ROGERSTONE

DIRECTORY

ISSUE 121 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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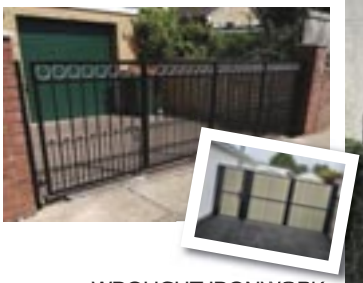
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Cefn Road
Rogerstone
(From the Rising Sun to The Vicarage roundabout)



An old picture of the 'New' Rising Sun, 1 Cefn Road

In the 1700s with the advent of the Crumlin arm of the canal, the Cefn was the most populated area of Rogerstone due to the canal traffic, the then easiest way of transport right through to Newport docks. This changed with the arrival and expansion of the various metal industries alongside the river, which via weirs and feeders provided some of the power required.



An old Photo of the Tredegar Arms, Courtesy of Dafydd Powell, and the Olde Oak Inn

Strangely, the Cefn area is now the most populated area of pubs in Rogerstone where only two pubs remain, The Rising Sun and the Tredegar Arms and the last one be to demolished relatively recently being The Old Oak Stave (Mount Pleasant), which was just one of its many names.
While the Welsh Oak is often mentioned with its Chartist Connections, it was never in Rogerstone, it was actually about 50 yards outside the boundary. The pub that the Chartists did visit in Rogerstone was The King William IV pub on Cefn Road



The old King William IV.

and the canal bank, now a house on the opposite side of the road to the Rising Sun about 50yards towards Risca.
Also, on Mount Pleasant was the first supermarket in Monmouthshire, much to the annoyances of the residents who saw it on the map as local shops. The ASDA store stood where the Squires Gate estate is today and later moved to Duffryn, Newport.
Some of the oldest houses at the Cefn are those in Woodland Terrace, which included a Post Office, left of the arch and a General Store, right of the arch with a Bakery through the arch. Other shops in another block included one selling fishing tackle and bait etc.
Last of the pictures is of an organisation still operating but now in very modern premises is The Bethesda Chapel. This wonderful organisation is the oldest by far in Rogerstone and for so many years have provided so much to the people of Rogerstone in so many ways.
Finally, I will end with some little known and undocumented information about an area on the other side of the canal, over the bridge at 14 Locks and almost immediately on the left area. On that field as it was then during the 1st World War until about 1931, there was an army isolation hospital and a morgue. A solid wooden structure as confirmed by Kenneth Faulkner from one of the well-known ex Cefn Families. Cefn Road ends at the vicarage roundabout, named as such because originally the house at the apex was a vicarage, not for Rogerstone but one of the Risca churches.

Derek Picken



ASDA, Rogerstone. The first Supermarket in Monmouthshire





A picture of the old Bethesda Chapel

Woodland Terrace Cefn Road

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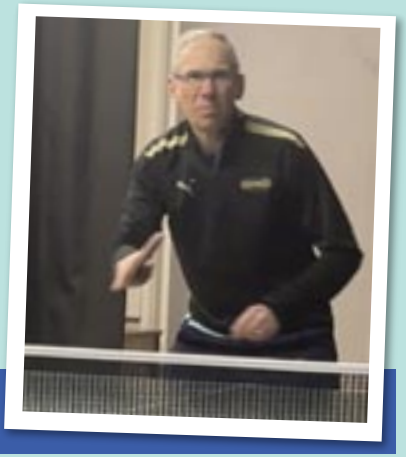
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BOB: A Fresh Social Space for Men Over 50

BOB stands for Bassaleg Old Boys and is a new club designed for men from Bassaleg, Rhiwderin, Rogerstone and surrounding areas.

We are based in the Graig Community Centre and we meet every Friday afternoon, from 2.15 pm to 3.45pm. It's a friendly space for men who are 50 or over to enjoy a chat, games and sports. It's £2 entry which includes refreshments. We play a range of board games, which we enjoy.

The most popular activity so far has been table tennis, but badminton and walking football can be arranged if there is sufficient interest. Future events have been scheduled such as a table tennis exhibition/challenge match, involving a couple of local quality players. We also plan to source a permanent three-quarter size snooker table or pool table for the club.



