RISCA

DIRECTORY

ISSUE 107 AUGUST/SEPTEMBER 2026

Pontymister, Ty-Sign, Crosskeys, & Pontywaun

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



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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.

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

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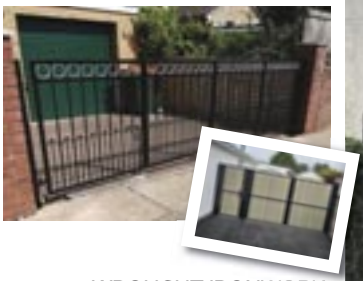
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Wildfire, the ever-present danger on Twmbarlwm



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

SECURING YOUR LEGACY WITH A LIFETIME TRUST

Navigating the uncertainties of life can be challenging both for you and your loved ones, but securing the future of your loved ones need not be. With a Lifetime Trust you can enjoy the peace of mind of knowing that your assets have been safeguarded and will benefit your chosen loved ones exactly as you intend.

Many still believe that Lifetime Trusts are only for the wealthy, but this is no longer the case with ordinary folk now owning their homes and looking to protect their assets. Westminster Law has made Lifetime Trusts an affordable and practical solution and has made it possible for anyone to secure their family's future with the same protection and foresight that the wealthy have enjoyed for centuries.



Many believe setting up a trust means losing control; however, the reality is quite the opposite. With the right planning, a Lifetime Trust allows you to maintain full control over your assets both during your lifetime and after death. A Lifetime Trust ensures that your wishes regarding your assets are meticulously realised with precision and care.

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Welcome to the COFFEE HUB

Cwmcarn's Vintage Coffee Shop



Hello from Kel & Bex! We're delighted to have opened The Coffee Hub, a warm and welcoming vintage coffee shop situated beside The Cwmcarn Hotel (The Fork & Tune) in the heart of Cwmcarn.

Our aim is simple – to create a cosy place where great coffee, delicious food and a friendly atmosphere bring people together. Whether you're calling in for breakfast, lunch or an afternoon treat, there's something for everyone. We serve toasted paninis with a variety of fillings, delicious bacon baguettes, freshly filled baguettes, a variety of Vegan delights and we're excited to be adding jacket potatoes to our menu very soon.

If you have a sweet tooth, you're in for a treat! We proudly stock an amazing selection of cakes from talented local bakers including The Classic Cheesecake Guy, Steph Bakes, Bevs Home Bakes, The Cookes Bakery, Celynen Welsh Cakes and Terry's Patisserie. We also have a few Gluten Free and Vegan cakes.

Pair your cake with our fantastic Big Dog Coffee, or try one of our flavoured matcha drinks, vibrant ube drinks, iced lattes, loaded waffles or ice cream.



Enjoy your food in our quirky 26-seat vintage dining room or grab it to take away. Pre-orders are always welcome by calling 07951 378924.

The Coffee Hub is about much more than coffee. We regularly host community events and encourage local meetups to help combat loneliness and bring people together. From book clubs and sip-and-paint evenings to games nights, mental health talks and other community gatherings, our unique space is available for groups, celebrations and even evening events.

Don't forget to follow us on Facebook for event updates, monthly competitions to win coffee and cake for two, and details of our loyalty scheme. We hope to become your favourite local coffee shop and can't wait to welcome you. We are dog friendly too.

Opening Hours

Tuesday – Saturday: 9:00am – 3:00pm
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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).

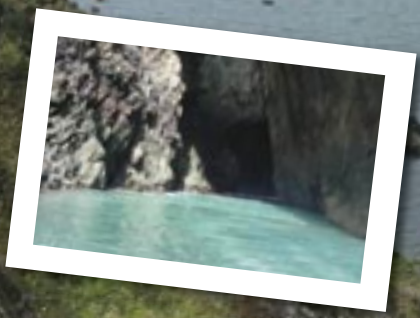
Towering cliffs, rising to 120 metres, provide an ideal breeding ground for seabirds. Ravens, peregrine falcons and buzzards can be seen throughout the year, while spring brings nesting guillemots, razorbills, fulmars, kittiwakes and shags. Choughs also make their homes here, nesting in the deep fissures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

