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DIRECTORY

ISSUE 112 SEPTEMBER/OCTOBER 2026

NEW!
THIS EDITION:
A Tasty Tray Bake Recipe to Make and Enjoy Inside



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Welcome!

We hope you all had a wonderful summer and are looking forward to autumn, with all the usual Halloween fun just around the corner. As the evenings become cooler, why not try the delicious Tray Bake recipe featured in this edition? It's perfect for warming up on crisp autumn days.

We are a small independent business and make a huge effort to produce and deliver this magazine. Our aim is to provide an informative and interesting publication that positively supports both community life and local businesses. We rely entirely on advertising revenue to keep the magazine in production, so we are incredibly grateful for the support of local businesses.

If you are interested in advertising your business in the directory, please get in touch to find out more about our very competitive advertising rates. When you advertise with us, you deal directly with the people who produce the magazine. As a small independent business ourselves, we truly appreciate how much your business means to you.

We deliver to over 25,000 homes across Newport, providing an excellent opportunity to reach potential customers while supporting the local community. And remember, if you rely solely on social media to promote your business, you could be missing many potential customers who prefer not to use social media.

We hope you enjoy this edition, and thank you, as always, for your continued support.

Susan x

COPY DEADLINE FOR THE NOVEMBER/ DECEMBER EDITION - TUESDAY 29th SEPTEMBER

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PRAISE AND PETALS CELEBRATE ST MARK'S 150th

Hundreds joined the Archbishop of Wales, local dignitaries, former vicars and the people of St Mark's Church, Gold Tops, for a weekend of celebrations marking the 150th anniversary of the church.



Called 'Praise and Petals', the events centred around displays of flowers, a photographic exhibition of the church's history, and a collection of documents and press cuttings from the past 150 years. The highlight was a stunning cross made of lilies, about two metres (6 foot 6 inches) tall, which acted as the centrepiece for the weekend.

The Archbishop of Wales and the Bishop of Monmouth, the Most Reverend Cherry Vann, opened celebrations on Friday lunchtime with a welcome for all involved and was joined by musicians from The John Frost School and St Woolos Primary School choir. The church was open all weekend for visitors, providing an afternoon tea and an organ recital, with plenty of children kept busy with crafts. The Sunday service welcomed the Mayor of Newport, Cllr Deb Harvey, the High Sheriff of Gwent, MSs and the MP for the area, councillors and others.

Rev'd Andrew Lightbown, Rev'd Frances Jones, the people of St Mark's would like to thank all who attended and contributed to a very successful weekend, celebrating God's grace over one and a half centuries on Gold Tops.



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Rogerstone
ROSES

Summer Break

After a very hot summer filled with sporting activities it would have been surprising if Rogerstone Roses had not held its own sporting contest. Which of course we did, our very own take on Wimbledon. The most important aspect was of course the après games which consisted of Pimm's and strawberries.



The games naturally all necessitated using tennis balls and they, the games, were very ably organised by our new president. A really super evening, full of fun and laughter and a chance to make arrangements to meet up with friends as we like many other organisations break for the summer.



As I previously mentioned Rogerstone Roses has a new president, a long-standing member of both the group and the committee. We also have new members on the committee, new blood always brings change which although we may be sad to see old friends stand down, change is good. New folk bring different ideas, which is refreshing and enlivens the group. Although members can be sure we will still have the superb variety of meetings that we are used too.

A summer break gives everyone a chance to rest, enjoy different activities, go on holiday and so on. For the committee it's not total stoppage, the programme secretaries are very busy ensuring that next year's programme is in place ready for printing so that members receive one at the first meeting in September. For the secretary and treasurer there are always emails to answer although they do drop off during August. And its September before you know it and so by the time you receive this edition of the Directory, autumn will be upon us and folk will be bemoaning the shorter evenings and probably the weather. Hopefully the heat wave will have subsided and there will still be some warm sunny days for those of us who like to holiday in September.

Our first meeting in September is always very informal and if you've ever considered joining W.I., it's a great one to attend. It is easy to meet members and as mentioned programmes will be distributed so you are able to see the variety of evenings on offer.

We have an extra meeting in October when we host our neighbouring groups for an evening of entertainment and refreshments plus there are plenty of activities organised by Gwent Federation of W.I.'s, where groups from all over Gwent meet up for games, crafts and talks. I have never yet attended one of these meetings and not felt welcome. The W.I. is a wonderful way to make new friends and fill some of those dark evenings pleasurably.

If you would like to come along and try a taster session, we meet at St John the Baptist Church Hall, Bryngwyn Road, NP20 4JT, on every second and fourth Tuesday of the month, members arrive around 7.10pm for refreshments and the meeting starts at 7.30pm. if you have any specific questions, please don't hesitate to email me.

Liz James

Tredegar Park Ministry Area

Hello! If we haven't met yet, I'm Revd Julia Durham, the new Team Vicar (Community Pioneer) serving the Tredegar Park Ministry Area. While I'll be the focal priest at St John's Church, Rogerstone, I'll also be serving alongside colleagues at St Basil's, Bassaleg; St Martin's in the Gaer; St Thomas', Maesglas; and St John's, Risca Road. Together we're here to serve and share life with our communities, supporting people through good times and bad, and helping people discover faith, friendship and belonging.

