Usk, some five miles north of Newport.

The River Usk has played an important role in the history of Wales. Evidence of the long-standing use in transport and trade came in the form of the remains of the Newport Ship that were discovered in 2002. This ship, dated to around 1465, was most likely a trading vessel and may have sailed around Europe. Its presence in the Usk has confirmed what an important trading route the Usk must have been to the many towns and villages.



Talybont Reservoir



Caerleon



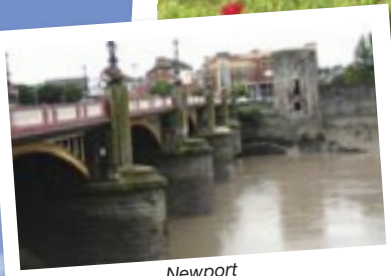
Monmouth



Crickhowel



Usk



Newport



Abgraveny

PROTECTING YOUR FAMILY'S INHERITANCE

Most people hope that their estate will pass on to their children and grandchildren eventually. But this will not happen for many, unless careful arrangements have been made to protect their assets from being taken towards the end of their life to pay for care home fees.

The solution to help protect your estate is a Will incorporating a Property Protection Trust (PPT). A testamentary PPT can only be executed whilst both partners remain alive. Upon death of the first partner, their Will specifies that their share of the property is placed into trust and names the ultimate beneficiary of this share, normally the children and grandchildren of the deceased. The surviving partner, under the terms of the Trust, has the unequivocal right to remain living in the property for the rest of their life. On the death of the second partner the Trust comes to an end and the property



passes to the beneficiaries. As the surviving partner does not own the deceased's share of the property it is fully protected for the beneficiaries, so if the surviving partner requires care, or even remarries, this share of the children's inheritance is protected. This last point can be of particular interest to couples who have come together but have children from different partners. A PPT can help each person in a relationship ensure that their children inherit their share of the property, while giving their surviving partner the ability to live in the property for the rest of their life. If the surviving partner wants to move to another property, they can still sell the property and the proceeds be used to purchase a new property; the terms of the trust remain over the new property.

Westminster Law will assess your current circumstances and arrange the trust that will provide the best protection for you, your family and your assets.

Leading the way in providing an AFFORDABLE PROFESSIONAL service

WESTMINSTER LAW

Wills ~ Estate Planning ~ Probate



If you are over 60 it will only cost you £85* to make or update your Will.

We are also Lasting Power of Attorney Specialists - only £95* each LPA if instructed during the Will appointment.

Our prices include free home visits and Inheritance Tax advice.

Call us now for a no obligation chat on: **01656 332106**

www.westminster-law.co.uk email: info@westminster-law.co.uk

Westminster Law Bridgend Ltd, 16 Corbett Street, Ogmore Vale CF32 7AA

***All our prices include VAT (when applicable). These very special rates are only available if you are over 60 years old. Our normal price for a standard single Will is £135, or £225 for a couple. Minimum spend for a free home visit is £85.**


