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ISSUE 99 JULY/AUGUST 2026



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Let's hope the weather will carry on being kind to us over the next couple of months and we'll all be able to continue walking in our beautiful countryside, paddling on the lovely beaches (see article on Barry Island) and benefit from some summer sunshine.

Susan x

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

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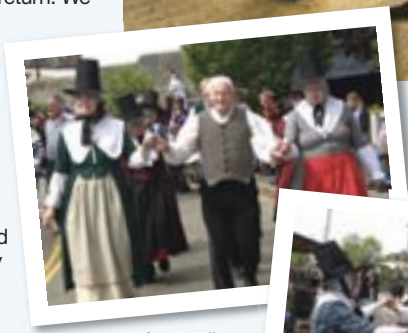
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Gwerinwyr Gwent Showcases Welsh Tradition Across Gwent and Beyond

Whenever possible we do like to show off Welsh dancing at festivals, particularly in England, and this year we were invited by the Upton-on-Severn folk festival. .



The festival is held over the May Day Bank Holiday and is predominantly a show case for the three styles of Morris dance, Cotswold, Border and Northwest. We only danced on the Saturday, and apart from GG, I only spotted one other type of dancing among the more than 30 Morris sides taking part, so we certainly introduced a bit of contrast to the day and received quite a few pleasing comments in return. We had some new members dancing out for their first time and it was quite a relaxed introduction for them. The weather was kind and Upton is a pleasant riverside town with plenty of independent shops and pubs, so all in all a very nice day out.



On the 19th May we spent a very pleasant evening with the ladies of Marshfield WI. They meet in Castleton village hall which has a spacious interior, perfect for dancing. As usual, Barbara Griffiths was our MC and we alternated our display dances with her GG-slanted Welsh culture talk. We then got the ladies to join us in a couple of simple ceilidh dances and finished the evening off with the tea & cake they provided, we always enjoy our trips to the WI.



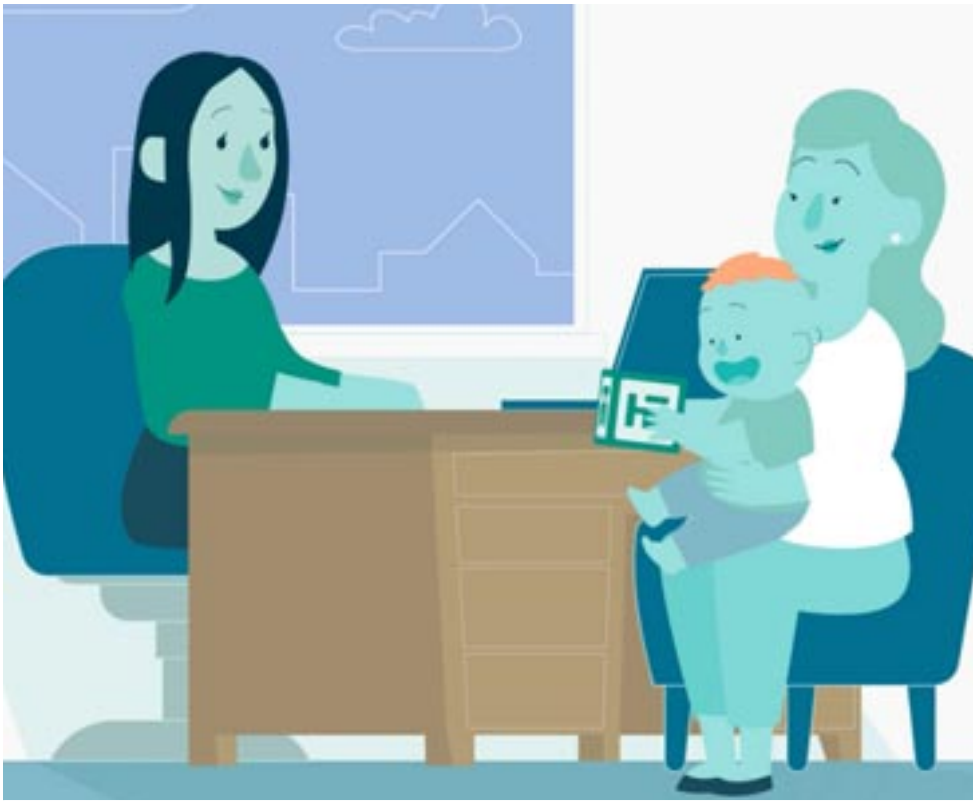


By the time this edition is published, Gwyl Plant (the children's dance festival) will probably be over for this year. It takes place in three venues - Abergavenny, Cwmbran and Newport over three weekends, where on separate Saturday mornings (Abergavenny and Cwmbran in June and Newport on the 4th July), local primary schoolchildren show off their dancing skills in public. Hopefully out of doors, but with inside provision should the day be wet.