My passion is mission and outreach, building relationships beyond our church buildings and creating welcoming spaces where



everyone feels they belong. I'm involved in initiatives including Messy Church at St Thomas' and The Gathering Place at St John's, Rogerstone, an informal community gathering with food, conversation and worship. I'm also developing a new youth group for young people in Maesglas, which we hope to launch in the autumn term, watch this space!

I'm the Ministry Area Disability Champion and care deeply about making church accessible and inclusive for everyone. I'm currently learning British Sign Language (BSL), and I'd love to hear your experiences and ideas for making church more accessible across our communities.

Whether you've been part of church for years, haven't been for decades, or have never walked through the doors, I'd love to meet you. If you see me out and about, please stop and say hello. Whether you're looking for a church, curious about faith, or simply want a chat, I'd love to meet you.

Regular services in the Ministry Area

Holy Eucharist - weekly on Sundays:
- St Martin in the Gaer @9:30am
- St John the Baptist , Risca Road @9:30am
- St Basil's, Bassaleg @10am
- St Thomas' Maeglas @10:45am
- St John the Baptist, Rogerstone @10:45am (except the last Sunday of the month)

Midweek Eucharist services:
- St Basil's, Bassaleg @7pm Mondays
- St John the Baptist @10:30am Tuesdays

Monthly Eucharist:
- St Basil's, Bassaleg, 8:30am only on the first Sunday of the month
- The Gathering Place meets on the last **Sunday** of the month in St John the Baptist Rogerstone @5pm for afternoon tea, worship starts @5:45pm
- Messy Church meets on the first **Sunday** of the month in St Thomas' Maesglas 3-5pm

TREDEGAR PARK MINISTRY AREA

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GIVE ME SHELTER

by Paul Minton

Just as night follows day, so the universe seems intent on erasing my educational footprints. My old university building has been demolished, my old six form college has been torn down, and my old secondary school has been razed to the ground. The latter, which had opened in 1940, was particularly noteworthy, not least because of a mounded area that formed part of the grounds. Under the compressed earth of the hillock, hidden from view, was an erstwhile air raid bunker. After World War II, it had been repurposed as a wood store but by the time I was a pupil, it had been covered over. However, I still felt a sense of wonder whenever I found myself standing above this piece of wartime history some forty years later.



Interestingly, Newport was heavily involved in the manufacture of air raid shelters during the Second World War. Sir John Anderson, who oversaw the country's civil defence programme, invited plans for a small, bombproof shelter that could be placed in private gardens at little expense. The resulting Anderson shelters, as they became known, were effectively corrugated metal sheds with a curved roof, each comprising fourteen steel panels bolted together. The shelters could accommodate up to six people and were credited with saving thousands of lives. Corrugated sheets for over a quarter of a million shelters were produced by the Orb Steelworks in Newport. King George VI saw the site for himself in 1944, when he was accompanied by his wife and daughter, the future Queen Elizabeth II, on what was her first industrial visit.

One person who might have benefited from an Anderson shelter was Alfred Searle, an elderly solicitor, of Gaerwood House, Kensington Place, Maindee. After blackout on 1 July 1941, it is alleged his housekeeper ignored warnings that a light was still visible in an attic window. Unfortunately, the Luftwaffe chose that night to conduct an operation in the skies above Newport and it has been suggested the illumination might have prompted the enemy to jettison their payloads. Although some residents made it to shelters, Searle and the housekeeper



were not so lucky and their property received a direct hit. Explosions in the area tore doors off hinges, threw windows across rooms and more surprisingly, reversed the lids on teapots and pushed books to the ends of their shelves. In one macabre story, a human leg was found in a loft in nearby Archibald Street after one blast had lifted the slates on the roof, allowing entry of said body part, before the tiles settled back in place. The remains of the ill-fated occupants of Gaerwood House were later interred at Christchurch Cemetery. After the War, the land on which the property had stood, was renamed Woodland Park. A large stone circle, with a modest plaque at its centre, has since been constructed to commemorate the tragedy.

Whilst Gaerwood no longer endures, the remnants of a WWII bunker still exist in Wentwood Forest near Langstone. The operational base (OB) was once used by a covert auxiliary unit called Jonah Patrol. The men were trained in sabotage and guerrilla tactics and could be deployed in the event of a German invasion. The OB was concealed about thirteen feet underground and fresh air was provided by a ventilation pipe connecting the interior to a hollowed tree trunk. Under cover of darkness, each member of the group would announce their arrival to the others by rolling an identification marble down the pipe into the bunker. An ammunition storage dump was also buried in the vicinity, which could only be found using secret markings on the trees. When the unit disbanded in 1944, these trees were felled but in so doing, the whereabouts of the weapons were lost for decades until some children fell through the dilapidated hatch covering the store's entrance.

