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## Dear Readers...

A warm welcome to the January 2017 issue of Chepstow Matters, we hope the new year ahead brings you much happiness.

If you're feeling blue that Christmas is over for another year, there is still plenty to look forward to within this month's pages. Don't forget the annual Wassail and Mari Lwyd (cover photo) - see details on page 11. Panto season is in full flow and we bring you details of two local pantos who would love your support. If you are looking to get involved with your local community this year, you can make a positive difference by volunteering. There are many wonderful groups enjoying working together to achieve great things - see examples inside!

As the temperature drops be sure to wrap up warm and look after yourselves - see inside for how to Stay Well this Winter. If you are looking to tone up in 2017 then we have three different facilities within this month's pages all willing to help you achieve those New Year goals!

A Big Thank You to everyone who has supported us once again over the last 12 months - we simply couldn't do it without you! Please do continue to get in touch with us throughout 2017, we love to share your events and good news stories.

**If you would like to be included in our February edition, the deadline for content is 15th January.**

**Don't forget you can keep up with each monthly edition of your favourite community mag via [www.mattersmagazines.co.uk/chepstow](http://www.mattersmagazines.co.uk/chepstow)**

***Wishing all our Readers  
a Happy and Healthy New Year!***

Jaci x

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## 1st Bulwark Scout Group

Chepstow Matters was pleased to hear from Paul Jones, Scout Leader at the 1st Bulwark Scouts, this month.

Paul (second from the right in above photo) took over leadership of the local scout group 6 months ago and, with the help of fellow new leaders Richard Brown and Terry King, is aiming to build the group back up. They have already grown from just 5 scouts to 20, 6 of whom are girls which is a first for the Bulwark Scouts.

Recent activities include helping the Chepstow Round Table at the Fireworks night at the Leisure Centre in November, and then participating in the Town's annual Remembrance Parade. In December the group visited two local care homes - Bethany Christian Home and Castle Court - where they entertained residents with some carol singing before enjoying hot chocolate at the Lime Tree.

The Scouts meet on Wednesday evenings from 19:15-21:00 and do still have some vacancies for boys and girls ages 10-14.

Please contact Paul via email: 81.peejay@gmail.com or by telephone 07793 750 270.

They have some great activities planned for 2017 and would also welcome contact from any charities or groups that might benefit from the group's input.



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**Chepstow Rotary Club held its annual  
Torchlight Carol Service at Tintern  
Abbey in early December. This most  
popular family event is always well  
supported and this year over 430  
adults attended with their children.**

Families started arriving from 4pm and so by 5pm the LIONS Club marshals reported that the car parks were beginning to fill. After lighting their flaming flambes and illuminating their light sticks the people formed a very, very long procession on the road adjacent to the Abbey. At precisely 6pm the assembly, led by the Reverend Andrew Webster of Chepstow Methodist Church, slowly marched off towards the side of the ruins. Once inside the Abbey grounds the column of people filed down the outside of the south wall on this misty evening as the voices of the choir rose from within the ancient ruins. The noise of the initial crowd had changed entirely into a hushed reverence for the sounds and the sights of beautiful Tintern Abbey. Then, as people entered the main Abbey building in an unfamiliar way through the East door, one could hear the gasps of the children as they saw those ancient walls illuminated from within and the view of the choir assembled on the dais at the far end.

Carols were sung with vigour, lessons read with passion and there was a genuine feeling of goodwill towards one another throughout the service. Rotary President Mac McCarty wished everyone a very happy Christmas and made an appeal for donations to Rotary charities. The service was close by Reverend Webster after which the assembly exited the Abbey and dispersed into the darkness. The Christmas celebrations had certainly started well.

The event raised over £3,000 and after all expenses were paid, including programme printing, the flambes, light sticks and St John's Ambulance, the club was able to add over £2,100 to its charity fund. **In 2017 the Rotary Torchlight Carol Service will be held once again on the first Saturday in December, that is 02 December, beginning at 6pm.**

Every member of the family remembers Tintern for a very long time to come and so the date should be marked in your diary now or visit [www.chepstowrotary.org.uk](http://www.chepstowrotary.org.uk) for details.



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## Celebrating 50 Years !

On 5th January 2017 The Chepstow Modern Sequence Dance Club will be celebrating their 50th Anniversary with a supper.

At present the Club meets on a Tuesday evening at the Chepstow Rugby Club, however when it originally formed on the 5th January 1967 it was named the Shirenewton Old Time Dancing Club and it met in the village hall. The leaders at that time were Cecil and Elsie.

The Club moved to the Chepstow and District Leisure Centre in 1979 and the committee then changed the name to The Chepstow Modern Sequence Dance Club.

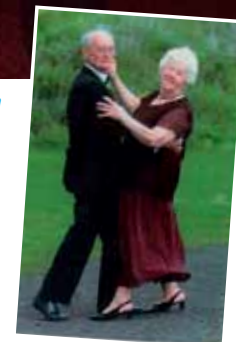
Unfortunately Cecil died and the leadership was taken over by members of the club, Glynn and Lillian, and remained so for 22 years. Glynn retired when he was 80 and the club carried on under the leadership of Gordon and Marie. When age eventually forced Gordon to retire after 7 years, the leadership was then taken over by present leaders Roger and Rosalind.

Like other clubs the membership has fallen in recent years. It has been a thriving club in the Chepstow Area over the past 50 years but new members are needed to enable the club to continue running. It would be very sad to see it close, leaving Chepstow with no sequence dancing!

**Sequence dancing is good exercise to lovely music and can be carried on when you cannot 'jig around' any more. The cost is low and everyone is welcome with or without a partner. If you are interested in joining us, please ring 01291 622984 for further information.**



photos: Dance festival in Weston-Super-Mare and right, Glynn and Lillian





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Saturday 21st January 2017**



**Programme**

- 2.30pm Meet at the Three Tuns, Bridge Street.  
Morris Dancing and capers outside the Three Tuns.
- 3.30pm Wassail of the Chepstow Castle Dell (Town Council)  
Apple Trees in the Lower Dell behind the Tuns.  
Sundry Singing and Dancing.
- 4.30pm Mari Lwyd (Welsh Grey Mare First Footing Ceremony.)  
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- 5.30pm To the Chepstow Bridge (now 200 years old). Morris  
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- 6.30pm Meeting of the English and the Welsh in the Middle of the  
Old Iron Bridge. "It's like going to War and then all Peace  
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- 7.15pm The Mari Lwyd performed at Chepstow Museum. All  
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- 8pm Country Ceilidh Dance at the Drill Hall with "Juice". Entry  
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## Thunderbirds Are Go! Says Air Tattoo

PLANS to celebrate the 70th anniversary of the US Air Force at next summer's Royal International Air Tattoo were given a huge boost this week following the announcement that one of the world's most popular display teams will make a rare trip across the Atlantic to take part.