Sadly, schools from the Abertillery area no longer take part. Gwent's Gwyl Plant was started 45 years ago by members of GG, and is an after-school club where teachers, having been taught the dances and provided with the music, then teach the children. For many years there has also been a mini Gwyl Plant on the Saturday of the Tredegar House Folk Festival, but alas, for various reasons there was no folk festival this year.

Gwerinwyr Gwent is always seeking new members, and beginners/experienced dancers or musicians are very welcome. Practice night is Thursday 8-10pm at the Graig Community Hall (opposite the Ruperra PH).

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



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Dave told SW Directories: "The design process is simple, it just starts with a conversation to discuss styles and individual tastes. Working with a set budget, we can then look at the best suited materials for the job, then it's on to measure to work out an exact cost.

"You'll sit down with an experienced and talented designer who'll discuss your ideas in detail, noting your likes and dislikes, encompassing tiling, storage, accessories, and fittings.

"Whether modern, classic or specially commissioned, we ensure that your bathroom, kitchen or bedroom will look exactly how you want it while retaining practicality and function.

"When designs have been agreed and confirmed, customers will then receive a supply and fitting quotation based on the products and design chosen. These quotations will include a total cost including the products and the work involved in transforming your bathroom, kitchen or bedroom.

"We usually allow for two weeks as standard, but each installation varies depending on the work involved and will be discussed with you prior to confirmation of your installation date."

So, if you're looking for a high-level of quality service from a professional team who strive to get the very best for you and your budget, then simply pay a visit to Newport Bathroom Centre.

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Barry Island's beach in Whitmore Bay

Barry Island is a district, peninsula and seaside resort, forming part of the town of Barry in the Vale of Glamorgan. It is named after the 6th century Saint Baruc. Barry's stretch of coast, on the Bristol Channel, has the world's second highest tidal range of 15 metres (49ft)

The peninsula was an island until the 1870s when it was linked to the mainland as the town of Barry expanded. This was partly due to the opening of Barry Docks by the Barry Railway Company.

Butlins Barry Island was a holiday camp that opened 1966 and closed in 1996, by which time it had been known as The Barry Island Resort for about nine years.

Barry is now known more for its Pleasure Park, there's a rollercoaster, log flume, dodgems and a Waltzer. Younger children will find plenty to keep them amused, with trampolines, pedal boats and traditional fairground attractions.

At the front is Whitmore Bay, which has a huge crescent of golden sand, it's ideal for families to have fun in the sun, with its wide, gently shelving sands. The promenade with its columned colonnade is full of amusement arcades, fish and chip shops and busy cafés including Marco's Café, which was used in the TV series 'Gavin & Stacey'.



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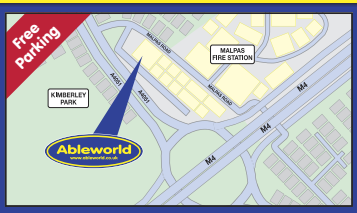
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The support we provide is built around consistent, relationship-led care. We carefully match our clients with trusted Care Professionals who understand their needs, routines and preferences, allowing meaningful relationships to develop over time.



All the carers are very kind, helpful and very supportive. I can't fault the service at all.

Review from Catherie D

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At **Home Instead Newport,** we provide **personalised live-in care** to help you or your loved one remain safe, comfortable and independent at home.

Once care is in place, our support does not stop there. We remain on hand to offer guidance, reassurance and regular contact, making sure the care continues to meet your needs and gives your family peace of mind.

Live-in care provides one-to-one support, all day and all night, tailored around your individual needs.
As well as being a cost-effective solution for care, particularly for couples, you or a loved one can continue living a fulfilled life in the place you love best — your own home.

Whats next?

If you would like to have a chat about hourly or live in care, please do get in touch or pop in to see us.

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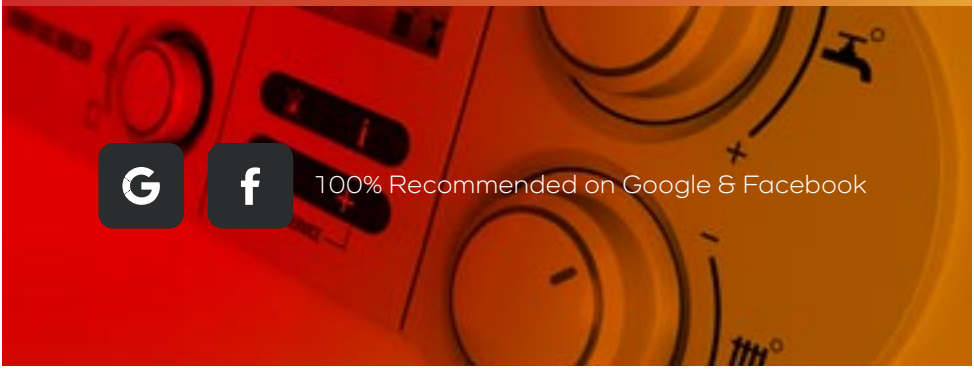
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Happy Customers Malcolm & Carol Warren



The Louisiana Access Walk In Bath

The latest addition to Newport Bathroom Centre's already extensive catalogue of innovative products now includes Access walk-in baths - a British company based in the Black Country, who specialises in making bathing more than a possibility, they make it a pleasure, with elegant designs to suit any bathroom.