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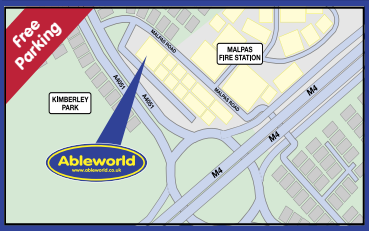
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The gentle, targeted and individually adjustable stream of water ensures thorough intimate cleansing – for good personal hygiene. The precise stream of water keeps you clean, and it's always pleasantly warm.

The wand jet stays hygienic and clean because it is positioned out of the way, namely above the ceramic toilet bowl. As a result, the jet does not come into contact with urine, faeces and dirty flushed water. This also protects the wand jet and technical elements in the event of any clogs that would cause water to rise in the toilet bowl.

The Washlet automatically cleans the wand jet before and after each use. Even when the toilet is not being used, the wand periodically cleans itself to ensure constant hygienic conditions.

Director of Newport Bathroom Centre, Dave Viggers, told SW Directories: "Toto's focus is on the well-being and health of people. That is why they use unique, specially developed technologies for the Washlet, which work together to ensure maximum hygiene and comfort. They state that 'Every toilet visit is an enrichment in everyday life!'

"Intimate cleansing with warm water is far more environmentally friendly than using toilet paper. People actually use far fewer raw materials, as well as far less electricity and water too.

"Flushable wipes are a thing of the past also – and this is good for the environment. This conserves resources and also relieves our waste water system. Flushable wipes create massive clogs in the server system that harm the environment.

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Ramsey Island

A Welsh Wonder

Just one kilometre (half a nautical mile) off St David's Head in Pembrokeshire lies the spectacular Ramsey Island. Covering 640 acres, this beautiful island is owned and protected by the Royal Society for the Protection of Birds (RSPB).

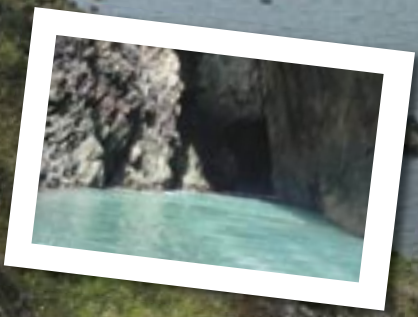
Towering cliffs, rising to 120 metres, provide an ideal breeding ground for seabirds. Ravens, peregrine falcons and buzzards can be seen throughout the year, while spring brings nesting guillemots, razorbills, fulmars, kittiwakes and shags. Choughs also make their homes here, nesting in the deep fissures and caves along the cliffs.

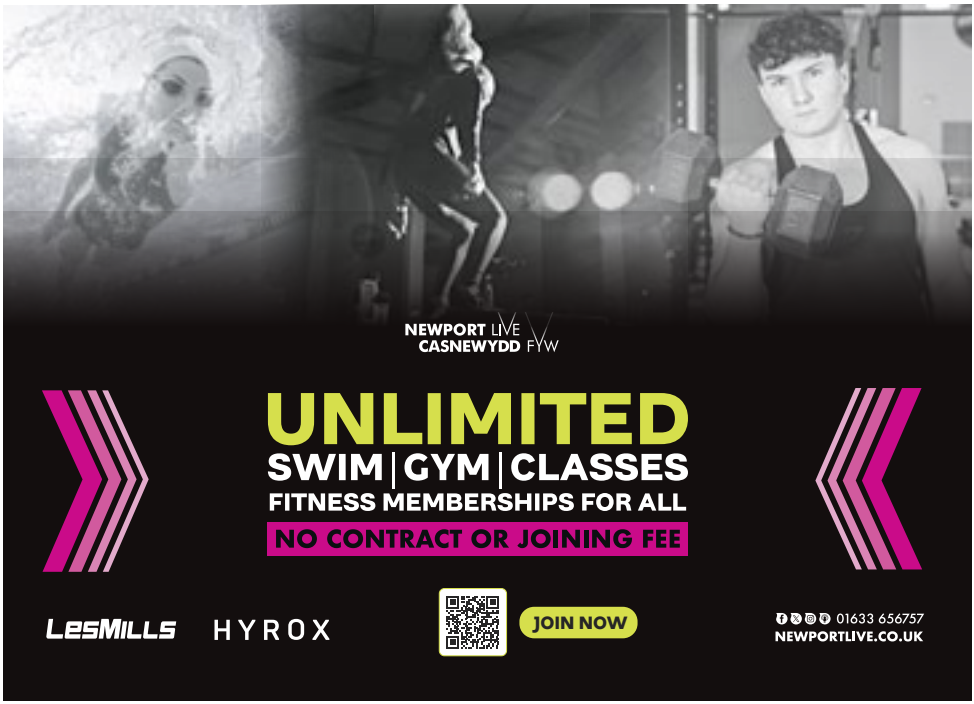
By mid-July, the seabird colonies begin to disperse as the young birds head out to sea. Attention then shifts to the island's beaches and caves, where hundreds of grey seal pups are born each autumn.

