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DIRECTORY

ISSUE 119 MARCH/APRIL 2026



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Hopefully, the weather will warm up a little over the next couple of months and we'll all be able to take a walk in our local beautiful countryside, beaches, canal & river walks – read our articles about the River Caerfanell in the Breacon Beacons and Saundersfoot & Coppet Hall Beach.

Susan x

Wishing you all a Happy Easter.

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This last point can be of particular interest to couples who have come together but have children from different partners. A Trust can help each person in the relationship ensure that their children inherit their share of the estate.

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High Cross Road Rogerstone

(From High Cross Lane to The Rising Sun i.e. 1 Cefn Road)



The first houses on High Cross Road

High Cross Farm and the relocated post office.

This article concentrates on the older structures and development of High Cross Road as it is today. High Cross Road runs from High Cross Lane to the Rising Sun public house. At the corner of the Lane and the Road was High Cross Farm which was for a period a public house and then just a residential dwelling. In the 1890s/1900s there was a large house behind the farmhouse which became the home of an association to which the steelworkers paid a small fee regularly and if they fell on hard times they could apply for a little financial assistance. It became known as the High Cross, and it is strongly believed that this is where the name came from. Today it is the site of the petrol station. Until 1920/1930 other than farms, the only housing on the long stretch of road was in The Cefn area. The houses pictured on High Cross Road were built in this period.

High Cross primary school was built in 1937 and extended in the 1950s to serve the growing community in High Cross. Newport Fugitives Cricket Club next to the school was founded in the late 1920s by ex-members of Newport C.C.

In the 1890s when the main source of road transport was by horse and cart, shoemaking and shoeing of horses was big business. One of the main horseshoe smiths of the day was champion horseshoe smith Edward Russel who ran the Cefn Smithy. As horse transport died and transport evolved Edward followed the times and converted to servicing vehicles and selling fuel. Over the years he added car sales and then with the rising cost of fuel became just car sales


Cefn Walk Cul-de-sac in the early 1950s


Edward Russel and the original Smithy.

before its closure in recent years. It can be seen from the photographs of the main road and Cefn Walk that until the late 1940s and early 1950s the roads weren't made and were just dirt and stones. Cefn Walk was still used as the entrance to the 14 Locks via a style and a walk across a small field.
Finally, since the current Rising Sun is addressed as 1 Cefn Road and the original Rising Sun was on the Newport Side in High Cross Road. Interestingly, The Cefn Soccer side who were quite successful were based at the old


Then later a garage and filling station.


The original Rising Sun built at right angle to the main road


More images through the years of the garage and filling station later to be car sales only and now closed.

Rising Sun. They then moved to a newer location towards Newport / High Cross and became High Cross Stars, a very successful soccer side in the 1920s.

Derek Picken

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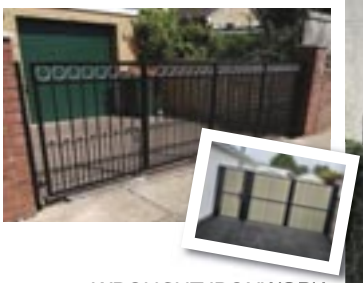
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Rogerstone ROSES

A week in the Rogerstone Roses W.I.

I never cease to be amazed at the variety and breadth of the W.I's activities. As I have said many times there is always something for everyone and this week seems to sum that up perfectly.

Firstly, I collected my Book Club offering, it was issued rather late this month but that really doesn't matter because I shall remember the story so much more clearly when we meet on the first Monday in February to discuss it.

The great thing about this club is that it 'forces' me to read genres I would never choose. Maybe encourages would be a better word than forces. The local library hosts us and provides the books, a really great service.

Three days later I find myself playing quoits, a game that seems to require more skill than we give it credit. W.I. groups from all over Gwent met in Goytre Village Hall and spent an enjoyable afternoon playing, with of course a break for tea and cake. This is always a great opportunity to talk to other members and hear about their meetings, time to swap ideas and chat with friends.