Newport Bathroom Centre Director, Dave Viggers, told us: "We understand you want to bathe with confidence, so the experience is relaxing and enjoyable. This is why every bath has been carefully designed to include multiple safety features without compromising looks. Combine this with outstanding design and affordability, you have a walk-in bathing solution that is unbeatable."

Here is what Carol Warren, who purchased a 'Louisiana' style walk-in bath from Newport Bathroom Centre had to say:

What made you decide to get rid of your old bath for a walk-in bath?
As we (my husband and I) got older, mobility became more of an issue, especially after falling and breaking my ankle. Getting in and out of a regular bath became a serious issue, due having to put one's entire weight on my weaker ankle.

How long did it take to fit?
Fitting took just under a week, which also included waiting for the electrician and replacing the floor covering. It would've probably been sooner, as the work was split over a weekend.

Finally, would you recommend an Access Walk-in Bath and why?
David and his team were really good with sound advice and were able to maintain use of the original bathroom, whilst the new one was being fitted.

Everything was left clean and tidy at the end of the working day.

Where suggestions were made in order to get a good looking bathroom there was no pressure to make the changes, but due to the experience of David and his team we ended up with something that was far better than we could have put together.

David also kept in touch throughout the whole experience and followed up with phone calls to make sure that there were no problems and we were satisfied with everything - Newport Bathroom Centre comes highly recommended in our eyes.

If you are interested in this Louisiana bath or any of the nine other options available, please get in touch with one of Newport Bathroom Centre's experts using the details below:

Call Dave today or email your enquiry for a FREE no obligation quote.

For more info about the walk-in baths on offer, please visit the official Newport Bathroom Centre website.

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The Louisiana with the powered seat





PUZZLE PAGE

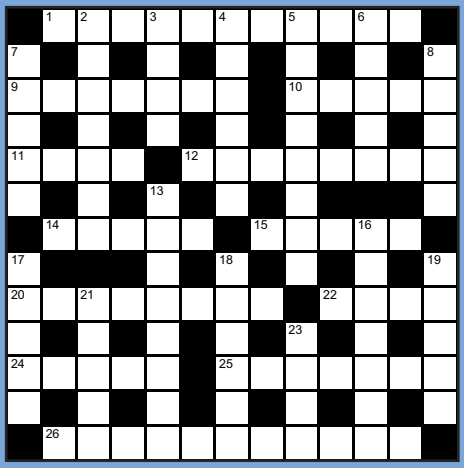
Crossword

Across

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

Down

2 Action that turns out to be to the disadvantage of the person who took it (3,4)
3 First name of authoress Blyton (4)
4 Helix (6)
5 Roman Emperor who succeeded Tiberius (8)
6 Key ___, 1948 film (5)
7 Glide across ice (5)
8 Biblical tower intended to reach to heaven (5)



13 Australian marsupial (8)
16 Physician who performs operations (7)
17 Mark ___, US swimmer who won seven gold medals in the1972 Olympic Games (5)
18 Formerly the basic unit of money in Spain (6)
19 Tower supporting high-tension wires (5)
21 Mark used to indicate the word above it should be repeated (5)
23 Tangerine/grapefruit hybrid (4)

Sudoku

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

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 23


33
42
9
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37
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Puzzle Solutions

Crossword Solution

Across: 1 Honeysuckle, 9 Kon-Tiki, 10 Larva, 11 Troy, 12 Mangrove, 14 Altar, 15 Floss, 20 Pedigree, 22 Dray, 24 Tutor, 25 El Greco, 26 Homo sapiens.

Down: 2 Own goal, 3 Enid, 4 Spiral, 5 Caligula, 6 Largo, 7 Skate, 8 Babel, 13 Kangaroo, 16 Surgeon, 17 Spitz, 18 Peseta, 19 Pylon, 21 Ditto, 23 Ugli.

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

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Hidden Talents on Display at Newport u3a Art Group

Members of Newport u3a's very successful Art Group have rediscovered their hidden talents or found a new one at its sociable sessions where beginners and the more experienced are all welcome. Members can experiment with a range of media while developing their individual styles. They quickly manage to produce some noteworthy samples and are keen to display them.

