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Dear Readers...

As we go to print on this July edition, we were looking forward to attending one of the Oddsocks open-air theatre productions at the Castle. The Chepstow Festival offers a fantastic line up of events throughout the four-week period - see page 20 for a sample of what's on offer, you can download the full programme from www.chepstowfestival.co.uk.

In August there is the Castell Roc Festival to look forward to with some great acts on offer. **In this edition we have two tickets to the Blues Band to give away** - see page 21 for details on how to 'be in it to win it'. Also look out for our August edition too when we will have two tickets for a different show up for grabs!

Both the Chepstow Bridge and the Chepstow Baptist Church celebrate their bicentenaries this summer and there is more on these inside. 10th July sees the third Thornwell and Bulwark Walking Carnival & Fete - this year with a monster dress up theme in reference to 100 years of Frankenstein. We look forward to seeing lots of scary faces at this event!

Look out for the reader offers in this edition: the Old Down Estate are offering a 20% discount on entry and there is also 20% discount from Critchcraft for your tiling needs, Undy Yarncrafts also has a 15% discount - see their advert for details, and Paint on Me are offering their 'Vintage' customers a 20% discount on Tuesdays.

Thank you to all the local businesses who support the publication of Chepstow Matters by promoting their services with us - we can't do it without you! Do support them where you can by utilising their services whenever you have a need. If you would like to be included in our August edition, the deadline for content is 15th July.

Keep up with your favourite community mag via
www.mattersmagazines.co.uk/chepstow

I look forward to seeing you at some of the community events this summer!

Jaci x

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Police Matters -

Update from Chepstow Police

This will be my last blog for the Chepstow matters newsletter. A new ward officer for the Larkfield, St Christopher and Thornwell wards will be announced next Month.



PCSO Emma Studley

Over the past two Months the biggest impact on the community was when 33 vehicles were reported as damaged on Western Avenue, vehicles were scratched by an unknown person who has been captured on CCTV. The local neighbourhood team are currently trying to identify the person, and CCTV images will be released on twitter imminently.

We have been concentrating on the 'YOUR VOICE' priorities selected by local residents. We have conducted regular speed checks on Bulwark Road, several warning letters have been sent to those speeding.

Fixed penalty notices have been issued to vehicles parked illegally on Western Avenue and the surrounding area.

Hot spot anti-social behaviour areas have been regularly patrolled, no warning letters have been issued for youth anti-social behaviour this month, and calls have reduced.

The 'Your Voice' questionnaires will now be conducted twice a year instead of every three months, this will give officers more of a chance to act upon issues and resolve them.

For a daily update on what we have been doing daily, please follow us on twitter @gpChepstow.

Mathern and Pwllmeyric

Over the last 2 months there has been little crime to report thankfully but regular patrols have been conducted at relevant times to help deter. There has been on-going traffic speed monitoring conducted on Pwllmeyric Hill, with very few vehicles offending whilst



PCSO Andy Jones

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we have been present. We did have a recent report from a local resident of a vehicle going through Mathern village at a high speed. The owner has been identified and will be spoken to by officers in due course .

We have had a recent rural garage break in Itton village, tools and garden equipment were taken, including a lawnmower and strimmers. We are advising all rural properties to make sure their own garages , sheds and outbuildings are secure using relevant lighting, locks, and alarms where possible.

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More Championship Success for Derek's Gym

Chepstow Matters was pleased to catch up with Derek Platt, owner and
trainer at Derek's Gym in Lower Church Street.

Last time we spoke prior to Christmas was after **Michael Johnson** (photo
right with Derek) had won the Welsh Championships, having broken
records in each of the three disciplines of Squat, Deadlift and Bench
Press in the 100k weight category. Mike was looking forward to taking
part in the British Championships in Weston Super Mare. We are happy
to report that whilst Mike didn't quite win the British Championship this
time, he did finish 2nd with the added accolade of Best Welsh Powerlifter
in his weight group, at just 17 years of age. He also qualified at the event
to take part in the European Championships, but unfortunately couldn't
make the competition due to it being exam time! I feel sure we will be
hearing more from Mike in the future.

22 year old **Ross Whyatt** (photo right) had a great win at the Riverside
Theatre in Newport recently, where he won the Novice 'Mr Wales'
Championship. The Novice is for newcomers to the sport who have not
been placed at competition level. This is great news for Ross who now
qualifies for the Open Novice in September where he will be up against all
the Novice regional winners.

Terry Whyatt (photo below) is 50 years of age (and father of Ross). Terry
has been training at Derek's Gym for 27 years! Eleven years ago he was
involved in a car crash that left him in a wheel chair for 6 years.

Derek tells me "Terry has worked so hard to
rebuild his body since his accident. He trains
here every day and is a phenomenal inspiration to
others. This month he is taking part in the Welsh
Championships for the Over 50s, held at the
Dolman Theatre in Newport. Myself and all the
Derek's Gym
members wish
him the very
best of luck - he
deserves to do
well."

Congratulations
to Mike and
Ross and
I'm sure our
Chepstow
Matters readers
would also
like to join in
wishing Terry
well on 3rd July.

We look forward
to hearing how
he gets on!



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Chepstow Matters was very pleased to spend time recently with the team at Perfect Pet Services and to catch up on the changes at the Doggy Daycare & Grooming Centre based in Penhow.

"The business evolved from our love of pets, and in particular our dogs, as we found it difficult to find care for them when we were away. We realised we weren't the only ones who felt like this and that there was a demand for pet care services. We opened up the Doggy Daycare Centre three years ago and in this last year can now offer professional grooming on site too."

Judith and her staff have a variety of knowledge and experience between them, enabling them to look after a wide range of pets from chickens to horses. The doggy daycare centre is licensed and insured and opens 6 days a week from 8am until 7pm (6pm on Saturdays). You can either drop off/collect your pet personally, or take advantage of the 'taxi' service offered by the team across Chepstow and the surrounding villages (only £2 each way). During the day your dog is free to run and play with a variety of friends, ensuring they are suitably worn out when they return home to you!

The Perfect Dog Grooming salon opened last year and offers a wide range of grooming options, utilising the best shampoos and conditioners. Chepstow Matters can vouch for how beautiful they smell afterwards! You can also book your dog in just to be bathed. Grooming is available for all dogs, not just those at the Doggy Daycare Centre, however if your dog is booked in for the day and you would like grooming carried out too, then this is all looked after for you so you can collect your dog worn out after a day of play and looking and smelling his best!



If you prefer your dog/s to stay at home during the day, Perfect Pet Services also offer a dog walking service and if you are planning some time away, they can organise home boarding for your dog/s with one of their host families. Your dog will live in the house and be looked after as s/he would be at home.

Perfect Doggy Daycare also run a Puppy Club offering free sessions and help to socialise your pup once fully vaccinated. Every Sunday dog training classes for all ages, puppy to adult, are available at the doggy daycare centre with a fully qualified dog trainer.

Perfect Pet Services, also offer care and holiday relief for all kinds of pets - cats, rabbits, guinea pigs, chickens, horses, mice, fish... Prices are per visit and your pet will be checked, fed and cared for in whatever manner is needed whilst you are away, giving you peace of mind to enjoy your break.



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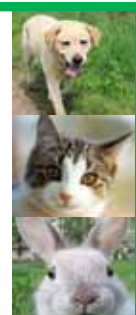
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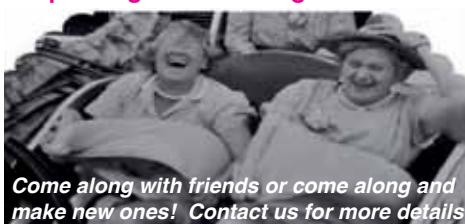
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Chepstow Couple Launch New Venture in Magor

It was a real pleasure to be invited to the launch of a fabulous new cafe bar and supper club in Magor on the evening of 22nd June.

Grazia is the new venture of the lovely Abbie and Gianni Zanotti, whom I first met at the Hedgehogs Nursery launch in May when Abbie was still the Nursery Manager there.