There are several ways to experience Ramsey Island. Landing trips operate from April to October, while sightseeing cruises circle the island by larger boat or RIB. Experienced kayakers can also make the crossing, although the strong tidal currents mean this option is not suitable for beginners.

We chose the RIB trip and would recommend taking waterproof clothing, as conditions can be quite choppy depending on the sea state. Despite the lively crossing, the spectacular scenery and the chance to spot porpoises and seals made it a memorable experience.






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Five Smart Ways to Boost Your Pension in 2026/27

Looking to grow your pension pot this tax year? Making pension contributions earlier in the tax year gives your investments longer to benefit from potential investment growth and the power of compounding. Even relatively small increases to your pension contributions today could make a significant difference to your retirement in the years ahead.

Maximise Your Annual Allowance

The annual pension allowance is the maximum amount that can normally be contributed to your pension each tax year without triggering an additional tax charge. For most people, this is £60,000 or 100% of your relevant UK earnings, whichever is lower.

For higher earners or those who have already started taking flexible withdrawals from their pension, a lower allowance may apply. If the Money Purchase Annual Allowance (MPAA) applies to you, your annual limit will reduce to £10,000.

If you haven't used all of your pension annual allowance during the previous three tax years, you may also be able to carry forward unused allowances, allowing larger contributions in certain circumstances. As these rules can be complex, professional advice is recommended.

Tax Relief: A Valuable Boost

Pension contributions continue to be one of the most tax-efficient ways to save for retirement. Most UK taxpayers receive 20% tax relief, meaning a £100 pension contribution costs just £80 after basic rate tax relief has been added.

Higher and additional-rate taxpayers may be able to claim further tax relief through their Self-Assessment tax return, making pension saving even more attractive.

Make the Most of Your Workplace Pension

If you're a member of a workplace pension scheme, your employer is normally required to contribute at least 3% of qualifying earnings, provided you contribute at least 5%.

It's well worth checking exactly what your employer offers, as you could benefit from valuable additional contributions.

Protect Your Personal Allowance

The Personal Allowance remains at £12,570, allowing most people to earn this amount before paying Income Tax.

However, once your income exceeds £100,000, your Personal Allowance begins to reduce and is effectively lost once income reaches £125,140.



Making pension contributions can reduce your adjusted net income and, in some cases, help restore some of your Personal Allowance

Keep More of Your Child Benefit

The High-Income Child Benefit Charge begins when an individual's adjusted net income exceeds £60,000, with the charge increasing gradually until it is fully repaid once income reaches £80,000.

Pension contributions can reduce your adjusted net income, meaning some families may reduce the charge.

Ready to Talk About Your Pension?

Pensions remain one of the most tax-efficient ways to save for the future, but everyone's circumstances are different. Whether you're looking to increase your contributions, reduce your tax bill or simply check you're on track for retirement, professional financial advice can help you make informed decisions.

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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

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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?

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WOW! IT LOOKS IMPRESSIVE BUT DOES IT REALLY WORK?
6


TO SEE WHAT THE SUMMER OF '76 WAS REALLY LIKE. I'VE HEARD SO MUCH ABOUT IT THIS YEAR.
9


YOU DIDN'T NEED TO SPEND £10,000 ON A TIME MACHINE TO DO THAT!
10















available at
amazon.co.uk

Wildfire, the ever-present danger on Twmbarlwm



This dramatic shot of fires raging on the Medart side of Twmbarlwm was taken by local designer/photographer Rhys Bennet in 2018

As I write this article we are still in the heatwave and drought of July and even at ten miles away I can smell the effects of the wildfire that is raging on the mountain heathland around Blaenavon.

So far this year Twmbarlwm has escaped such calamity but it is an ever-present fear for us who live in its vicinity.

At last month's litter pick our group came across the remains of several barbecues. There were disposable barbecues, evidence of open fires (one still smouldering) and even packets of firelighters strewn about the area. With the surrounding undergrowth being so dry after many weeks of no rainfall, to have any sort of flame is sheer lunacy.

I'm sure I don't need to remind you about the devastation we witnessed on Twmbarlwm in 2018 as shown in the photos – despite CTS helping the area to recover by re-seeding and land management schemes, there are still areas not fully restored. So let's consider the consequences should such tragedy strike again.

Environmental and Ecological Destruction:

Habitat Loss: Severe blazes wipe out fragile heathland eco-systems, displacing ground-nesting birds, mammals, and small amphibians.

Peat Degradation: Dried-out peat burns deep beneath the surface, destroying ancient carbon sinks and accelerating climate change.

Soil Erosion: Stripping away protective vegetation layers leaves hillsides vulnerable to wind and heavy rain run-off.

Public Health and Air Quality concerns:

Toxic Smoke: Fires in areas like Blaenavon have blanketed South Wales – from Torfaen to Cardiff – in a thick, acrid smog.

Respiratory Threats: Particulate matter triggers severe breathing difficulties, residents are advised to seal windows and doors.

Historical Toxins: Deep burning peat can unlock legacy industrial pollutants (like lead and cadmium) trapped in the soil for centuries, raising long-term health risks.

