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If you are interested in advertising your business in the directory, please contact us to find out about the very 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.

Hopefully, the weather will be kind to us over the next couple of months and we'll all be able to enjoy our beautiful Welsh riversides (see article about the River Severn) and rugged Welsh beaches (see article about Burry Port).

Susan x



COPY DEADLINE FOR THE JULY / AUGUST EDITION - FRIDAY 31ST MAY

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

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DO YOU HAVE PARKINSONS?

PARKINSON'S UK
CHANGE ATTITUDES.
FIND A CURE.
JOIN US.

The Newport Parkinson's Support Group is here to help and support people living with Parkinson's in the Newport area.

We have two regular monthly meetings.

MAINDEE CAFE

A drop-in Parkinson's Cafe in Maindee Library, Chepstow Road, Newport NP19 8BY.

The 2nd Friday of each month

2.15pm - 4.15pm.

£2.00 per person for refreshments.

The cafes are very informal and have been very successful for several years.

Call Ruth on 07966 754366 for more information.

SUPPORT MEETING

Maesglas Community Centre, Bideford Road, Newport NP20 3XT

The 1st turning after Cardiff Road Lidl Store.

The last Monday of each month

2.30pm - 4.30pm

The support meetings usually have a speaker or demonstration, not always about PD.

Call Julie on 07446 630229 for more information.

Both meetings give the chance to socialise and talk to others about the PD experience and maybe get some tips. Don't be shy or nervous about joining us. It helps to speak to others who are on the same journey as you with this frustrating condition.

We'd love to see you.



JAYNE BRYANT

Member of Senedd for Newport West
Aelod Senedd dros Gorllewin Casnewydd

As your Member of the Senedd (MS), I can help with issues which are devolved in Wales, like Health, Education, Climate Change, Transport, the Environment, Arts and Sport.

Fel eich Aelod o'r Senedd (AS), gallaf helpu gyda materion sydd wedi'u datganoli yng Nghymru, fel Iechyd, Addysg, Newid yn yr Hinsawdd, Trafnidiaeth, yr Amgylchedd, y Celfyddydau a Chwaraeon.

Jayne.Bryant@senedd.wales
www.jaynebryant.wales
@JBryantNewport
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FROM NEWPORT, FOR NEWPORT
O GASNEWYDD, I GASNEWYDD

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Welsh Parliament

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What's On in May & June

May

Sunday 5th 11.00am-4.00pm
Our monthly market sets off a busy month with its artisan arrangement of wonderful food, craft, gifts and homeware.

Saturday 11th 1.00pm – 3.00pm
Dave Williams Band will present Blues in the Park from our lovely bandstand to entertain and delight.

Friday 17th Street Food Friday 6.30pm – 9.30pm
Come along to our regular summer evenings of food, drink and music. Music is provided by the Blue Evolution Band and their full electric show. Music is accompanied by the Fairy Glen bar and street food vendors. You are very welcome to bring your own food and drink and just enjoy the evening with us. However, you must take away your own used cans, bottles and food trays home to recycle or dispose of.

Sunday 19th 1.00pm and 3.00pm
A new sound for us this year, the Brass Monkeys will play on the bandstand. Come along and listen whilst enjoying delicious cakes and savouries from the tearoom.

Saturday 25th May 10.00am – 4.00pm
Family Fun Day hosted by Belle Vue in partnership with Greentop Markets. Music supplied by the Dave Williams Band.

June

Sunday 2nd – 11.00am – 4.00pm
Our lovely market returns with 40 plus stalls to tempt you. As always, we have the presence of Serennu to give information on their Sparkle appeal and to encourage customers to the market to donate small change.

Sunday 16th 1.00pm and 3.00pm
V B Samba will join us on the bandstand to provide a wonderful drumming spectacular.

