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Dear Readers...

As we went to print on this August edition, we were in the final week of what has been a fabulous Chepstow Festival - I hope you managed to get out and enjoy something of the huge variety on offer over the four weeks.

This month we have the Castell Roc Festival to look forward to with some great acts on offer. **In this edition we have two tickets to one of shows to give away** - see page 21 for details on how to 'be in it to win it'.

You may have seen that the dragon that appeared at Caerphilly Castle recently is paying a flying visit to Chepstow Castle this month. Not to be missed, be sure to pay a visit between 2-14th August and have your photo taken in his claws!

We have some reader offers for you in this edition: the Old Down Estate are offering a 2 for 1 on weekday entry during the holidays, Undy Yarncrafts has a 15% discount - see their advert for details and Easi-Ear are also offering a £10 discount this month.

There is lots of school news for you this month, Tintern craft fayre, an update of competition winners from the Friends of Dell Park, more on new businesses at the top of town in Moor Street and details of two young British Champion gymnasts!

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 August.

Keep up with your favourite community mag via
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Have a fantastic summer and I hope the sun keeps shining :)

Jaci ✕

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Police Matters - Update from Chepstow Police

We have had several reports recently regarding shed/garage/outbuilding break ins where the main items targeted have been gardening equipment (mowers and strimmers being the most popular items taken). The two main incidents in our area were in Itton village and the outskirts of Llangwm village.



PCSO Andy Jones

Please be vigilant and report any suspicious activity "at the time" via either 101 or 999 if you deem it an emergency.

Here are a few ideas to try and help prevent this sort of theft :

- Install movement sensitive security lights (PIR). Don't underestimate the effect of good lighting. These people do not like to be seen .
- Keep shrubs , hedges and large plants cut back . If someone is in your garden and can be seen , they will feel vulnerable and hopefully will be deterred .
- Ask your trusted neighbours to keep an eye on your garden and return the favour. Report anything suspicious to police as soon as possible and remember it's not being nosy, its being sensible .
- Ensure your garage's structure is sound and in good condition, especially around the door frame and any windows . Do not make it easy for these people.
- Up and over garage doors should be fitted with an additional lock to the one provided, preferably a hasp and staple kind with a padlock. This should be firmly secured into the ground and bolted through the bottom of the door, reinforced with a steel plate.
- Keep timber doors well maintained, hinges secured by bolts and locked by good quality mortice locks. Try and avoid using screws, but if used, they should be concealed to prevent removal.

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- Separate access doors should be fitted with a good quality 5 lever mortice lock. Main garage doors should be internally fitted with with at least one key operated lock.
- Fit a small alarm or, if possible, include your garage on your house alarm.

Remember most people have a large amount of monies worth of gardening equipment so please use an adequate amount to keep it safe!

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For your Little Stars ...

Chepstow Matters was delighted to pay a visit to the recently opened Little Star Workshops at the top of Moor Street. This lovely venue for parents/carers to bring their young children is an absolute delight and, with a lovely coffee shop at the back for the adults to relax in whilst the children are entertained front of house, is an absolute godsend!

We spoke with owner Ghalia Francis and chatted over a latte whilst I also sampled the heavenly multi layered chocolate cake (recommended - although I must admit it was hard to choose between that and the equally tempting layered carrot cake!).

Ghalia told me that it was her son Rocco that gave her the inspiration for the Little Star Workshop. *"In 2013 I gave birth to my beautiful baby boy Rocco. Being a mum, for me, was without a doubt the most amazing and challenging thing I have ever done. As Rocco became a toddler (and one that doesn't stop from morning till night!) living in Chepstow I soon realised there was a gap missing in the market for children. I started coming up with ideas on a daily basis to keep my little boy busy. Inspired by my fearless, fun-loving, little boy Rocco and the stuff he loves to do, I decided to open a beautiful bright but creative space for children - something different to the every day soft play that's available. Starting a children's workshop was never the plan, but the old cliché is very real: your whole world changes once you have a baby!"*

There are workshops for children from 2yrs – 8yrs as well as the everyday 'stay and play offer' (see advert below). The workshops include 'Cookie House Decoration', 'Summer Flower Cupcakes', 'Cookie Decoration' and the 'Little Star Workshop of the Week'. Prices and duration vary and children always get a special snack and can take their creation home. Children's parties can also be accommodated and parents struggling for party ideas can choose from their bespoke party range, including the Mini Moon Party, the Happy Planet Party and the Little Star VIP Party. Little Star Workshops take care of the decorations, games, food and lots more!

The space can hold up to 30 children; depending upon how many staff are present. Ghalia employs



three additional members of staff to run the coffee shop and entertain the children. Two staff members hold childcare qualifications, there is a qualified teacher and a nursery nurse.

There has been a very positive response to Little Star Workshops since Ghalia opened at the end of April. During my visit there were a couple of mums taking advantage of a quiet hour to get some work done or simply read a magazine whilst their children were entertained by Amy. As I was leaving a group of mums were arriving - meeting up for a coffee and a chat and a relax whilst their children had lots of fun times with friends too!

Little Star Workshops is located at 8 Moor Street, Chepstow and is open from 10am - 5pm from Tuesday to Sunday.



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'Design a Park' Competition for Friends of the Dell Park Chepstow

Friends of The Dell Park (FDPC) have kick-started their campaign to get the Dell Park playground a makeover with a 'Design a Park' inter-schools competition.

The competition was sponsored by Toytastic Toyshop and Little Star Workshops, both on Moor Street in Chepstow.

All local schools including Dell primary, Thornwell, Pembroke, St. Mary's, Shirenewton and Mounton House school were invited to take part. There was a fantastic response with some imaginative ideas including many calls for a zip-wire, a roundabout, dens, pirate ships, obstacle course, space themed park and a duck pond as just some of the ideas that the children came up with.

There were so many fantastic entries that it was very hard to pick a winner! FDPC drew up a shortlist and the winners and runners-up were chosen by Toytastic and Little Stars Workshops.