Community and Economic Strain

Emergency Overload: Our Fire Services are severely under-funded and under-manned and control rooms are easily overwhelmed when multiple major incidents run concurrently.

Arson Investigations: Most of these mountain fires are suspected or confirmed arson cases, redirecting vital police and drone surveillance resources.

Financial Damage: Deploying water-bombing helicopters costs roughly £2,000 per hour, adding to the mounting hundreds of thousands in land restoration bills.

Tourism Impact: Blackened, dangerous mountains force the immediate evacuation of local campsites and decimate summer outdoor tourism.

The NRW website tells us that in Wales alone, fire crews have battled almost 1,400 wildfires already this year. They estimate that over 90 hectares of young trees have been destroyed.

Even if it rains throughout August, Twmbarlwm and adjoining commons will remain vulnerable to the possibility of wildfires. It is therefore vital that we all stay vigilant and stick to common-sense advice not to light fires or barbecues in these fragile areas.

Remember, if you discover a fire in progress you should ring 999 and ask for the fire service or if you witness or suspect a deliberate attempt to start a fire you should report it on the Police 101 service.

Terry Evans, Chairman of Cymdeithas Twmbarlwm Society



The fires of 2018 swept right across the hill fort at the summit of Twmbarlwm creating damage to the underlying archaeology.

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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Llew said he can't come to the pub – he's streaming the Snooker, taping the Women's Cricket and the Italian Grand Prix and watching the Dragons on S4C!

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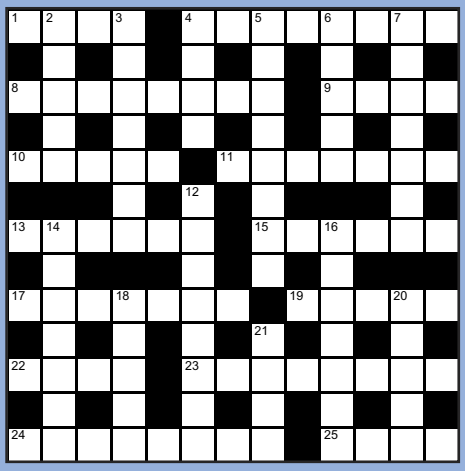
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PUZZLE PAGE

Crossword



Across

1 "Beware the ___ of March", advice given to Julius Caesar (4)
4 Lake on which Chicago stands (8)
8 Royalist supporter of Charles I (8)
9 Hindu or Buddhist religious leader (4)
10 Divisions of the school year (5)
11 Plait of braided hair (7)
13 Protruding abdomen (6)
15 Computer application program that uses the client's web browser to provide a user interface (6)
17 Outlet of a river to the sea (7)
19 City, the capital of Ghana (5)
22 Threesome (4)
23 Spillage caused by exceeding capacity (8)
24 Medicated lozenge for the throat (8)
25 Dark greenish-blue colour (4)

Down

2 First Englishman to circumnavigate the globe (5)
3 Itinerant Australian labourer (7)
4 Female domestic (4)
5 Prominent bishop of the Roman Catholic Church (8)
6 Block of metal (5)
7 Flight-operating company (7)
12 Stick of black carbon material used for drawing (8)
14 Country, capital Vienna (7)
16 World's largest ocean (7)
18 German submarine in World War II (1-4)
20 Dry red table wine from Spain (5)
21 French for 'father' (4)

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

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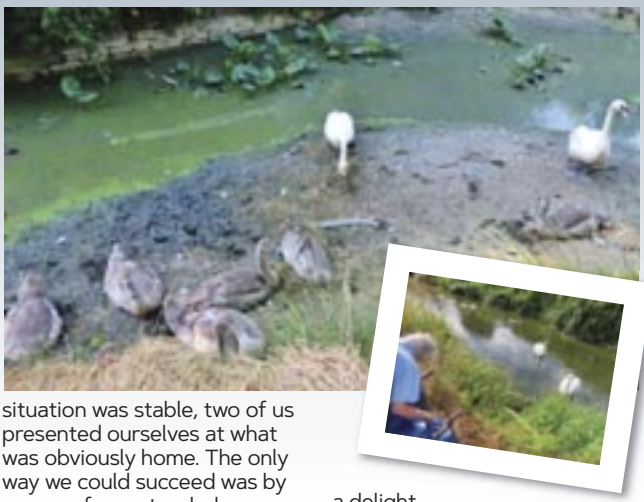
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Swan
RESCUE

An Extended Rescue Sequence

As this story was being written, the rescue was incomplete.



The focus of the action is from 'George's nest site at the point in Cwmbran where the canal abuts against Commercial Street and extends for about a mile down to Ty-Coch. It is discontinuous with a break at Bellevue Road by the Fire Station followed, in about 300 yards of dense, and at times impenetrable reed bed by a man-made cascade (now completely dry) down to Two Locks. Beyond this, the canal meanders, with, in places a small quantity of silty water, but in others a surface which is dry and sun-baked, but untrustworthy to walk on.