Friday 21st June 6.30pm – 9.30pm
Music by the Dave Williams Band. You will be guaranteed a lovely evening with talented artists alongside our regular lovely street food vendors and drinks provided by Fairy Glen bar and a wonderful selection of delicious food vendors.

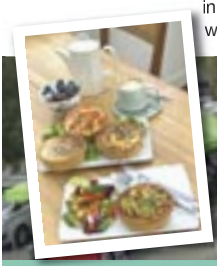
Sunday 23rd 1.00pm – 3.00pm
Newport Male Voice Choir will be singing on our lovely bandstand.

Sunday 30th
Come along to our all things bone china and crockery event. We have beautiful china to sell or swap. We have interactive activities and on top of this between 1.00pm – 3.00pm Cwmbran Brass Band will play on our lovely bandstand. Try a delicious cream tea on your own china.









Look out for more information on our notice boards and Facebook/Instagram @Bellevuetearooms and on our website www.bellevuetearoom.uk. Alternatively text or phone Jan on 07737 630657.

Fed up with clutter? Need more storage space?

The answer could literally be under your own roof!

For many homeowners, the loft is an underutilised area because it can be difficult and dangerous to reach. Newport based loft ladder installer Access4Lofts (whose slogan is 'creating space the easy way') can change all that, often in less than a day!

Access4Lofts provides a free survey and quote service so you can find out what is achievable with your loft area.

The majority of properties have an access hatch to the space in the loft. Access4Lofts create space the easy and affordable way. They can supply and install a new loft hatch and a safe,



sturdy aluminium loft ladder in your home in just one day! That means that your dark and dismal roof space suddenly becomes a useful storage area for all that family clutter. *"My experience enables fitting the ladder and converting the access hatch, in double-quick time the space is accessible and I leave no mess behind"* explains Edward Wong, Access4Lofts - Newport.

For extra peace of mind, Access4Lofts is an approved Which? Trusted Trader which means they have been assessed by Which? and passed their stringent checks. For added confidence, they also have full public liability insurance, are DBS checked, and all work carried out comes with a Lifetime Guarantee.

To find out how Access4Lofts can create more space for you and your family or to book a free survey and quote visit www.access4lofts.co.uk/ Newport or call Edward on 01633 376 748. You can also find him on Facebook @Access4LoftsNewport

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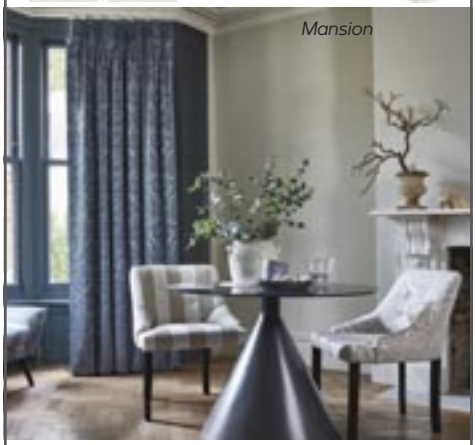
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LASTING POWERS OF ATTORNEY (LPAs)

What happens when I can't make decisions for myself?

Many of us would like to plan for a time when we need help making decisions and looking after our affairs. A stroke, dementia, Alzheimer's, heart attack, or a severe accident can leave us dependent upon others to help make crucial choices in our lives. Or we may need to give someone decision-making power for us if, say, we're going to be in hospital or abroad for a time and can't easily carry out decisions for ourselves. To plan for the future, you can create an LPA. An LPA is a simple way for you to choose someone you trust to make decisions for you. LPAs can be a lot less expensive than other ways for



people to make decisions on your behalf and can make things much easier for other people in your life than the alternatives.

What would happen if I don't create a Lasting Power of Attorney (LPA)?

- You will no longer be able to decide who makes decisions for you and looks after your affairs (you can only make your LPA while you still have mental capacity).
- People you don't know will end up making crucial decisions for you instead – such as where you live, whether to accept medical treatment to keep you alive, what you eat and wear, and about your property and your finances.
- Your spouse, children or friends will have to go to court to make decisions on your behalf – which will be a lot more expensive and time-consuming than making an LPA now.