Please join us, you would be made very welcome. Any questions to Brett Davis via Brett-davis1@sky.com

Rogerstone Roses WI

Meet on the 2nd and 4th Tuesday in the month at 7.00pm in St John the Baptist Church Hall, Risca Road - The Handpost



For more details please contact: Mrs Patsy Groves 01633 213283

NEW BEGINNINGS COMMUNITY GROUP



We meet every other Thursday between 12.00pm - 12.30pm in the Cafe in the Faith Church on Wern Trading Estate, The Celebration New Build, NP10 9FQ, for a chat, drink and maybe a bite to eat and then carry on at 1.00pm into the church area for our meeting, maybe for a speaker, board games or whatever else we might have planned. The session ends at 2.00pm.

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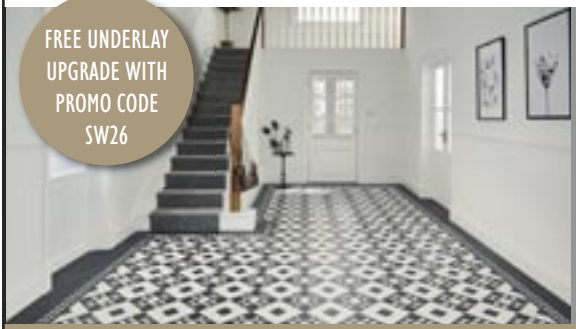
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Hidden Talents on Display at Newport u3a Art Group

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.

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

Belle Vue
Park & Tea Room



What's On JULY & AUGUST

We are anticipating brass bands will book to play on the bandstand. Whilst it is difficult to get dates in advance, we shall let you know as soon as we know!

July

Sunday 5th 11.00am – 4.00pm
Our monthly market sets off the month with its artisan arrangement of wonderful food, craft, gifts and homeware. We are welcoming more than 35 stalls each month so plenty for you to browse and buy. Our café will operate a fully disposable crockery service to make it more efficient for our customers. Apologies to those who love our lovely china and earthenware – we have those every day there is not a market being delivered.

Friday 24th May 6.00pm – 9.00pm
Street Food Friday returns with vibrant music from the Three O'clock Club accompanied by Fairy Glen and Tipsy Mule bars and selection of street food. The café will serve soft drinks and snacks too. We would rather people didn't bring their own food and drink this year. Too many disposables were left last year and we need our traders to continue to support these community events.

Sunday 19th May 11.00am – 4.00pm
Another opportunity to buy those artisan bakes, arts and crafts and gifts. Belle Vue has its own stall too with a range of hot and chilled meals and snacks, cheese and fresh farm eggs. You can buy fresh and local meat from Chris Hayman butchers at our market. If you have any requests, please let us know by Wednesday, otherwise bacon, sausage, minced beef, chuck steak and chicken breasts are the usual items available with scotch eggs and pies also on offer too.

August

Sunday 2nd 11.00am – 4.00pm
Our lovely market returns with new and favourite stalls to tempt you. We are continuing to offer one free place to a registered charity whilst we have the charity donation bucket which goes to Sparkle charity for Serennu.

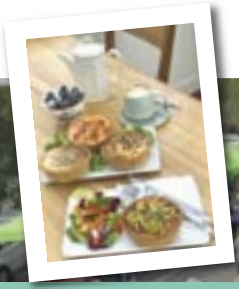
Sunday 16th 11.00am – 4.00pm
We are thrilled to be having regular second markets each month. It really is a chance to support buying local. With the pressure on supermarket and wholesale prices, local markets are even better value, lower food and chain miles and you are supporting local independent traders.

Friday 21st 6.00pm – 9.00pm
We couldn't end our summer programme without including the fabulous 360 Degrees. Centre stage on the bandstand accompanied by our tasty regular street food vendors and bar from Tipsy Mule and Fairy Glen.









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.

Resume of the year

What to write? Sometimes I know instinctively what I want to write about, other times I must be honest I flounder. This is one of those times and then as I thought about our last meeting, which incidentally was our AGM, I thought maybe I could extend the account that I had written for the committee's report. That report, which, as secretary I write on behalf of the committee, looks back on the year's programme. Our year tends to run like school years from September to July.

Talks, the quality of the speakers this year has been outstanding, we have learned about the daily adventures of a local vet. We have increased our knowledge of art and history by studying the famous painting 'The Ambassadors' by Hans Holbein. We were intrigued by the 'Unknown Lady of the Seine' a talk given by an Usk W.I. member.

Entertainment is always present in the programme and this year our Christmas event was a festive mix of song and dance. On a cold and dark February night the U3A Choir entertained us with a wide variety of musical items. Later in the year a magician gave some insight into belonging to the Magic Circle and plied his trade as he spoke.