The Thunderbirds' performance at the Air Tattoo, which takes place on July 14-16, will be the team's only UK appearance next year and will be part of the airshow's official tribute to mark the US Air Force's 70th anniversary. As well as seeing a range of operational and historic US Air Force aircraft in the air and on the ground, Air Tattoo visitors will have the opportunity to learn about the key role the air arm plays in a range of international coalitions and partnerships.

Formed in 1953, the team is renowned as much for its choreographed pre-flight ground routine - performed with pinpoint accuracy - as it is for its stunning aerial displays.

Flying six F-16 Fighting Falcons, elite pilots from the US Air Force will perform a mix of formation flying and solo routines that highlight the maximum capabilities of the USAF's frontline, multi-role fighter jet. The team, which is based at Nellis Air Force Base in Nevada, has only appeared at the Air Tattoo once before - in 2007.

Air Tattoo Chief Executive Andy Armstrong said the announcement of the Thunderbirds' participation demonstrated the incredibly strong bond that exists with the US Air Force.

He said: "The history - and success - of the Air Tattoo is inextricably linked to the US Air Force, on whose base the event takes place each year. I am pleased that we'll have the opportunity next summer to mark their 70th anniversary."

Special reduced-price Air Tattoo 'Super Earlybird' tickets are available until 31st January, priced from £29. Under-16s go free.

For details, visit [www.airtattoo.com](http://www.airtattoo.com) or call 01285 713456.



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## The Effects of Untreated Hearing Loss

Ian Croft Audiologist

Christmas is coming! A time of year when families are drawn together and vibrant conversations occur frequently; unfortunately a large number of people will struggle to take part because they can't hear clearly what is being said. What better present could you give them than better hearing?

Actually, many people are aware that their hearing has deteriorated but are reluctant to seek help. Perhaps they don't want to acknowledge the problem, are embarrassed by what they see as a weakness, or believe that they can "get by" without using a hearing aid. And, unfortunately, too many wait years, even decades, to address the effects of hearing loss before getting treatment.

However, research demonstrates the many negative social, psychological, cognitive and health effects of untreated hearing loss. Each can have far-reaching implications that go well beyond hearing alone. In fact, those who have difficulty hearing can experience such distorted and incomplete communication that it seriously impacts their professional and personal lives, at times leading to isolation and withdrawal.

Studies have linked untreated hearing loss effects to:

- fatigue, tension, stress and depression
- avoidance or withdrawal from social situations and loneliness
- reduced alertness and increased risk to personal safety
- impaired memory and ability to learn new tasks
- reduced job performance and earning power
- diminished psychological and overall health
- increased potential of developing dementia

Hearing loss is not just an ailment of old age – 50% of hearing aid wearers are under 55. It can strike at any time and any age. Modern instruments in the private sector are so advanced these days (and discreet!) that they can stream the TV signal, let you hear the phone in both ears and be controlled without touching them. They last for years and can cost a lot less than a two week holiday.

If you think you or a loved one suffers from hearing loss, don't delay another day. Visit a hearing healthcare professional and take the first step toward a world of better hearing.

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## Kestrel News

Kestrel gymnasts are back from Malta after competing in the Gym Stars Artistic International competition. The girls had a great experience and thoroughly enjoyed their first international, meeting gymnasts from European countries and Australia. They returned with a trophy, and Jessica Ham was absolutely delighted winning Gold on Vault, Bronze on Bars, and Silver Overall in the 13-15 yrs section. All are now back in training, and looking forward to more international competitions in the future!

*Photo (right) back row: Charlotte Jones, Maisie Edwards, Olivia Hathaway, Georgie Davies; front row: Jessica Ham*



Kestrel gymnasts ended their last competition of the year at the Welsh Tumbling Championships in Cardiff with great results. The four gymnasts performed three different tumblers in Intermediate Level 2, and gave their all with fast tumbling and good landings on somersaults. Joel Kohler-Hoon was Champion in the Boys' 11/12 yrs section, and although not placed, Georgie Davies had a good competition. In the 13/14 yrs section, Jessica Ham won Silver, and Kestrel had another Champion with Lily Brain taking Gold.

We look forward to new challenges in the new year after a short break.

*Photo (left) shows Jessica Ham, Joel Kohler-Hoon, Lily Brain, Georgie Davies*

## 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



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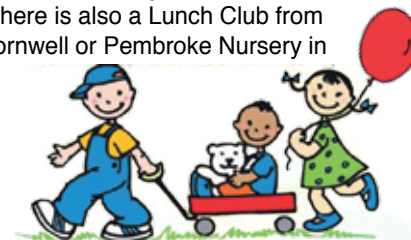
## Little Acorns Playgroup

Little Acorns Playgroup @The Burnt Barn Club, Bulwark is a Pre-school Playgroup providing a fun and educational start to life in a friendly and stimulating environment, encouraging the development of social and communication skills through fantastic play opportunities. Children start from age 2 to pre-school, we are Social Services inspected and members of the WPPA (Wales Pre-School & Playgroup Association)



Little Acorns is a childcare setting run during term time for 2 to pre-school age children. Monday to Friday 9.15-12pm, cost for this session is £7.50. There is also a Lunch Club from 12-12.45 after which children can be collected or taken to Thornwell or Pembroke Nursery in Bulwark, cost for this session is £3.50.