If you still have mental capacity, LPAs are a simple and legally robust way of giving someone you trust the power to make decisions for you – temporarily or for a longer time.

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*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 £150, or £250 for a couple. Minimum spend for a free home visit is £95.

Gwerinwyr Gwent Diary

In early March 2019 a group of French Canadian students from Laval near Montreal was visiting the UK, working from an appeal put out by the Welsh Folk Dance Society, a visit to Newport's Welsh Medium School was arranged by GG member Barbara Griffiths. The event was called 'A Flavour of Wales' and GG was involved by giving some dance displays and demonstrating easy dances they could join in with.

This time Barbara was contacted directly by the Canadian agent, Michel Paquet, but as she was very busy and the last visit involved a huge amount of work, she advised him to contact WFDS to see if another of their member groups would like to arrange it. Not a single group replied, so Barbara felt obliged to take it on, but put together a much scaled down programme. There would be no school involvement this time, and as the group of 50, 14-16 year olds plus five teachers was coming from Heathrow via London, Stonehenge and Bath, just a couple of hours at our practice venue (the Graig Community Hall in Bassaleg) was squeezed in before they moved on to their hotel in Cardiff for a four night stay.

Barbara gave them short talks about Wales in between our dance displays and taught a few useful words of Welsh. They had a drink with Welsh cakes as refreshment before joining in with



a couple of easy dances. They took to it enthusiastically, and these days it is refreshing to see boys as well as girls dancing together without self-consciousness or embarrassment. They would have liked to do more but the evening was cut short by the restrictions on their coach driver's hours.

Surprisingly this year we had no bookings around St David's Day, so the next event was our annual visit to Llanover – on Sunday 24th March. The opening of the gardens as part of the National Garden Scheme for charity had been in doubt two weeks before because of all the rain we have had (parking is in one of the fields), but fortunately it went ahead and the afternoon was lovely. There were over 450 visitors which raised a huge amount for NGS charities, plus the local church benefitted from the sale of refreshments. The gardens as always looked lovely with all the daffodils and magnolias out in bloom.

Our next outing will be Saturday 11th May at the Tredegar House Folk Festival. There are free dance displays in two marquees between 1-5pm both Saturday and Sunday afternoons. Gwerinwyr Gwent is always seeking new members, and beginners or experienced dancers/musicians are very welcome. Practice night (numbers permitting) is Thursday 8-10pm at the Graig Community Hall (opposite the Ruperra PH).



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

Local pharmacy leads the way in community healthcare innovation

As national chain pharmacies close down or leave high streets, communities are left wondering about the future. One high street health provider, Mayberry Pharmacy, has responded to the changes using technology to ensure residents receive the best healthcare services possible.

NHS England launched its Pharmacy First scheme in England at the end of January. Similar to the common ailments service in Wales, the scheme allows pharmacists to treat patients with common ailments without having to make a GP appointment. However, Mayberry Pharmacy has already gone a stage further by developing software that streamlines prescription processes. It releases the pharmacist from the dispensing process to be able to spend more time with patients, offering the Common Ailments Service and prescribing for 30 other common conditions funded by NHS Wales.

The idea behind these services is to reduce the workload on GPs so that they can focus on more complex conditions while highly trained pharmacists treat more common conditions. “We knew pharmacy services in Wales would move towards a service-based format rather than prescriptions alone. So, we retrained our pharmacists and staff and developed a new software that helps pharmacists,” said managing director Paul Mayberry.







“Most pharmacies are still using software that’s 20-30 years old to process prescriptions. We developed a software that cuts out repetitive tasks, gives pharmacies highly efficient stock control and turns round prescriptions fast,” Mayberry explained.