And the winners were:

Infant Winner - Ellis Hodkinson
Junior Winner - Lucy Keable-Steer

Junior Runner-up - Ben Brand
Infant Runner-up - Leon Giordmaine
Junior Runner-up - Lauren Tuck
Infant Runner-up - Leo Durman

Clare Adams from FDPC commented: *"We loved Ellis's design that included a 'car-track' that meandered around the park - this would be excellent for scooters or practising to ride a bike".* Whilst Suzanne Moore Osley another FDPC representative added: *"Lucy's winning design included an imaginative 'climbing tree' and a castle theme which we thought would be great and in keeping with the park's context."*

The winning designs will be put to the design team when the community group are in the design stages - hopefully in not too distant a future!

Much has progressed since FDPC's last article in Chepstow Matters, with the parents of all local schools being invited to complete a survey. FDPC have below provided some of the stats from the survey:



- 98% children think the park needs to be improved
- 70% of parents are 'vey unhappy' with provision for disabled children
- 66% of parents are unhappy or very unhappy with provision for toddlers
- It was thought that there is nothing for teenagers with 84% of parents saying that they were unhappy or very unhappy with provision for teenagers.

Next Stage

FDPC have completed part of the research stage; the next stage will be to research the views of disabled people and pupils at the local comprehensive school. These statistics and qualitative statements can then be used in future grant applications.

The FDPC grants team of Karen Chadwick and Elizabeth David have identified all grants that FDPC are eligible for.

FDPC member Clare Adams gave a presentation at the recent Town Council meeting to urge their support, funding and commitment to the project. They have also outlined plans to begin a large-scale crowd-funding campaign to begin in the Autumn to which any local people of Chepstow are encouraged to contribute to - watch this space for more information!

Thanks to Suzanne Moore Osley and Clare Adams for the update and photo of the winners



Kestrel Gymnastics have two British Champions!

Congratulations go to Joseph Dunster and Georgie Davies from Kestrel Gymnastics who, after qualifying at the British Tumbling Semi-Finals in Birmingham, found themselves in the British Finals, held at Telford International Centre. Both successfully represented Wales in the Men's and Women's 11/12 yrs Tumbling NDP Level 2, leaving Telford as British Champion in each category! Fantastic!

Shirley Lazerre-Bennett, owner and trainer at Kestrel Gymnastics told us *"We are all very proud of them at Kestrels, they have both worked so hard to make such a wonderful achievement!"*

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Poetry Success

Congratulations to Year 7 pupils Hannah and Jenna from Chepstow School for coming first and second in the 12-16 age group of the Mitcheldean Poetry Competition.

Both girls' poems were entered into the competition by English teacher Ms Martinez and winners and runners up in all age categories were invited to attend a poetry recital on 16th July. The girls did an amazing job reciting their poems over the mic without a prompt.

Author/poet and previous Forest Bard Maggie Clutterbuck (pictured) was one of the judges for the age group. She was impressed with not only the content of the poems, but with each girl's presentation as well, "We have found two budding Slam poets in the making, I am so glad I was here right at the start as I'm sure we will be hearing more from these two in the future!". The girls have since been invited back in September to make a recording of their poems.

Chepstow School Music Marathon

Pupils and staff were involved in a Music Marathon from 5pm on 8th July, keeping the music going non-stop for 24 hours. Pupils were sponsored to be part of the event raising money for the local foodbank.

It was a fantastic opportunity for some pupils to 'give it a go' performing for the very first time, along with more seasoned performers. These five were all in the first two hours, but there were many other musicians, bands and other local music groups who joined in and participated throughout the night.

Newly formed Year 7 band 'Rejection Plan' commented: "The music marathon was great, it had such a positive vibe. We had our first performance and it was amazing to be given the chance to play. It was so encouraging having people you know in the audience. The other performances were wonderful, they all showed us their excellent talent and brought such joy and engagement to the crowd!"



Chepstow School Respect March

Local year 6 pupils again spent a successful two week transition period at Chepstow School in July.

This year the whole school transition theme was 'Respect', using the tagline 'stand by me' to show how each member of the school community supports one another. No-one should be a bystander, if unkind behaviour is witnessed then you shouldn't be afraid to challenge it and 'stand by' those affected.

The transition fortnight showcased these core values and also demonstrated the love of learning that inspires and motivates staff and students alike.

Each class made banners with key words celebrating values such as "Respect", "Kindness", "Honesty" which they carried as the whole school together took part in a Respect March on Friday 8th July celebrating learning at the heart of the school community and giving value to diversity, promoting equality and respecting differences.



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Craft Fayre in Tintern Saturday 27th August

The bank holiday weekend this month sees Abbey Mill Tintern, flourish into a haven of craft. Eclectic Crafters together with Ladybird Pottery are organising a craft bonanza on the lawn of Abbey Mill from 11am until 4pm.

Along with all the permanent craft shops - Spirit of the Green Man, Wye Valley Crafts and Ladybird Pottery - Abbey Mill will home a marquee of marvel with craft stalls including Decoupage, Cards, Jewellery, Stone Art and Photography to name a few. Visitors are invited to browse the stalls and shops, recharge their batteries at the Mill cafe and even try a craft on the day.

The "Have a Go" tent will offer 5 different crafts over the course of the day to test drive yourself, Including jewellery making and throwing a pot - you'll get hints and tips from the experts before taking up the challenge and showing off your skills. Money from the "Have a Go" tent will go towards The Foster Carers Association Charity.

Supporter Mrs Jones told us *"The group provides positive family experiences for fostering families and the children that they care for - some of whom*



may have had difficult and challenging periods in their lives."

Jo Colla from Ladybird Pottery commented *"Tintern is the ideal location to showcase the talents of local people - we are bringing crafters together from all over Monmouthshire and here in the relaxing atmosphere of Abbey Mill, visitors can browse the gorgeous gifts, take in the scenery and re energise at the cafe."* Jo went on to say *"because we will have all stalls under the marquee visitors can be sure of a great experience whatever the weather!"*

For more information including booking a table phone Jo Colla 07719 880985 or email eclectic.crafters@gmail.com

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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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Past Headmaster returns to join in the Celebrations at St John's

St John's on-the-Hill ended the school year with an inspirational Speech Day on Saturday 2nd July 2016.