"It was time for a change" Abbie told me, "although it happened quite by accident really as we initially looked at the premises in Magor for my daughter and her fiancé. They decided it wasn't quite right for what they were looking for, but Gianni and I went home, had a coffee and a chat and decided that actually it could be perfect for us!" Abbie and Gianni are no strangers to the catering business having previously ran an Italian restaurant together at The Bridge Inn in Chepstow some 15 years ago.

Abbie and Gianni have refurbished the venue themselves and are very excited to have received such positive remarks and reviews since taking over the premises at the start of June. Always working with an open door, they have welcomed many members of the local community in already to say hello and give their views whilst preparations to open have been forging ahead. Many of these were also present at the launch party - which was a very popular affair. *"Magor is very well provided for with takeaways and food venues, but hopefully we are providing something a bit different. We are not a restaurant, but will be open for breakfast, lunch or an early supper - last orders will be at 7pm"* Abbie commented.

Prices are incredibly reasonably, with breakfast starting with 2 rounds of toast, with butter and jam for just 95p to a full English for £5.25. There is a range of paninis on offer at lunchtime, and a selection of antipasto and pasta dishes for supper. Coffee, cake and gelato are also available as is Prosecco (and other items at the bar!).

Grazia has already had interest from groups planning to hold breakfast meetings at the venue, and others interested in the coffee and cakes on offer. (We had an amazing orange cake to try at the launch - yum!)

Grazia is open from 8am until 8pm Monday to Friday, Saturdays from 9am-8pm and on a Sunday morning from 9am-2pm.

Grazia, 1 Salisbury House, The Square, Magor 01633 881817



Buy A Slate for St Mary's Priory

St Marys Priory Church is a beautiful feature of huge pride and significance to the town of Chepstow and its residents.

Heritage Lottery has awarded St Mary's Priory a £12,000 set up grant with a first round pass for a grant of £146,000 towards essential repairs to the roof and to provide a disabled access. The total cost of the project is nearer £350,000 although it will be completed in phases. There is therefore some fundraising effort still to be done and the first target is to reach £200,000.

It is hoped that the lovely people of Chepstow may be able to help to preserve this historically significant Grade 1 listed building. The Church already boasts over 1000 visitors per year, regularly welcoming local school children and bus tours. It is also a significant Arts venue within the town, and is used by many groups for concerts and events throughout the year. Importantly, this landmark building promotes tourism in Chepstow which has a positive impact upon our local businesses.

Could you help by holding a small raffle at work? Organising a coffee morning for friends and colleagues? Making and selling craft items? Purchasing a St Mary's roof slate. Or simply having a whip around? Any donations of time or money would be gratefully received by the team

Please help to preserve and celebrate Chepstow's heritage for future generations to enjoy.

Did you know this stunning 11th Century Church dates back to Norman times and has a rich and exciting past? As part of the Heritage Lottery project the Church team are producing a guide book and interpretation displays to help residents and visitors alike, learn about the interesting

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stories behind the building. Why not pop along and see the Norman arch, the ancient tombs and admire the artwork next time you are in town?

You can contact the team for support with any fundraising ideas you may have on 07496 995830.

Why not "Buy a Slate" for £5.00? Donations will be gratefully received directly via Bacs sort code 20-60-58 account 60572926 name Chepstow St Marys PCC.

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Dog Grooming Now Available at the Pet & Reptile Centre

Chepstow Matters was pleased to be invited to meet owner Allan Trigg at the Pet & Reptile Centre at the top of town (opposite M&S and adjacent the dry cleaners). The shop has been open just over 3 years, providing all kinds of food and accessories for a wide range of pets: from cats and dogs to lizards and snakes! As you might expect from the name, the Pet & Reptile Centre specialises in reptiles, having everything you need from live and frozen foods to full set up of vivarium and lighting. Allan tells me the shop does its utmost to look after its customers, including free delivery where needed.

It was this ethos, following customer feedback, that gave Allan the idea to offer a dog grooming service at the shop. He has now converted an area at the rear of the premises, equipping it with hydraulic bathing area and grooming table as a dedicated area for groomer Kate to undertake her passion.

"I've loved dogs since a very young age." Kate told me, "My first job at just 12 was helping out with mum's friend who was a dog groomer and boarder. This experience was fantastic and she encouraged me to take it further. After school I went on and did Animal Care Training in Cardiff where I undertook a placement with a groomer in Risca who introduced me to the commercial side of grooming and taught me how to handle the dogs. Every dog is different - grooming is very personal and I love the satisfaction I feel from working with each individual dog and making him or her look their best. Not every dog likes being groomed but most dogs do need it and I am happy to do any breed - all shapes and sizes and different personalities!"

Kate can offer the full range of grooming services, from just bathing to full clip. She has a variety of pricing options and there are discounts for regular clients.

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Our South Africa Experience

by **Steph George, Teacher of Science and Girls Games,**
St-John's-on-the Hill Dean Close

The South African exchange has continued for more than 16 years at St-John's-on-the Hill and is a once in a lifetime experience for those Year 7 children who are fortunate enough to go. This year the trip certainly did not disappoint.

As soon as our group touched down in Cape Town, we were greeted by children from Rondebosch Boys and Herschel Girl's Schools, who were excited to be spending the next 10 days with their visitors.

The children were taken on lots of amazing trips. Firstly, they went by cable car to Table Mountain, where the St John's tradition of creating a fun music video continued – this year the children created a dance video to Uptown Funk, which can be found on our school YouTube channel and is really worth a watch!

The pupils also enjoyed Segway tours in the Spier vineyard and visited Eagle Encounters where the children adopted an eagle, which they named Eddie. There was a boat trip to Seal Island, before heading along the most idyllic coastal route to Boulders Beach, to eat lunch with the penguins, and then on to Cape Point, the most southerly point in Africa.

St John's pupils were humbled by their visit to the biggest shanty town in Cape Town during a township tour, where they visited the local school to take them sport equipment, kindly donated by our exchange

schools. The children got to take part in school lessons and played a game of football against children their age.

The next stage of the adventure took the group on a two hour plane journey to East London, where they were greeted by Stirling Primary School. Here St John's children were immersed further into the South African culture and school life, learning Afrikaans, and playing the Marimba and games of rugby.

They also had a few days at the beach where they took part in Jonginenge activities, which included surfing, sandboarding, canoeing and rock climbing. All of the children had a fantastic time learning to surf and everyone managed to stand up at least once (even Mr Hancock!).

The pinnacle of the trip was the three-day safari to Inkwenkwezi Game Reserve. We stayed in Areena, a family-friendly holiday park, two minutes from the reserve. Here the children took part in team building activities and made the most of the outdoor pool and play areas. They even had an interaction with Abby, the local, friendly Giraffe.

The safari game drives were an experience like no other and the children managed to spot: giraffes, zebras, lions, springbok, rhinos, wildebeests, blesboks and ostriches. They all appreciated how incredible it was to see these amazing animals in their habitat and



they even got to feed and stroke the elephants at a special interaction.

The children spent their final days with their host parents who were fantastic and looked after each child like their own. It was a truly wonderful experience for the children and staff that went on the trip and we hope that this exchange continues for many years.

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Dublin success for 'Welsh and Great Britton Champions'

Following on from previous editions, the year 9 Football team from Chepstow School had a great weekend in Dublin, representing Wales. The School would like to give sincere thanks to everybody in the community who donated time, money and resources to help the team compete - it was a fantastic experience for the boys and one they will never forget.



Mr Goddard said, "The boys were an absolute credit and a delight to take away - it was an unbelievable experience for them and for the parents who travelled with us. The whole trip was a fantastic success both on and off the field. We drew our first game against the Republic of Ireland, then lost the second against Northern Ireland (both of whom were Year 10 sides), and beat England in our last game.



We are extremely proud of the boys for their sportsmanship and behaviour as well as their achievement. Well done to all!"

