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Welcome!

As 2024 draws to an end we would like to say a very big thank you to everyone who has contributed to the continued 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. Finally, a very special thank you to the advertisers for their continued support, without the financial support from the them, 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 festive period.

Susan x

COPY DEADLINE FOR THE JANUARY / FEBRUARY EDITION FRIDAY 29TH NOVEMBER

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JAYNE BRYANT MS/AS

Member of Senedd for Newport West
Aelod Senedd dros Gorllewin Casnewydd

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O GASNEWYDD, I GASNEWYDD

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Christmas Fayre
Saturday 23rd November - 2pm-4pm

Nativity Service
Sunday 15th December - 10.30am

Carol Service
Sunday 22nd December - 10.30am

Christmas Day
All-age Service - 10.30am

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Christmas Eve

24th December

Holy Eucharist at 6pm

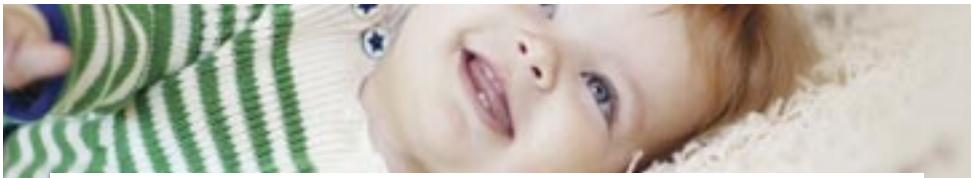
Blessing of the Crib and Sung Eucharist at 10.45pm

Christmas Day

25th December

Family Service and Holy Communion at 10am

A Happy and Blessed Christmas to all



CRAWFORDS

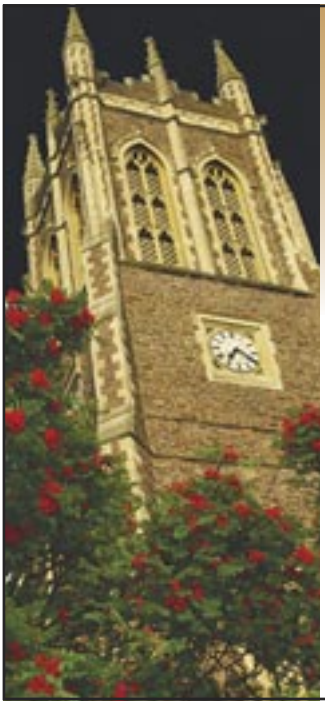
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2024

Sunday December 1st - 'Garth' charity concert - 7.00pm
Saturday December 7th - concert with ' Allegra ' - 7.00pm
Thursday December 12th - City of Newport Male Choir concert - 7.00pm
Sunday December 15th - Service of Nine Lessons and Carols - 10.30am
Wednesday December 18th - Ysgol Gyfun Gwent Is Coed Carol Service - 6.30 pm
Christmas Eve - Crib & Christingle - 4.00pm
Christmas Day - Holy Eucharist - 10.00am

Enquiries to: Rev Canon Rebecca Stevens 01633 852047
rebeccastevens@cinw.org.uk.

Rev Frances Jones 01633 485095
Garethandfrancesjones@btinternet.com



2024 Christmas Services (Worship for all)

1st December 10.30 am - Morning Worship (Charity Gift Service & Advent 1)
8th December 10.30 am - Morning Worship (Advent 2)
15th December 10-30am - Morning Worship (Advent 3)
15th December 5 pm - Messy Christingle (For all the family)
22nd December 10.30 am - Morning Worship (Advent 4)
22nd December 5 pm - Carol Service
24th December 11.15 pm - Midnight Communion Service
25th December 10 am - Christmas Day Celebration

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A Quandry

What to write? This is always the most difficult article to write because it's for the November/December issue and I am writing it in September. To make things even more difficult I haven't even been to W.I. since our summer break, we, my husband and I were struck down with covid! We had managed to avoid this menace all through lockdown and the following months and years and then it hit us when we were least expecting it. The information regarding isolating etc. is varied and fairly vague, it's basically if you don't feel ill go about your daily business, if you feel ill stay in but after five days you'll be fine and no threat to anyone. Not sure about that after all if we all go about germ laden how soon before the virus takes over yet again. Enough of that, we are recovered and looking forward to resuming our normal activities.