St John's headmaster David Griffiths praised pupils and staff for their constant hard work and enthusiasm before welcoming the Guest of Honour, Mr John Singleton. Mr Singleton was headmaster at the school from 1961 to 1979! He remarked how much has changed at the school, before presenting prizes to the children for their outstanding achievements.

There was a rousing performance from the school's Pre-Prep children who sang The Can Can music by Jacques Offenbach and Those Magnificent Men by Ron Goodwin.

The school's houses performed the songs they have been rehearsing all year. Gwent House sang Hey Brother and The Nights by Avicii. Severn House sang Don't Stop Believin' by Journey, Dean House sang Rolling in the Deep by Adele and the victorious Wye House sang Fame from the film Fame.

Head Boy, Harry Sillence, and Head Girl, Sasha Baldwin, gave moving speeches about how much they have enjoyed their time at the school and how they have made close friendships that will hopefully last a lifetime.



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Wydean School and Sixth Form receive new bench power units

The Science Department are thrilled to announce that Magnox have donated £945 to pay for nine AC/DC variable power supplies for use in Science across all Key Stages. The bench power supplies are vital to supply safe electrical power for A-level practicals, GCSE Electricity and KS3 topics.

Stuart Motson (3ic Sciences) said: *"We are very grateful to Magnox for their incredible generosity. This gift enables us to equip our labs with the very best possible apparatus and ensure that practical, hands-on Science learning is maximised right from Year 7 to Year 13".*

Oldbury Closure Director, Mike Heaton, said:

"At Magnox we are committed to supporting our local communities. We were happy to help Wydean School who provided us with a perfect opportunity to encourage participation in STEM activities at school. The power station at Oldbury has always supported local projects and we will continue to do so during our decommissioning phase."

This is yet another innovative example where a local business has supported Science, Technology, Engineering and Mathematics (STEM subjects) at Wydean School and Sixth Form Centre. Wydean is always on the lookout for opportunities to engage with local employers and bring Science to life in the real world and improve our superb GCSE, Biology, Chemistry and Physics A-level results even further.

To see some of the range of innovative Science projects and teaching filmed by Wydean's brilliant students and staff you are invited to view the Wydean Science You Tube channel (<https://www.youtube.com/user/wydeanscience>) and the @wydeanscience Twitter page.



Wydean School and Sixth Form A-level Physicists Matthew Trail, Caitlyn Powell and Rhian Player with one of the nine Bench Power Supplies paid for by Magnox.

News from Shirenewton Primary

ARTISTIC SUCCESS: Huge congratulations to Hayley who was the overall winner of the Monmouthshire Housing Association school art competition which had the theme of 'home'. Beating over 200 entrants from across the whole of Monmouthshire, Hayley won herself a Kindle Fire Tablet and £500 for the school. Hayley's winning image will be the new homepage image for the Monmouthshire Homesearch's website, a portal to help people find affordable housing in Monmouthshire.

Congratulations also go to Jessica and Eleanor who were runners-up and won an art pack.

Presenting the prizes was Amy Brine from Monmouthshire Housing Association and also local artist and Welsh Arts Council Creative Agent Claudia Peake, who between them chose the winning entry. The girls have decided that they would like the prize money to be spent on developing the outdoor environment at the school.

SPORTING SUCCESS:



We are also delighted to have achieved sporting success at the end of term ... huge congratulations to all the children who competed in the Chepstow Schools swimming gala and came FIRST for the second year running!

ACADEMIC SUCCESS: This year we celebrated our best results yet at the 'higher than expected levels' at the end of Foundation Phase and Key Stage 2. Well done to all students and staff for their achievements!

MUSICAL SUCCESS: All our Year 1 children learned to play the violin this year in their music lessons and treated their parents and



grandparents to a wonderful concert showcasing their musical talents.

Looking forward to the new academic year ...

With parent forums, open mornings, assemblies, concerts, workshops and charity events already planned - next year will be another action-packed year!

PIONEER SCHOOL: We are one of only two schools in Monmouthshire to be chosen to be a pioneer school to help design the new curriculum which will be available to schools in September 2018 and will become statutory for all schools in Wales in 2021. We will be embedding the four purposes, developing:

- Ambitious, capable learners ready to learn throughout their lives
- Enterprising, creative contributors taking a full part in life and work
- Ethical, informed citizens of Wales & the world
- Healthy, confident individuals ready to live fulfilling lives as valued members of society

... whilst developing literacy, numeracy & digital competency across all areas of learning.

Exciting times ahead!





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Kestrel Gymnasts had a good day at the Welsh Novice Agility Championships in Cardiff on 16th July, in their last competition before the summer holidays.

They had to perform 3 different set tumblers, aiming to link their moves with a good landing at the end.

In the 8 yrs Level 2 Section, Olive Dunster, Sophie, French, Lexie Weldon, Amber Price took the Team Bronze medal, followed by the 9/10 yrs boys Level 3, James Davies winning Bronze, Mackenzie Thornton taking Silver, and Alex Hill-Wilson, champion winning Gold.

The 9/10 yrs Level 4 girls kept up the pace with Charlotte Jones in second place winning Silver, and together with Fay Russell and Willow Summers, became Team champions winning Gold medals and a Trophy.

In the 11/12 yrs Level 3 Boys, Tom Hook won Gold, and Finley took the Silver medal, both competing for the first time at this level. In the girl's section Cora Chisholm won Sixth place Ribbon, Tia Jones, Lilli Edwards, Daisy Macharg, and Annie Selwyn enjoyed the experience of their first Novice Agility competition.