John Mann, Chair of the Welsh Schools' Football Association wrote, in a letter to the school,

"Can I on behalf of WSFA congratulate your school on their participation in The Allen McKinstry Cup in Dublin over the last weekend. They were a credit to the school in the way they conducted themselves at all times, both on and off the field, under some trying circumstances. The staff were enthusiastic and very professional in the way they supervised the party and the parental support was great..."

I think the way in which the community rallied around to raise funds to enable the school to participate was truly fantastic and a great testament to your school.

Finally can I congratulate Chepstow School on their achievement over this season, Welsh Champions and Great Britton Champions at under 14 (only England and Wales play true under 14 age groups)"

Chepstow School Music Marathon 8-9th July



This July the Chepstow School Music department is going 24 hours for a third year, putting on a Music Marathon in aid of the Chepstow Food Bank.

Pupils will keep the music going from 5.00pm on Friday 8th July right through to 5.00pm on Saturday 9th July.

Pupils taking part are being sponsored to be a part of the event in the attempt to raise as much money as possible for the local charity.

In addition to this, local musical groups are invited to join in and take part in the extravaganza.

Chepstow Community Concert Orchestra and C.M.Y.T. are already signed up to do slots. If you would like to take part or support in any other way please do get in contact with the department on Facebook: MusicatChepstow, Twitter: @chepstowmusic or email: simonhendry@chepstowschool.net.



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Medal Haul for Young Gymnasts!

Kestrel gymnasts aged 5, 6 and 7 yrs had a great day competing against gymnasts from Torfaen on Vault, Bars, Beam and Floor. Five year olds Hollie Baynton, Laci Watkins, Sophie Hardy and Carys Fullerton were very confident remembering all their routines. In the 6 year old section, Hollie Smith, Amelie Thomason and Mia-Olivia Moore all performed Beam routines without any falls. The 7 year old team, Kourtney Hancock, Megan Kear, Martha Jones-Dekerf, Eva Lawn, Elsie-Mae Williams and Freya Hines enjoyed performing their first floor routine to music. The girls trained hard with their Coaches for the competition, and altogether won a total of 35 Medals and 32 Place Ribbons.



Back Row L to R Kourtney Hancock, Hollie Smith, Amelie Thomason, Mia-Olivia Moore, Elsie-Mae, Eva Lawn, Megan Kear, Freya Hines, Martha Jones-Dekerf. Front Row L to R Hollie Baynton, Laci Watkins, Sophie Hardy, Carys Fullerton



BACK ROW L TO R Jessica Ham, Georgie Davies, Olivia Hathaway, Emily Akers, Isobel Croft
MIDDLE ROW Dovydas Zagorskis, Haydn Thomason, Alex Hill-Wilson, Megan Kear, Kourtney Hancock, Elsie-Mae Williams, Martha Jones-Dekerf, Mackenzie Thornton, Joel Kohler-Hoon, Finley Stenner, Joseph Dunster, Evan Thomason
FRONT ROW Harri Jones, James Davies, Ted Watson, Olive Dunster, Amelie Thomason, Sophie French, Freya Hines, Brereton Trim

Kestrel gymnasts swapped competition leotards for carnival costumes when they performed in the Welsh Gymnastics Gymeisteddfod at South Wales National Centre in Cardiff on 18th June. The Theme was Carnival, and the gymnasts, aged 5 years onwards, looked fabulous in their costumes, and put on a great team performance for a large audience, with beautiful carnival themed backdrop and lightings. They all enjoyed the relaxed fun atmosphere compare to the normal competition pressure, and were pleased to be presented with medals and Certificates at the end of the day.

Sunday 10th July Bulwark & Thornwell Walking Carnival & Fete Monster Themed Fancy Dress Procession Free community Fun Day • All Welcome • Fun for all Ages!

ComBat is a Local Community Group based around Bulwark and Thornwell which organises events in the local area. The next event is our third Walking Carnival which is getting bigger and better each year.

For this year's event local groups are encouraged to celebrate the 100 year anniversary of Frankenstein, by wearing monster themed outfits. **The walk will commence from Thornwell Football Club at 12pm on Sunday 10th July Walking through Bulwark and Thornwell back to Chepstow Rugby Club for 1pm.** There will be stalls representing local groups, lots of fun on the field for everyone, barbeque, and bar available for all.

The next event is a Community Sports Day on Saturday 20th August 2016 at Chepstow Rugby Club t 11am till 4pm there will be multiple sports events for all the family, Monmouthshire Housing Association (Road to Rio Van), Go Kart Racing, Air Bots, Barbeque and bar available. All welcome - Come and enjoy the fun.

Any Community Groups interested in participating in the Carnival please do not hesitate to contact ComBat Secretary at Kimberleywarren34@gmail.com



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Artistic Gymnastics, Acrobatics and Trampoline Classes for Girls & Boys



PeeWees (Pre-school 2-3 years): A structured class where children together with parent/carer, supervised by a qualified coach work towards British Gymnastics Awards. Mondays 13:00-13:45 & Fridays 09:30-10:15

Tweeties (Age 3 1/2 - 4 years): A class led by a qualified coach working on various apparatus. Mondays 13:45-14:30, Wednesdays 13:00-13:45, Fridays 13:00-13:45

Recreational Classes (Age 4 years +) Mondays 16:15-17:15, Wednesdays 16:15-17:15 & 17:30-18:30, Thursdays 16:15-17:15, Friday 16:15-17:15, Saturday 10:30-11:30

Trampoline Thursdays 16:15-17:15 and Saturdays 10:00-11:00

Competitive Squad Gymnasts - Selected Gymnasts with potential to compete at regional and national levels.
Wednesdays Adult Classes: 19:00 - 20:00
Parkour: 20:00 - 21:00 pm

Acrobatics Wed & Thursdays 17:00-18:00



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Kestrel Gymnastics Club, Bulwark Industrial Estate, Bulwark Road, Chepstow, NP16 5QZ



Chepstow Arts & Community Festival 2016

The Chepstow Arts and Community Festival committee has been extremely busy organising what looks to be a fantastic 15th Community Festival for the town. Just about to start as we went to print on this edition, there is over 80 events being staged by a wide range of community groups over the four week period, utilising a range of town venues.

Chepstow Castle with its award-winning Festival canopy hosts 13 of the main events by Britain's top professional touring open-air theatre companies performing Shakespeare, Roald Dahl, David Walliams, Oscar Wilde and more.

Also at the Castle the Chepstow Music Centre Showcase on Sunday 10 July, presents the best of local musical talent – ensembles and individual performers, including the Community Orchestra, Gospel Choir, Jazz Bands, Madrigal and Renaissance Brass groups. The Castle walls will resound to music of a very different kind later in the month when Chepstow Musical Youth Theatre, Seniors, bring Disney's Camp Rock: The Musical to town!

Live dance is brought to the Drill Hall by Impermanence Dance Theatre. Their production, Da-Da-Darling, has been choreographed by each of the seven dancers in turn. The Drill Hall also offers a live broadcast from the Garrick Theatre London, of Kenneth Branagh's production of "Romeo and Juliet".

With a variety of local talent playing on Sunday afternoons at the Riverside bandstand, a concert at the Leisure Centre by Chepstow Choral Society, Johnny Copin at the Drill Hall and The Martin Singers at the Methodist Church, the musical side of the town's talents is well represented.

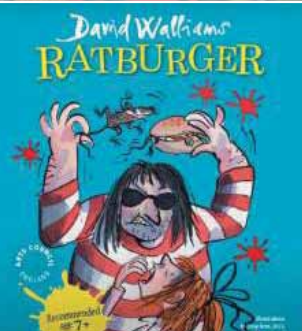
Chepstow Walkers are Welcome and Chepstow Fit4Life are offering various walks during the festival and guided walks to explore the history of the town will be run by members of the Chepstow Society. Transition Chepstow is giving a walk to explore some of the Trees in the town and tell their stories too. There are also opportunities to visit 'Open Gardens' and Flower Festivals at Chepstow Methodist Church and in Tidenham.