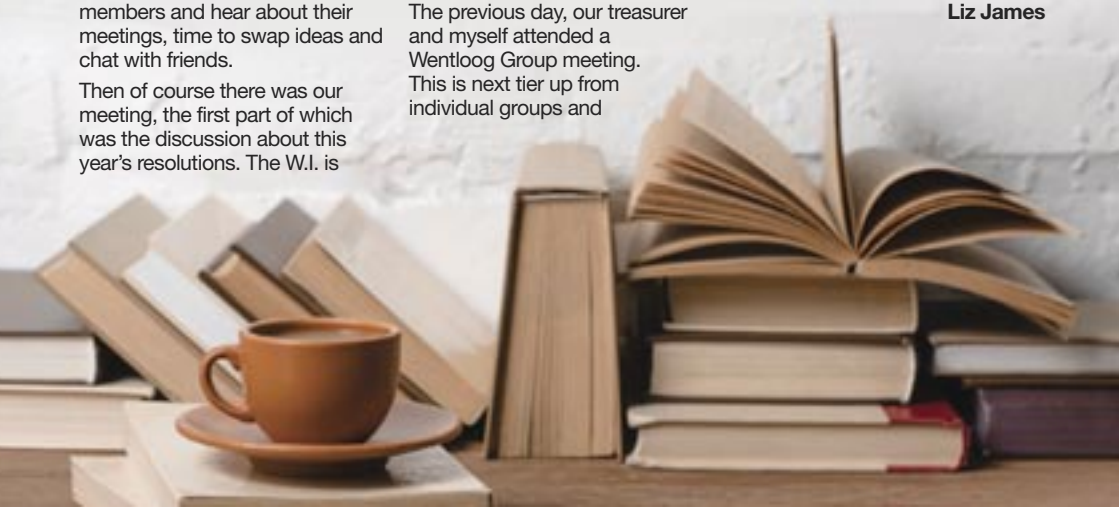
Then of course there was our meeting, the first part of which was the discussion about this year's resolutions. The W.I. is renowned for encouraging discussion and dialogue on important issues that can be effective in changing even government thinking. Some time ago I wrote a whole article on resolutions that have changed, to some degree, the way we live.

The second section of the meeting was a 'pristine' bring and buy, the suggestion being that members brought along items stored away in their homes that they would never use. The actual phrase used was 'unwanted Christmas presents', this makes me rather sad hence the stored items. I cannot quite endorse the idea that you give kindly given presents away, but that's just me, so mine stayed at home. I did however sort out some books, certainly pristine, that I have read. I rarely read a book twice but I also find it difficult to let them go.

The previous day, our treasurer and myself attended a Wentloog Group meeting. This is next tier up from individual groups and our group consists of Rhiwderin, Machen, St Mellons and Marshfield and District and us. We meet several times a year and take it in turns to host the meetings and events. Each group takes over for two years, we have already hosted 2025 so at the end of this year the baton will pass to another group. Meanwhile Rogerstone Roses need to organise a quiz master, fortunately we know a man who can! Plus, an evening of entertainment, still to be decided. All this in one week, such a variety of outings, meeting new people and maybe, just maybe taking home an unwanted Christmas present.

If you think any of these activities or similar appeal do contact us, our details are in an ad elsewhere in the magazine. Looking forward to seeing you.

Liz James





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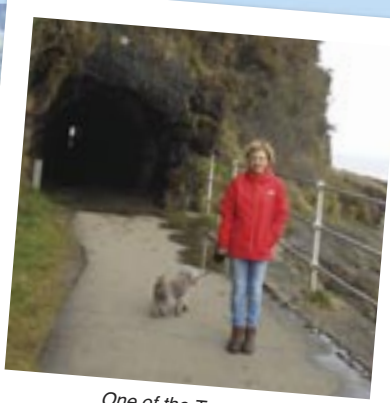
Saundersfoot & Coppet Hall Beach

Both beaches are connected by the old tramway which runs along the top of the beach. This section of the route follows the coastline from Saundersfoot to Wisemans Bridge, it is now a four mile part of the Pembrokeshire Coast Path. Walkers using the trail pass through three tunnels on the former line.

The small harbour was built in 1829 for the export of anthracite coal from the many mines in the area, although coal was exported from the beach for centuries before this.
The beach at the western end is situated in front of the village of Saundersfoot, its gently sloping sands make for safe swimming and all amenities are provided by the shops and cafes along the beachfront.

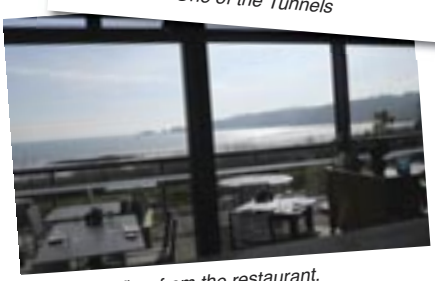


Dave playing with his ball on the beach



One of the Tunnels

Coppet Hall Beach is at the eastern end of the beach, which has plenty of sand even at high tide. A wide flat area of sand is exposed at low tide, which is ideal for beach games, also there are lots of rockpools. The Lan y Mor restaurant is situated at this end of the beach and it has great views across Carmarthen Bay. There is also The Kiosk selling ice creams and hot drinks. Good Trails is a water sports and activity centre, where there are paddleboards, bikes and kayaking for hire and tuition is available. There is also a large privately run car park next to the beach.