Photo top left Lexie Weldon, Sophie French, Olive Dunster, Amber Price
Photo top right Tia Jones, Lilli Edwards, Finley Stenner, Daisy Macharg, Tom Hook, Annie Selwyn, Cora Chisholm
Photo below Fay Russell, Charlotte Jones, Willow Summers
FRONT ROW Alex Hill-Wilson, James Davies, Mackenzie Thornton

Kestrel Gymnastics Club

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



Open Gymnastics Fun Session

Saturdays
9.00am-10.00am

For children aged
4yrs onwards -
£3.00 per session
payable on entrance

01291 620780

Please email us at: kestrelgymclub@live.co.uk

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

Burrell's Exchange Boutique

Chepstow Matters was delighted to be invited along to the launch of an exciting new venture at Burrell & Co County Jeweller in Moor Street on 15th July.

Burrell's Exchange Boutique is the idea of two of the long term employees at the local jewellery shop, Chloe and Rachel. Owner Michelle Burrell told me "the idea emanated from a chat between Chloe and Rachel whilst in the shop one day, talking about what was missing in Chepstow. They thought that the town would benefit from a top end, second hand clothing outlet. A lot of ladies spend a fortune on a special occasion outfit that they might only wear once or twice. At the Exchange Boutique we can help them recoup some of that expenditure and also help them source the perfect outfit for their next occasion!"

Having completed a fashion degree, Chloe started her career as a buyer in a local shop some years ago whilst Rachel has also had previous experience in ladies fashion and retail. Both are on hand to help with the Exchange Boutique and offer advice and a 'personal shopper' experience if required; keeping a record of your size and style requirements in order that they can either source these for you or make contact when certain pieces come into the shop that they think might be perfect for you.

Only some of the stock available is on view in the part of the shop allocated to the Exchange Boutique, however Michelle has had upstairs converted to a changing area with full length mirror and rails for additional stock - which are already full! The majority of the outfits are designer labels, but not exclusively so and on launch day, with my celebratory Burrell's Bombshell cocktail in hand, I spied pieces from Ralph Lauren, Boden, Mark Jacobs, Coast, Ted Baker, Hobbs amongst others and footwear from Jimmy Choo, Kurt Geiger, Michael Kors to name a few.

It's not exclusively for the ladies either as there were even one or two quality male items available too!

The Jewellery side of the business remains unaffected by this new addition to the store, but offers the perfect opportunity to find complimentary pieces to adorn your new outfit - all under one roof!

If you are looking for that special outfit or have pieces that you would like to sell why not pop into Burrell's at the top end of town and have a chat with the girls?



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Wye Valley Music's Autumn Season Moves in New Directions

Wye Valley Music continues its 50th Anniversary celebrations with an unusually varied programme taking in a broader than usual spectrum of musical styles and instrumental combinations.

The first concert of the season is at 7:30pm on Saturday 17th September in St Briavels Church and will be given by the Jaspa Brass Quintet, which was formed in 2014 at the Royal Welsh College of Music & Drama. In 2015 they were finalists in the Philip Jones Brass Ensemble competition

and are rapidly making a name for themselves as an exciting new group. In St Briavels they will perform a programme including music written for brass ensemble by Malcolm Arnold and by the Welsh composer Gareth Wood. The Suite Americana by the South American trombonist Enrique Crespo, will bring the concert to a close, and surprises are promised along the way!

The second concert, entitled "Songs With And Without Words", is at 7:30pm on Saturday 15th October, again in St Briavels Church. It will be given by locally-based musicians Alison Wray (soprano, photo) and Robert Osborne (clarinet), who will be joined by the prize-winning pianist, organist and composer Charles Matthews at the piano. They will present a tempting collection of pieces from the English and German song traditions by composers including Mendelssohn, Schubert, Arnold Cooke and Edward German arranged for this innovative combination of instruments and voice.

The third concert is at the earlier time of 3:00pm on Sunday 27th November at the Bridges Centre, Monmouth, and features the Ruisi Quartet. Founded in 2012 by brothers Alessandro and Max Ruisi, the quartet has quickly established itself as one of the leading



British string quartets of its generation. In 2015 they were finalists in the Young Classical Artists Trust annual Public Final Auditions in the Wigmore Hall and in the same year they won the prestigious Royal Philharmonic Society award for Young British String Players. The quartet's shared affinity for the string quartets of Haydn has led them to embark upon a Haydn cycle in central London which commenced in March of this year. For their St Briavels programme they will present an exciting selection from this cycle.

The final concert of the Autumn season is at 7:30pm on Saturday 17th December, again at the Bridges Centre and is a seasonal programme entitled "Carols of Nunnes & Roses" and marks a welcome return by the popular medieval music ensemble Joglaresa. Always highly entertaining, their combination on this occasion of voice, bagpipes, harp, fidel, dulcimer, gittern and percussion should make this possibly our tinkliest and twinkliest Christmas programme to date. Mulled wine and mince pies are included in the price, so advance booking is essential for this event.



As always, these concerts are open to the general public, as well as to members.

Full details of each event, including prices, can be found by going to www.wvm.org.uk where bookings can also be made.

Booking for the Autumn series opens on 1st September.

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.

Monday 29th August, A Tribute 2

"A Tribute 2", is a special chance to experience two musical icons, all neatly wrapped up in one iconic Welsh Castle. Two very different people that share a remarkably similar story!

Born within a year of each other just after the Second World War, Bowie and Lemmy started their musical careers in the 1960s, recording and performing their own material over five decades. Uniquely known by their stage names of simply 'Bowie' and 'Lemmy' and their own brand of highly distinctive music. Opting not to follow more mainstream acts, they were totally innovative in the creation of their chosen genre of music, before both sadly succumbing to terminal illness within a fortnight of each other.

The night starts with MOTORHEADACHE, a top class and authentic tribute to the late, great Lemmy and his band, Motörhead. As the dust settles and the sun goes down over the Castle ramparts, the evening moves on to pay homage to the incredible 'starman'. Performed by the highly acclaimed BOWIE EXPERIENCE enjoy all the big hits, showmanship and an alarmingly accurate trip down memory lane as the Bowie Experience relives the various eras and personas of David Bowie.