For more information please inbox Rachel on email [acornsplaygroup@aol.com](mailto:acornsplaygroup@aol.com), phone 07904 212135, or visit the website [www.littleacornsplaygroup.co.uk](http://www.littleacornsplaygroup.co.uk)



**Little Acorns Playgroup, Burnt Barn Club, Bulwark NP16 5AR**

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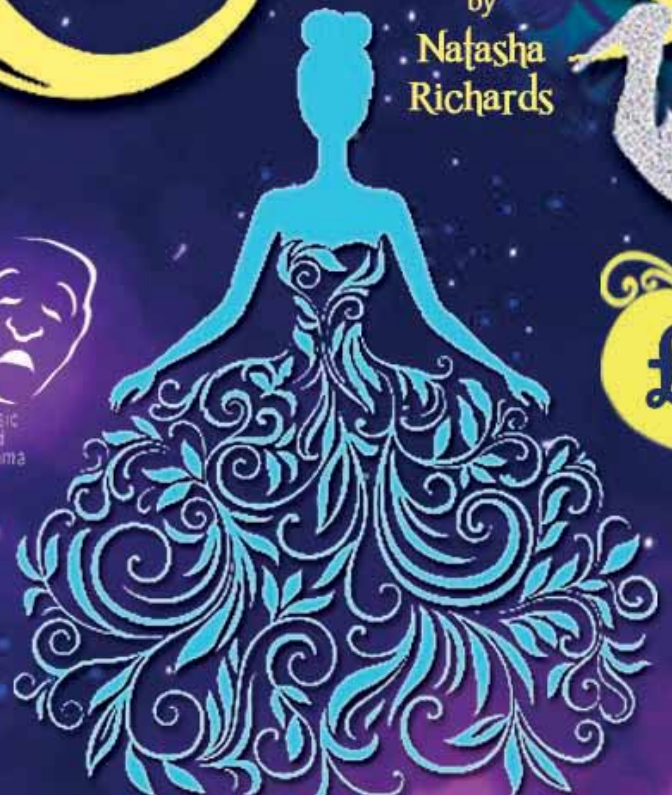
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There will be £500 cash prizes for the Best Dressed Woman, Best Dressed Couple and Best Dressed Man.

We'll also have a fashion show, top class racing plus live music entertainment from Michael Buble and Olly Murs tribute acts.

On the track there is almost £80,000 of prize money on offer including a £25,000 handicap chase (won by Sire de Grugy in 2015) and a £20,000 qualifier for the Pertemps Network Group Hurdle at the Cheltenham Festival.

Admission starts from just £20 and we also have a 'Fabulous Fillies' package for £30 (must be booked in advance) which includes admission, a free drink, chicken flatbread and a race day programme).

**Tickets available via [www.chepstow-racecourse.co.uk](http://www.chepstow-racecourse.co.uk) or 01291 622 260**

## CHEPSTOW RACING & EVENTS

### FORTHCOMING FIXTURES AND EVENTS

#### JANUARY

SUN 8th New Year Race Day  
FRI 20th Winter Afternoon Jumps

#### NON RACEDAY EVENTS

SAT 14th Rock and Gem Show  
SUN 15th Rock and Gem Show

#### FEBRUARY

FRI 3rd Winter Afternoon Jumps  
SAT 25th Winter Ladies Day

#### MARCH

MON 13th Winter Afternoon Jumps  
THU 23rd Locals Raceday

#### APRIL

SAT 8th Grand National Raceday  
MON 17th Big Easter Family Fun Day  
FRI 28th Spring Evening Jumps Racing

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Wed - Men's Darts incl Gwent Super League

Thurs - Mencap till 9pm.  
Ladies Darts  
Fri - Family night (incl children)  
Thrift Club • Men's Darts

Sat - Function room  
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**[www.burntbarnclub.co.uk](http://www.burntbarnclub.co.uk)**

### Club Associates

Little Acorns Playgroup, 9.15-12.45  
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Fri: 7pm - 12am



## 11+ Scholarships

St John's on-the-Hill School has announced that it is awarding Scholarships for pupils aged 11 plus (current Year 6) for Academic, Music, Drama, Sports, Art and Design Technology. This year's Scholarship exams will take place from 16-20th January 2017.

St John's on-the-Hill's Head, Ruth Frett, said: "We want to attract the best pupils and are offering generous Scholarships to pupils who display talent, enthusiasm and commitment in a wide range of subjects. We urge any parent who thinks their child has strong ability to get in touch. Our Scholarship Scheme is particularly attractive as it may carry through to Dean Close Senior School, bringing financial assistance in paying for school fees from age 11 to 16."

For more information please contact  
Mrs Karen MacDonald on 01291 635 382  
macdonaldk@stjohnsonthehill.co.uk



## Local Musician launches school Celtic Club

St John's on-the-Hill welcomed Scott McKeon, fiddle player with Rusty Shackle, a local Welsh indie-roots band ([www.rustyshackle.com](http://www.rustyshackle.com)), to its school on Friday 18 November, to launch a new folk music club called the Celtic Club.

Scott joined the pupils for a special assembly where Scott played the guitar, penny whistle, fiddle, mandolin, banjo and bodhran. He also gave a rendition of the unicorn song, complete with actions.

Scott then selected four students to play the Penny whistles, bodhran and mandolin and within minutes he had them playing a little tune!

Dave Mitchell, Music Director, St John's on-the-Hill, said: "We are so excited to have Scott on-board to lead our new Celtic folk music club. Scott is a passionate folk musician and teaches all over South Wales promoting Celtic and folk music."

"The club will cater for children who have never picked up an instrument as well as our more experienced musicians and if our assembly is anything to go by it will be great fun."



## Santa surprises school with new utility vehicle

Santa surprised the children and the groundsmen at St John's on-the-Hill School when he arrived at the Christmas Fayre on Tuesday 13 December in a brand new utility vehicle – The Gator – a present for the school's gardeners!

Every year Santa finds an exciting way to visit the school (last year he appeared on the roof and abseiled down the side of the school building). This year it was rumoured he would arrive by helicopter but due to adverse weather he made his entrance in the two-seater Gator.

Ruth Frett, Head, St John's on-the-Hill, said: "Our children worked so hard to make their Christmas Fayre a success and Santa's arrival was the icing on the cake – the new Gator, named Ali, will make work so much easier for our groundsmen and I think our handyman, Terry, was more excited than the children."

Santa also had gifts for the children and gave out presents from his grotto at the Christmas fayre. To raise money for the school, the children ran stalls ranging from hair colour spraying, to lucky dips and chocolate fountains.



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## A lesson in saving lives – Helping Wydean students to make our roads a safer place

Sixth Form students at Wydean School took a break from their studies last term to learn an even more important lesson and one that could save lives.