View from the restaurant.

Western end of the beach

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Tin Legs and Ham

by Paul Minton

I have always been enthralled with escape stories and suspect this may be connected with my fear of being accidentally locked inside a public convenience. I hold the longstanding belief that the strategies used in *The Great Escape, Escape from Alcatraz,* and, to a lesser extent, *Escape from the Planet of the Apes*, might provide some useful hints as to how to dig oneself out of the Gents, armed with only a steely determination and a small spoon.

The Second World War seemed to present a multitude of opportunities for prison breakouts. One particular attempt involved a Newport man known by his fellow captives as 'Ham'. Ham was born in 1914 at Blaen-y-Pant House, which is located just off Malpas Road and is currently a care home. His father was a wealthy coal mining engineer, who purchased the first Bentley motorcar. Ham joined the Royal Welch Fusiliers in 1940 as a Second Lieutenant and in May of that year, his platoon was ordered to capture Robecq, a French village to the west of Lille. During their mission, the men were forced to wade through the Bassée Canal but upon entering an empty cottage to dry off, an enemy tank arrived and they found themselves surrounded. Ham and his unit had no option but to surrender.

After a yearlong stint at Laufen prisoner-of-war camp in Bavaria, Ham was transported to Warburg in the heart of Germany. The new camp comprised hundreds of huts, each containing several rooms of eight men. For most of the 3000 prisoners, the prospect of escape was never far from their thoughts and whilst few schemes were successful, Ham and his cohorts decided to give it a go. A trap door was cut into the floorboards beneath a bed in one corner of their hut. The men would descend through the floor and crawl 30 feet to a vertical shaft dug near the far side of the building. A tunnel extended horizontally from the shaft, some eight feet under the surface. As digging progressed, the men worked in shifts using shovels from the hut's coke burning stove and scrap metal that was fashioned into picks. The excavated earth was later scattered around the grounds or dumped into the hut's roof space. Any wood needed for the tunnel was taken from the beds so that eventually, each man was sleeping on just four slats. A makeshift bellows was used to pump fresh air down a pipeline constructed from butter tins. The 300 foot tunnel took six months to complete but as the men waited for a dark night to make good their escape, the Germans discovered the pipeline. The game was up!

To prevent it from being reused, the guards poured sewage down the shaft before sealing it shut. Ham found the whole exercise dispiriting and abandoned any plans to try again. Instead, he focussed his efforts on assisting other would-be escapees. One such occasion involved Douglas Bader, the famous amputee pilot, who was a campmate for a time. Ham was engaged in the sanctioned theft of Bader's tin legs, whose simulated fury was intended to distract the guards during another escape bid.

Ham moved between various POW camps during his captivity until he was finally liberated by the Allies in 1945. After the war, Ham returned to his fledgling career as an actor, which was potentially the source of his nickname. Although he was used to playing supporting characters, he gained global recognition when he accepted a role in what was to become a film franchise phenomenon.

Renowned for his portrayal of Q in seventeen James Bond films, Ham is, of course, better known by his real name, Desmond Llewelyn. Despite his fame, however, he was a man who never forgot his roots, donning a Newport RFC tie in *The Living Daylights* and a Malpas Cricket Club tie in *Octopussy.*





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Newport Fugitives Cricket Club

READY FOR THE NEW SEASON

Newport Fugitives Cricket Club is gearing up for an exciting new season and we're proud to invite players, supporters, and the wider cricket community to be part of it.

NFCC continues to grow as a welcoming, ambitious club at the heart of cricket in South Wales, offering opportunities for players of all abilities in a friendly but competitive environment. Whether you're an experienced cricketer or returning to the game, Newport Fugitives CC is a great place to play, improve, and enjoy cricket.

Newport Fugitives CC proudly fields three senior men's teams, each of which has enjoyed strong success in recent seasons. As well as this, the club is proud to have a strong and successful women's section, with both softball and hardball teams thriving and continuing to grow. Alongside this, NFCC has a developing and successful junior girls' hardball team, providing a clear pathway for young players to progress within the club. These teams sit alongside a number of high performing junior sides, underlining the club's commitment to developing cricket at all levels.