One of those things for me is of course a return to W.I. I have missed a social evening, always a pleasant time when you can chat to members that perhaps for whatever reason you don't know



so well or you can get to know new members. I also missed the fashion show, modelled by our own members with outfits provided by The Edinburgh Woollen Mill. It's a great chance to try modelling, all shapes and sizes welcome.

In October there was a talk about 'Estate Management', the speaker explained how important it is to ensure that in later life, or indeed at any time, our affairs are in order, wills made, power of attorney organised, trusts set up etc. Not something people in general want to do but it is so important to ensure your estate goes to the people you want.

To give us time to digest the importance of this talk, the next meeting is all fun, "Skittles" played at Whiteheads, our local sports and social club. No experience necessary, although most of our members will have played before as this is something of a favourite physical activity evening. Not too physical!!

Christmas will arrive with again favourites to look forward to, an evening making something seasonally decorative, a pleasant Christmas dinner and a party. These times are always thoroughly enjoyable occasions, a chance to dress up and revel in the festive season. I think it just remains for me to wish you all a very Happy Christmas and a happy and healthy new year.

If you think you might like aspects of W.I., why not come along and see for yourself, you can attend three meetings before membership is expected, so this should give you an idea of the varied programme we provide. Meetings are always the second and fourth Tuesday of every month, they begin at 7.30pm but members arrive at around 7.10pm to enjoy refreshments. We meet at St John's the Baptist Church Hall, Bryngwyn Road, near the Handpost. We look forward to meeting you.

Liz James



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INVESTING FOR CHILDREN AND GRANDCHILDREN

Turning growing pains – into long-term gains

With many of us living longer, you may be thinking about how you can support your family at the moments that matter. Sharing your wealth during your lifetime – especially with younger generations facing the pressures of rising house prices and university fees – can really make a difference and bring you great joy too.

Whether you want to teach a child or grandchild smart money management strategies, help them pay for university or set them up for financial success as adults – it's important to jump-start saving and investing for them early on.

As a parent, guardian or grandparent, you'll want to provide the best future for them. Birthdays and Christmas are excellent times to encourage children to start thinking about the value of money. Children may receive money on these occasions. But could that money be put to better use? Rather than buying yet more gifts for them, why not consider setting up a tax-efficient Junior Individual Savings Account (JISA) or set-up a Pension for them.

With today's kids needing thousands of pounds to get them on to the property ladder, a financial gift that will help is well worth considering. As with all investing, the earlier you start, the better, even saving a relatively modest sum each month can be very effective over the long term.

If the investment is allowed to grow, it could build up into a sizeable sum. The money could then be given to the child as an adult. It's also important to remember that any investment comes with risk. All investments can go down as well as up, and you may get back less than you invest.

A pension is a long-term investment not normally accessible until age 55 (57 from April 2028). The value of your investments (and any income from them) can go down as well as up which would have an impact on the level of pension benefits available. Your pension income could also be affected by the interest rates at the time you take your benefits.

The tax implications of pension withdrawals will be based on your individual circumstances, tax legislation and regulation which are subject to change in the future. You should seek advice to understand your options at retirement.

SETTING YOUR LOVED ONES UP FOR A BRIGHTER FUTURE

With a bit of careful thought and forward planning, there's a lot you can do to make sure the money you give them goes as far as it can towards setting them up for a brighter future. To find out more or arrange a no-obligation appointment, please contact us on 01633 840000, we look forward to hearing from you.

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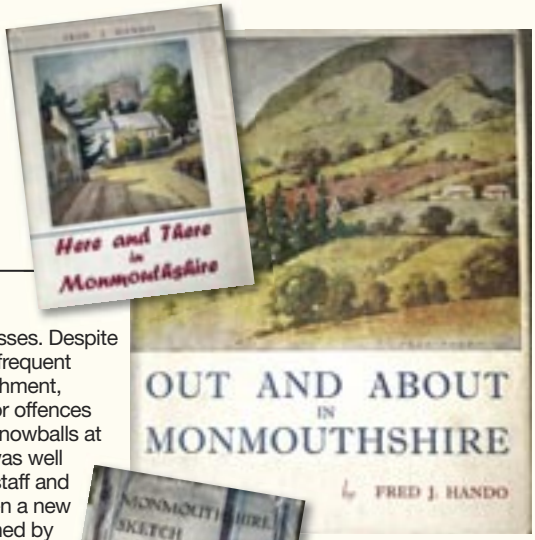
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A Big Hand for Hando