An opportunity to see commemorate two musical legends inside a stunning Welsh Castle is an evening not to be missed.

For every ticket purchased the Festival will donate £1 to 'Tenovus Cancer Care, Wales'.



For your chance to win a pair of tickets to see A Tribute 2, please email the answer to the following question to community@mattersmagazines.co.uk:

To which two artists is 'A Tribute 2' a tribute to?

Deadline 16th August. Winners will be contacted within 48 hours of the deadline.

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**

Help and Advice for Older People

As we get older, changes to our health and finances can affect the way that we live independently and manage our own affairs. At Monmouthshire Citizens Advice we regularly see people who want information and advice on matters which will impact on the quality of their lives in the future. Here are some examples of areas where we can provide information and help. We have given website addresses but you may prefer to drop in to one of our offices in Abergavenny, Caldicot, Chepstow and Monmouth or ring Adviceline on 03444 772020.

State Pension

The ages at which men and women become eligible for State Pension are no longer fixed and depend on your date of birth. It is important that you are aware of when you become eligible for the State Pension because this date could also affect your eligibility for other benefits offering financial help. You can check your State Pension age via the Government's website <https://www.gov.uk/state-pension-age>.

In April 2016 the new State Pension arrangements began for those people who reached state pension age on or after this date. The full basic State Pension you can get is £155.65 per week but you will need 35 qualifying years of National Insurance contributions to get the full amount. It is important that you ask for a forecast of your likely pension from the Pension Service. This can be done via the website at <https://www.gov.uk/check-state-pension> or by ringing 0800 731 7898 (select Option 1) if you are already over State Pension age or will reach that age within 30 days. Or call the Future Pension Centre – statements and enquiries on 0345 3000 168 if you are more than 30 days away from reaching State Pension age. You can also check your National Insurance Contribution record via <https://www.gov.uk/check-national-insurance-record>

Pension Credit

For men and women, you may be eligible for Pension Credit once you have reached the state pension age for a woman and have income below a certain amount. There is no limit on how much capital – that is savings and property – you can have, but you will be treated as having some income from any capital above £10,000. You can find out more via <https://www.gov.uk/pension-credit/eligibility>.

Older people of State Pension age may also be eligible for other benefits such as Housing Benefit (which helps with payments of rent for those on a low income); Council

Tax Reduction (for those responsible for paying Council Tax but who live on their own); travel concessions, Winter Fuel Payments; Working Tax Credits (if you work more than 16 hours per week); and the Christmas Bonus. Further information can be found at <https://www.citizensadvice.org.uk/wales/benefits/older-people/benefits-for-older-people>.

Occupational and Personal Pensions

Many people who reach retirement age will also receive payments from occupational pensions or Personal Pensions that they have contributed to. It is important to get forecasts of potential pension payments as well as the options for accessing the pension pot. Pensionwise is a free and impartial government service for people who are aged 50 or over and have a defined contribution pension. Information can be found at: <https://www.pensionwise.gov.uk/> or ring 0800 138 3944 to book a free appointment. For those people who have final salary or career average pensions, you can get information about your options from: Pensions Advisory Service at <http://www.pensionsadvisoryservice.org.uk/> or call 0300 123 1047; Money Advice Service at <https://www.moneyadviceservice.org.uk/> or call 0800 138 7777.

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Cotton buds; Candles; Paper clips; Water? Keep it out of your ears!

Many people can't have water in their ear canals, yet many also have blockages; what can be done? You should never try to remove earwax by sticking cotton buds or paper clips or hair grips into them. The lining of the canal is very delicate and can be affected easily with infection being introduced and/or physically damaged. There are a number of proprietary remedies that claim a lot of success but do not always work for everyone; some even make the problem worse.

Olive oil – correctly applied – can help but often you need manual intervention from a professional clinician. However, some people cannot have water squirted into their ears owing to a variety of conditions particularly if they have a damaged tympanic membrane [ear-drum]. Equally many people find their doctors' practice no longer offers the service or there is a very long wait. My practice is able to offer micro-suction removal of detritus from your ear.

There are also those who need to keep their ears dry at all times owing to a chronic condition affecting the lining of the ear canal. A pair of custom-made ear protectors allow you to swim, shower, bathe, wash hair or simply walk in a downpour; they are also floatable so won't sink if you drop them in water!

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. Contact him for a free assessment of your requirements – available 7 days a week and some evenings.

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Dedication of local Chapel of Rest

Martin Watts of Ian Watts & Son Funeral Directors was delighted to invite the Rev. Don Wood to his Caldicot Funeral Home for the dedication of his Chapel of Rest. Rev. Wood dedicated the Blessing Service to the bereaved and their loved ones and to all those working in the Chapel to help others.

Martin expanded his services into Monmouthshire in addition to managing his Gloucestershire funeral home which his late father Ian Watts established in 1968.

The peaceful Chapels offer the opportunity for bereaved families to view their loved one in either of his Chapels with comfortable and private adjoining visitors' lounges.

Martin's business partner in Monmouthshire, Jo Hume commented, *"We are very grateful to Rev. Wood and to all the local people who have welcomed us here in Caldicot and Chepstow."*

Martin Watts added, *"As an independent family funeral directors we are fully committed to the local community and the families we serve."*

Photo shows: Mrs Jean Watts, Rev. Don Wood, & Martin Watts.

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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.



Perfect Pet Services

Perfect Doggy Daycare & Grooming Centre

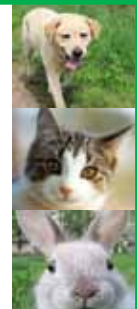
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Rotary Annual Dictionary Awards

At the Archbishop Rowan Williams Church in Wales Primary School, Portskeewett, Rotarian Christopher Wilson of the Chepstow & District Rotary Club, presented Rotary illustrated dictionaries to the children selected by the school for their 'best attitude to learning'. The top photograph shows scholars (L-R) Cerys, Cora, Caitlin, Harvey, Charley and Tomos with their dictionaries.