As we look ahead to the new season, the club is delighted to announce its senior men's captains:
Nathan Millichip – 1st XI Captain
Oliver Mason – 2nd XI Captain
Alex Madden – 3rd XI Captain

All three bring leadership, commitment, and passion for the club, and we wish them every success as they lead their sides this season.
Pre-season nets are now underway, providing the perfect opportunity for new and returning players to get involved, meet teammates and prepare for the season ahead.

Indoor Winter Nets take place:
6:30pm U9 and U11s
7:30pm U13s and U15s
8:30pm Seniors
Every Sunday at Wicket2Wicket, Cwmcarn, NP11 7BH until end April.

Summer nets start end of April at NFCC Cricket Club, High Cross Road - keep an eye on our socials for days and times.

We're proud to have a very social and welcoming clubhouse. We're excited for what promises to be another fantastic season and look forward to welcoming you to Newport Fugitives CC.

For more info, please contact newportfugitivescc@gmail.com



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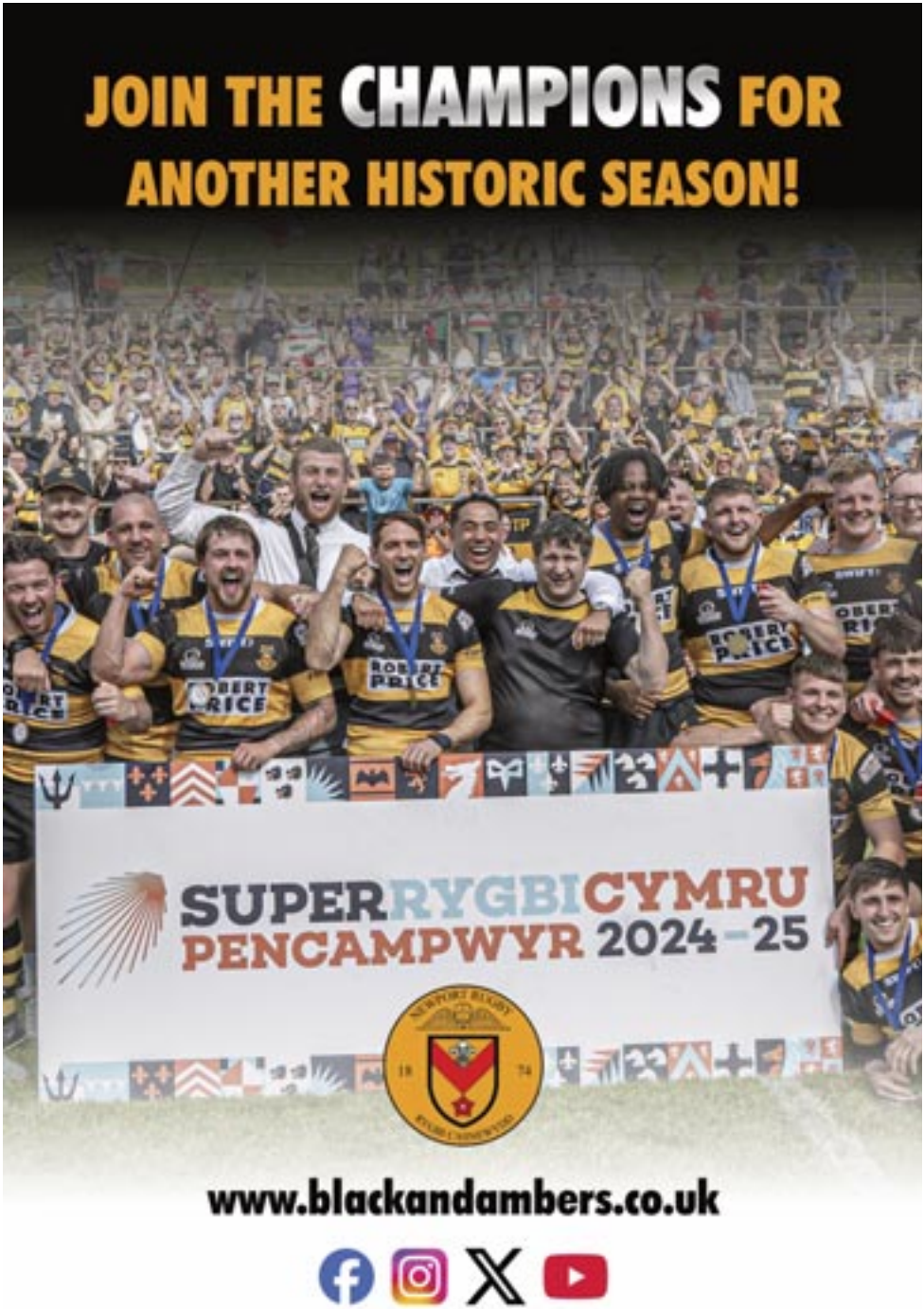
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More About Cygnet Dispersal… and Avian Influenza