by Paul Minton

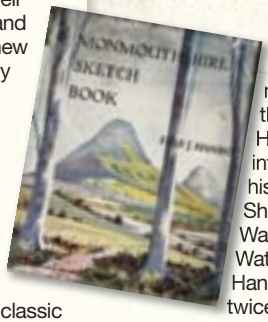


Newport has spawned many a famous person. From the world of literature, for instance, there is the poet and super-tramp, W H Davies and Leslie Thomas, the author of 'The Virgin Soldiers'. However, perhaps the writer who has contributed most to the town itself is a name now largely forgotten. Yet for many years, readers of the South Wales Argus would follow his illustrated local history articles religiously.

The eldest son of the Deputy Postmaster of Newport Post Office, Fred Hando was born in Maindee in 1888. During the course of his life, he wrote almost 800 newspaper articles spanning six decades. Many of these were collected and published in books like 'The Pleasant Land of Gwent' (with an introduction by his friend, Arthur Machen) and 'Out and About in Monmouthshire'.

Despite the Hando family originating from Somerset, Fred developed a keen fascination for Gwent history. As a result of this interest, he sent an initial article to the Argus in 1922. The Editor accepted the piece and suggested he produce a series under the heading, 'Rambles in Gwent', which became the title of his first book (published in 1924). After that, Fred submitted articles 'as the spirit moved me' until writing a regular column, accompanied by his sketches, that ran for seventeen years until his death.

Having trained as a teacher in London, Fred became the first headmaster of Hatherleigh School in Christchurch in 1925. Hando was something of a modernist and as such, the boys were taught home economics and the girls enjoyed woodwork classes. Despite administering frequent corporal punishment, caning boys for offences like throwing snowballs at teachers, he was well liked by both staff and students. When a new gym was opened by the Mayor, Fred surprised everyone by ascending the recently installed climbing ropes himself.

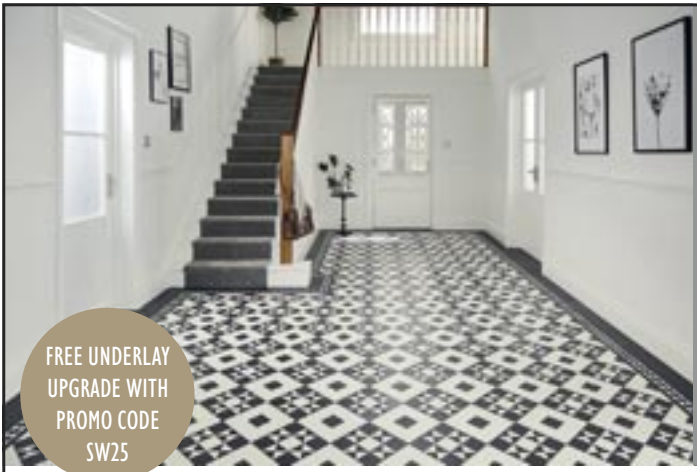


One of Fred's former pupils was Johnny Morris, who presented the classic children's TV programme, 'Animal Magic' from 1962 to 1983. Morris once remarked, "Fred Hando unlocked our prison and set free what talents that I am sure would have remained locked in us forever…He proved to us that all things were possible." This was in stark contrast to my own headmaster, whose parting words to me, as I left school for the final time, were "I doubt you'll succeed."

Hando was a tall man with a straight back and Harry Potter spectacles. According to those who knew him, he was a witty fellow, who often spoke with his tongue firmly in his cheek. In one memorable incident, he was approached by a curious character in the Robin Hood Inn, Monmouth, who claimed to have fought alongside Nelson against Napoleon. According to the stranger, the battle had taken place in the town and after the fighting was over, the enemies had shaken hands and invited the man to dine with them at the Robin Hood. In reply, Hando introduced himself and his friends as Mr Sherlock Holmes, Dr Watson, and Dr Watson's secretary.

Hando was married twice. His first wife, with whom he had two children, died relatively young. As a prominent labour politician, his daughter, Margaret, became Baroness Delacourt-Smith of Alteryn. Meanwhile, his nephew, David Hando, was the Club President and former Chairman of Newport County AFC (my wife used to work with one of his sons). After many years living as a widower, Fred wed once more, this time to a colleague at Hatherleigh School. Husband and wife later visited Buckingham Palace to collect his MBE for services to education and to Monmouthshire.