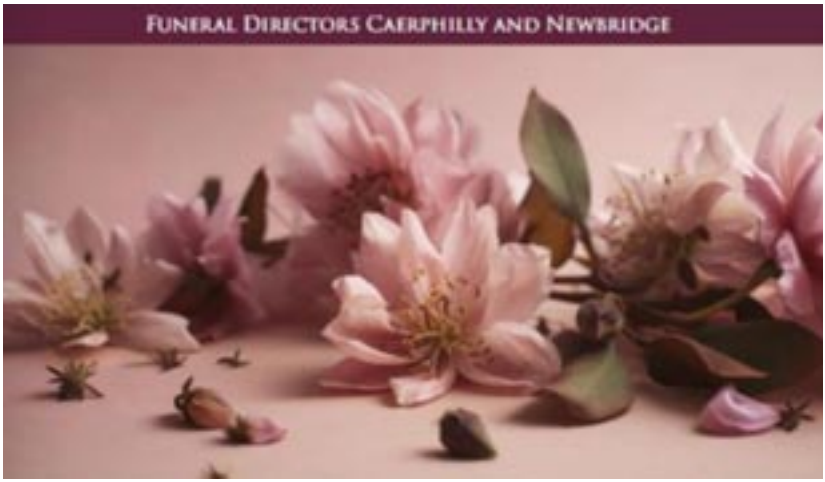




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Hardy Plant Society

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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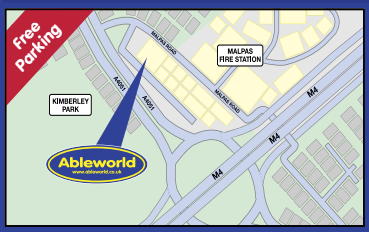
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Newport Bathroom Centre

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Holistic bathroom products for a new attitude towards life

Life-changing! This is how people describe the experience of using Washlet for the first time. Once they've encountered the soothing comfort of being cleansed with a hygienic stream of water, using just toilet paper will never seem thorough enough.

What is a Washlet?

Washlet is a toilet with a bidet feature. It gently and thoroughly cleans the intimate areas with a warm, gentle stream of water – a refreshing experience that brings more well-being and health into people's daily lives.







Beyond the hygiene, this life-changing product brings a sense of harmony and wellness.



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!'