Dozens of pharmacies in Wales are already using the prescription dispensing software, and Mayberry plans to launch his product in England this year. “Although many pharmacists in England have welcomed the Pharmacy First scheme, some have raised concerns about how pharmacists will be able to cope with an influx of patients as well as increasing prescription volumes. We’ve already developed a system that tackles that issue head-on. It frees up pharmacists to spend quality time helping patients,” said Mayberry.

In a move showcasing his commitment to improving patient services, he has installed a prescription collection machine in Crane Street, Pontypool, where patients can collect medication 24 hours a day, seven days a week. Expecting the machine, which operates like an ATM, to be well-received by the public, Mayberry wants to install more in Blackwood and other locations in South Wales.

Mayberry’s efforts demonstrate how independent pharmacies and other local businesses can adapt to changes on the high street by using innovation to meet the community’s needs.

Mayberry Pharmacy is a group of seven independent NHS community pharmacies serving the people in Blackwood, Caerphilly, Crumlin, Newport, Penarth and Pontypool.

For further information, visit the Mayberry Pharmacy website at mayberrypharmacy.co.uk



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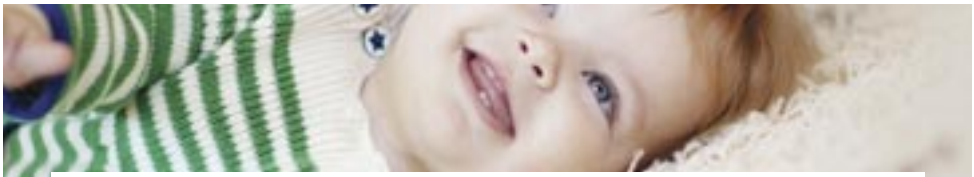
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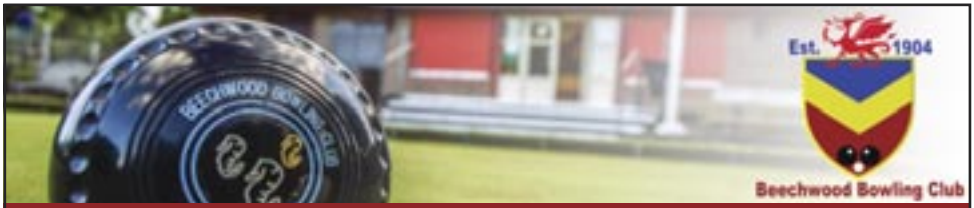
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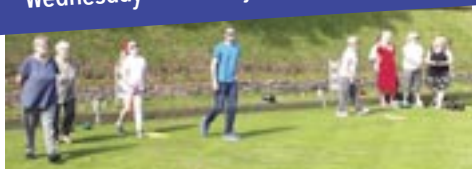


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River Severn



The River Severn is Britain's longest river from source to tidal waters about 180 miles (290 km) long, with the Severn estuary adding some 40 miles (64 km) to its total length. The Severn rises on the northeastern slopes of Plynlimon in the Cambrian Mountains, at an altitude of 2,001 feet (610 m) and then follows a semicircular course basically southward. The estuary widens gradually between South Wales and Somerset and eventually becomes the Bristol Channel.

Since the destruction of the railway bridge between Sharpness and Lydney in the late 1960s rail traffic has been serviced by the Severn Tunnel, 15 miles (24 km) further downstream.