Fred died in 1970, a few days after his final Argus article was published. Following his death, money was raised to place so-called 'Hando seats' at some of his favourite sites in the county. These included Lawrence Hill in Newport, Llandegfedd Reservoir, and Dixton Churchyard northeast of Monmouth. It would be nice to think they're still there. I wonder if they are.



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Your holistic self

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There are five components of health-related physical fitness; body composition, flexibility, muscular strength and muscular endurance and cardio respiratory fitness. Can you confidently tick all boxes to emphasis you're strong, fit, flexible and maintaining an adequate body weight? If not, why are your goals only focused on one component, rather than across the whole spectrum?

In our training and health, we should focus on each and every part of health-related physical fitness to enjoy a multitude of benefits. Putting the pieces together gives us the optimum chance for an improved quality of life. For example, should a 70-year-old female focus purely on weight-loss because they are concerned with their appearance, or would an inclusion of strength and balance be beneficial to improve health? Or a driven 30-year-old male focus on strength gains, when an inclusion in mobility and flexibility will enhance their training and therefore help them achieve their goals more efficiently?

We should target each aspect of health- related physical fitness to improve our chances of wellness. So next time you plan a training session, consider all elements, pick at least three to work with and develop 'your holistic self' and reap the incredible rewards available to maintaining and living a healthy fulfilled life.

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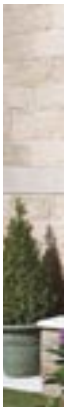


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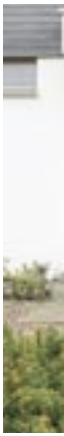
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Gwerinwyr Gwent Diary

We have had such a quiet summer there has been very little to write about, so let's go back to early May and the 33rd Tredegar House Folk Festival. GG was due to dance two spots, one in the main dance marquee and the other in the farmers market. The weather was lovely, and we completed our first spot in the marquee although it was very hot in there and we were all a bit breathless by the end. Unfortunately, one of our dancers was badly affected by the heat and had to spend some time in the St John Ambulance vehicle to cool down and recover, so we cancelled our second spot. I think most people in the farmers market were more interested in browsing the stalls than watching us anyway.

The festival had a new layout this year with all venues sited around the car park at Tredegar House as the National Trust was expecting work to be carried out on some buildings and couldn't guarantee the date. It made for a compact 'village feel' which many attendees preferred.

Our next outing was at the end of the month at Chippenham Folk Festival, an event we have supported many times. Another lovely day and we gave two performances, one in the main street and





one outside the Rose and Crown, both alongside other groups. We weren't the only Welsh side in attendance as Tipyn O Bopeth from West Wales also took part. There were good crowds to watch the dancing, and the Grand Parade through the town with all the Morris, Appalachian, Clog, Step and Welsh groups provided a colourful spectacle for them.

Finally on the 6th August we were at the National Eisteddfod in Pontypridd for the midday spot in Ty Gwerin. Amazingly we were again lucky with the weather and had the sunniest, warmest and, most importantly, driest day of the whole week. Some dance groups take their costumes and change into them for their performance, but we like to wear ours for the whole day. This meant a lot of stopping while walking around the maes as people do love to take photos especially of the ladies in their tall hats. Some of the group were even photographed by the BBC and appeared on the Eisteddfod highlights programme.

Our performance went well although once again it was very warm for dancing inside the yurt.



With the Eisteddfod being held in Ynysangharad Park it was so nice to be able to wander through Pontypridd town centre for our lunch (more photo stops), before our second spot in the tiny space of the Bwthyn.