In a week from now, it will be February and from our present standpoint, the start of the breeding season feels as if it is just around the corner, even although the weather continues cold and very wet.

Before the new breeding season can really start, all of the 2025 cygnets need to have left the 'family home'; one way or another, the cob (adult male) will see to that. As we write, the progress made by the families we know could hardly be more varied. Four of the canal family (Bettws Lane) flew together on or around Christmas Eve, while the fifth cygnet had to be rescued from pressure from the cob on 3rd. January. By contrast the entire family of seven cygnets at Cyfarthfa, Merthyr Tydfil is still present, although pressure is beginning to mount. This is especially true in respect of one of them which, as can be seen from the photograph is trailing a length of very heavy gauge line from high on its right leg, a bird which needs to be caught and may subsequently need to be kept in care for a while.

Which leads nicely into a further reference to Avian Influenza (AI) H5N1 variant. For obvious reasons i.e. the possibility of transmitting this virus to other pre-existing patients in wildlife hospitals or sanctuaries is a risk which cannot be countenanced; this risk is far too high. For this dilemma, there is one workable solution which involves the use of a quarantine system. The aspect of this with which we have needed to come to terms is the fact the facility in question has only limited capacity, and each 'patient' needs to come through a ten day stay to confirm it is not a carrier of the virus before a new patient can be admitted to this process.



The relevance of this to us at this time is the beautiful swan in our other photograph. Our attention was drawn to the presence of this swan at The Knap, Barry during early January. It exhibits a most extraordinary distortion of the neck; something, the like of which neither of us had ever seen before. At this time, it is probably true to say the worst of the AI attack had passed through the area resulting in double digit fatalities, but our stance continued to be that we had no means of 'processing' any such casualty safely. As to a possible cause, a flying mishap had to be viewed as a possibility, especially bearing the number of days during which we had experienced high to very high winds. As the days passed, it became increasingly apparent that, in all probability the bird was having difficulty feeding and a major contributory factor in this was bullying by other swans. There is plenty of evidence of this on the back of the neck just visible in our photograph.

So now he is our responsibility for the next few days which is a privilege; he appears very content; is feeding very well and attending well to his feather care. As a footnote, we understand there is a phenomenon called 'AI Neck' and there is a possibility this is an example of it. It would not be surprising if Phoenix (the name he has been given) had contracted AI and survived. Whatever the cause, it is probable he will spend the rest of his days in a free, friendly bur protected environment.

Story: Peter & Roz. Photos: Roz & Martin (Merthyr).For swan problems please contact Peter on 07802 472788

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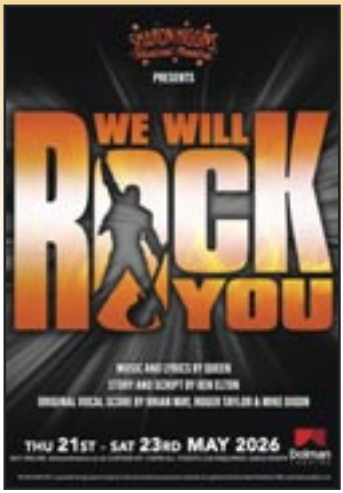


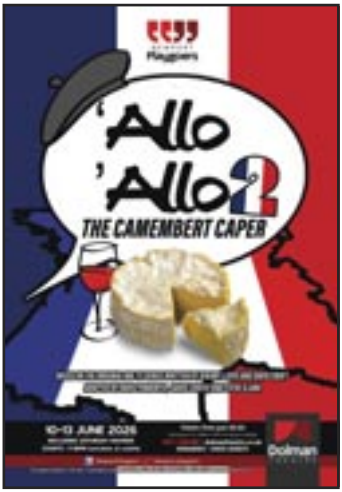
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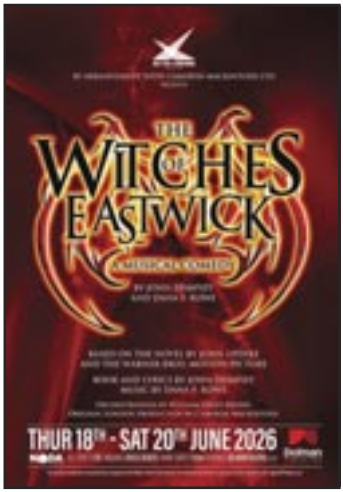
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PUZZLE PAGE