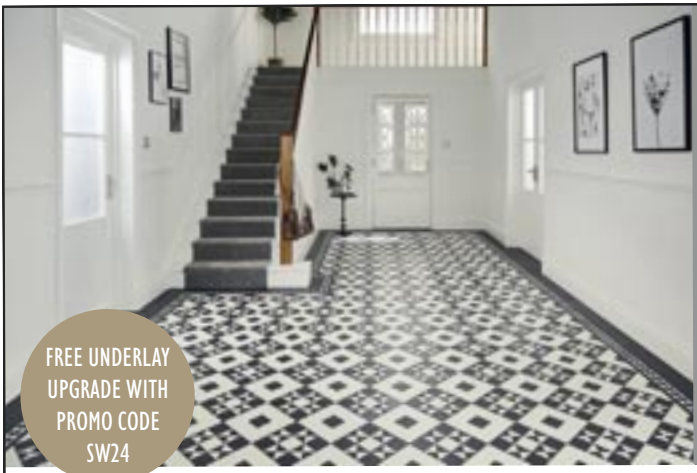
The Severn Bridge, an impressive suspension bridge was opened in 1966 by Queen Elizabeth II. For thirty years, the bridge carried the M4 motorway. It was granted Grade I listed status in 1999. It replaced the 137 year-old Aust Ferry.

An increase in traffic led to the construction of the Second Severn Crossing (renamed the Prince of Wales Bridge in 2018), which opened in 1996 and now carries the M4 motorway.

On a cold October day we walked over the old Severn Bridge, starting from the Wye Valley Link Road, A466 just off Junction 2 of the M48. We only managed to get to the middle of the main span but we enjoyed watching the Severn Rescue boat practicing their manoeuvres. The walk was well worth the effort.







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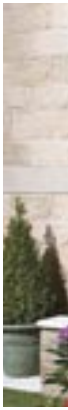
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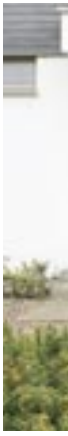






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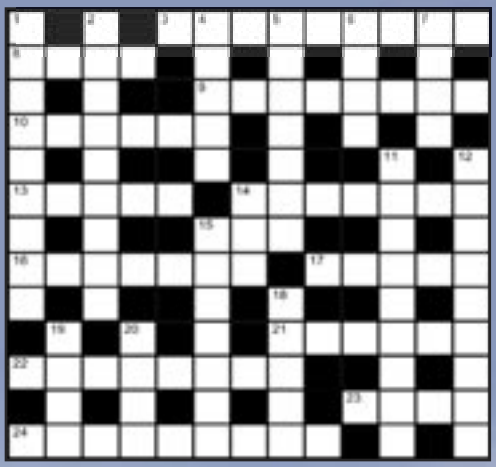
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Puzzles

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Across

3 Pre-decimal coin worth two shillings and sixpence (4,5)
8 British county dissolved in 1996 (4)
9 Natives or inhabitants of Greece (8)
10 Breakfast food of untoasted dry cereals and fruits (6)
13 Country on the Iberian Peninsula (5)
14 Swiss cheese with small holes (7)
15 Nocturnal mammal (3)
16 London-based international news agency (7)
17 Same again (5)
21 Expensive white fur (6)
22 Line of longitude (8)
23 Bird symbolising peace (4)
24 Personification of icy or wintry weather (4,5)

Down

1 Telling fortunes by the lines on the hand (9) 2 French part of the Riviera (4,5)
4 Small plant-sucking insect (5)
5 Hazelnut (7)
6 Lively Scottish dance (4)
7 Tiny, common UK bird (4)
11 Aviator hired to fly experimental aeroplanes in designed manoeuvres (4,5)
12 Instrument for recording the number of steps taken (9)
14 Nitrogen, for example (3)
15 Metal container in which coal or charcoal is burned (7)
18 Roman goddess of love (5)
19 Salty Greek cheese (4)
20 Mammal having partially webbed feet; valued for its fur (4)

SUDOKU

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



LISA PRYCE-JONES
HYPNOTHERAPY & HEALING
NEWPORT

Ditch the diet and achieve your healthy weight!

Would you like to be healthier, lose weight, be more confident and feel fabulous? I have been helping people to achieve their goals for over 10 years with hypnotherapy and healing. My Weight Loss sessions help you to change unhelpful thoughts, choose healthier foods to nourish your body, lose weight consistently and feel more confident.