On 20th July Christopher Wilson was at Thornwell Primary School, in Bulwark, this time presenting dictionaries to those children that the school determined had tried the hardest during the year. Head Teacher, Mr Appleby thanked the local Rotary Club for their ongoing support and their encouragement of learning. Following a short talk on the aims and ideals of the international Rotary organisation the students who were selected to receive the dictionaries were (bottom photo L to R) Rhys, Lucas, Ashton, Cerys, Fay and Keiah.

The Chepstow Rotary Club continues to support many community initiatives, including several competitions for young people for speaking, music, writing and technical ability. It also includes this annual event, where a total of 60 dictionaries were presented to 10 local primary schools. The Club considers that presenting the dictionaries to children in the local schools encourages a love of reading and learning in the young.

The Chepstow Rotary Club is now actively seeking new members, do visit www.chepstowrotary.org.uk to learn more of your local Rotary Club and see if joining would be of interest to you!



Chepstow Choral Society Summer (Festival) Concert

by Marjorie Duerden

Chepstow Choral Society concluded their 2015/2016 season in fine style with their contribution to Chepstow Festival 2016, which was entitled a Summer Gala Concert, consisting of popular opera choruses, solos, and duets, light opera and musical theatre. It proved to be a fine choice which attracted an excellent audience, who thoroughly enjoyed a good night – and the refreshments and socialising that followed!

Brilliant soloists Angharad Morgan (soprano) and Stephen Hamnett (bass), both superb professional singers, provided wonderful singing with popular solos and duets that were simply stunning. Stephen actually included a highly topical and amusing extra verse into When Britain Really Ruled the Waves - this concert being held a few days after the EU Referendum! Ruth Rusling, another guest soloists (trumpet), played some magnificent contributions during the evening, including one from "Les Miserables".

The Choir, directed by the Society's Musical Director Graham Bull, rose to the occasion well, entering fully into the spirit of the evening, particularly in several of the choruses. The evening concluded with presentations to Marjorie Duerden, the Society's piano accompanist, for whom this performance was her final one in that role. Marjorie has chosen to stand down as the Society's pianist after 17 years, and this concert certainly marked a fitting finale, being involved in every item during the evening, with some outstanding playing, which illustrated the enormous demands that this highly varied programme created!

CCS is now taking a summer break, resuming rehearsals on Wednesday evening, 31st August, 7.30pm in Chepstow Leisure Centre Arts Hall.

A Workshop will take place on Saturday afternoon (2.00pm – 5.30pm) 5th October, when all interested singers will be invited to come and spend the afternoon with us – and hopefully join! CCS is affiliated to Ty Cerrd-Making Music, and is a registered charity (no.1127098).

The Society welcomes new singers – no choral society can exist without singing membership! – and if you feel this is for you, and want further information, please contact Marjorie (tel 01291 623310) or visit our website (www.chepstowchoralsociety.org.uk).



Top inset shows Marjorie Duerden, Stephen Hamnett, Ruth Rusling, Angharad Morgan
lower inset shows Stephen Hamnett, Marjorie Duerden, Angharad Morgan, Graham Bull

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News from the Lions Den...

Chepstow & Caldicot Lions Club: "Serving the Community"



A Double Celebration

At a recent dinner, the members of Chepstow and Caldicot Lions Club were able to celebrate the handover of the President's collar and the Distinguished Service of five of its founder members.

Outgoing Lion President Ray Nash was delighted to present to past District Governor and now Mayor of Newport Lion David Atwell and Lions Douglas Lloyd, Robert Thompson, Derek James and Malcolm Sanger with Distinguished Service Awards, celebrating 45 years of Service to the Club and Lions International. All five Lions are Charter Members and have served continually during the Club's existence. What a fantastic achievement!

Lion President Ray followed this presentation by handing over to Vice President Lion Prout who will take over the President's role for the coming year.

Lion President Brian thanked Immediate Past President Ray for his dedication to the Club and the work he has put in over the last twelve months, and promised to keep up the high standards expected of the President.

A bouquet of flowers was then presented to the Immediate Past President's wife Mrs Barbara Nash from Mrs Margaret Prout the new President wife.



Photos show top Lion President Ray with the five founder members and side handing over his collar of office.

Pembroke Road School Assisted Learning Centre

The Centre is an educational establishment for children aged 4 - 11 years with Profound and Multiple Learning difficulties, and Autistic Spectrum Disorders. It is the only school of its kind in South Monmouthshire and receives children from as far as Magor.

Like all schools they struggle to develop and provide the best provision for their pupils, and with severe budget cuts are always looking for grants or support.

Following our visit to the Centre we were asked if our The Lions Club could support them in any of their development work. They were looking to develop their adapted kitchen facilities so all the children, especially those with severe learning difficulties could access sensory cooking. They required a number of items ranging from £20 - £1,000, so any donation from Chepstow & Caldicot Lions Club would be extremely welcome.

So the Lions Club of Chepstow and Caldicot took up the challenge, to provide a completely new, fully equipped kitchen facility, with new lighting, tiling, flooring along with specialist pots & pans to suit the induction hob installed for safety. This would also include workbenches at levels the children could reach from their wheelchairs, where the children's safety is the key feature. /cont ...



Picture shows Mrs Nicola Tyson (ALC), Lion President Ray Nash and his wife Barbara, Lion John Robinson and his wife Christine, Mrs Sandra Pring and Mrs Kelly Rennie Chairperson of Governors for Pembroke Road School.



The budget was set at £6,000, but the final figure came out at nearer £5,500, and much of this was down to the very generous discounts given by the local Kitchen Supplier Howdens in Bulwark.

All equipment and materials, including the kitchen units and the electrical services, have been provided from within Club funds, with the local Council supplying the electrics, however all the labour was freely provided by the School's Caretaker and the parents.

In addition the wives of the Lions members donated £500 for the purchase of a touch screen television to be used in the new lounge created out of the old kitchen.