Wydean School and Sixth Form Centre, alongside the Gloucestershire Road Safety Partnership, hosted a day dedicated to helping students stay safe on our roads and encouraging respect for all road users.

The **'Drive for Life – Safe and Social Driving'** day was held on Wednesday, October 19th at Wydean School and Sixth Form Centre with around 230 students taking part in activities and educational workshops.

They witnessed a hard-hitting road traffic collision (RTC) scene and investigation and saw first-hand the actions of the emergency services and the impact on them, as well as the people involved in the collision.

They also experienced the 'ripple effect' as the Family Liaison Officer breaks the news to the victim's family and heard the real-life stories of two mothers who have each lost a child in a RTC.

Wydean School's Headteacher, Robert Ford, said: *"This is an incredibly important aspect of a wider education needed increasingly in schools for students in post 16 in particular. My thanks to Sam Bishop, assistant director of Sixth Form, the Sixth Form team and all our visitors for their hard work in organising this event for Wydean Sixth Form students".*

All students were able to 'get behind the wheel' on a driving simulator that enabled them to experience different braking distances and sit on a seatbelt sled, where they felt the impact of hitting a vehicle at seven miles per hour.

They also learned about how different types of music and other distractions can affect their driving and wore 'beer goggles' that mimic the effects of alcohol on their driving performance.



Head of Gloucestershire Road Safety Partnership, Maria Boon, said *"we are fortunate to live in a beautiful rural area but this can mean we are dependent on our cars. This Drive4Life event has been designed to safeguard the driving futures of students in our country. It aims to prevent the harm and heartache caused by road traffic collisions."*



*"Driving isn't all about your skill behind the wheel. Skills and knowledge can produce a good driver but it's the right attitude and behaviour that will make a great one."*

Becky Pain, the mother of Oliver, who tragically died in an RTC gave an emotional speech to students in the opening ceremony, she said *"Sadly it can happen to any of us... like Oliver's collision you don't have to be driving excessively fast, under the influence of drugs or alcohol or on your mobile phone...fatal or serious injuries from a road collision can happen at any time."*

Rhiannon Gillard a Year 13 student, said *"the whole day was an eye opening experience, you don't understand the seriousness of distractions when driving with friends in a car. I found the variety of guest speakers and interactive workshops really engaging."*

A number of outside organisations also supported the day, including Kwikfit, The AA and the Institute of Advanced Motoring.

## Scrumptious Sunday Lunch Perfect for the Season

Chepstow Matters was delighted to be invited along to sample the new Sunday Lunch Carvery now available at The Brunel's Hat within Double Tree by Hilton, Bristol North.

With a warm friendly welcome we were shown to a large table for four allowing comfort whilst we ate. A drinks order was taken at our table for us to enjoy the surroundings before making our way to the Buffet Carvery. A choice of colourful, fresh anti pasti or soup of the day with warm crusty roll was offered for starters. Three meats (all carved fresh) were on offer for mains as well as a vegetarian or fish dish - all served with a plethora of seasonal vegetables to choose from and accompaniments - the yorkshire puddings and mini sausages proved to be very popular by all!

The most difficult decision of the afternoon was over dessert and which, from the tempting display, to choose. Each course was very tasty leaving only empty plates to be cleared. Drinks were offered in between courses making for a stress free dining experience.

Waiting staff within the restaurant, as well as the Chefs, were all extremely attentive and above all very personable - nothing was too much trouble. At a reasonable price of just £8 for one course the good value and high standard Sunday Lunch Carvery is served in a great setting.

Well worth a trip over the bridge, and with the voucher below you can even get a discount off your drinks!



### Introducing our new *Sunday Lunch Carvery*

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The process is already part of the Franchised Dealer service plan in the US for some vehicle manufacturers (e.g. Subaru), and in the UK is endorsed and used by TV mechanic Edd China in his own garage workshops.



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## News from the Lions Den... Chepstow & Caldicot Lions Club: "Serving the Community"



Another busy November and December for Chepstow and Caldicot Lions Club, the members have worked tirelessly through the two months collecting food for their Annual Parcel Collection.

Three days at Tesco and two days at Waitrose saw the Lions collect enough non-perishable goods, to supply parcels to the old and needy of Chepstow and Caldicot.

This is the thirtieth year for the Parcel Collection; which the Lions consider as one of their major project of the year.



*(Photos show members and their wives at the Methodist Church preparing the hampers, Lions John Bennett and Nigel Gibby at Waitrose, and Lion Secretary Glyn Williams and Christine Robinson wife of Lion John Robinson at Tesco)*

But without the generosity of the people of Chepstow and Caldicot, which again this year has been outstanding, the Lions could not complete this worthwhile project.

After five days of collecting the Lions met at the Methodist Church in Caldicot to assemble the parcels ready to be delivered, and under the watchful eye of Lion Ray Nash Chairman of the Welfare Committee 160 parcels of Christmas cheer were delivered around the district.

**So the Chepstow and Caldicot Lions Club would like to send a big thank you to everyone who contributed, and especially to Tesco and Waitrose for allowing them to collect at the stores.**

Coming to the end of the year the other major project undertaken by the Lions was to make available heart defibrillators to all the outlying local areas; the latest to be installed was at St. Arvans village, in Laurel Park and the other will be attached to the Piercefield public house.

This project so far has supplied eleven defibrillators to local communities.

**The members of Chepstow and Caldicot Lions Club would like to wish everyone a very Happy New Year.**

The Chepstow and Caldicot Lions are always looking for like-minded people who believe they can make a difference in their community, if there is a gap in your life why not let the Lions help you fill it?

**If you think you would like to know more please ring, Club Secretary Glyn Williams on 0845 833 9565 or Lion Nigel Gibby Membership Secretary on 01291 408 457.**



*Photo above shows Community Councillor Barrie Howells receiving the defibrillator from Lion President Brian Prout)*



## The Art of Landscape: Arcadia to Abstraction

*Chepstow Museum presents a course of 10 lectures exploring how the depiction of landscape has changed over the centuries by popular lecturer Eleanor Bird*

**At the Drill Hall, Lower Church St Chepstow beginning Mondays 2-4pm beginning 23 January 2017**

A series of art appreciation classes in Chepstow will explore some of the most beautiful and memorable images in art history.