Examples of changes typically made includes: -

- Identifying other healthier coping and reward strategies
- Eating smaller portions
- Eating mindfully
- Wanting to eat healthier foods and drinks
- Stopping eating junk and processed foods
- Listening to your body and eating when you are hungry
- Recognising when you are starting to feel full
- Increasing your body confidence



If a significant amount of weight needs to be lost then a virtual gastric band may also be fitted.

Lisa
Hypnotherapist & Healer





I offer personalised one to one Weight Loss packages (Bronze 5 sessions / Silver 10 sessions / Gold 15 sessions). Additionally, new for 2024, I offer Group Weight Loss via Zoom over 5 weekly sessions. To find out more just visit my website www.hypnotherapyandhealing.co.uk or get in touch now to arrange your complimentary 20 minute telephone or Zoom consultation: lisapryce-jones@outlook.com / 07427 451992

Burry Port

People in Burry Port made a living from farming and fishing before the industrial revolution brought the railways and collieries to the area. With the closure of all the mines at Cwm Mawr in 1917 the railways up the valley were lifted. Pembrey and Burry Port railway station remains with regular services east via Swansea and Cardiff to London and west into Pembrokeshire.

Carmarthen Bay Power Station was built on the north shore of the Burry Estuary. Work started on its construction in April 1947 and power was first generated on 28th June 1953. At this time the plant employed around 500 people and during its 31 years of operation the three stacks became a local landmark. The power station ceased generating in 1984 and was demolished in the early 1990s.

Today the harbour consists of an impressive marina catering for small leisure craft. It is the third largest town in Carmarthenshire. Burry Port and Pembrey lies on the Millennium Coastal Path and is very popular with ramblers, offering over 25 miles of walkways, bridleways, and cyclists with the National Cycle Network.

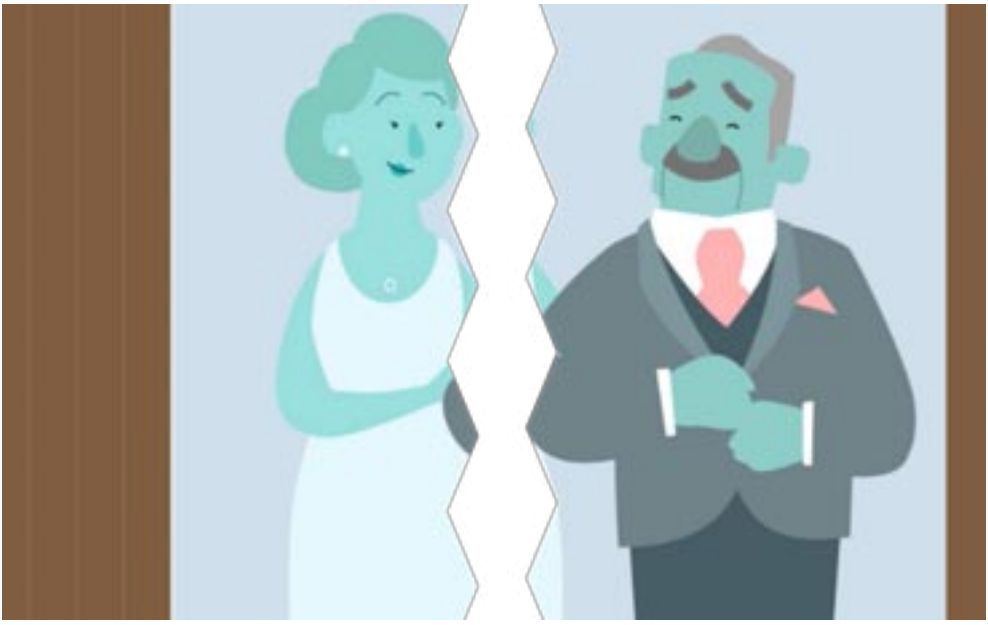
When we visited last year, we enjoyed a delicious coffee and cake at the quaint Harbour Light Tearooms.