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

MALPAS COUNCILLORS



WORKING FOR MALPAS
WORKING FOR NEWPORT

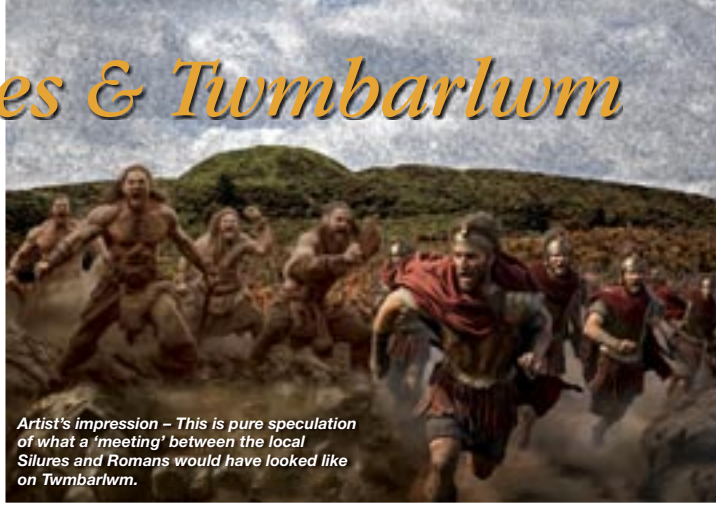
Contact us by email or phone

David.Mayer@Newport.gov.uk 770525
Jane.Mudd@Newport.gov.uk 672545
James.Clarke@Newport.gov.uk 858103
malpaslabourparty @Malpas_Labour

The Silures & 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.



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

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.

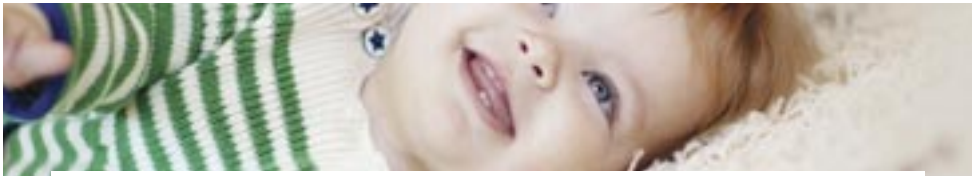
Their valour was not lost, having held off the Romans, Saxons, and battled long and hard against the Normans, their descendants are still here.

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



CRAWFORDS

Carpet and Upholstery Cleaning Specialist

Don't Delay - Book Today
Have your Carpet and Upholstery Cleaned for Christmas

Limited Availability

- 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



Wishing all my customers a Happy Christmas and a Prosperous New Year

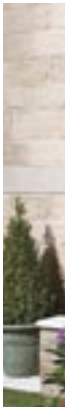


01633 265458 / 07840 554485

info@crawfordscleaningservices.co.uk

www.crawfordscleaningservices.co.uk

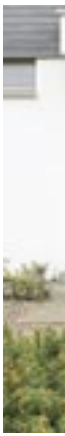






From our first visit to your home, we put attention to detail into everything we do. That's why you can be certain whether you are seeking beautiful internal or external doors for your country cottage or designer chic home, you are assured not only of incredible choice, but every door we fit is an investment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

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.



Established 1994

CURTAINS AND BLINDS

Soft Furnishings

Ashley Wilde · Chatsworth · Bill Beaumont · C&C · KAI · STONEGLOW · tropical blinds



Fabrics by Clarke & Clarke

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.

FREE LINING ON MADE TO MEASURE CURTAINS FOR NOVEMBER AND DECEMBER

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



ROB BAYTON
LOCAL CARPENTER
PAINTER & DECORATOR

All aspects of carpentry/decorating work undertaken.

- Fitted wardrobes
- Decking/fencing
- Doors/locks fitted
- Tiling

FREE QUOTES

Professional, precise and reliable
Mobile: 07840 265638
Email: rcbayton@gmail.com

QUALITY CLEANING & SEALING OF:

PATIOS, REPOINTING PATIOS
PATHS, DRIVES & GARDEN WALLS
FASCIA BOARDS & GUTTERING
CONSERVATORIES AND ALL PVC FRAMES & DOORS
MOSS REMOVAL FROM SLATES & TILES
FENCING & DECKING STAINING
EXTERIOR & INTERIOR PAINTING

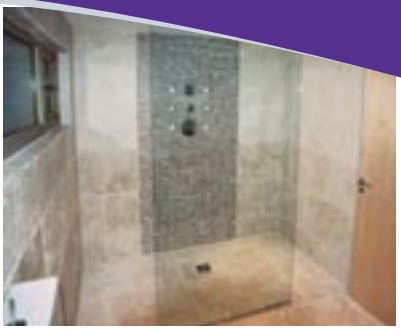


Call Mark On:
07814 264156 / 01633 281879

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

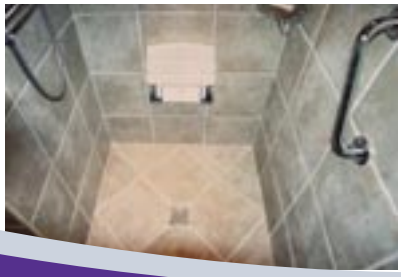
Tel: 01633 26 26 29

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

Home Instead

To us, it's personal



Companionship

- Company & conversation
- Assist with appointments
- Make travel arrangements
- Participate in hobbies/crafts
- Accompany on outings
- Attend clubs and groups