There are opportunities to participate in Ceilidhs both at the Severn Bridge Club and at Sedbury British Legion, or watch the British cycling elite circuit series of round town races at the lower end of town, and support the Chepstow Harriers 130 mile relay race around Chepstow streets to celebrate their 130th anniversary.

From lunchtime concerts to full evening productions there really is something for everyone!

The full programme is available to view online, which also gives booking information where appropriate - see www.chepstowfestival.co.uk.

Tickets for the open-air (undercover) theatre in Chepstow Castle are available from Chepstow Museum, Bridge Street, Chepstow NP16 5EZ. Telephone 01291 625981 and can be bought in person during Museum opening hours or over the telephone using a credit/debit card.



Castell Roc ticket Giveaway offer:

Held in the stunning grounds of Chepstow Castle from 18th-29th August, Chepstow's Castell Roc Festival 2016 has something for everyone. Comedy, Country, Pop, Rock, Blues, right through to a rather intriguing Orchestra, it kicks off in style with an old school knees up with The Wurzels!

Other performances include tribute band Fleetwood Bac, record breaking Country act The Shires, The Proclaimers, Queen tribute band The Bohemians, Jools Holland and his rhythm and blues orchestra (plus other guests), The Simon & Garfunkel Story' and The Ukulele Orchestra of Great Britain". For more information on all the events visit the website www.castellroc.co.uk.

Chepstow Matters is proud to be giving away a pair of tickets for the following night of this fantastic event.



Friday 26th August, the world famous 'Blues Band'

In the decade before the far reaching telephone call that started the Blues Band, frontman Paul Jones had been a hard working actor in London's West end and on Broadway, but at heart, he was a bluesman. Having declined an offer by Brian Jones to join the fledgling 'Rolling Stones' in 1962, Paul accepted the next offer to join a group which soon became 'Manfred Mann', who after a glittering career and countless world wide hits disbanded in 1969. In 1979 Paul formed The 'Blues Band', which consists of: Dave Kelly, Tom McGuinness, Rob Townsend and Gary Fletcher.

If there is such a thing as a British 'Blues Pedigree', then Dave Kelly sets the standard. Kelly is a blues craftsman who has served his time with the best. In the very early 1960s, long before the big 'Blues Boom', Tom McGuinness shared the stage in a band called 'The Roosters' with none other than an 18 year old prodigy, 'Eric

Clapton'. Nowadays, Tom's fiery stratocaster is another integral element in the sound of The 'Blues Band'. In the early 60s Rob Townsend played with Roger Chapman and Charlie Whitely with the much loved band 'Family'. After 7 great albums and 4 hit singles they disbanded. In 1982, he was invited to join the Blues Band and has been there ever since. Gary Fletcher met Dave Kelly when they both played in a band put together by Wilgar Campbell, the ex Rory Gallagher drummer called The Wildcats. He then went on to play with a string of top musicians until he was suggested by Dave to play Bass for The Blues Band.

Twenty plus albums, countless tours later and thousands of excellent reviews, the demand continues to grow for the special and personal interpretations of the Blues.

For your chance to win a pair of tickets to see the Blues Band, please check out our Facebook page / ChepstowMatters, give us a Like and comment under the Castell Roc Giveaway post. Deadline 31st July. Winners will be contacted the first week in August.

For more information and how to buy tickets check out: www.castellroc.co.uk or call the box office at Hannah's Music: 01291 627122



The Festival Finale is a Big Bicentenary Bash for the Chepstow Bridge. The clock will be turned back 200 years with a modern and period re-enactment of the original opening ceremony with its procession which took place on 24th July 1816, followed by a fair, music, a vintage vehicle cavalcade, and later the fireworks will make the final flourish to Chepstow's Fifteenth Festival.

This beautiful Regency structure is now the longest surviving cast iron arch road bridge in the world that was built during the first 50 years of iron and steel construction. The first iron bridge in the world was opened in 1781 at Ironbridge in Shropshire. Before that bridges had been built from wood or stone. A number of special events are planned to celebrate this special anniversary:

On 16th July there is a one-day workshop with a number of eminent speakers at the Drill Hall organised by Chepstow Museum. On 18th July there will be an evening illustrated talk by John Burrows on the bridge and its hitherto unrecognised importance in engineering history.

As above, on the 200th birthday itself, on 24th July, there will be a modern re-enactment of the 1816 opening ceremony with the procession leaving Beaufort Square at 1pm to a short ceremony on the bridge followed by a cavalcade of old vehicles and a local fair with charity stalls and games on the riverbank, a band on the Bandstand. In the evening more music from 9 pm, and a firework display.

Anyone wishing to have a fundraising stall in the fair should contact Sandra Bushell - sebus@btinternet.com



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10-4pm Saturday on 16th July.

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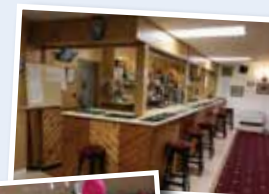
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Be Scam Aware - July 2016

Each year millions of people in UK fall prey to scams. At Monmouthshire Citizens Advice we see many people where the impact of a scam has led to loss of money in the space of a telephone conversation; the click of a mouse or the stroke of a pen. Cold calls, high-pressure sales tactics and automated voicemails asking for people's details are just some of the tricks used by scammers. Scams targeting people by phone or post alone cost people in the UK an estimated £5 billion each year.

July is Scams Awareness month and the message this year is:

- Listen to your gut feeling
- Any concerns – do not act immediately, get advice, report it, tell others about it
- Get help from Citizens Advice Consumer Helpline 03454 04 05 06. They will give advice and pass details onto Trading Standards
- Report scams to Action Fraud 0300 123 2040 or www.actionfraud.police.uk
- Tell family, friends and neighbours about any scams

Scams come in a variety of guises and new ones are happening all the time. Some scams are one-offs which aim to persuade you to part with a sum of money, while others target your personal details so they can access your accounts or copy your identity. All scams cause distress and worry whatever the amount of money involved.

Examples of recent scams we have seen:

Person A received a phone call claiming to be from Trading Standards who said she was owed money by her bank, but in order to receive it she had to make an upfront payment. She sent the requested money to an address claiming to be a bank in India, but was then asked for a further series of payments to cover administration costs. If you are asked for money upfront, pause and verify independently with your Bank/Building Society before considering making any payment.

Person B received a 'cold call' from a telecom protection service, selling a device for £19.99 which would stop nuisance calls. Thinking the



company was BT she gave her card details for the payment but £99.99 was taken for the device. Having considered her action, she returned the device to the company but didn't receive a refund - but did receive a further telephone call asking for £85. The genuine Telephone Preference Service is free, they do not call potential users and can be contacted on 0345 070 0707.

Person C was booking train tickets online and entered his account details when asked for payment. Several pop-ups had appeared as part of this process and he subsequently discovered that money had been taken from his account by companies not related to the train ticket transaction. Always check when making payments that you are using a secure online link – usually indicated by a closed lock symbol next to the web address at the top of the screen.

Reporting suspicious offers, requests for payments and incidents of fraud is vital to helping to get scams closed down and the scammers

identified. Do not be hesitant about letting the appropriate organisations know if you have experienced a problem.

TOP TIPS

- Don't be rushed into taking action – resist pressure to make a decision – if necessary put the phone down
- If it sounds too good to be true it probably is!
- If contacted out of the blue be suspicious – take your time and check with a friend or relative if necessary.
- Reject cold calls offering investments, pensions advice or good deals on holiday properties
- If someone knocks on your door, you don't have to talk to them without being able to independently verify their story
- Banks and/or Building Societies do not phone account holders asking for account information or account actions over the phone. If you get such a call, give no details, hang up and do not use the phone for at least 5 minutes or use another phone to report it to Trading Standards and your bank or building society.