Lion President Ray Nash stated that he was proud of the work carried out at the school and delighted that the club was able to help with a major project in the community.



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Chepstow Monmouthshire NP16 5EU
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*With every Summer Menu Pack ordered.

FREE*
Large Cake of your choice



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.

With Wiltshire Farm Foods, you can choose from over 300 ready meals, each made with tasty ingredients that are quick-frozen to lock the goodness in. It's all available no-contract, no-commitment and with free delivery. Heaven!



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where you can also order your **FREE** brochure

wiltshirefarmfoods.com



Wiltshire Farm Foods



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.

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@stmarysrchepstow.org.uk www.stmarysrchepstow.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:
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/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

Tax returns to become a thing of the past

HMRC has launched its new system of personal online tax accounts amid real scepticism from advisers over the UK tax authority's ability to deliver on its goal of becoming one of the most digitally advanced tax administrations in the world.

The new system which will eventually replace annual tax returns and will be adopted by millions of individuals and businesses is one part of a radical overhaul that will see the taxman slash hundreds of jobs and plough £1.3bn into digitally transforming the way it administers tax.

HMRC is committed to making £717m of sustainable resource savings a year by 2019/20 with the cumulative savings offset, in a sense, by its digital reinvestment. At the same time, the taxman is to close 137 local offices by 2027 which it will replace with regional centres and has earmarked a headline 21% reduction in baseline resource costs through digitisation.

How these changes will affect HMRC's much-maligned levels of 'customer service' so bad that parliament now considers it to have "an adverse impact on the collection of tax revenues" depends on how you define customer service. Most businesses seem to believe that customers want a local presence, something accountants and their clients will have to live without. Judging by HMRC's previous efforts in this area, a smooth transition appears incredibly optimistic. Previous problems associated with HMRC's digital projects have centred on reconciliation between employer and tax collector estimates.

However, HMRC claim this as a big leap in modernising our tax system, putting good customer service at its heart, and making it as easy as possible for individuals and businesses to pay the right tax at the right time. They claim it signals the end of the tax return as we know it.

Today, taxpayers use a range of digital services to manage their tax affairs, and more than 85 per cent of Self-Assessment tax returns are already done online. But it's not always a joined-up process and many people have to provide information that HMRC already holds. That's something that the government is determined to change. It has already delivered digital accounts for small businesses, with more than a million currently using them, as well as a simpler online service for individuals. Feedback from these groups is helping to shape a bold vision for the future of the tax system. Now, HMRC is exploiting new digital technologies to create even better services that are truly built around its customers' needs.

They also claim that in 2016, all of the UK's five million small businesses and the first ten million individuals will have access to their own digital tax account. Over time, these will fundamentally transform the way in which taxpayers interact with the tax system. Everyone can expect a very different experience from the one they receive today it will be simple, personalised and

secure, offering an increasing range of integrated services. The accounts will bring together in one place all the information that taxpayers need to understand their tax position just like an online bank account. They will be able to register, file, pay and update their information, at any time of the year, using the digital device of their choice.

The idea is to streamline how tax works, automatically targeting help and support to customers when they need it, based on the data in their tax account. This will allow more people to solve their queries easily online, rather than by phone, letter or paper forms. It is envisaged that by the end of the next Parliament, every individual and small business will be able to see and manage their tax affairs through their digital tax account, removing the need for annual tax returns.

Later this year, the government will publish a roadmap and consult on how it will deliver the changes needed some of which will require changes to legislation and investment in new systems. Separate consultations will cover a new payment process to support digital tax accounts and reform of National Insurance contributions for the self-employed. This is a bold vision for a new, modern tax system, which will make it far easier for all taxpayers whether they are individuals or businesses to manage their tax affairs and pay the right tax at the right time.

The key issue, then, is how can HMRC make such a massive transformation, which involves a 31% reduction in headcount at an administration with the consistently lowest morale among government departments, and deliver a fully digital tax system by 2020?

"Digitisation is, on the face of it, a good idea – but my concern is making it mandatory. There will be significant burdens and costs for many.

HMRC says it will be as easy as 'pressing send', but that's naive. It won't be."

Rosemary Chicken, bdhc



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www.bdhc.co.uk



Community Noticeboard

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

Visit the Dragon at Chepstow Castle 2-14 August

No booking required. The dragon will be available to see until 5pm on August 14 before it continues its journey across Wales.

Usual admission fees apply.

To find out more,
visit <http://cadw.gov.wales/fun/historicadventures>

Summer Meditation Walks at Lancaut



Saturday 6th August 11am to 4pm.

We will be looking at a range of meditations to help develop qualities such as clarity, concentration, equanimity and love. These meditations will be suitable for people of any faith or none and for beginners and more experienced meditators alike.

Martin Kerrigan is an experienced Buddhist meditation teacher who has been practicing, primarily within the Tibetan Buddhist tradition, for over 20 years. He has also been involved in a number of multi faith events.

Meet at Gloucestershire Wildlife Trust car park, Lancaut, half a mile north of Woodcroft village on the B4228 near Chepstow Gloucestershire
Map reference ST539966

**This is a free event sponsored by
The Forest of Dean Buildings Preservation Trust, custodians of the
ruins of St James's Church, Lancaut. www.fodbpt.org**



Please note this event is not suitable for children under 12. No dogs please.
The path is steep and may be muddy so please wear suitable clothing. Not accessible to wheeled vehicles. No WC. You may wish to bring a picnic.

Contact: fbtmartin@tiscali.co.uk

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

Devauden Table Tennis Every FRIDAY from 7pm

All Ages Welcome
Coaching Available

£3 adults or
£1 under 16s
Contact John Brooks (Tel: 01291 650205)
or John Rowlands (Tel: 01291 650846)
for more information

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.