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

St David's Hospice Care

Fundraising Calendar of Events 2024









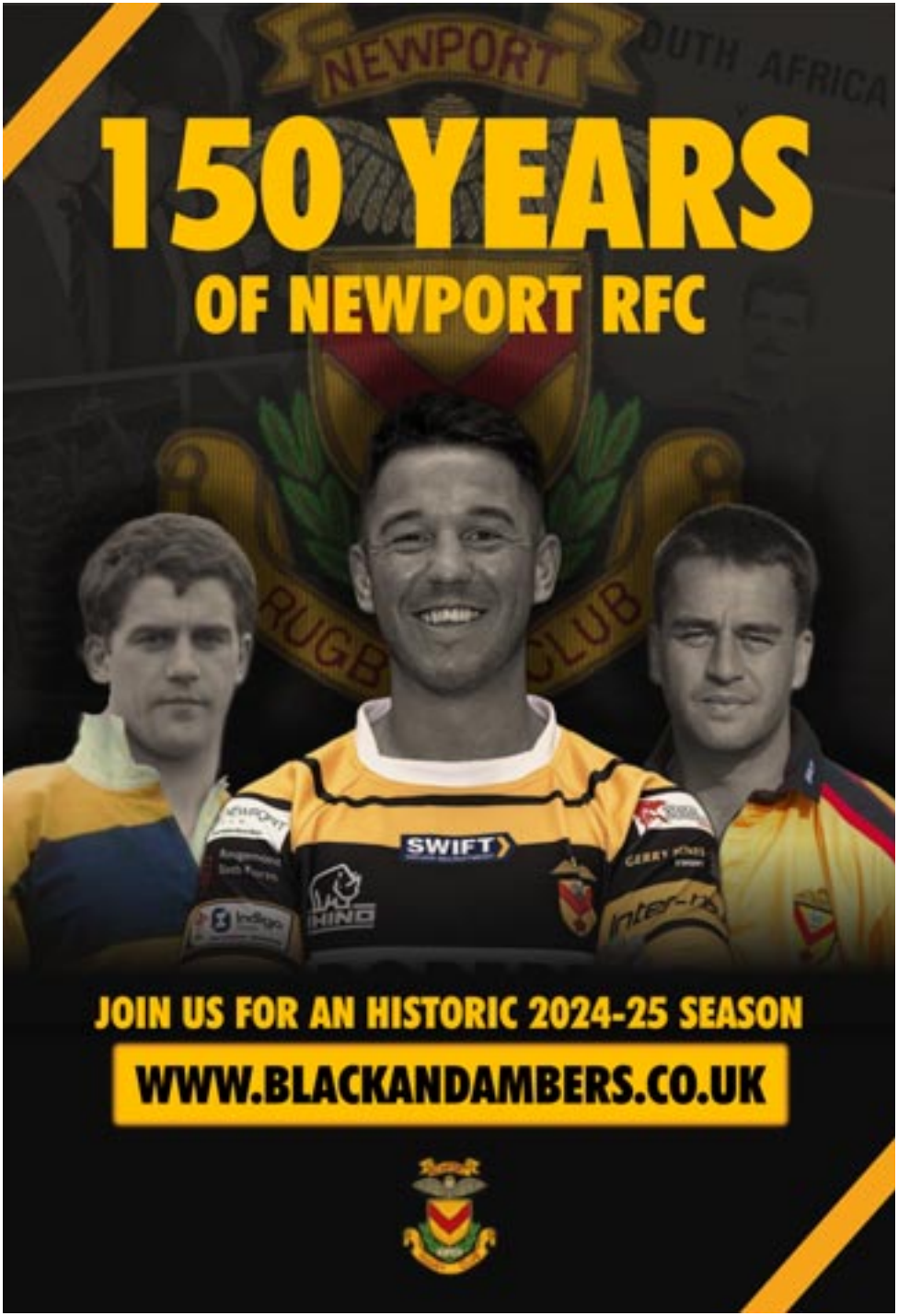




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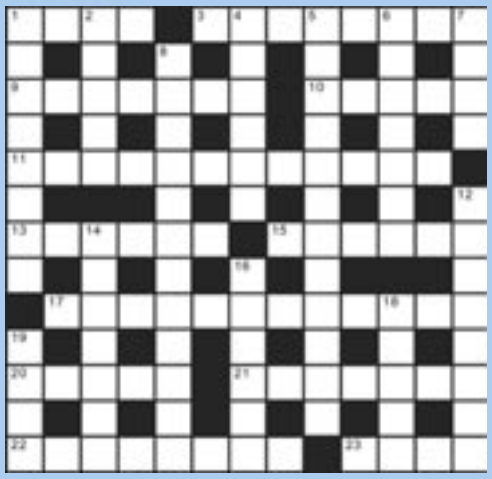
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Puzzles