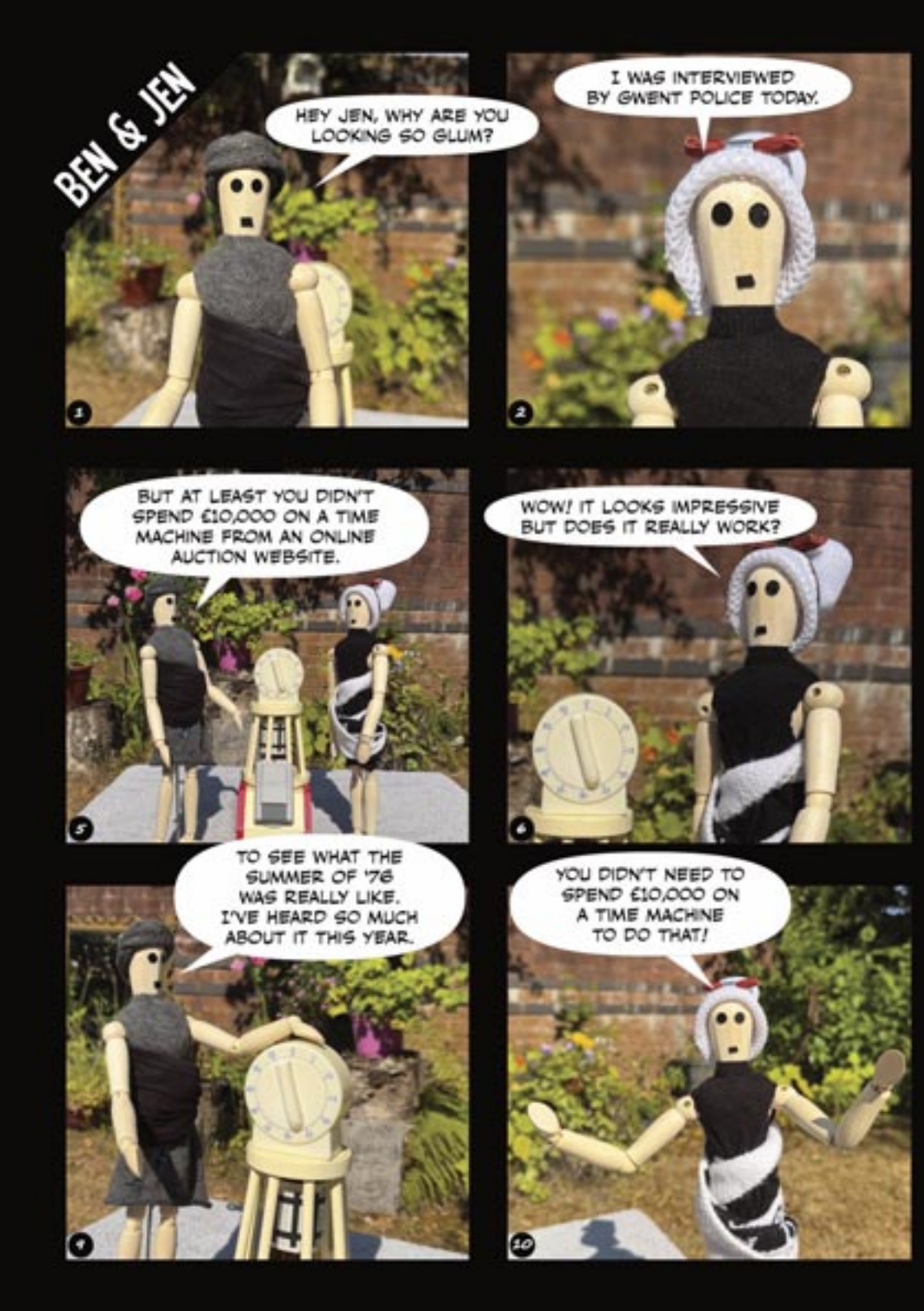
"Intimate cleansing with warm water is far more environmentally friendly than using toilet paper. People actually use far fewer raw materials, as well as far less electricity and water too.

"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.

"Trust me when I say this multi award-winning piece of bathroom technology is all-singing and dancing, and we are very proud to be the first retailer in Wales to offer this life-changing product. We invite you to see the Washlet for yourself within our showroom, where you can witness first-hand its amazing features."