At first, landscapes were a mere setting for the saints, but gradually emerged from the background to become celebrated in their own right. This ten week course will look at how the art of landscape reflected fashion, politics and painting techniques, from the 15th to the 20th centuries. The great Renaissance painters such as Titian and Giorgione created visions of a rural Arcadia, peopled with musicians and goddesses, but the artists of 17th century Holland marked the country's new-found independence by turning to the rolling skies and windmills of their everyday world.

In the 18th century, Britain began, for once, to lead the field in painting by focusing artistic energy on the landscape, culminating in the glorious, romantic images of Constable and Turner. But as Europe became increasingly industrialised, it was the French Impressionists and Post-Impressionists who brought innovative ways of seeing the city and the countryside to the fore, laying the groundwork for the abstract artists of the 20th century to create a radical and challenging new art.

Join us at the Drill Hall, Chepstow on Monday afternoons (2-4pm from 23rd January 2017) with popular Monmouthshire lecturer, Eleanor Bird, to examine 600 years of representations of the landscape.

**To reserve a place at Chepstow, contact Chepstow Museum tel 01291 625981**



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## Castell Roc 2017

*"After a dazzling array of star studded shows in 2016, Chepstow's Castell Roc Festival has been inundated with requests to play at the acclaimed Festival." Organiser Carol Mutlow told us. "We had an amazing 2016, with superb acts including The Proclaimers, The Shires and not forgetting Jools Holland OBE. It was an honour to see such household names at Chepstow and ultimately to see the thousands of visitors enjoying the shows and the Town as a whole. It's lovely to hear people saying things like 'I've lost count of how many times I've seen Jools Holland, but this was the best and by far'. As a non-profit making organisation it is very humbling and makes all the hard work worthwhile for the team behind the Festival..... We must convey our thanks to Cadw and the people of Chepstow."*

**Castell Roc will run again for 10 days next year starting on Thursday 17th August - Sunday 20th, and Wednesday 23rd -Tuesday 29th.**

**Castell Roc is extremely proud to announce details of the first shows for 2017 to go public:**

**On Thursday 17th August there is a chance to go back to the headbanging days of the 80s and 90s with Monsters of Rock.** Three of the very best rock tributes on the bill: Hells Bells are probably the best known AC/DC tribute in the UK; followed by The Bon Jovi Experience, the only tribute to have played with JBJ himself and in his own words 'the best tribute I've ever seen!'; third up is the UK Guns N Roses, the most established GNR cover band having toured around the world.

**Saturday 19th August will host The Magic of Motown.** Performing the music of the Temptations, Diana Ross and The Supremes, Four Tops, Stevie Wonder, Jackson 5, Marvin Gaye, Lionel Richie and more - Reviving the wondrous, classic Motown hits with all the dazzling dance moves, glittering costume changes and superb musicianship of the original artistes. This show is simply astounding! Chepstow will certainly be "dancing in the streets" and if your feet hurt afterwards you can always "blame it on the boogie"!

**Sunday 20th August - Collabro are the world's most successful musical theatre group.** They met in 2014 above a pub in London for their first rehearsal and only a month later went on to rouse the whole of the Hammersmith Apollo into a standing ovation during their first ever public performance of Stars in their first audition for Britain's Got Talent. They went on to win the overall competition with one of the biggest majorities ever and have since toured worldwide.

**Friday 25th August - BFG: The Big Fake Gathering featuring the Antarctic Monkeys / The Killerz / The Oasis Experience.** Formed in March 2006 and firmly established on the tribute scene, the Antarctic Monkeys have the power, passion and creative edge to whip audiences into a frenzy, delivering the powerful tunes of the Arctic Monkeys just as they should be. "The Killerz" are the world's leading tribute to The Killers. The music, the look and the energy the band creates makes you feel like you are watching the real thing. In their own words, the Oasis Experience 'actually sound like the real thing!' - why not put the coke challenge to the test!



**Saturday 27th August - A Chance to Hail 'The King' at the Castle, with Ben Portsmouth** who in 2012 won the Elvis Presley Enterprises 'Ultimate Elvis Tribute Artist Contest' which took place in Memphis. A real treat.

Strictly limited tickets are already on sale for these shows from the Festival Box Office at Hannah's Music, Chepstow or via the Festival website at [www.castellroc.co.uk](http://www.castellroc.co.uk)



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

### CHEPSTOW COMMUNITY LISTINGS

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

**Chepstow Hub** Manor Way, Chepstow, NP16 5HZ 01291 635730 [chepstowlibrary@monmouthshire.gov.uk](mailto: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](mailto:clerk@chepstow.co.uk)

**Chepstow Tourist Information Centre** Castle Car Park, Bridge Street, Chepstow NP16 5EY. 01291 623772 [chepstow.tic@monmouthshire.gov.uk](mailto: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](mailto:ctcdrillhall@aol.com)

Bulwark Community Centre, Laburnam Way, Bulwark, Chepstow, NP16 5RF 01291 624138 [bccbulwark@btconnect.com](mailto: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 440065

Mount Pleasant Practice, Tempest Way, Chepstow NP16 5XR 01291 440154

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](mailto:chaosinchepstow@live.co.uk) Jon Stow 07926 584 661

**Chepstow Archaeological Society** [www.chepstow.org.uk](http://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](mailto:chepstowcarers@yahoo.co.uk) 07592 503757

**Chepstow Choral Society** [www.chepstowchoralsociety.org.uk](http://www.chepstowchoralsociety.org.uk) [info@chepstowchoralsociety.org.uk](mailto: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](http://www.chepstowtwinning.wordpress.com)

**Chepstow and District Amateur Radio Society** [www.gw4lwz.org.uk](http://www.gw4lwz.org.uk) contact James Hewitt [chairman@gw4lwz.com](mailto:chairman@gw4lwz.com), meet at Chepstow Athletic Club

**Chepstow and District Gardening Club** Caroline Duchet [cdgclub@gmail.com](mailto:cdgclub@gmail.com)

**Chepstow and District Lions** [www.caldicot.com/lions](http://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](http://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](http://www.chepstowmvc.co.uk) Mon & Thurs 7pm The Dell School contact Stuart Vigus on 01291 626566 / 07733 804317 or [stuartvigus@aol.com](mailto:stuartvigus@aol.com).