It is routine to conduct regular, mostly daily checks to ensure all is well. Fishing tackle entanglements are a particular concern in this area. Around 17th July, there was not a swan to be found in their usual spot on the grass at the bottom end of Broadweir. Eventually, they were found on a bit of a 'beach' adjacent to an obvious narrowing of the canal before continuing to meander to Ty-Coch.

A group of local residents were only too willing to provide adequately moistened food, while serious thought was given as to how the rescue of the entire family was to be achieved. Issues to be considered included the number of individual rescues, seven cygnets and two adults, the hazardous nature of the terrain, and the relative remoteness of the location with regard to vehicular access. Finally, on 4th August, after a number of visits to be sure the situation was stable, two of us presented ourselves at what was obviously home. The only way we could succeed was by means of an extended swan hook, from above having used food as a bait to bring them within range. In this way, we caught two cygnets on this our first operational visit.

Immediately, we returned to the car and released them onto Broadweir. Our view then was that we should allow some time for the dust to settle before returning to try and repeat the exercise. We were fortunate; a rerun of what we had already done yielded a further two cygnets. A third visit the same day was totally unproductive.

The next day we presented ourselves, armed as before. The intention had been to focus on the remaining three cygnets, but following one failed attempt, we decided to go for the adults. This proved to be relatively simple apart from the shear physical effort of carrying them uphill back to the car. The reunion with the four cygnets on Broadweir was a delight.

After an interval, as we had done the previous day, we returned to the scene to assess the possibility of catching further cygnets. Alarmingly, for a while, we couldn't find them! Eventually we did; they were sort of hidden in the vegetation much nearer to Two Locks and well out of reach.

As hinted at the beginning, this story has further to run. Thursday 6th August, print deadline day, matters conspiring, hospital visit necessary, unable to assemble enlarged rescue team until mid-afternoon. However, when we met, it proved 100% successful, wonderful final reunion for the whole family! This was followed with pinpoint precision by a rescue call requiring attendance at Pencelli in Powys, also carried out successfully, casualty now in care, marking the end of another long day, such is life!

Story: Peter; Photos: Roz. For swan problems please contact Peter on 07802 472788

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Puzzle Solutions

Crossword Solution

Across: 1 Ides, 4 Michigan, 8 Cavalier, 9 Guru, 10 Terms, 11 Pigtail, 13 Paunch, 15 Applet, 17 Estuary, 19 Accra, 22 Trio, 23 Overflow, 24 Pastille, 25 Cyan.

Down: 2 Drake, 3 Swagman, 4 Maid, 5 Cardinal, 6 Ingot, 7 Airline, 12 Charcoal, 14 Austria, 16 Pacific, 18 U-boat, 20 Rioja, 21 Père.

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

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ROASTED AUTUMN VEGETABLE & CHICKPEA TRAY BAKE

When the weather turns colder, there's nothing more satisfying than a tray of colourful roasted vegetables fresh from the oven. This simple vegetarian recipe combines sweet root vegetables, peppers, courgettes and hearty chickpeas with fragrant herbs and garlic for a meal that's packed with flavour and goodness. Easy to prepare and requiring very little hands-on cooking, it's perfect for busy evenings and makes wonderful leftovers for lunch the next day. Serve with warm crusty bread or fluffy couscous for a delicious seasonal supper.



SERVES 4

Ingredients

- 2 carrots, peeled and sliced
- 2 parsnips, peeled and cut into chunks
- 1 small sweet potato, peeled and cubed
- 1 red onion, cut into wedges
- 1 courgette, thickly sliced
- 1 red pepper, cut into chunks
- 1 x 400g tin chickpeas, drained and rinsed
- 3 tbsp olive oil
- 2 cloves garlic, crushed
- 1 tsp dried thyme
- 1 tsp dried rosemary
- 1 tsp smoked paprika (optional)
- Salt and freshly ground black pepper
- A handful of fresh parsley, chopped

Method

1. Preheat the oven to 200°C/180°C fan/Gas Mark 6.
2. Place the carrots, parsnips, sweet potato, onion, courgette and pepper into a large roasting tin.
3. Add the chickpeas, drizzle over the olive oil and scatter with the garlic, thyme, rosemary and smoked paprika, if using. Season well with salt and pepper.
4. Toss everything together until evenly coated.
5. Roast for 40–45 minutes, turning the vegetables halfway through, until they are tender and lightly caramelised around the edges.
6. Sprinkle with the chopped parsley before serving.

Prep time: 15 minutes | Cooking time: 40-45 minutes

SERVING SUGGESTIONS

Enjoy straight from the oven with warm crusty bread, fluffy couscous or nutty brown rice. For an extra burst of flavour, crumble over a little feta cheese or finish with a squeeze of fresh lemon juice and a handful of toasted pumpkin seeds.

Belle Vue
Park & Tea Room



What's On SEPTEMBER & OCTOBER

As the hot summer comes to a close and children prepare to go back to school, the team in Bellevue is embracing autumn with all the russets and reds, yellows and browns of the park. We want you to enjoy the cooler afternoons as we head towards the exciting festive season.