Harbour Light Tearooms

“Today the harbour consists of an impressive marina catering for small leisure craft. It is the third largest town in Carmarthenshire.”





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Meet Leah...



Leah Thomas is the new Head of Family & Matrimonial at Harding Evans. Leah qualified as a solicitor in March 2013 and has specialised in Family Law ever since. She is regularly praised by her clients for her compassionate nature.

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Puzzle Solutions

Across: 3 Half crown, 8 Avon, 9 Hellenes, 10 Muesli, 13 Spain, 14 Gruyère, 15 Bat, 16 Reuters, 17 Ditto, 21 Ermine, 22 Meridian, 23 Dove, 24 Jack Frost.
Down: 1 Palmistry, 2 Cote d'Azur, 4 Aphid, 5 Filbert, 6 Reel, 7 Wren, 11 Test pilot, 12 Pedometer, 14 Gas, 15 Brazier, 18 Venus, 19 Feta, 20 Mink.

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



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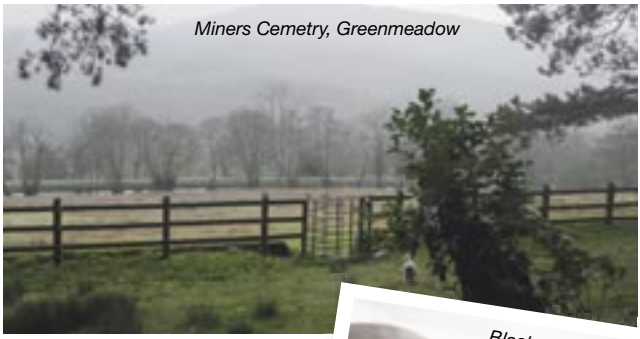
Waunfawr and the Black Vein Colliery

Part 3 - 1812 to 1860

William Jones gave up the Waunfawr Colliery in 1812 and returned to Bristol, trading as a coal merchant. Brothers James Leman and Thomas Curtis Leman were granted a 60 year lease covering all seams and veins of coal and iron ore under Machen Mountain, Waun Fawr, Coed Waun Fawr, the colliery farm, Risca Farm, Gellifiniog, Tonteg Farm, Llandanglais and a parcel of land at the top of Coed Medart. Although the Lemans went bankrupt within a few years, the Monmouthshire Canal Company accepting 5s in the £ to settle their outstanding payments, with no prospective purchaser in sight, the Tredegar Estate allowed the Lemans to continue operating under the terms of the lease.

The lease on Risca Farm, which had been extended, expired in 1833 and James Leman took out a new lease on the farmhouse and five acres of land for 41 years from June 1831. In January 1842, James John Leman, son of James Leman obtained an extension until 1899; his uncle had died in 1827 and his father in 1835.

In 1839, James John Leman had taken John Russell as a partner. Russell gradually gained control of the colliery which, having had £140,000 spent on it, was again on the verge of bankruptcy and he took on new partners. Extensions to the lease resulted in Russell having the mineral rights over 1044 acres of land. In the parliamentary report of 1842 into the employment of children in mines, it was stated that Risca employed 250 adults, 50 youths under 18 years of age and 15 boys under 13. In describing the work, one of the directors said that children rarely commenced work before the age of ten.



Miners Cemetry, Greenmeadow



Blackvein Colliery

Russell sank a new, deeper shaft to reach the black vein seam which, in trials, proved to be the best coal for steam ships. As a result he gained a contract to supply the Royal West India Mail Steam Packet Company with 72,000 tons of coal. This new pit became the Blackvein Colliery.

From the beginning the deeper workings resulted in problems with gas, the pit was referred to as 'fiery' and there were some explosions resulting in a small number of deaths. Many locals wouldn't work there resulting in higher wages being paid and experienced miners recruited from Gloucester and Somerset. A larger explosion occurred in 1846 which resulted in 35 deaths, only a handful of the victims had Welsh surnames.