**Chepstow Photographic Club** [www.chepstowphotosoc.org](http://www.chepstowphotosoc.org) [admin@chepstowphotosoc.org](mailto: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](http://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](http://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 Walk for Health.** Meets 10.00 am every Monday (except Bank Holidays) at the rear of Chepstow Leisure Car Park. Walks no longer than 3 miles with few if any stiles. Come and make new friends and get fitter at the same time. For further information contact Helen 01291 641856

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](mailto:community@mattersmagazines.co.uk) and we shall do our best to put it right for you!

**Chepstow Womens Institute (WI)** [www.thewi.org.uk](http://www.thewi.org.uk) Shirenewton, St Arvans and Tidenham

**Chepstow Group of Gwent Wildlife Trust** Contact Hilary Lee 01291 689326 [hilary-lee@tiscali.co.uk](mailto:hilary-lee@tiscali.co.uk)

**ComBat Communities of Bulwark and Thornwell**, community group Chairman Ric Hayes [ric.hayes@talktalk.net](mailto: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](http://www.lowerwyeramblers.org.uk) 01291 637416

**Movie Night** at Bulwak Community Centre and St Arvans Memorial Hall see [www.monmouthshiremobilemovies.co.uk](http://www.monmouthshiremobilemovies.co.uk)

**Musical Youth Theatre** [www.cmyt.org](http://www.cmyt.org) Chepstow Baptist Church Tues and Thurs

**Pottery** Thursdays 7-9 Chepstow Comp School Cathy 07917 261511 [www.monmouthshirepotters.org](http://www.monmouthshirepotters.org) hello@monmouthshirepotters.org.uk

**Rotary Club of Chepstow and District** [www.chepstowrotary.org.uk](http://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 [vmoran@btinternet.com](mailto:vmoran@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](mailto:kendavies131@yahoo.co.uk)

**The Singing Club** for anyone who wants to sing [www.singingclubber.co.uk](http://www.singingclubber.co.uk) Karl@operaplayhouse.com

**University 3rd Age U3A** [www.u3asites.org.uk/chepstow](http://www.u3asites.org.uk/chepstow) 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.freeserve.co.uk](mailto:peter@trap-farm.freeserve.co.uk)

### CHURCHES

[www.chepstowchurchestogether.org.uk](http://www.chepstowchurchestogether.org.uk)

**Chepstow Methodist Church**, Albion Square, Chepstow, NP16 5DA 01291 627014 [www.chepstowmethodist.org.uk](http://www.chepstowmethodist.org.uk)

**St Marys Priory**, The Vicarage, Mount Way, Chepstow NP16 5NF Father Chris Blanchard 01291 620980 [www.chepstowpriory.org](http://www.chepstowpriory.org)

**St Christophers**, Bulwark, (linked to St Marys) [www.chepstowpriory.org](http://www.chepstowpriory.org)

**Chepstow Baptist Church**, Lower Church Street, Chepstow, NP16 5HJ 01291 622987 [chepstowbaptist.org.uk](http://chepstowbaptist.org.uk)

**St Marys Catholic Presbytery Church**, Bulwark Road, Chepstow, NP16 5JE 01291 622649 [admin@stmarysrchepstow.org.uk](mailto:admin@stmarysrchepstow.org.uk) [www.stmarysrchepstow.org.uk](http://www.stmarysrchepstow.org.uk)

**St Luke's Church**, Coleford Road, Tutshill NP16 7PT 01291 624868 [www.tidenhamparishchurch.co.uk](http://www.tidenhamparishchurch.co.uk)

**Stroat Evangelical Church**, Gloucester Road, Stroat, Chepstow, NP16 7LR 01594 529209 [pastor@stroatchurch.org.uk](mailto:pastor@stroatchurch.org.uk) [www.stroatchurch.org.uk](http://www.stroatchurch.org.uk)

**The Bridge Pentecostal Church**, Unit 1A Critchcraft Buildings, Bulwark Road NP16 5QZ 07943 851799 [thebridgechurchchepstow@gmail.com](mailto:thebridgechurchchepstow@gmail.com)

**Victory Church**, Palmer Community Centre, High Street, Chepstow, NP16 5LH 0845 4092449 [www.victorychurch.co.uk](http://www.victorychurch.co.uk)

### BABY AND TODDLER GROUPS

**Chepstow Leisure Centre Playgroup.** Contact: Karen Isaac 01291 623392 [karenisaac61@aol.com](mailto:karenisaac61@aol.com)

**Chepstow Methodist Church Parent and Toddler Groups** mornings 10am term time [www.chepstowmethodist.org.uk](http://www.chepstowmethodist.org.uk)

**Cylch Ti A Fi Cas-Gwent** Chepstow Library contact Mai Jones [mai.jones@meithrin.co.uk](mailto: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](mailto:acornsplaygroup@aol.com) Tuesdays term time 1-3pm.

**Parent and Toddler Time at Whirlkidz** 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](mailto: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](mailto: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](mailto:babsmiddleton80@gmail.com) Wed 3.45 term time, all age siblings welcome FREE



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[/ChepstowMatters](https://www.facebook.com/ChepstowMatters)





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

### NURSERIES / PRESCHOOLS

**Bluebells Playgroup** Fairfield Road, Chepstow 01291 628908  
bluebellspg@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.littleacornspg.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  
markbirch1228@hotmail.com 01291 622126

**Chepstow Darts League** contact Rob Murdin - murdrobe@  
sky.com or Chris Smith - smudger391@hotmail.com, tel -  
07445 287018.

**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  
information@swimchepstow.co.uk

**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.clubwebsite.co.uk/  
chepstowtownafc. Contact Stuart Carter 07592 323 770

**Chepstow Garden City Junior Football Club** www.  
gardencityjfc.com

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

## Gains and Losses on Employment Allowance

The employment allowance was set at £2,000 for the first two years of its existence. For 2016-17, the allowance has been increased to £3,000. So you can reduce the amount of your employer class 1 national insurance contributions (NICs) payable to HMRC by this amount throughout the year.

The employment allowance is targeted at businesses that support employment, and for 2016-17 will cover your NIC cost of employing four adult full-time workers earning the national living wage for those aged 25 or over. However, the allowance has never been available for employing someone for personal, household or domestic work, such as a cleaner, nanny or gardener. However, it can be claimed by employers of care and support workers. What's more, from 6 April this year, you no longer qualify if you are the director and only paid employee of your company.