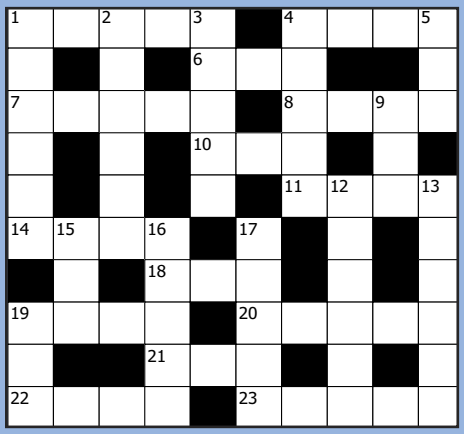
Crossword

Across

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

Down

1. Estimate value of (6)
2. Dive into (6)
3. Computer message (5)
4. Not asleep (5)
5. Cow noise (3)
9. Snow shoe (3)



12. Small stage or lectern (6)
13. Cardboard container (6)
15. Long time (3)
16. Plane flyer (5)
17. Go into (5)
19. Bacon (3)

Sudoku

	9	2		3		4		
	7				5	2		3
	4		6	8				7
8		4	2				3	5
			4		3			
5	6				8	9		4
2				6	1		4	
9		1	8				7	
		6		7		3	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 37

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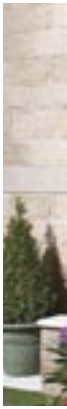
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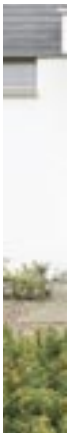
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BEACHES IN WALES

Saint Govans Head

The views along the Pembrokeshire Coast Path are magnificent. The cliffs here are important for seabirds, including guillemots, razorbills and kittiwakes. The path from the car park to the old coastguard station has been surfaced and provides a fairly level walk. Close to the car park, but down a flight of steps is the chapel dedicated to St Govan, an Irish abbot of the 6th century, unfortunately we never went down to the waters edge to see the chapel.

We walked around the stunning cliffs and saw a variety of seabirds and even some seals basking on the rocks. The Ministry of Defence has been using the area around Castle Martin as a firing range since the 1940s. It was fascinating seeing some of the old bunkers that have now been abandoned.



It's a two hour drive from Newport but if you are on holiday in the Pembrokeshire or Carmarthenshire area it's well worth a visit.

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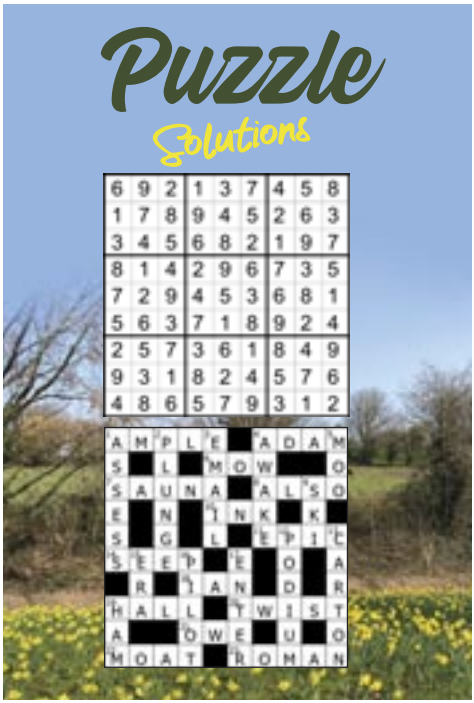
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6	9	2	1	3	7	4	5	8
1	7	8	9	4	5	2	6	3
3	4	5	6	8	2	1	9	7
8	1	4	2	9	6	7	3	5
7	2	9	4	5	3	6	8	1
5	6	3	7	1	8	9	2	4
2	5	7	3	6	1	8	4	9
9	3	1	8	2	4	5	7	6
4	8	6	5	7	9	3	1	2