Our markets will now start to bring you more handmade, quality gifts, helping you to get ready for Christmas gifts buying. A small selection of delights we have on offer:

Chocs 4U - a splendid chocolatier from Caerleon. Every week there is a new flavour to test and something to learn about chocolate, especially as you know well-known brands are replacing cacao with palm oil and sugar so they are poor in comparison with our lovely artisans.

Lily Rose – features in our mid-month market. Lynne has been with our markets since 2009. She knits incredible things – we are all queuing for knitted seagulls (Yes!!) and knitted veggie personalities, even a knitted Wizard of Oz set complete with lion, tin man and the yellow brick road. Crazy low prices… All beautifully made.

Cards by Margaret – a beautifully presented stall full of unique designed cards for all occasions. Give her a challenge and Margaret will make a card to your specifications.

Sugar and Crumb – a small artisan business based in Ponthir, where Jess makes an impressive handmade selection of bakes for everyone but especially for people who are Gluten intolerant and Coeliac.

Sunday Markets:
September 6th 11.00am – 4.00pm
September 20th 11.00am – 4.00pm
October 4th 11.00am – 4.00pm
October 18th 11.00am – 4.00pm
Tuesday October 27th

The princesses are back! The Frozen princess, Anna and Queen Elsa will host a cream tea party during half term. Tickets will be made available via the usual method. Please text or email Jan on 07737 630657.

Our conservatory is open for bookings for larger gatherings provided with catering (afternoon tea or buffet).

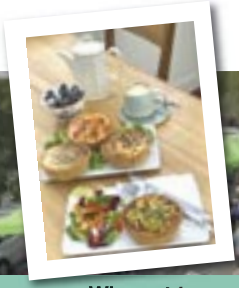
Please note we welcome bunting and banners to make your day special but we are committed to reducing our single use plastic therefore balloons and balloon arches are not allowed.

Our cancellation policy is available on our website and information given on booking.









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).

MIND YOUR LANGUAGE!

Newport u3a resumed its 40 active, social and cultural groups for the retired on 9th September, including various language groups.

We can now offer FRENCH - Beginners, Intermediate or Literature & Culture, GERMAN – Beginners, ITALIAN – Conversation, SPANISH - From Scratch or Improvers and WELSH - Beginners, Intermediate or Advanced, something for all abilities!

Members aim to be able to read, speak and understand their chosen language whilst abroad. But it's not all about conjugating verbs; some read books or newspapers whilst others have quizzes or play games *en parlance!* Members also attend our Annual Christmas Concert to perform a Carol in their relevant language.



u3a learn, laugh, live

Newport u3a meets 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.

Hardy Plant Society

The HPS Monmouthshire group is for people who love plants and gardening. You can join as a member, but non-members are also made very welcome. The meetings always take place at Little Mill village hall NP4 0HE on the second Saturday of each month from September to May. Before the speaker, there's time to talk, 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 first meeting of the autumn season will be on Saturday 5th September at the Hall in Little Mill. Tim Stretton head of gardens at Mounton House near Chepstow will talk about 'New Beginnings at Mounton House and Other Tales from a career in Horticulture'.

On Friday 18th October at the Greener Abergavenny Fair, an annual community event featuring eco-sourced events, there will be a 'Resilient Gardeners Question Time' at 13.00 with a set of expert guests to answer your questions concerning growing food, flowers, trees etc both in warmer, wetter and windier winters and long, hot summers. What problems are faced, what opportunities are created? Can these be overcome and new ones appear?

Lastly, please don't forget the wonderful Usk Show is at the Showground on Saturday 12th September from 9am. There's nothing quite like it!



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

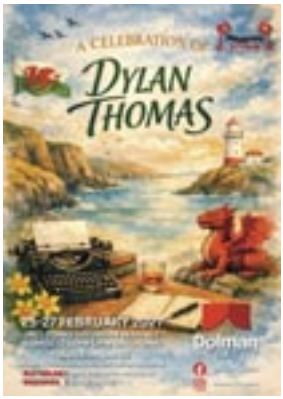
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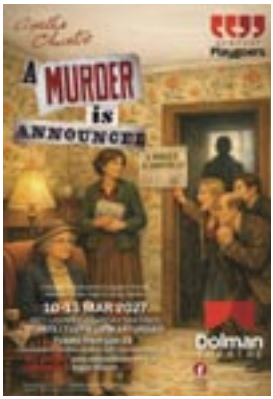


















Booking: www.dolmantheatre.co.uk
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Nant Lech

Henrhyd Falls are formed where the small River Nant Llech plunges over the faulted edge of a layer of hard sandstone known as the Farewell Rock. This rock layer forms the upper section of the cliff face and marks the base of the South Wales Coal Measures.

At 90 feet (27 metres), Henrhyd Falls is the tallest waterfall in South Wales. It is also well known for its appearance as the entrance to the Batcave in The Dark Knight trilogy.

The waterfall is located on National Trust land in the county of Powys. The nearest village is Coelbren, situated on the road between Glynneath and Abercrâf. Visitors can reach the falls via a steep walk down into the valley from the car park (SA10 9PH).