### Qualifying Employment

This will not make too much difference if only a low level of remuneration is taken, with profits mainly withdrawn as dividends. However, the situation may be more serious for contractors who, regardless of whether or not the IR35 rules apply, often take a much higher level of remuneration. The after-tax cost of losing the full allowance for 2016-17 is £2,400.

Just having employees or another director is, in itself, insufficient to continue qualifying for the allowance. You will only qualify if your earnings from the company are high enough to be subject to employer NICs. This means that an employee's weekly earnings have to be at least £156 (£676 monthly), while a director needs annual earnings of £8,112.

The full allowance of £3,000 will be available provided you qualify at some point during 2016-17. But a word of warning if you think that simply employing your spouse or partner for one week is good enough: you cannot qualify for the employment allowance as a consequence of avoidance arrangements. By contrast, employing a seasonal worker for one or more weeks would be fine, provided their earnings are high enough. HMRC also gives the example of a person who is the only UK-based employee of an international company. When it comes to the employment of a spouse, partner or family member, the employment needs to be genuine; in particular, HMRC will be less likely to query long-term arrangements.

### Lower Exemption for Employee Shareholders

The take up of employee-shareholder status has been somewhat less than the government hoped for, the recently introduced restriction to the amount of capital

gains tax (CGT) exemption is certainly not going to help. The basic idea is that an employee-shareholder receives tax-advantaged shares in exchange for giving up certain employment rights.

The employee shareholder must receive shares in their employing company with a minimum value of £2,000, with these shares free of tax and national insurance contributions. There is no upper value for the shares which can be acquired, but the excess value over the £2,000 limit is taxed as earnings. The employee-shareholder then benefits from a CGT exemption on the disposal of up to £50,000 worth of shares. The shares are valued at the time they are received by the employee, and the exemption would previously have applied regardless of their increase in value – even if sold for millions of pounds.

However, the amount of exemption is now subject to a £100,000 lifetime limit where shares are acquired under an employee shareholder agreement entered into on or after 17 March 2016. Any past or future gains arising from prior shareholder agreements do not count towards the £100,000 limit. For example, an employee sells £50,000 worth of these employee shareholder shares with a gain of £250,000. If the employee-shareholder agreement was entered into before 17 March 2016, the £250,000 gain would be exempt from CGT. If the agreement was later, £150,000 of the gain would be taxed. Although employee shareholder style contracts have not been widely used by rank and file employees, they have been more popular for start-ups with high growth potential. The CGT exemption has been particularly attractive to key employees and directors because they could enjoy the growth in share value in a tax-efficient manner. Such employees would probably not be worried about the loss of some employment rights. Unfortunately, the lifetime limit now reduces the attractiveness of the employee-shareholder regime, even taking into account the reduction in the higher rate of CGT from 28% to 20%. Arrangements may no longer be cost-effective where they involve complex share structures.



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# Community Noticeboard

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

## Gwent Wildlife Trust Chepstow Group

Wednesday January 18th 2017 @ 7.30pm

Chepstow Leisure Centre

### "Gwent Levels Projects"

an illustrated talk by Gemma Bode, GWT Living Landscape Manager of the Gwent Levels

Gemma will speak on the new project which is just getting under way, which will be aiming to improve local communities' involvement with and knowledge of the marvellous Gwent Levels habitat, and hoping this will engage more people in its protection and preservation.

## Cinderella

Chaos Music and Drama Society, will be performing their panto Cinderella at the Drill Hall, Chepstow, 7.30 Friday 13th, 2.30 & 7.30 Saturday 14th and 2.30 Sunday 15th January 2017.

Tickets are £6.00 each and available from Chepstow Museum, Hannah's Music and Whirlykidz soft play centre.

See poster, page 18

## Bolshoi Ballet Live Broadcast from Moscow:

### THE SLEEPING BEAUTY

3pm, Sunday 22nd January at The Drill Hall

Brilliant Bolshoi dancers take us on a dream-like journey through this classic fairytale complete with jewel fairies, a magical kingdom, a youthful princess and a handsome prince in this purest style of classical ballet.

Tickets £12/ £10 concessions from, and to raise funds for, Chepstow Museum tel 01291 625981

## Chapel Hill United Charities

### New Year



Monday 9th January

12 noon in Tintern Village Hall

Are you or your spouse/partner aged 60 or older & live in the Tintern area?

Join us for a FREE 3 course meal

Come along for good company & New Year fun!



With musical entertainment

To book your place: 07512 856024 or email BookingsTinternVH@hotmail.com Let us know if you would like your dinner delivered.

FREE for all over 60s in Tintern!

Financed by Chapel Hill United Charities and hosted by Tintern Village Hall Management Committee with help from The Royal George and local volunteers.

## Tintern Philosophy Circle

7.30 pm at The Rose & Crown

www.tintern-philosophy.org

17th January 2017

### 'Whatever happened to Truth?'

A philosophical reflection on 'post-truth'.

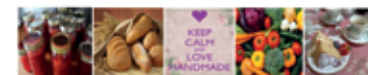
For New Year reading I can recommend Truth by John Caputo (a postmodern perspective), and Truth by Simon Blackburn (an analytical approach); can they both be 'true'?

## Bulwark Community Centre Film Season

next film:

Saturday 26th January 2017

2pm - Absolutely Fabulous



## SHIRENEWTON VILLAGE MARKET

EVERY THIRD SATURDAY OF THE MONTH FROM 10-12

AT THE REC HALL.

YOUR MONTHLY ONE STOP SHOP FOR LOCALLY GROWN, PRODUCED AND HANDCRAFTED ITEMS.

ENJOY COFFEE AND CAKE IN THE CAFÉ.

JOIN US TO SHOP AND SOCIALISE!

## 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 01291 624138

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.



## CHEPSTOW & CALDICOT LIONS CLUB



### The Singing Clubbers in Concert

at Caldicot Choir Hall

on Saturday, 28th January, 2017

Doors open 7pm concert 7.30pm

Bar Available All proceeds to worthy causes

Adults £7 : Concessions £6

## A Tale of 1001 Tights

The Shirenewton Operatic and Dramatic Society (SODS) will be presenting their annual panto for 3 nights at Earlswood Hall from Thursday 26 to Saturday 28th January 2017.

The show is a traditional family Panto and this year, will be full of eastern promise. With plenty of goodies, a few baddies, live music and singing, some surprises (not all planned!) and plenty of audience participation, it promises to be a fun night out for all the family (oh yes it will!!!).