Physical activity is always included, nothing terribly strenuous but it's always fun. Who knew curling could be so comical, that evening was held as our recognition of the winter Olympics. Gwent Federation of W. I's has hosted skittles and eight of our ladies competed.

Craft as you might expect plays its part, a team of our artistic ladies entered the cooperative competition to be exhibited at Gwent's AGM. The cooperative is a multi-task exhibit which includes a cooked item, a flower arrangement, a preserve and two craft items all based on a given theme.







They were awarded second place, pipped to the post by one mark. Everyone in the group was given the chance to be creative at Easter when we held several themed competitions

Resolutions are a large part of the W.I and this year our members voted to press for accessible public toilet facilities to promote dignity, health and social inclusion.

Campaigns following resolutions can be very effective in changing social attitudes and norms.

Charity is always an annual must and this year we are supporting SARA., the Severn Area Rescue Association based in Malpas Fire Station, they act as the coastguard for the tidal waters of the Usk. Our charities must always be local. A 'posh' bring and buy and a supper evening went towards their donation.

The year has been busy and thoroughly enjoyable.

Liz James

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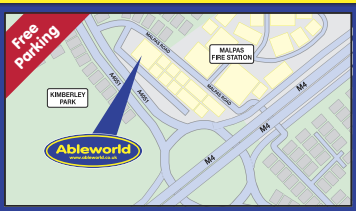
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"When designs have been agreed and confirmed, customers will then receive a supply and fitting quotation based on the products and design chosen. These quotations will include a total cost including the products and the work involved in transforming 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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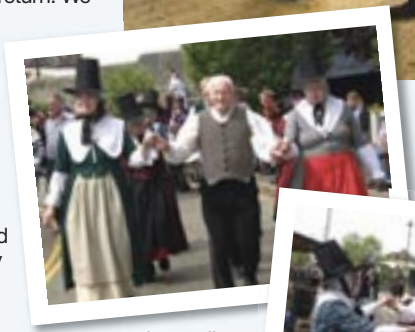
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Gwerinwyr Gwent Showcases Welsh Tradition Across Gwent and Beyond

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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BEACHES IN WALES

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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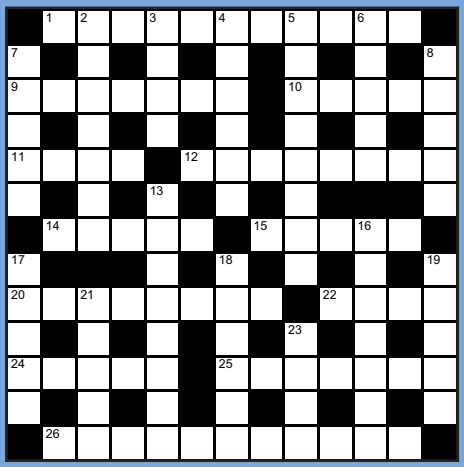
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PUZZLE PAGE

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)

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

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 37

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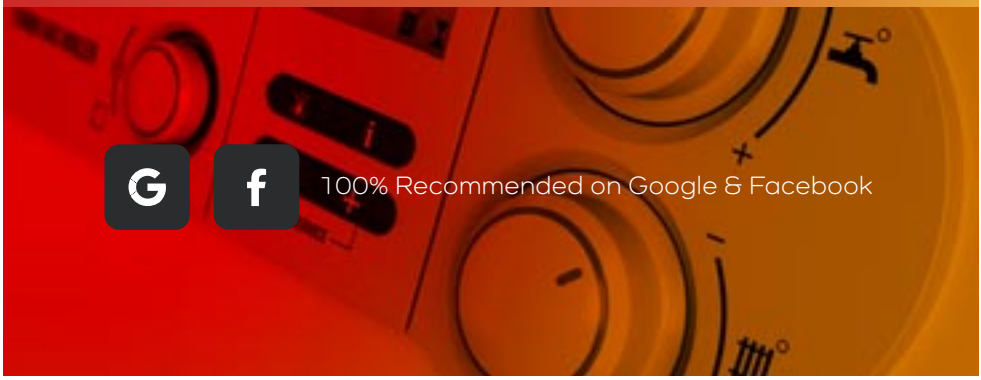
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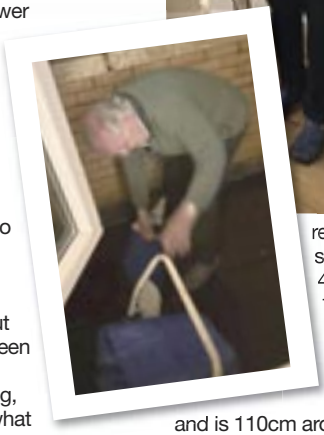
Swan
RESCUE

Very Occasionally, there is a Funny Side!