Home Help

- Light housekeeping
- Washing/ironing
- Make beds/change linen
- Help with grocery shopping
- Meal preparation
- Support with home maintenance
- Oversee deliveries
- Pet care

Also... *Live in Care - Waking Nights*

All care is tailored and adapted to your individual needs.

For more information call: 01633 740028

Email: info@newport.homeinstead.co.uk

www.homeinstead.co.uk/newport-cwmbran-chepstow

Each Home Instead franchise is independently owned and operated.



Tailored Service
Care professionals matched to your needs

Longer Calls
Minimum of one hour

Dedicated Care Team
Small teams introduced before first visit

Family Portal
Access your loved one's care 24/7

Personal Care

- Help with washing/bathing
- Assist with dressing
- Provide grooming
- Incontinence care
- Assist with eating
- Prompt medication
- Morning/wake up routines
- Evening/bedtime routines

Dementia Care

- Medication prompts
- Monitor nutrition
- Support at medical appointments
- Safety safety and security
- Social activities
- Company & conversation
- Reminiscence
- Singing for the Brain

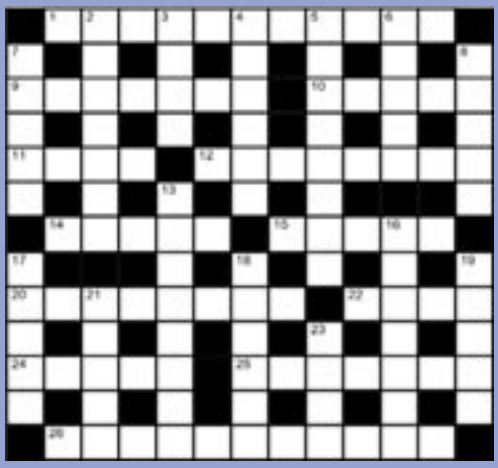
Social Services referrals are NOT required.
All services commissioned through self-funding or Direct Payments (with top up).
Contact us to arrange a care consultation.

Office 11, The Avana Business Park, Wern Trading Estate, Rogerstone, Newport, NP10 9FQ

Copyright © Home Instead 2023.

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 22

AWARD WINNING BESPOKE WORKTOPS

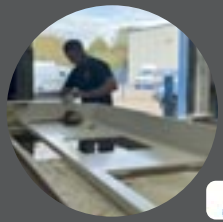
Hand Crafted in Newport



KITCHEN LAUNCH EVENT COMING SOON

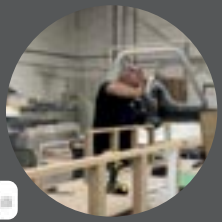
Specialists in solid surfaces, laminates, and paneling

- Free, no obligation quotations
- Next day delivery options on our core ranges
- Cutting, fabrication and fitting services