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Hearing Matters: What causes hearing problems?

by Ian Croft FSHAA, Lead Audiologist @ Easi Ear

The answers are many and varied! Over the coming months, I shall attempt to address the many problems that can occur with hearing. However, there are four main areas that concern people on a daily basis.

Blockages – The inability to hear well is frequently blamed on a person's ears being blocked by wax deposits. Wax is a perfectly natural phenomenon; it is caused by dead skin cells mixing with sebaceous oils in the ear canal. It can be removed – never by poking with cotton buds or other items – but syringing, irrigation or gentle, dry micro-suction.

Noise Damage – This can be caused by a number of factors including exposure to extra loud noise such as shooting or continued exposure as in discos, factories and roadworks. It can be prevented by using custom made active protection.

Tinnitus – The name given to any continual or intermittent noises heard in both or either ears. Caused by a number of factors and, though it can't at present be "cured", its symptoms can be assisted.

Presbycusis – Probably the most common form of hearing impairment when the mechanism that allows you to hear starts to deteriorate through wearing out caused by age; this process begins after 40 and can be greatly and discreetly improved with modern technology.

Assistance with all of the above can be provided by your local independent practitioner, Ian Croft. An audiologist of over 20 years' experience and a Fellow of his professional body since 2002, he is also its longest serving Council Member and the only one in Wales.

Contact Ian on **01291 650312** for a free assessment of your requirements - he will be happy to help.

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Elderfit now in Bulwark

Chepstow Matters was pleased to chat with local resident Tom Scaife this month to find out more about the new Elderfit strength and balance classes that have now started at the Bulwark Community Centre.

Elderfit was started by Tom and friend Gareth, who have worked together within the fitness industry for the past 15 years. Their aim is to improve the wellbeing of older people by offering fitness sessions which can be carried out by everyone and are specifically designed to increase strength and balance, and reduce the risk of falling. The classes draw on a variety of techniques, including mobility exercises, resistance bands and hand/ leg weights. Exercises are adapted to suit the individual's needs, to ensure that participants feel the full benefits of the classes. Elderfit also aims to strengthen upper body muscles for participants, so if a fall does happen they will be more able to pull themselves back up. Creating independence is a key element to the classes, therefore helping people re-discover their confidence and stability. The sessions also add a major social element to the week, bringing people together for the same reason.

The majority of participants are between 40-90 years, but all ages and abilities are welcome. Sessions are fun and rewarding and take place on a Friday morning at the Bulwark Community Centre from 9.30am to 10.30am. Your first session is free and thereafter it is just £4 per session. **For more information visit www.Elderfit.co.uk, call 07540 806 437 or email info@elderfit.co.uk.**



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Summer is absolutely my favourite time of the year, I just love sitting out in the garden on those warm sunny evenings. And this year, mealtimes are a breeze as I've just ordered the Summer Menu Pack from Wiltshire Farm Foods. Our Head Chef Phil and his team have put together a delicious new range that really captures the essence of summer.

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wiltshirefarmfoods.com



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THORNWELL

Primary School and Nursery Unit

Open Afternoons 4th and 8th July



Thornwell School is hosting an Open Afternoon for all its new September 2016 Reception pupils on Monday 4th July at 2.30pm. Our staff will be on hand to welcome you into the school's inspirational and forward thinking learning environment.

Foundation phase leader Alex Northey says 'Every child is given a chance to shine and reach the stars, we are proud of each and every one. Children who come to Thornwell are welcomed into a family who work together, praise each other and celebrate every achievement along their journey here at school.'

For younger children age 3+ a Nursery Open Afternoon is being held on Friday 8th July at 2pm. Please come along and see our wonderful facilities, we offer an exciting, enriching environment that fosters individual growth. Nursery leader Jill Smith and her team will be offering you the chance to see how the children are encouraged and nurtured to become confident learners as they explore exciting and fun opportunities when they join our Nursery.

If you would like to know more about Thornwell Primary School and Nursery please contact head teacher Mr Tim Appleby.

Ysgol Gynradd a Meithrin Thornwell email: thornwellprimary@monmouthshire.gov.uk
Tel 01291 623390 <http://www.thornwell.monmouthshire.sch.uk>
Thornwell Road, Bulwark, Chepstow, NP16 5NT



Members of the public are invited along to an Open Exhibition Evening at Wydean School and Sixth Form Centre on Friday 8th July between 6-8.30pm.

The school will be running a Creativity Festival from the 4th to 8th of July, and students' work from across this week, as well as throughout the year, will be showcased for all to see.

There will also be workshops in graffiti, circus skills and dance that you will be able to join in with during the course of the evening.

Other attractions include craft stalls selling handmade products, a photobooth, flag making, face painting and street food, as well as acoustic musicians playing throughout, the gospel choir, a jazz band and a sixth form band called Now or Never.

Your Support will be Welcome!





Local Clubs, Groups & Community Organisations in and around Chepstow

CHEPSTOW COMMUNITY LISTINGS

Chepstow Castle Bridge Street, Chepstow, NP16 5EZ 01291 624065

Chepstow Library Manor Way, Chepstow, NP16 5HZ 01291 635730 chepstowlibrary@monmouthshire.gov.uk

Chepstow Museum Bridge Street, Chepstow 01291 625981

Chepstow Town Council The Town Council Offices, The Gatehouse, High Street, Chepstow, NP16 5LH 01291 626370 clerk@chepstow.co.uk

Chepstow Tourist Information Centre Castle Car Park, Bridge Street, Chepstow NP16 5EY. 01291 623772 chepstow.tic@monmouthshire.gov.uk

Community Centres

Palmer Community Centre, Cormeilles Square, High Street, Chepstow, NP16 5LH 01291 628725 main hall and lounge available for hire, Tea Rooms open for all!

The Drill Hall, Lower Church Street, Chepstow, NP16 5HJ Hall available for hire including weddings 01291 628552 or e-mail Mike at ctcdrillhall@aol.com

Bulwark Community Centre, Laburnam Way, Bulwark, Chepstow, NP16 5RF 01291 624138 bccbulwark@btconnect.com Large Hall, seminar room, café, kitchen and garden area.

Doctors Surgeries and Community Hospital

Chepstow Community Hospital, Tempest Way, Chepstow, NP16 5YX 01291 636636

Town Gate Practice, Tempest Way, Chepstow, NP16 5XP 01291 636444

Mount Pleasant Practice, Tempest Way, Chepstow NP16 5XR 01291 636500

Vauxhall Surgery Vauxhall Lane, Chepstow, NP16 5PZ 01291 636100

Police Station 14 Moor Street, Chepstow, NP16 5XW 01633 838111

LOCAL CLUBS AND ORGANISATIONS

Baby Rhyme Time and Under Fives Story Time at Chepstow library 01291 635730 Rhyme Time Thurs 2.15-2.45 Story Time Fri 10.15-10.45

Bingo Wednesdays 2pm Palmers Community Centre

Bulwark Senior Citizens Club Contact Joan Johnson 01291 623352 various social trips and get togethers. Bingo Thurs and Sat 2-4pm and Whist on Wed 2-4pm.

CHAOS Music and Drama chaosinchepstow@live.co.uk Jon Stow 07926 584 661

Chepstow Archaeological Society www.chepstow.org.uk 1st Thursday of the month 7.30 Chepstow Conservative Club

Chepstow (Archway) Bridge Club meets Mondays, Wednesdays, Thursday at the Palmer Centre, 7-10pm

<http://chepstowarchwaybc.org.uk> or call Pete on 01291 - 627599 for more information.