Recently we held an exhibition of their work to which many of our members from our other groups attended to support the artists. They were impressed with the talent exhibited and the standard of the work.



Newport u3a runs 40 more active, cultural and social groups for the retired at the Dolman Theatre Wednesday to Friday at 09:45-15:00. If you would like a more colourful retirement, come and try us out free of charge for two weeks.

u3a learn, laugh, live

www.newport.u3asite.uk | Angela Robins 07983130541

Green Fingers & Great Company in Monmouthshire

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. The meetings always take place at Little Mill village hall NP4 0HE on the second Saturday of each month from September to May with the doors open at 2pm and the talks begin at 2.30pm. Before the speaker, there's time to talk to fellow members, enjoy refreshments and perhaps buy some plants. The group



organises garden visits in the summer, discussions, dinners, plant sales and more throughout the year.

Our September to May programme at the hall on Saturdays has now finished but we will meet again in September. Until then, do not forget the wonderful Usk Open Gardens on 27th & 28th June from 10am to 5pm. Admission £10, children under 15 are free. A map of the gardens is provided free with your ticket. There are also shows in Llanthony on Saturday 1st August, Chepstow on Saturday 8th August, Monmouth on Sunday 16th August and finally, the biggest of them all, the Usk show on Saturday 13th September.

For further information from the national Hardy Plant Society website: https://hardy-plant.org.uk

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Wildlife on Twmbarlwm


Data gathering on a bio-blitz day with Gwent Wildlife Trust

MYNYDD TWMBARLWM intrigues us all with its historical mystery both factual and mythical. Cymdeithas Twmbarlwm Society has, since its inception, explored these subjects in many of our talks and written articles. But rarely have we visited the question of what actually lives on Twmbarlwm now!

I bet not many of you know that Twmbarlwm and its environs is a SINC (a Site of Importance for Natural Conservation) which is an official designation that helps an area to protect and enhance the landscape and its wild flora and fauna.

I have always loved to walk this mountain of ours and one of my favourite pastimes up on the Twmp is to lie flat on the ground, on a bed of wimberry bushes and heather, searching the sky for the high flying Skylarks who soar to incredible heights whilst continuously chirruping their high pitched songs. Yet when I spot an unusual bird, creature or wildflower I find the SEWBReC (South East Wales Bio-Diversity Records Centre) website a useful resource to help identify them.

I'm no great ornithologist but I can recognise the most common visitors to our mountain – the various Tits, Great, Coal and Blue – birds of prey like the common Buzzard and Red Kite gliding the air currents – Song Thrushes, Ravens, Warblers and, of course, the famous spring time visitor, the Cuckoo. I've seen both the Green and Lesser Spotted Woodpeckers, Jays, Fieldfares and even a couple of Woodcocks.

I tend not to see much wildlife at my feet because my dogs have usually frightened everything away but I have come across frogs, toads, lizards, mice (or are they voles?) and slow worms which I used to spend hours searching for when I was a lad.

I'm told there are grass snakes and some say they've even encountered adders. There are reports of dormice hereabouts, although they were last recorded in 2004, so I sincerely hope they are thriving here still.

As regards larger mammals, strangely enough, I've never personally seen rabbits up there, lower down the hillside maybe, but never up on the ridgeway. There's plenty of evidence of foxes and I've seen their tracks in the snow and the dogs are always keen to roll in you-know-what. There's even been quite a few sightings of deer reported on social media – especially since NRW have cut down much of the forestry.

I've spotted many butterflies like red admirals, peacocks and tortoiseshell but I often have difficulty telling them apart – again, out come the reference books when I get home.

As regards the flora I get totally lost with all those Latin names – if you look at the data-sets compiled by SEWBReC available on their website www.sewbrec.org.uk you will see what I mean.

The SEWBReC documentation tells us this upland area is a mix of acid grassland and heath vegetation with bracken and coniferous planting on the valley sides – we helped compile this information when we first explored the area for conservation grazing.

If you have a strong interest in local flora and fauna I recommend that you visit their website – their scope of activity is too wide for me to explain here, but basically it is their job to compile and make appropriate local biodiversity information available to all those who need it, to ensure that decisions which affect local biodiversity are made using the best available data.

It's been a few years since CTS organised a bio-blitz (a sort of census of the flora and fauna) on the mountain under the guidance of Gwent Wildlife Trust and we would like to prepare another in the near future – so keep an eye on our website and Facebook page to see if we can get one underway – because it will be an informative, exciting event that everyone will be able to get involved with.

Terry Evans, Chairman of Cymdeithas Twmbarlwm Society


Cuckoo


Adder


Peacock Butterfly

Cymdeithas Twmbarlwm Society meet at the car park below Twmbarlwm's summit at 10:30 (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

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