Axiom · Corian · staron · prima · Duropal · omega

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

01633 251 908 **info@wtlaminates.co.uk**

www.wtlaminates.co.uk

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

Sat 9am - 1pm

Wine Wordsearch

B	W	H	L	E	D	N	A	F	N	I	Z	A	A
T	E	G	V	S	Y	R	A	H	C	O	J	N	T
C	H	A	M	P	A	G	N	E	E	O	M	P	E
T	O	M	U	I	N	O	L	L	I	M	E	S	H
S	T	A	G	J	N	B	L	R	E	I	S	C	C
A	A	Y	N	O	O	U	N	D	T	R	B	Y	A
U	C	E	I	L	D	L	C	N	S	T	O	D	N
V	S	M	L	O	R	S	A	U	T	E	R	N	E
I	U	E	S	L	A	I	B	I	E	T	D	U	R
G	M	R	I	H	H	E	E	C	S	M	E	G	G
N	O	L	E	C	C	R	R	K	O	F	A	R	R
O	L	O	R	A	B	O	N	S	M	M	U	U	Y
N	L	T	U	A	R	I	E	D	A	M	X	B	N
B	A	R	S	A	C	L	T	O	N	I	P	C	H

BAROLO
BARSAC
BEAUJOLAIS
BORDEAUX
BURGUNDY
CABERNET
CHAMPAGNE
CHARDONNAY
CHIANTI
GAMAY
GRENACHE
MADEIRA
MERLOT
MOSEL
MUSCAT
PINOT
REISLING
RIOJA
SAUTERNE
SAUVIGNON
SEMILLON
SOAVE
SYRAH
ZINFANDEL



Find the names associated with Wine in the grid above



The Friends of The John Frost School is having a

CHRISTMAS FAIR ON NOVEMBER 29th

3:30pm - 6:30pm
at The John Frost School

Please follow our Christmas fair Facebook page for more details

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

QUALITY KITCHEN MAKEOVERS

Treat yourself to a high-quality kitchen makeover for up to 50% less than a new fully fitted kitchen.

DREAM DOORS®
NEW LIFE FOR OLD KITCHENS



MODERN | CLASSIC | TRADITIONAL | CONTEMPORARY

- Up to 50% less than a new fully fitted kitchen
- Replacement kitchen doors
- Cost effective made to measure solution
- Worktops and appliances
- Quick installation in 2-3 days by local professionals

CALL TO FIT BEFORE XMAS,
163 Caerleon Road,
Newport, NP19 7FX

Call us now for a free estimate:
01633 526077

Checkatrade.com Where reputation matters 9.8/10

*T&Cs Apply

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

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®

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



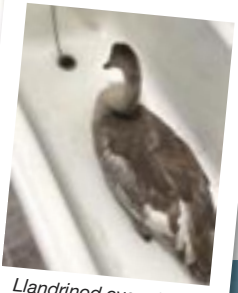
Grounded adult swan and Cogan Leisure Centre 2/10/2023

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

St David's Hospice Care

Fundraising Calendar of Events 2023













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

Bringing care home

Find us on:

Registered charity number: 1010576

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

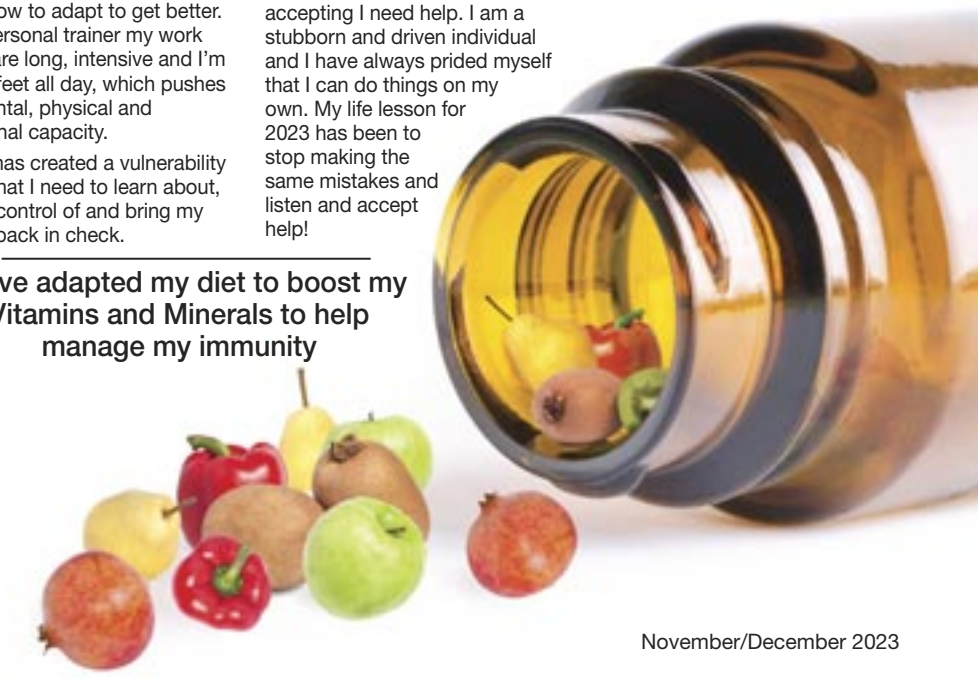
I have had to reduce my workload by 50% to help manage fatigue, which has meant adjustments to living, I have adapted my diet to boost my Vitamins and Minerals to help manage my immunity, I have had to improve my sleep through Aromatherapy and meditation and I have to accept that I have long Covid for 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