Small numbers of deaths continued, two men in an explosion and a 16 year old falling down the shaft, four men in separate roof-fall accidents in 1849, and this seems to have been accepted as the norm.

However, things went to a whole new level in 1860, on 1st December 1860 a large explosion was heard from the colliery and 142 were killed including 22 boys under 15 years of age.

There were not enough burial places in the area so families in other areas took their relations back to their home district and those that couldn't get places in local burial grounds were buried in what became known as the miners cemetery in the field on the mountainside above the canal near the Greenmeadow Bridge.Bristol trading as a coal merchant and in 1820 he moved to London.

Please consider becoming a Friend of Risca Museum to ensure its future.

Details from the website www.riscamuseum.org.uk and Facebook page or visit the museum any Saturday 10.00am to 12.30pm.

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Newport u3a

Katherine Hawkins, the Age Friendly Policy Officer at Newport City council, recently made a visit to Newport u3a that is situated at the Dolman Theatre.



Having seen how our organisation provides an inclusive and friendly environment offering over 40 active, social and cultural groups for the retired, she agreed it would be beneficial for our u3a to be involved and our members Julie Kennedy and Jackie Kerr volunteered to represent us.

Katherine observed our Choir rehearsing and talked to our Theatre Group regarding what Age Friendly meant to them. Sitting in our Cafe area, she also chatted with members as they completed her survey relating to their knowledge and ideas for making Newport an Age Friendly City.

u3a learn, laugh, live

If you would like to belong to an Age-Friendly organisation, come and try us out for two weeks. Newport u3a meets Wednesdays to Fridays at 9.45-15.00 during term times. Contact Angela Robins on 07983 130541 or www.u3asites.org.uk/newportsewales

Hardy Plant Society

The HPS Monmouthshire group is for people who love plants and gardening and enjoy sharing their enthusiasm.

Non-members are very welcome to come along. It's an excellent opportunity to meet people with similar interests, to chat, enjoy refreshments and buy some plants. We'd love to see you. Talks take place at Little Mill Hall on the second Saturday of the month at 2.30pm. Refreshments are available and the talks last about 40 minutes. Sometimes, the group hosts Zoom talks or organises garden visits, discussions, dinners & plant sales. To keep in touch visit https://hpsmonmouthshire.co.uk

On Saturday 11th May at the Hall in Little Mill at 2.30pm, Roger Lloyd will give an illustrated talk entitled 'Hydrangeas – A Gentle Obsession'. Roger's talk will be an all-you-need-to-know, encyclopaedic account of growing hydrangeas. Our fantastic Plant Sale is also on the 11th May at the Hall. We are hoping to have as many plants as possible for sale at all our talks in the Hall.

The National Garden Scheme (NGS) Open Garden season is approaching and you can browse and plan your visits with the help of https://findagarden.ngs.org.uk/

The NGS has introduced a 'Gardens in Gwent for Private Group Visits'. If you like the idea of a private group visit see https://ngs.org.uk/gwent-by-arrangement/ for more information.



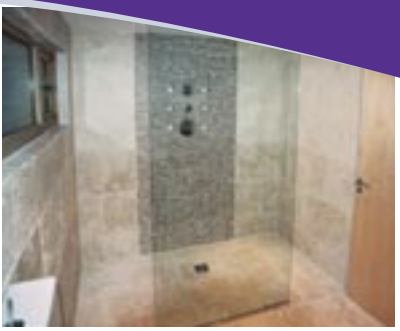
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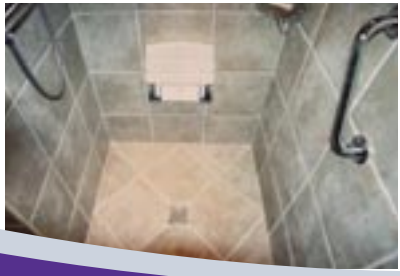
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