From Henrhyd Falls, the Nant Llech continues its journey into the River Tawe near Ynyswen, before flowing onwards towards Swansea.



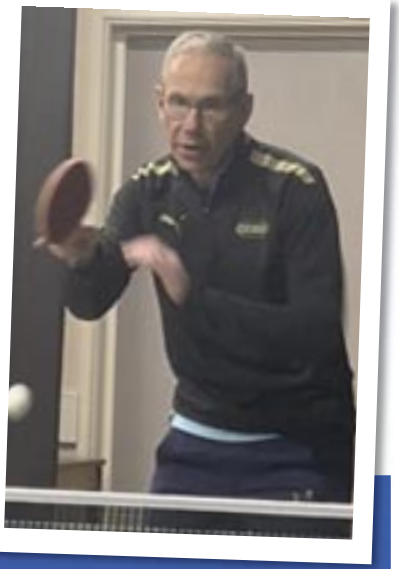





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BOB: Bassaleg Old Boys

After a summer break, Bassaleg Old Boys is back with table tennis, badminton, board games and plenty of friendly conversation. Whether you're a regular or thinking of joining for the first time, you'll find a warm welcome waiting.



Bassaleg Old Boys return to Graig Community Centre after a summer break on September 4th 2.15pm to 3.45pm and then every Friday (except 18th September). Activities include table tennis, badminton, chess and other board games. If sufficient interest, we will be having a table tennis demonstration by a couple of quality players followed by skills and mini games. Hoping to see numbers pick up as the summer turns to autumn to keep this initiative going. It's £2 a time to cover refreshments etc.

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

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Fundraising Calendar of Events 2026





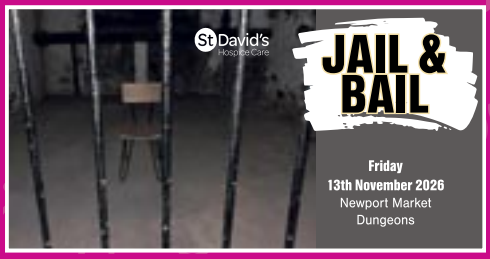












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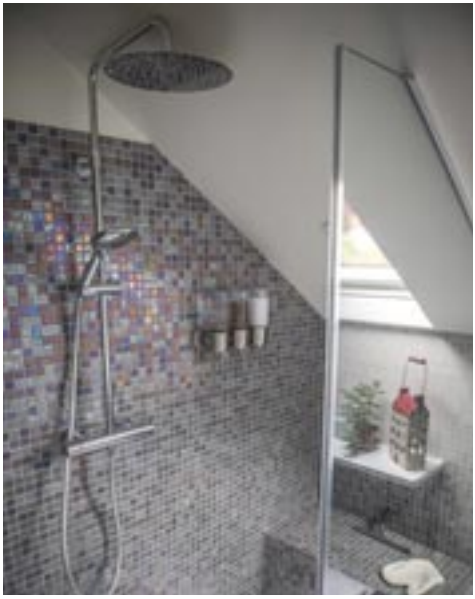
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Newport Bathroom Centre

PROBLEM SOLVED

Dormer Bungalow loft space transformed using bespoke cut glass to make a shower enclosure





HAPPY CUSTOMER
Anthony Miles

A client from Newbridge recently visited Newport Bathroom Centre about transforming the loft space within his dormer bungalow. Homeowner Anthony Miles wanted a bathroom for his guests to use when visiting, as the guest bedroom is located within the loft. Adding the bathroom would alleviate the need to walk downstairs to the main bathroom located on the ground floor.

As the space is quite restrictive, NBC Director Dave Viggers used his many years of design experience in such matters to best solve the problem - the hardest part being, measuring and cutting the glass to fit the shape of the roof for the shower enclosure.

We asked Anthony a few questions about his experience, here's what he had to say:

What was the deciding factor to have Dave from NBC design your bathroom?

When Dave came around to evaluate, he suggested that the stud work for the bathroom to be extended by a foot. This in fact made a huge difference to the design.

How was the design process - from measuring to final result.
On measuring up it was all to millimetre precision as the small area was a challenge for him. He suggested a large walk-in shower with a bench seat with an overhead shower as well as a handheld. The overhead shower is within inches and is a perfect fit for an average six-foot person. The toilet is measured to exact specification so a man can stand up without hitting his head on the sloping roof.

Were there any problems along the way - how were they resolved?
No problems with the design process whatsoever, there was an issue with the shower head holder, as the one supplied seemed to be missing a piece. A quick phone call to Dave and he fitted a replacement with the help of his son Josh the very next day.

Would you recommend Dave and his team - why?
Without a shadow of doubt. Superb job from start to finish, plus the aftercare is impeccable - Dave is only a phone call away. His years of experience is an asset to his customer service, as he managed to utilise a very awkward space to its very best.

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 give us a call.







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- Shiplap cladding
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- Cement work





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





20 year Guarantee on all new roofs

18 years in business
Fully insured with all work guaranteed
Top 3 rated roofers in Newport
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