L J SYMONDS

ROOFING, BUILDING & MAINTENANCE

ROOFING

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

BUILDING

- New Build
- Extensions
- Renovations
- Garage Conversions

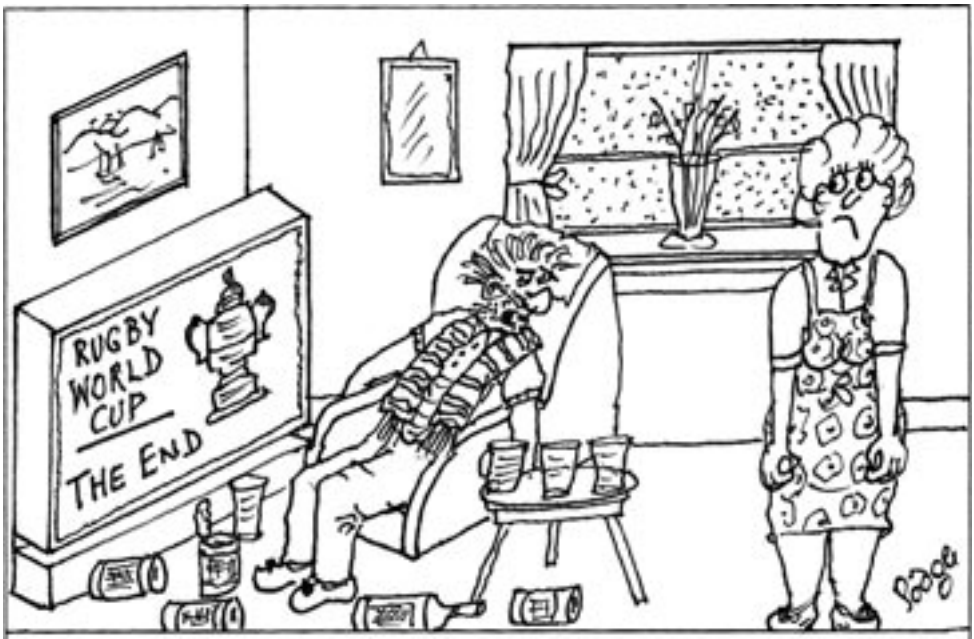
MAINTENANCE

- 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



HULLO LOVE - HOW YOU BEEN KEEPING?



WHAT DO YOU FANCY, GUV - TRICK OR TREAT, PENNY FOR THE GUY OR 'ARK THE 'ERALD ?

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

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

www.arthurpeakefunerals.co.uk

momentwm

Small change. Big difference.
Newid bach. Gwahaniaeth mawr.

Inspiring cycling, walking & wheeling for a happier, healthier city.

Ysbrydoli beicio, cerdded a defnyddio olwynion ar gyfer dinas hapusach ac iachach.



Scan me
Sganiwch fi

newportlive.co.uk/momentwm

NEWPORT LIVE
CASNEWYDD FYW