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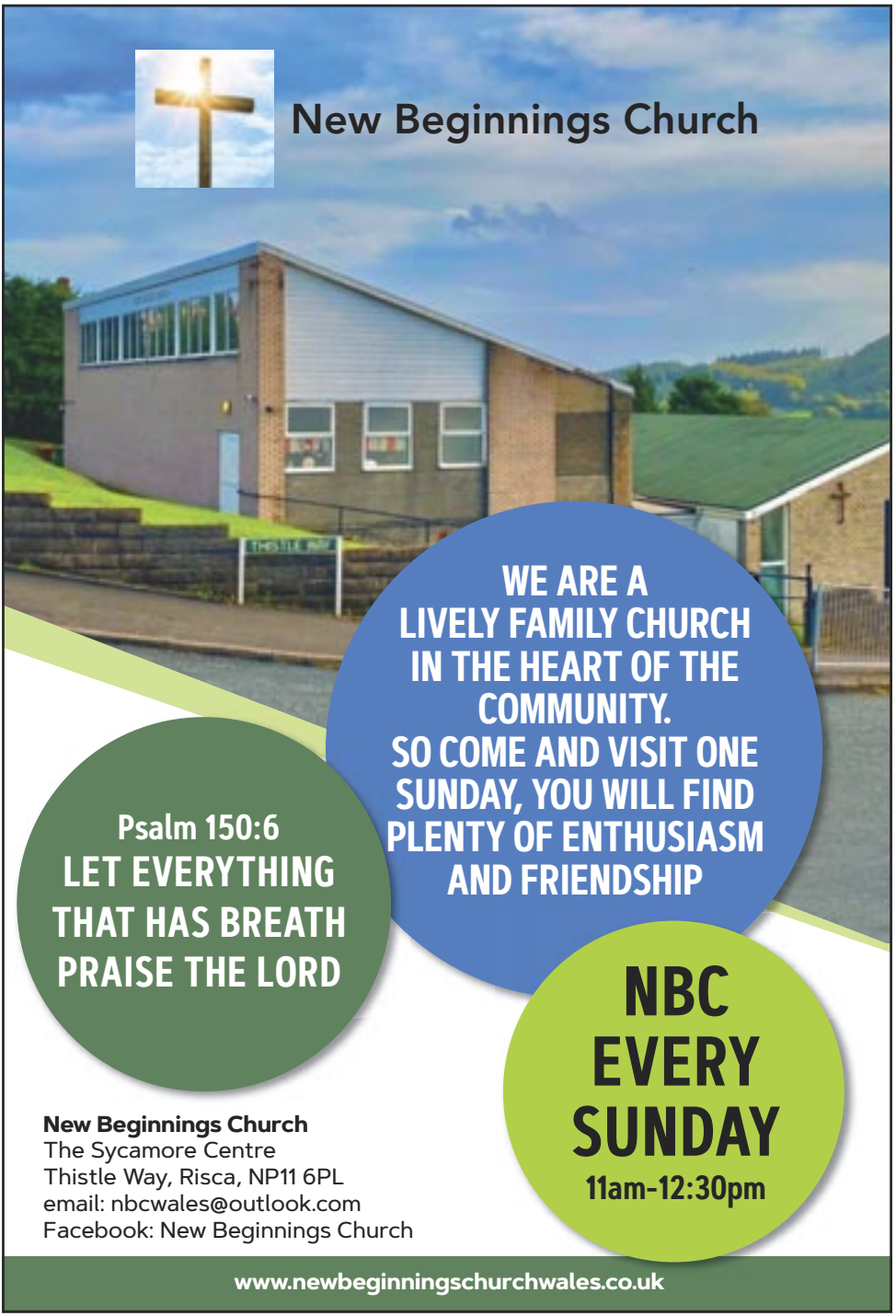
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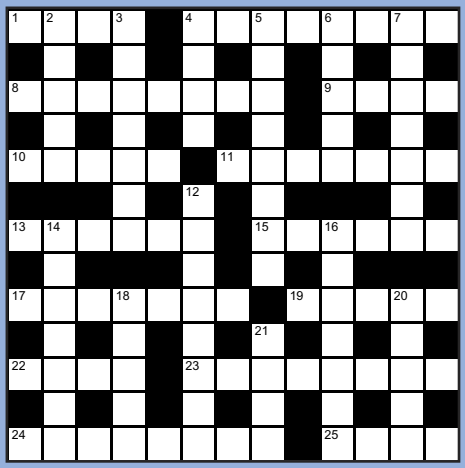
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PUZZLE PAGE

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)

Sudoku

	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	

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 20


Geraint Thomas
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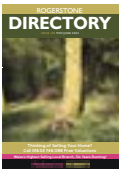


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Puzzle Solutions

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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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.