2016 Severn Bridge Half Marathon Sunday 28th August

2016 is the 50th anniversary of the bridge opening and the race will feature in a TV documentary



SUPPORTED BY CHEPSTOW TOWN COUNCIL



Monmouthshire Mobile Libraries FILM SHOWINGS at Tintern Village Hall, NP16 6SZ

**Friday 12th August 2016
Spotlight (15)**

WINNER OSCAR BEST FILM 2015 & BEST ORIGINAL SCREENPLAY

Ticket Price: Adults £4.00 - Age 15 and under £2.50
Screening time: Doors open 7.15 pm - Film starts 7.45 pm

Refreshments: Brooke's Ice Cream and teas / coffees on sale throughout the evening

Parking: Immediately outside the hall - additional parking available at Tintern Abbey

Disabled facilities: Wheelchair access, Lavatory
For more information: contact Andrew Reid 01291 689456 or 07774 726860. Email: andrew.reid@huntermillerreid.co.uk

A great day out for the whole family!

BANK HOLIDAY FAMILY FUN RACEDAY MONDAY 29 AUGUST

EARLY BIRD
FAMILY TICKET
£25

Free admission
& entertainment for children

FACE PAINTERS | AQUA ZORBING | CHILDREN'S ENTERTAINERS
CIRCUS WORKSHOPS | BRISTOL CITY FOOTBALL ZONE
LITTLE MIX TRIBUTE ACT 'MINI MIX' AND MUCH MORE...



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For the brave and the hardy out there, Chepstow Racecourse has launched the third running of the Chepstow Stampede for Saturday 22nd October. Competitors will scale steep banks, conquer leg-burning hills and wade through waist deep water as well as running through the picturesque surroundings of Chepstow Racecourse and Piercefield Park, while taking in beautiful sections of the Wye Valley Walk. The off road adventure race offers 5k and 10k courses and new obstacles this year.

CHEPSTOW STAMPEDE

OBSTACLE MUD RACE

SATURDAY 22 OCTOBER

By popular demand there is also the option of children taking part in the Mini-Stampede. This is run over 1.6k for 5 to 9 year olds and 10 to 13 year olds. There will also be a new category for the 5k race for 14 – 15 year olds. Book your place now via www.chepstowstampede.co.uk.

Before then there is lots going on at Chepstow throughout the summer holidays! The course stages its final **Family Fun Day of the season on Bank Holiday Monday 29th August**. It'll be a great way to end the summer holidays with a big day out with entertainment for all the family. The star attraction will be Mini Mix, the Little Mix tribute band which were such a hit last year. The children's entertainment also includes Aqua Zorb, where children can enjoy water and land zorbing, plus bouncy castles, face painting, entertainers and more.

For the adults there will be seven horse races, plus bars and food available. Being a family day the alternative is to bring a picnic (no alcohol please). A family ticket, admitting two adults and any accompanying children, is just £25 in advance. If it's a special occasion you can also book one of the fabulous trackside viewing hospitality boxes for family use. For more details please see the racecourse website www.chepstow-racecourse.co.uk.

Also during the summer holidays there are race meetings on **Tuesday 9th, Wednesday 17th and Thursday 18th August**. The racecourse will play host to the **Chepstow Show on Saturday 13th August**. The agricultural show will include livestock competitions and demonstrations, equestrian events and mounted games, family entertainment and lots to eat and drink – www.chepstowshow.co.uk.

CHEPSTOW RACING & EVENTS FORTHCOMING FIXTURES

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

NOVEMBER

Weds 2nd - Afternoon Jump Racing
Weds 16th - Afternoon Jump Racing

To Book Tickets contact :
www.chepstow-racecourse.co.uk



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Chepstow Matters

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and she will be pleased to help.

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#WHATSYOURTOMORROW

**6 WEEKS OF FITNESS
FROM £64***

JOIN OUR BIG SUMMER SHAPE UP



FITNESS CLUBS

Marriott Fitness Clubs' exciting Big Summer Shape Up is back! Throughout July and August you can join us on a 6 week trial membership with no long term commitment. Join and see what a difference just 6 weeks can make to your fitness.

Enjoy full membership privileges which include use of the fully equipped gyms, indoor heated pools and a variety of classes. Our fully qualified teams will help you meet your goals using a range of fitness programmes to get you looking and feeling great. Why not join with a friend for that extra bit of motivation and competition?

JOIN MARRIOTT FITNESS CLUBS

Call **01291 635208**, visit your local Marriott Fitness Club or **MarriottFitness.co.uk**

St Pierre Marriott Hotel & Country Club
St Pierre Park, Chepstow, Wales NP16 6YA



f MarriottFitnessClubsUK

*Terms and conditions apply. Offer only applicable during July and August 2016. Fees may apply upon joining.

AUGUST

GARDENER'S CLUB OFFERS

Smart Garden
Newby
Mechanical
Wall Clock
£11.99



NSP £19.99



Alpines
9cm pots

**10 for
£12**

NSP £1.99 each



Hybrid Tea
& Floribunda

Roses 4ltr
£6.99

NSP £9.99



Miracle Gro
All purpose
Plant Food 1kg
£3.99

NSP £4.99

ALL OFFERS VALID FROM 1st to 31st AUGUST

KIDS SUMMER

WEDNESDAY AUGUST 31st

START TIME 5.00 PM • £6 PER CHILD • £8 PER ADULT

PICK UP A BOOKING FORM AT THE RESTAURANT TILLS

PARTY



PAYMENT IN ADVANCE



Child's sweet and
savoury buffet platter

Adults sweet

afternoon tea

Magician show
and balloons

Goodie bags, Activity
sheets and colouring

Face painting and
Mini treasure hunt

CHEPSTOW
Garden Centre

TO TAKE ADVANTAGE OF OUR MONTHLY OFFERS JOIN OUR **FREE** GARDENER'S CLUB

Pwllmeyric, Chepstow NP16 6LF

On the A48 just west of Chepstow

TEL: 01291 626035

www.chepstowgardencentre.co.uk

Ask in store for details

MON-FRI 9am-6pm

SAT 9am-5.30pm

SUN 10.30am-4.30pm