Chepstow Carers Group Scout Hut, off Pembroke Road, Bulwark first Wed of the month 10-12 chepstowcarers@yahoo.co.uk 07592 503757

Chepstow Choral Society www.chepstowchoralsociety.org.uk info@chepstowchoralsociety.org.uk Wed 7.30 Chepstow Leisure Centre

Chepstow Community Big Band Meets on Wednesday evenings during term time at Wydean School NP16 7AA 6pm – Microjazz Training Band; 7pm - Swingcopation Big Band. <http://chepstowcommunitybigband.weebly.com>

Chepstow Cormeilles Twinning Association www.chepstowtwinning.wordpress.com

Chepstow and District Amateur Radio Society www.gw4lwz.org.uk contact James Hewitt chairman@gw4lwz.com, meet at Chepstow Athletic Club

Chepstow and District Gardening Club Caroline Duchet cdgclub@gmail.com

Chepstow and District Lions www.caldicot.com/lions 0845 8339565

Chepstow Folk Dance Club Wednesday 7.30pm Severn Bridge Club 01291 641537

Chepstow Hill Walking Club an informal group of people of all ages who like to walk on the hills and moorland. www.chwc.org.uk

Chepstow Jubilee Townswomen's Guild meets at Chepstow Leisure Centre on the 1st Wednesday of each Month. Contact: Maureen Dale 01291 623257

Chepstow Knitters first and third Monday of the month Chepstow Methodist Hall 7.30-9.30 and third Wednesday 10-12. Contact Margaret Payne 01291 630580

Chepstow Male Voice Choir www.chepstowmvc.co.uk Mon & Thurs 7pm The Dell School contact Stuart Vigus on 01291 626566 / 07733 804317 or stuartvigus@aol.com.

Chepstow Photographic Club www.chepstowphotosoc.org admin@chepstowphotosoc.org

Chepstow Probus Club fortnightly meetings for retired business gentleman. Contact Ian Whitford - Secretary for PROBUS of Chepstow 01291 622 193

Chepstow Round Table www.chepstow.roundtable.co.uk community voluntary organisation for men aged 18-44. 'find them at Facebook/Chepstow Round Table'

Chepstow Society local group exploring history and developments of town, meet each month in Drill Hall. www.chepstowsociety.co.uk Secretary is Henry Hodges, Tel 01291 625865.

Chepstow Town Band meet Sundays 6.30-8.30 at Bulwark Community Centre, contact Alen Lane 01291 629580

Chepstow Womens Institute (WI) www.thewi.org.uk Shirenewton, St Arvans and Tidenham

On these pages we have tried to collate many of the non-profit making groups, clubs and organisations that regularly meet in the area, along with Church and School information. If we have got your details wrong, or missed out your club completely, please contact us on **community@mattersmagazines.co.uk** and we shall do our best to put it right for you!

Chepstow Group of Gwent Wildlife Trust Contact Hilary Lee 01291 689326 hilary-lee@tiscali.co.uk

ComBat Communities of Bulwark and Thornwell, community group Chairman Ric Hayes ric.hayes@talktalk.net

Library Friends Group aims to support and promote the library through a variety of activities. Please contact 01291 635730 for more info.

Lower Wye Ramblers Sunday Walks (meet CLC) www.lowerwyeramblers.org.uk 01291 637416

Movie Night at Bulwak Community Centre and St Arvans Memorial Hall see www.monmouthshiremobilie.com. www.monmouthshiremobilie.com

Musical Youth Theatre www.cmyt.org Chepstow Baptist Church Tues and Thurs

Pottery Thursdays 7-9 Chepstow Comp School Cathy 07917 261511 www.monmouthshirepotters.org hello@monmouthshirepotters.org.uk

Rotary Club of Chepstow and District www.chepstowrotary.org.uk

Royal British Legion Chepstow Branch meets at the Beaufort Hotel in Chepstow monthly on 4th Tuesday at 7.30 pm. Contact Tom Moran on 01291 477266 tmoran@btinternet.com.

Royal Naval Association Chepstow Branch meets at the Conservative Club, Welsh Street monthly on 2nd Thursday (except August) at 8.00 pm Contact Ken Davies on 01291 621485 kendavies131@yahoo.co.uk

The Singing Club for anyone who wants to sing www.singingclubber.co.uk Karl@operaplayhouse.com

University 3rd Age U3A www.u3asites.org.uk wide variety of activities, contact Teresa Davies Membership Secretary 01594 529597

Wye Cross Stitch Club meets the second and fourth Tuesday of every month. 7.30pm to 10pm Sedbury Village Hall. A warm welcome to any fellow cross stitchers/embroiderers. Contact: Elaine Moore 01291 629666

Wye Valley Railway Society - for all model engineering enthusiasts, we run miniature trains at Tintern Old Station from Easter to September, on Bank Holidays and the last Sunday of the month. Contact Peter Kenington peter@trap-farm.freemove.co.uk

CHURCHES

www.chepstowchurchestogether.org.uk

Chepstow Methodist Church, Albion Square, Chepstow, NP16 5DA 01291 627014 www.chepstowmethodist.org.uk

St Marys Priory, The Vicarage, Mount Way, Chepstow NP16 5NF Father Chris Blanchard 01291 620980 www.chepstowpriory.org

St Christophers, Bulwark, (linked to St Marys) www.chepstowpriory.org

Chepstow Baptist Church, Lower Church Street, Chepstow, NP16 5HJ 01291 622987 chepstowbaptist.org.uk

St Marys Catholic Presbytery Church, Bulwark Road, Chepstow, NP16 5JE 01291 622649 admin@stmarysrcchepstow.org.uk www.stmarysrcchepstow.org.uk

St Luke's Church, Coleford Road, Tutshill NP16 7PT 01291 624868 www.tidenhamparishchurch.co.uk

Stroat Evangelical Church, Gloucester Road, Stroat, Chepstow, NP16 7LR 01594 529209 pastor@stroatchurch.org.uk www.stroatchurch.org.uk

The Bridge Pentecostal Church, Unit 1A Critchcraft Buildings, Bulwark Road NP16 5QZ 07943 851799 thebridgechurchchepstow@gmail.com

Victory Church, Palmer Community Centre, High Street, Chepstow, NP16 5LH 0845 4092449 www.victorychurch.co.uk

BABY AND TODDLER GROUPS

Chepstow Leisure Centre Playgroup. Contact: Karen Isaac 01291 623392 karenisaac61@aol.com

Chepstow Methodist Church Parent and Toddler Groups mornings 10am term time www.chepstowmethodist.org.uk

Cylch Ti A Fi Cas-Gwent Chepstow Library contact Mai Jones mai.jones@meithrin.co.uk Tuesdays 10.15-11.15

Devauden Mother and Toddlers, Devauden Village Hall contact sarah_trim@rocketmail.com Mondays 10-12 including holidays, babies to school age

Mini Acorns Toddler Group, Burnt Barn Club, Burnt Barn Road, Bulwark. Contact Rachel Llewellyn-Bennett 07904212135 acornsplaygroup@aol.com Tuesdays term time 1-3pm.

Parent and Toddler Time at Whirlikidz Unit 2, School Hill Business Centre, 01291 628700 Mondays 10-12 term time

Shirenewton Parent and Toddler Shirenewton Recreation Hall, contact Paula Siddall p.rimmer10@btinternet.com every Thurs 1.30-3pm

St Arvans Baby and Toddler St Arvans Memorial Hall contact Sabrina 07701027313 sabrinaortner@yahoo.co.uk every Wed 10-12.