St David's Hospice Care

Fundraising Calendar of Events 2026





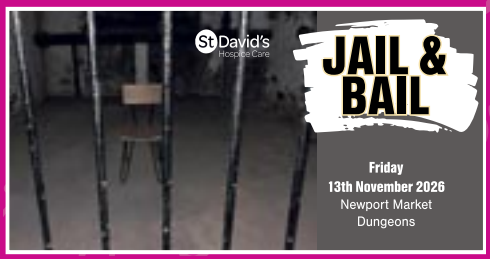












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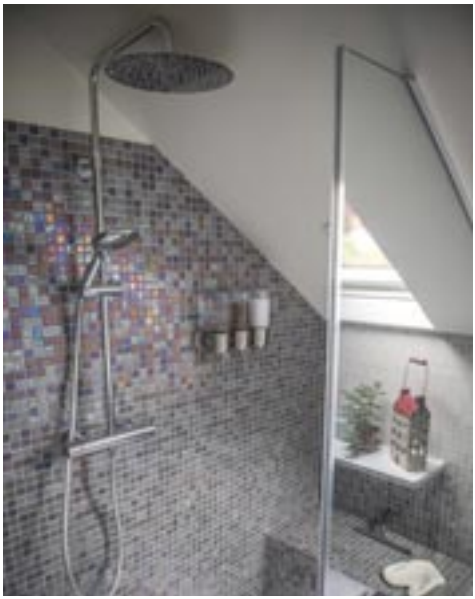
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Newport Bathroom Centre

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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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

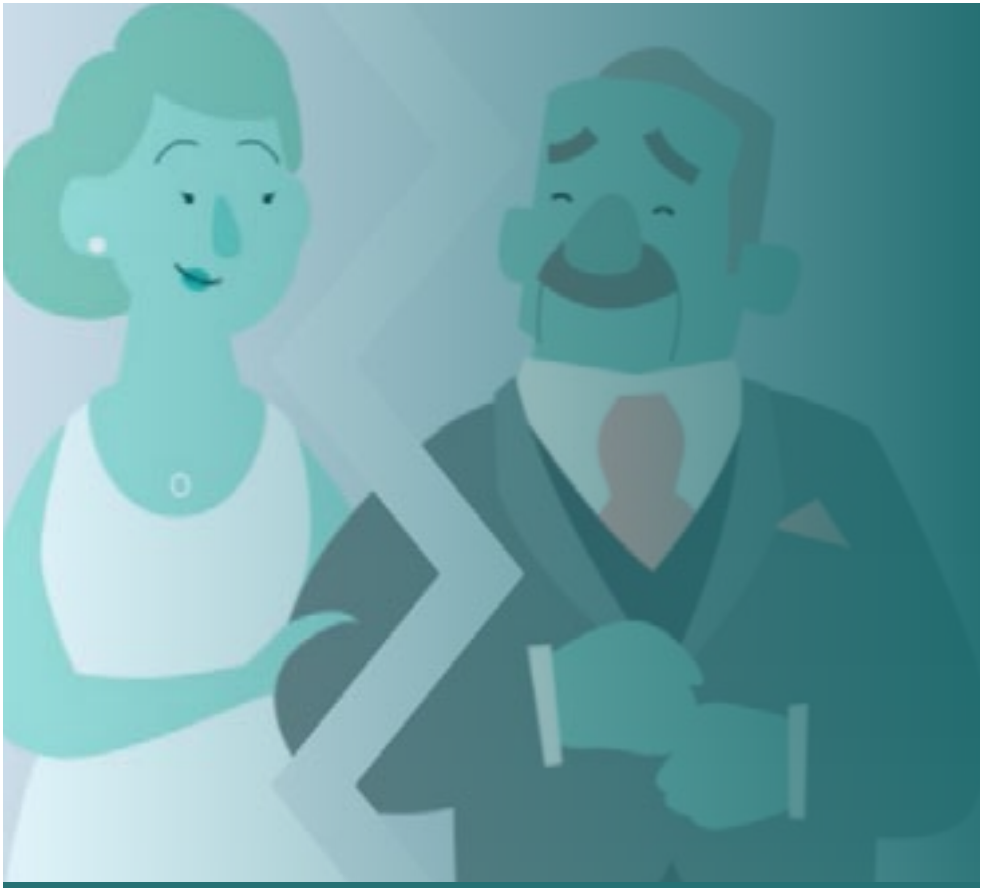
Method

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.



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