CROSSWORD

Across
1 Cattle (4)
3 Came about (8)
9 Organise (7)
10 Passenger coaches (5)
11 Garden pests (12)
13 Once a year (6)
15 Expose (6)
17 Formation of society (12)
20 Fastening together (5)
21 Equalise (7)
22 Troubling (8)
23 Upper limbs (4)

Across
1 Very dark grey colour (8)
2 Not the best (5)
4 Deferred payment (6)
5 Incredible (12)
6 Set aside (7)
7 Hurry (4)
8 More and more (12)
12 Wool covers (8)
14 Louder (7)
16 Type of ape (6)
18 Internal (5)
19 Casserole (4)



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

SUDOKU

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

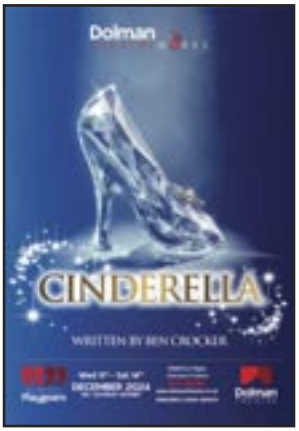


DOLMAN
THEATRE NEWPORT

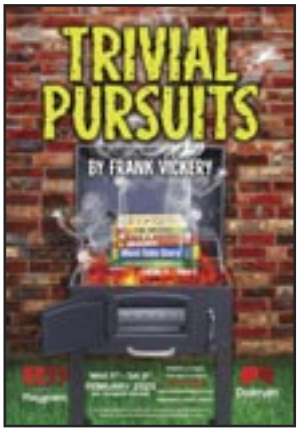












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Mrs Joan McDermott 01633 662940



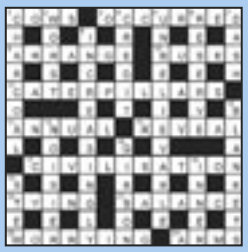
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Puzzle Solutions



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

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From design to delivery, they ensure the Dream Doors experience will be brilliant. They have kitchen design specialists on hand to help with any queries during the design process, as well as a dedicated team of expert fitters ready to install your kitchen to the highest standards, no matter how big or small the project is.

The kitchen renovation company also have a commitment to sustainability, they are passionate about providing products that benefit both the homeowner and the planet. They actively encourage their customers to reuse any existing cabinets where possible and only replace the door and drawer fronts. This method not only limits the number of materials being disposed of but also allows the company to offer a kitchen makeover for up to 50% less than a new fitted kitchen.





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For more information on Dream Doors, or to start planning your dream kitchen, give them a call on 01633 526077 or visit your local showroom at 163 Caerleon Road, Newport, NP19 7FX. Stuart, Kris, Leighton and the team are always happy to help.

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Newport u3a

During a recent Newport u3a holiday to Scotland three of our intrepid members, Karen and Steve Lansdown and Martin Shepherd decided to climb Ben Nevis. Karen had failed to reach the summit as a nine-year-old on a family holiday, but always wanted to try again - and it became possible 60 years later.



Karen and Steve are Convenors of a Newport u3a Walking Group and Martin is also a member, so this time they had a lot of experience and stamina under their belts. They arrived at the base full of enthusiasm - but it wasn't any easier! It was a four and a half hour ascent on rocky terrain, but with determination they struggled on.

The rare, superb weather allowed magnificent views of mountains and the lochs below. At one point they were above the clouds which felt truly surreal. After a much needed lunch, a sunbathe and a photo shoot, they made their three and a half hour descent with aching limbs and a growing tiredness. It was euphoric to arrive at the bottom and at dinner that evening they received a standing ovation from their fellow travellers. The trio agreed it had been the most gruelling walk they had ever done and just need the T-shirts to prove it!

u3a learn, laugh, live

For more information contact Angela Robins 07983130541 or visit u3asites.org.uk/newportsewales

Monmouthshire Hardy Plant Society

The HPS Monmouthshire group is for people who love plants and gardening and enjoy sharing their enthusiasm with other like-minded people. Non-members are very welcome to come along to our meetings. They're an excellent opportunity to meet people with similar interests and to chat, enjoy refreshments and buy some plants. You can join us as a member too!

The meetings take place at Little Mill Village Hall NP4 0HE off the A472 Usk to Pontypool Road on the second Saturday of the month at 2.30pm and from September to May. Entry is £4 to Members and £6 to non-members. For more information, contact monmouthshirehps@gmail.com or look at www.hpsmonmouthshire.co.uk. The group is registered with the National Hardy Plant Society and is also an Affiliated Society of the Royal Horticultural Society.