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

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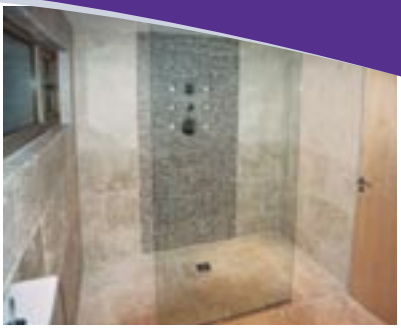


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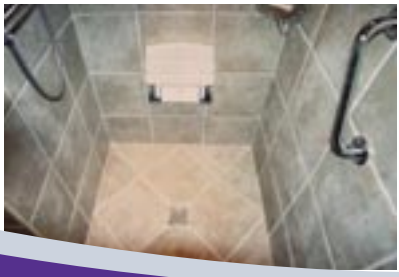
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River Caerfanell



The River Caerfanell rises in the central section of the Brecon Beacons National Park. It rises as Blaen Caerfanell on the plateau of Gwaun Cerrig Llwydion and drops steeply down south-eastwards into the head of Glyn Collwn before turning east then north-east into Talybont Reservoir. It emerges from the hydro turbine beneath the dam just above the village of Aber and continues northwards to its confluence with the River Usk at the hamlet of Llansantffraed.

The river is shadowed for much of its length by the Beacons Way and by the eastern loop of the Taff Trail. We started our walk from the Blaen-y-Glyn Isaf car park (CF48 2UT) between the Pontsticill and Talybont Reservoirs, where it drops over a series of falls, which are a very popular natural attraction during both summer and winter months. The circular walk, including numerous photos stops took about two hours.

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Destination Twmbarlwm



As I write this article, a named storm (Chandra, I believe) is hammering at my window inviting me to dare to go out to walk the dog in my waterproofs and wellies. The poor mutt is still drying out from this morning's drenching and he doesn't look keen to go again – so I must admit I'm grateful for this bit of work to keep me indoors nice and dry.

Yes, it's been a very damp winter, so I'm looking forward to getting back out to walk the lanes and countryside that we are lucky enough to have around us in this corner of SE Wales – and as far as I'm concerned the only destination to aim for is Twmbarlwm.

Wherever you live within the circulation of this publication you will find an interesting route, through green countryside, to get you up to Twmbarlwm – and if, like me, you are not capable of walking very far, there's a few places you can drive to within a manageable distance of the summit. And, believe me, once you get to the top you will not be disappointed.

One such route is via the Cwmcarn Forest Drive which only opens on weekends during the winter but from Easter it is open everyday. My favourite is to park at car park 2, *(Twmbarlwm View)* and from there it's a short steep climb onto the Mynydd Henllys ridgeway and with the hill-fort as your target in the distance, it's a relatively flat 1.5 mile walk to Twmbarlwm's scheduled monument – the views on a fine day are breathtaking.



Another route to the top whilst on the Forest Drive is from car park 7 *(Pegwn-y-Bwlch)*, but beware, this gives you a lung-bursting steep climb of half a mile to the top.

The other car accessible route is where we gather each month for our litter picks. Follow Mountain Road, from behind Risca Comprehensive School – note it's a single track country lane which needs to be driven along with care – soon after you pass over a cattle grid you come to a small car park from where you can take several different routes to the top.

If it's a longer, circular hike you prefer, there are innumerable routes you could take to enjoy the quiet beauty of our countryside. Such as following a stretch of the Mon-Brec canal, with its array of wildlife, before you ascend through the country lanes to the top.

You will find some interesting routes described on our website with map references and detailed directions and advice on how to prepare for your adventure.

However you decide to go please adhere to the countryside code including:–

- Take litter home - leave no trace of your visit.
- Keep dogs under control and in sight. Dog poo – bag it and bin it.
- Plan your adventure – know what to expect and what you are capable of.
- Respect everyone, protect the environment and above all – enjoy the outdoors

Also be sure to dress appropriately for the conditions, with decent footwear, waterproofs or even sun protection – and be aware of how suddenly weather can change from the valley floor to the high heathland.

Terry Evans, Chairman of Cymdeithas Twmbarlwm Society

Cymdeithas Twmbarlwm Society meet at the car park below Twmbarlwm's summit (What3Words location = ***ironic.sweetened.people***) for a litter pick and volunteer workday on the first 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

THE TWMBARLWM HOT CROSS BUN WALK

Good Friday
3rd April 2026



Hundreds of people trek to the summit of Twmbarlwm on Good Friday

One of the great traditions we have in Risca and surrounding area is the annual pilgrimage to the top of Twmbarlwm.