This is a little story which ought to have been prepared for the March-April edition of The Directory, but when the time came, we felt there were more pressing issues which needed to be aired.

It was the late afternoon on Wednesday 11th February when, as it does, the phone rang. Remember, it was away back in late September when we had our first call of the autumn requesting help with a stranded cygnet making a mess of attempting to leave the parental territory and now, five months later, the same need continued to exist. This time the swan had landed in, rather than on, the balcony of an east-facing apartment (probably at the first-floor level) in a tower block in Adventurer's Quay in Cardiff. Before setting off, a sixth sense advised I should go armed with a small foldable stepladder, and so I went back into the house to retrieve same. Good job! Without it, I would have been totally stymied! Before proceeding, and in order for what follows to make sense, it is necessary to present a few statistics, firstly in relation to the position and size of the window, and secondly regarding the rescuer! From the floor to the sill, in the bedroom in question, it was 110 cm. (hence the need for the step ladder). The width of the sill 43cm. and the 'working' size of the window through which the rescuer needed to squeeze was 46cm. wide and 102cm. high. The rescuer is 82 years old and weighs 90kg. He is 210cm tall and is 110cm around the chest. Getting out onto the balcony was relatively easy, followed by passing the steps through the window to facilitate the return journey. It was a very large and heavy juvenile swan, and certainly not very pleased to meet me, and then to be man-handled and wrapped securely. The swan was passed back through the open window; again, thank goodness for the steps! On the balcony, the height to the top of the sill was even greater than inside the room! My advice to the homeowner was to take the swan in its Ikea bag out onto the landing; the swan wrap combination is in no sense guaranteed to be swan poo proof…





The final manoeuvre, and by far the most difficult was the return from outdoors to indoors, as it were, 'against the flow' of the open window. In writing this, I'm not sure how easy it has been to follow; a video of it might have been quite entertaining!

As I drove to Channel View to release the swan, it occurred to me it would make a story so later on, I stopped and sent a text message requesting the measurements I have been able to include in the text; they were sent immediately, by return.



Story & photos by Peter. For swan problems please contact Peter on 07802 472788

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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.

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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.

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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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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





Afon Mawddach

Afon Mawddach originates from a wide area north of Dduallt in the Eryri National Park (Snowdonia). It is 28 miles (45 km) long and meets the sea next to the town of Barmouth, forming the wide, sandy Mawddach Estuary, which stretches eight miles inland to the town of Dolgellau.

The southern bank of the Mawddach estuary, along which used to run a section of the GWR branch line from Ruabon to Barmouth, has now been designated the Mawddach Trail, an eight mile cycle path running from Dolgellau to Morfa Mawddach, at the south side of the Barmouth railway bridge.

Barmouth Bridge or Viaduct is a Grade II* listed single-track wooden railway viaduct across the estuary of the River Mawddach near Barmouth. It is 900 yards (820m) long and carries the Cambrian Line. It is the longest timber viaduct in Wales and one of the oldest in regular use in Britain. It is also used by cyclists, motorcyclists and pedestrians and is part of the National Cycle Route 8.

We stayed in Barmouth while touring North Wales during the unusually warm days of late September 2019. The boutique hotel we chose was exceptional and provided an excellent base for exploring the area. Both the accommodation and the food were outstanding, making our stay especially memorable.







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Care starts at *home*

At Home Instead Newport, we offer personalised care and support to help you or your loved one continue living safely, comfortably and independently at home. Whether you are looking for support for one hour a day, companionship, personal care, or full-time live-in care, our team is here to help.

We understand that arranging care can feel overwhelming, and that encouraging a loved one to accept support at home is not always easy.

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

Our hourly support includes:

- Companionship
- Home Help
- Personal Care
- Dementia Care
- Overnight Care
- Hospital-to-Home

Home Instead Newport is locally-owned and run, and has been serving the community since 2017.

If you are looking for live-in support:



Nesta, Registered Care Manager

We understand that choosing care can feel like a big decision, which is why we take the time to listen, answer your questions and help you find the right support for your individual needs.

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.

Call: **01633 740028**

Online: **www.homeinstead.co.uk/newport-cwmbran-chepstow/**

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