St Christophers Under Fives and Familys St Christophers Church, Bulwark contact Babs Middleton 07594172720 babsmiddleton80@gmail.com Wed 3.45 term time, all age siblings welcome FREE



Please support us and connect with us:
@ChepstowMatters



/ChepstowMatters



Local Clubs, Groups & Community Organisations in and around Chepstow continued

NURSERIES / PRESCHOOLS

Bluebells Playgroup Fairfield Road, Chepstow 01291 628908
bluebellisplaygroup@outlook.com

Hedgehogs Nursery, in Tutshill Open 7.30am–6.00pm
for ages 3m–4 yrs. 01291 628344 hedgehogs@
deanclosenurseries.co.uk

Little Acorns Playgroup Burnt Barn Road, Chepstow 01291
628031 www.littleacornsplaygroup.co.uk

Little Scamps Pre-School and Nursery Beachley Barracks,
Chepstow Nicky Morgan 01291 645381

Penguins Pre-School, c/o Offas Mead Academy, Beachley
Road, Sedbury NP16 7DT Michelle 07923548584

Robins Nursery, in St Arvans Open 7.30am – 6.00pm for
ages 3m–4yrs. 01291 624893 robins@deanclosenurseries.
co.uk

Shirenewton Playgroup contact Beverly Lindsay, Playgroup
Supervisor 07881 480764 shirenewtonplaygroup@gmail.
com

Tutshill Community Pre-School Debra Hockin 01291 629134
www.tutshillpreschool.org.uk tutshillpreschool@talktalk.net

PRIMARY SCHOOLS

(The) Dell Primary Welsh Street, Chepstow NP16 5UQ
01291 635641 thedellprimary@monmouthshire.gov.uk
www.dell.monmouthshire.sch.uk

Offa's Mead Academy Beachley Road, Sedbury, Chepstow
NP16 7DT 01291 622932 www.offasmeadacademy.org
contactus@offasmeadacademy.org

Pembroke Primary School Fairfield Road, Bulwark NP16 5JN
01291 622310 pembrokeprimary@monmouthshire.gov.uk
www.pembrokeprimaryschool.co.uk

Shirenewton Primary School Shirenewton, Chepstow, NP16
6RN, 01291 641774 shirenewtonprimary@monmouthshire.
gov.uk

St John's on-the-Hill, Independent, co-educational
school for ages 4 -13 years. 01291 622045 enquiries@
stjohnsonthehill.co.uk.

St Marys RC Primary School (Voluntary Aided) Bulwark
Road, Chepstow NP16 5JE, 01291 623006 stmarysprimary@
monmouthshire.gov.uk

Thornwell Primary and Nursery Unit Thornwell
Road, Bulwark, Chepstow, NP16 5NT 01291 623390
thornwellprimary@monmouthshire.gov.uk

Tutshill C of E Primary School, Coleford Rd, Tutshill,
Chepstow NP16 7BJ 01291 622593 admin@tutshillcofe.
gloucs.sch.uk

SECONDARY SCHOOLS

Chepstow School Ms Claire Price, Headteacher, Welsh
Street, Chepstow, NP16 5LR 01291 635777 info@
chepstowschool.net, www.chepstowschool.net

Mounton House Special School Mr P Absalom, Headteacher
and enrolment contact Pwllmeyric, Chepstow, NP16 6LA,

01291 635642 mountonhouse@monmouthshire.gov.uk
www.mountonhouse.org.uk/

Wydean School Robert Ford, Headteacher Beachey Road,
Sedbury NP16 7AA 01291 625340 www.wydean.gloucs.
sch.uk

SPORTS CLUBS

Archery – St Kingsmark Bowmen www.st-kingsmark.co.uk
Wed & Fri 7pm Chepstow Athletics Club

Chepstow Amateur Boxing Club www.welshboxing.org
Stephen Woods 07793 047 941

Chepstow Athletics Club (Sports and Social Club) www.
chepstowathleticac.co.uk Tony and Shirley Hardy 01291
622126

Chepstow Badminton Club www.gwentbadminton.co.uk
Tues 8-10 Leisure Centre contact Miss P Jenkins 01291
624438

Chepstow Boat Club www.chepstowboatclub.co.uk Christine
Norman 01291 624897
secretary@chepstowboatclub.co.uk

Chepstow Bowling Club www.chepstowbowlingclub.co.uk
Peter Shapland 01291 422208

Chepstow Cricket Club www.chepstow.play-cricket.com
markburch1228@hotmail.com 01291 622126

Chepstow Darts League contact Nigel Wright 07905681589
nigel64.nw@gmail.com

Chepstow & District Yacht Club www.cdyc.co.uk Roger
Nasey 07968495124

Chepstow Harriers Running Club
www.chepstowharriers.org.uk Tues and Thurs 7pm Leisure
Centre

Chepstow Ladies Hockey www.pitchero.com/clubs/
chepstowladieshockeyclub Pat Morris 01291 621498

Chepstow Mountain Biking www.chepstowmtb.co.uk
chepstowmtb@tiscali.co.uk

Chepstow Rugby Club www.chepstowrfc@mywru.co.uk
01291 624818 email: chepstowrfc@outlook.com

Chepstow Swimming Club www.swimchepstow.org.uk
info@swimchepstow.org.uk contact Elizabeth Wixcey 01291
641216

Chepstow Tennis Club www.chepstowtennisclub.co.uk,
admin@chepstowtennisclub.co.uk contact Ian Russell 01633
400957 meet at Chepstow Athletics Club

Football:

Chepstow Athletic Football Club www.clubwebsite.co.uk/
chepstowathletic

Chepstow Town Football Club www.chepstowtownfc.com

Chepstow Garden City Junior Football Club www.
gardencityjfc.com

Thornwell Red and White Football Club www.teamstats.
net/thornwellfc

Funding your Business

*You've had this brilliant idea that solves a
problem or adds value for customers.*

*You've researched the market and found that
people are willing to pay for what you have to
offer.*

*Now, finding funding is the next step in
turning your idea into reality.*

Access to the right kind of funding at the right time
plays an important role in growing a successful
business.

Funding options:

1. Overdrafts:

An overdraft is a credit facility
you agree with your bank and is
generally used to cover short-
term financing needs. Although
an overdraft isn't suitable as
a long-term source of finance,
it can go a long way towards
meeting immediate funding needs.
Overdrafts are flexible as you
only pay interest on the amount
you borrow. They are also easy to
arrange but can be recalled by the
bank at any time.

2. Loans:

The most common sources of loans are friends,
family and banks. There are also government
initiatives such as Start Up Loans that grant loans
to individuals, allowing several founders in the
company to apply.

Loans carry interest on the amount borrowed. How
much interest you pay depends on factors like how
long you need the money for, whether the loan is
'secured' against assets you own, or other broader
economic factors, like the Bank of England base
rate.

3. Equity Finance:

Simply put, equity finance involves selling part of
your company to get the funds you need. This takes
different forms at different stages of the company's
life:

Seed funding: This is needed for product
development, setting up a management structure,
market research, etc. You can approach
accelerators, angel investors or crowdfunding
platforms for seed funding.

Early-stage funding / Series A: This comes into play

once you're close to taking your product to market.
It can be broken down into multiple rounds if needed
and tends to involve angel investors and perhaps
venture capital firms.

Expansion-stage funding: Once you've taken your
product to market and validated your business
model, the next step is to expand. This is similar to
early-stage funding, but tends to come from VCs and
private equity firms (PEs) who are usually interested
in more established businesses.

Exit-stage funding: This is the capital needed to
maintain the momentum you've gained over the
years and meet exit costs before you exit the
business. This could come from a trade sale or a
public listing.

*"As a business,
you'll know that
attracting investment is
perhaps your biggest
challenge. So anything
that makes investing
more attractive, for you
or for other people, has
got to be good news."
Rosemary Chicken,
bdhc*

4. Accelerators:

Accelerators are programmes that
combine seed capital and mentorship
support. The standard model is a
structured and intensive programme that
runs for about 3-6 months. Programmes
generally culminate in a 'demo day' where
start-ups pitch to a group of investors to
raise the next round of funding. Some
accelerators, instead of capital, offer free
working space and mentorship support.
More often than not, they are backed by

large corporates who are interested in tapping into
the innovative ideas from the start-ups they help.

5. Crowdfunding:

Crowdfunding has seen enormous growth in the past
few years because it gives businesses the ability
to pitch to the masses. If people pledge funds, they
will probably buy your product too. However, you do
miss out on the mentoring and guidance that you
get with accelerators, which can make the difference
between making it big or going bust. There are two
types of crowdfunding platforms: Equity platforms
and rewards-based platforms.

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Community Noticeboard

to promote your non-profit making event for FREE email
community@mattersmagazines.co.uk

Chepstow Community Hub (Chepstow Library)

Events May through to July are:

Tuesday 12th July from 7.30 Wye Valley writers will be at Chepstow Community Hub to discuss their work.