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Even if you don't want to take part in our group walks we still want to encourage you to keep this tradition alive. Get up there with family and friends and why not bring a picnic with you to enjoy while you take in the breathtaking views at the top.

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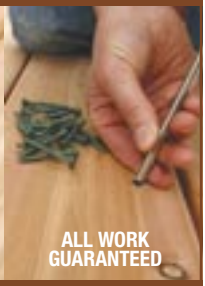
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Members of Newport u3a's 'How To Solve Cryptic Crosswords' group attend our fun sessions twice a month to learn how to unlock those fiendish clues whilst improving memory, vocabulary and general knowledge.

We solve a couple of crosswords at each session and it's a good feeling when we solve a difficult clue and experience a 'Eureka!' moment and can have a chuckle at the crossword setter's ingenuity and deviousness.



Members have progressed so well that we have compiled our own crossword which has been published in the national 'u3a Matters' magazine.Well Done to them all from their proud convenor, "she who cooked algae around noon!" (Answer - Angela)

u3a learn, laugh, live

Newport u3a runs 40 more active, social and cultural groups for the retired at the Dolman Theatre Wednesday to Friday at 9.45-15.00 during term time. For more information visit newport.u3asite.uk or phone Angela Robins on 07983 130541.

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WHAT'S ON IN MARCH AND APRIL

Look out for information on the summer programme of streetfood and music sessions on the bandstand 6.00pm – 9.00pm four sessions through the summer.

March

Sunday March 1st 11.00am – 4.00pm

We cannot wait to welcome you to the first Belle Vue market of 2026. It is our 10th year delivering markets at Belle Vue. We look forward to seeing you there. This year we aim to support a number of charities. We will allow pop up stalls from Sparkle, the Selennu project, Gwent Wildlife, RSPB and others. We will however donate all entry money to our new local charity: the Newport Yemeni Community Association (NYCA), based in Pill which has a strong Newport following and supports not just the Yemeni community but all in need in the area. A truly family oriented cultural hub.

March 15th 11.00am – 4.00pm

Because the markets in Belle Vue were so successful, we have decided to offer two markets each month on the first and third Sundays, so our mid-month market for March falls on Mothering Sunday, March 15th We will be inviting new makers, bakers and creators to this market and we will make a larger offer of hot food to tempt your taste buds as well as plenty of gift ideas for your wonderful mum.

April

April 5th Easter Sunday Belle Vue Market 11.00am – 4.00pm

Once again packed with goodies and new traders. We will have an Easter vibe and we are sure to have lots of sweet treats and chocolatey items.

April 6th Easter Bank Holiday Monday 1.00pm – 3.00pm

Pop along to listen to Rogerstone Community Band on our lovely bandstand

April 19th our mid-month market 11.00am – 4.00pm

Come along to talk plants and gardens and buy lots of interesting gifts. We have new fresh and dried flower sellers coming to the market this spring. See if you can pick up some summer wreaths. The Christmas ones were stunning!







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



Why not try one of our afternoon teas. Book online on www.bellevuetearoom.uk or phone Jan on 07737 630657. We also offer tea gift vouchers which can be posted to you or another recipient (just added cost of a stamp).

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look after
everything.
So you don't
have to.
Peter
Newport

L J SYMONDS ROOFING Ltd

DOMESTIC ROOFING & LEADWORK SPECIALIST





SLATE ROOFS
- Natural slate
- Fibre cement slates
- Easy slate (Low pitch)

TILED ROOFS
- Concrete tile
- Clay tiles
- Low pitch tiles

FLAT ROOFS
- Epdm (Rubber)
- Grp (Fibreglass)

0% FINANCE AVAILABLE ON ALL NEW ROOFS. DETAILS ON REQUEST



LEAD WORK
- Apron
- Back gutters
- Saddles
- Soakers
- Flashing
- Lead tray
- Bossing
- Welding

MAINTENANCE AND REPAIRS
- Roofline (Fascia's, soffits, gutters)
- Shiplap cladding
- Leaking roofs
- Cement work



20 year Guarantee on all new roofs

18 years in business
Fully insured with all work guaranteed
Top 3 rated roofers in Newport
With over 200 genuine reviews on google

ThreeBest Rated

Find us on Facebook Lee Symonds. Over 8000 followers

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Company registration: 14739001 | VAT number: 447592851

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