Saturday 9th November brings Frank Sengpiel to the hall at Little Mill at 2.30pm to talk on 'Succulents'. Professor Sengpiel, a professor of Neuroscience and Head of the Neuroscience Division at Cardiff University describes himself as a cactophile, a wildlife enthusiast and a Borussia Dortmund fan, an intriguing cocktail of interests. We need to hear more! £4 members, £6 non-members.

Saturday 14th December at 2.30pm at Little Mill Hall we will be hosting a festive event featuring Liz Knight on foraging and making cocktails and wild drinks. Still in the planning, more details to follow - please see www.hpsmonmouthshire.co.uk. All welcome

Belle Vue
Park & Tea Room



What's On



Congratulations to us!

Our homemade bara brith has won the Free From category for this year's Great British Food Award. It's the second time we have entered and the second time receiving the Gold award.

November

Sunday 3rd between 11.00am and 4.00pm Monthly Market.
We are expanding the craft side of things in the interest of early Christmas shopping. Come along and grab some bargains. We will of course have a donation bucket as entry and Serennu's Sparkle Appeal will be the recipient of all donations.

Saturday 2nd from 4.30pm
Sees the return of the torch-lit march and music to mark 185 years since the Rising. Tickets are for sale from Newport Rising and the procession starts gathering at the Tea Room from 4.30pm ready for its conclusion at the Westgate Square. The Café will be open to serve warming soup, sandwiches and drinks.

Saturday 30th 6.00pm – 9.30pm
Christmas Wreath Making Workshop, hosted by Chelsie from Apple Blossom in May, one of the most lovely flower stalls ever! Contact Chelsie directly for tickets. Limited numbers so you may need to be swift!
Instagram @appleblossominmay

December

Its here! The most exciting month of the year! Our Christmas theme this year is the Snowman and the Snow Dog. We will have our beautiful tree decorated ready for our market and you can see the build up of our theme over the weeks leading to Christmas. We are especially looking for pretty pictures of pooches to hang on our trees. Any ones you have, please bring to us for the foyer decorations.

Sunday 1st 11.00am – 4.00pm
Christmas Market, with accompanying music from Newport's Bavarian Brass Band to make our one day market special for you this year weather permitting of course!

Saturday 7th 6.00pm – 9.30pm
Christmas Wreath Making Workshop, hosted by Chelsie from Apple Blossom in May. Contact Chelsie directly for tickets. Limited numbers so you may need to be swift! Instagram @appleblossominmay

Sunday 8th and 15th There are two sittings: 12.00pm and 2.30pm.

Santa is in residence Sunday 8th & 15th for cream tea.

There are two sittings: 12.00pm and 2.30pm
Bring the family for cream tea £12 per child meeting Santa and £15 per accompanying adult.

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Santa will also be visiting on Saturday 7th & 14th between 11.00am and 2.30pm for quick drop ins and a chat.
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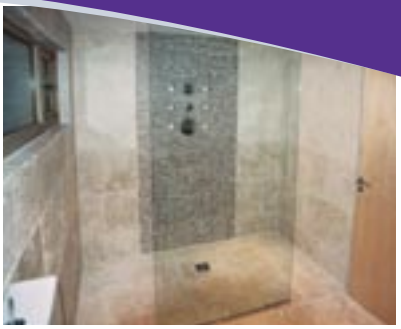


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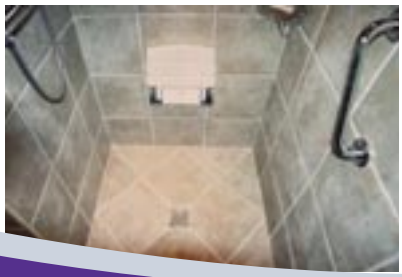
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Monnow River

The River Monnow marks the England–Wales border for much of its 42 miles length. After flowing through Herefordshire and Monmouthshire its confluence with the River Wye is approximately 1⁄3 mile south of Monmouth.

The Monnow Valley Walk follows the river for 40 miles. The Monnow Bridge is the only remaining medieval fortified river bridge in Great Britain with its gate tower still standing in place. Originally built with a portcullis, it's primary use was for defence, but over the years it developed into a toll collection point, a jail and even a home.

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