Monday 18th July from 7 pm Christine Martyn will be at Chepstow Community Hub to discuss her book 'A modern history of the Forest of Dean'. This event is held in conjunction with Chepstow Bookshop. Free event.

Tuesday 19th July from 7 pm the author Linwood Barclay will be at Chepstow Community Hub to discuss his books. This event is held in conjunction with Chepstow Bookshop. Free event.

The Chepstow Show Saturday 13th August Chepstow Racecourse

Gates open at 8am.

Public admission from 9am

Main Ring programme commences at 10am.

Attractions for this year include The Lamb National, sheep dog demonstrations and displays by Black Mountain Falconry as well as musical entertainment, showing classes, children's races, vintage display and much more!

Show Day Admission prices (discounts available if bought in advance on line):

Adults £10, Seniors £8, Children 5-16 £4, Under 5's are Free. Family tickets (2+3) £25.

For further information please contact the General Show Secretary via email:

chepstowshow@hotmail.co.uk
www.chepstowshow.co.uk

CHEPSTOW INDEPENDENT MARKET

SUPPORTED BY CHEPSTOW TOWN COUNCIL

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CHEPSTOW TOWN CENTRE

LOCAL PRODUCERS ARTISANS MAKERS



EVERY FOURTH SATURDAY OF THE MONTH

NEXT MARKET 23RD JULY



Tea Dance

Whether you're fast on your feet, or like to sit and tap your feet to the beat

Bulwark Community Centre

Every Friday at 10:30am

Walking for Health

Chepstow Fit 4 Life Group meet every Monday at 10am in Chepstow Leisure Centre Car Park. Walks are generally fairly short, less than 3 miles, with very few stiles discovering the Lower Wye Valley & Forest of Dean followed by a chat and a drink afterwards. All welcome. For more information call Helen 01291 641856

Charity Vintage Afternoon Tea Party

Fundraising event in aid of Home-Start Monmouthshire

SUNDAY 11TH SEPTEMBER 2016 3.00PM

Adults: £20 Children (aged 8 and under): £10

Clon-Yr-Afon House Hotel, Pontypool Road, Uxw, Monmouthshire, NP13 1CV 01291 672302

Summer Reading Challenge 2016

Come and join The Big Friendly Read this summer - it wouldn't be the same without you!



The Big Friendly Read is centred around the life and works of Roald Dahl, whose 100th birthday would have been this autumn.

The Big Friendly Read Summer Reading Challenge begins in all local Libraries on 16th July and runs until 10th September. It's fun, it's friendly and best of all, it's totally FREE.

All children have to do is read six library books over the summer, collecting special Big Friendly Read collector cards from some of Roald Dahl's best-loved stories along the way, to get their medal and certificate.

Throughout the summer Chepstow Community Hub will be holding four story/craft sessions for the Summer Reading Scheme. These will have a Roald Dahl theme and will be held on

Thursday 4th August,
Thursday 11th August,
Thursday 18th August and
Thursday 25th August from 11.00 – 12.00.

The events are suitable for children aged 5 – 8. All children must be accompanied by an adult.

Lydney & Severnside Flower Club Professional Demonstrations

at Town Hall, Lydney,
Every second Monday in the month at 7.15pm
Tel. 01594 860578

Chepstow Community Hub
From Monday 4th July our opening times will be as follows:
Mon : 9am- 5pm
Tues: 9am-5pm
Weds: 9am to 12noon
Thurs: 9am to 5pm
Friday: 9am to 4pm
Sat: 10am to 1pm

The Dell Primary School Summer Fayre.

Saturday 2nd July
12.00pm - 3.00pm.

Free Entry - all welcome.

Electric Go-Karts, Bouncy Slide, Cakes & Refreshments, Bar, Ice-Creams, Face Painting, Grand Raffle (£100 Cash Prize), Tombola, 2nd Hand Toys, Singing, Coconut Shy, Beat The Goalie plus lots of other stalls & attractions

Café open

Tuesday's

Come along every Tuesday any time between 10.30 am and 2.30 pm enjoy a tea or coffee served by friendly Volunteers meet new friends over a cup of tea Light lunch served from 1pm Pre order £3 per head

Orders are being taken for next weeks light lunch £3 per head



Bulwark Community Centre

If you require more information contact: Lynne Atkins on 01291624138

Bulwark community centre Laburnum Way NP165RF On foot off Cromwell Road or Channel view or by car follow signs to Bulwark community centre off Maple Ave.



BRITAIN'S FIRST ENVIRONMENTALLY FRIENDLY THEMED RACEDAY



CHEPSTOW
RACING & EVENTS

chepstow-racecourse.co.uk | 01291 622260



ChepstowRacecourse



Chepstow_Racing



ChepstowRacecourse

Terms & conditions apply. For full terms and conditions please visit our website. Chepstow Racecourse encourages responsible gambling. www.gambleaware.co.uk.

Britain's First Environmentally Themed Family Raceday!

Chepstow Racecourse will be raising awareness of 'green' issues by holding Britain's first environmentally themed Family Race Day.



The 'Go Green Race Day, on Sunday 31st July, has been organised in association with Keep Wales Tidy whose aim is to make Wales a better place to live.

The free entertainment will include an educational 'green zone' for children and all activities for the youngsters will be operated without the use of electricity (see full list at bottom of the page).

One of the attractions is the 'power bike challenge' where families will be able to generate energy to charge a mobile phone by pedaling a stationary bicycle. There will also be music powered by bike in the form of the 'Big Bicycle Disco' so when the cycling stops, so do the tunes!

Customers are also being encouraged to come to the race meeting by public transport, walk or cycle. A bus service operates from Chepstow and Newport Railway Stations and there is a train service to Chepstow from major towns and cities including Bristol, Cardiff, Newport and Gloucester.

On the day, the entertainment includes:

- A Mascot Race
- Four Face Painters
- A Rugby Zone with the Newport Gwent Dragons
- Three Children's Entertainers
- A Mobile Climbing Wall
- Trampolines
- Roaming Reptiles
- Donkey Rides
- Circus Workshop
- Giant Garden Games
- Crazy Golf
- The Wacky Races

There will also be a Green Zone for children to:

- Make a Seed Bomb
- Make a Bird Feeder
- Make a Mini Bug Hotel
- Help Build a Cardboard City
- Play The Games "Play Your Cards Right" and "How Quick Can You Pick"
- Get Involved With Lots of Arts and Crafts Activities

Gates open at 12pm and the first race is 2pm.

There is a special early bird family ticket for just £25 (advance only) which gives admission for two adults and unlimited children. Parking is free of charge and you can bring a picnic (no alcohol).

CHEPSTOW RACING & EVENTS	
FORTH COMING FIXTURES	
JULY	
Fri 8th	- Ladies Evening with Peter Andre
Thurs 14th	- Afternoon Racing
Fri 22nd	- Caribbean Race Night
Sun 31st	- Family Fun Race Day
AUGUST	
Tues 9th	- 90th Birthday Race Day
Weds 17th	- Afternoon Racing
Thurs 18th	- Afternoon Racing
Mon 29th	- Bank Holiday Family Race Day
SEPTEMBER	
Thurs 8th	- Afternoon Racing
Tues 13th	- Afternoon Racing
OCTOBER	
Sat 8th	- Jumps Festival
Sun 9th	- Jumps Festival
Tues 25th	- Velindre Charity Race Day
To Book Tickets contact :	
www.chepstow-racecourse.co.uk	
Tel: 01291 622260	



Let people know you saw them in Chepstow Matters!

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Chepstow Racecourse	36-37	Insurance - NFU Mutual	38	Burnt Barn Social Club	23
Ladybird Pottery	3			Toyshop - Toystastik	6
				TV/Aerials - The Aerial Man	1, 19

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JULY

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SAT 9am-5.30pm

SUN 10.30am-4.30pm