The bar opens at 7pm with curtain up at 7.30, tickets just £7 for adults and £5 for children. Please call Jackie Budd on 01291 641547 or email jackie.budd61@btinternet.com

See poster page 8.

## Fox Trot Friday Tea Dance

Bulwark Community Hall

Every Friday 10.30am-12.30pm



## FFINIAU / BORDERS FOUR WELSH ARTISTS IN

### RAYMOND WILLIAMS' Border Country

**Exhibition of paintings by Joan Baker, Charles Burton, John Elwyn & Bert Isaac**

Curated by Peter Wakelin for the National Eisteddfod 2016

Showing until 26th February 2017 at CHEPSTOW MUSEUM, Gwy House, Bridge Street, Chepstow NP16 5EZ

Open: Mon-Sat 11-4, Sun 2-4 (closed 25-28 December, 1 & 2 January)  
Free Admission.

Border Country by Raymond Williams is one of the great Welsh novels. Published in 1960 this influential autobiographical novel explored the changing lives of people on the Welsh borders, in town, village, farm and industrial valley, from the 1920s to the 1950s.

In this exhibition, originally created for the 2016 National Eisteddfod, works by four Welsh artists, Joan Baker, Charles Burton, John Elwyn and Bert Isaac, all contemporaries of Raymond Williams, have been brought together. They represent a fascinating period in South Wales in the 1930s, 40s and 50s when artists wanted to record ordinary life around them in direct and truthful ways.

Border Country, which was set in and around Abergavenny (fictionalised as the town of 'Gwenton') told the story of a young lecturer who comes home from London to help look after his dying father and in the process remakes connections with the life of his working-class community. It was set on the border of Wales and England, but Williams was interested in other kinds of borders too – between town and village, vale and coalfield, generations, classes, men and women.

Peter Wakelin who curated the exhibition, chose four artists who examined their own surroundings in South Wales as Raymond Williams looked at his – without 'a false or sentimental note anywhere'. They were all born within a few years of Williams. They came out of the same culture and environment. They lived similar experiences, they saw what he saw, and they too explored boundaries between places, people and communities in south Wales.

In the sixty years that have passed Wales and Welsh lives have changed dramatically. So it is rewarding to see an earlier time and place, vividly conjured up, as these four artists and this writer saw it.



*Farm Entrance by John Elwyn, 1955  
(Aberystwyth University)*

This exhibition is bursting with fascinating works from Brecknock Museum, Aberystwyth School of Art, the University of South Wales, Richard Burton Archives at Swansea University, the National Library of Wales, Newport Museum & Art Gallery and private collections.

Chepstow Museum is the last venue in a short tour following the Eisteddfod, and there is a lasting memento in a beautifully illustrated and informative book and catalogue available at the Museum.

The Museum is staging two special events in association with the exhibition at the Drill Hall, Lower Church Street:

#### Wednesday 1st February 7.30pm 'Border Country in Paint'

Peter Wakelin talks about the works and the artists selected to complement Raymond Williams' autobiographical novel of 1960 'Border Country' for the Eisteddfod exhibition "Ffiniau". Peter Wakelin is a writer and curator, specialising in Welsh art and heritage, previously head of Royal Commission on the Ancient & Historical Monuments of Wales, and a director of National Museum Wales.

Tickets £3 (deductable from catalogue bought on night price £6), free tea & coffee

#### Saturday 18th February 2pm Special event to celebrate the exhibition Ffiniau: Four Painters in Raymond Williams' Border Country

Raymond Williams' biographer Professor Dai Smith and one of the four artists, Charles Burton, in conversation with exhibition curator Dr Peter Wakelin

Followed by tea and a special viewing of the exhibition at Chepstow Museum  
Tickets £4/£3

## Stay Well This Winter

A national campaign to help people prepare for winter weather has been launched across the country by the NHS. The message is to Stay Well This Winter and to encourage people most at risk from cold weather, including those with long-term health conditions and the over 65s, to prepare for the lower temperatures.

More people die over the course of each winter compared to other times of the year and there are a range of conditions worsened by the cold weather - 80 per cent of these deaths are accounted for by people with circulatory diseases (such as heart disease, lung illnesses and stroke), dementia and respiratory diseases (such as asthma).

Exposure to cold indoor or outdoor temperatures increases blood pressure, thereby increasing the risk of heart failure, kidney disease, stroke or dementia. Cold temperatures can also make blood more likely to clot, which can lead to heart attacks and stroke. In addition, cold can also affect the respiratory system, which reduces the lung's ability to fight off infection explaining why lower temperatures are linked with bronchitis and pneumonia.

Colder weather is not only associated with an increase in deaths but also has a significant impact on the number of people becoming ill, increasing the winter pressures felt by the health care services. Research shows that for every one degree centigrade drop below five degrees in outdoor average temperatures, there is more than a 10 per cent increase in older people consulting their GP for breathing problems, a 0.8 per cent increase in emergency hospital admissions and a 3.4 per cent increase in deaths.

The campaign messages, which includes TV, radio and social media, urge people to be ready for the colder season and to seek immediate advice and help from a pharmacist as soon as they feel unwell, before their condition gets more serious.

Professor Keith Willett, Medical Director for Acute Care at NHS England said: "The NHS is here to help but there are important things we can all do to take care of ourselves during the winter months. It is vital that the most vulnerable people take preventative steps to keep healthy and stay well. We have a high number of A&E attendances over this time that are due to issues which could have been avoided had people asked for medical advice at the first sign of illness.



Professor Paul Cosford, Director for Health Protection and Medical Director at Public Health England said:

*"Throughout the cold weather, looking out for yourself and others is essential to keeping healthy. With winter on the way, now is a good time to make sure you, and those you know who may be particularly at risk from the cold, are as prepared as possible. If you qualify for the free flu jab, get it now. Also remember that eating a healthy, balanced diet and that staying physically active can keep you healthy.*

*"There are a variety of ways you can apply for help to keep your house warm, such as Winter Fuel Payments, Warm Home Discounts and Cold Weather Payments. If you meet the criteria, register for priority service with your energy and water suppliers.*

***"Try to maintain indoor temperatures to at least 18°C (65°F), particularly if you find it hard to get around, have a long-term illness or are 65 or over. You may prefer your living room to be slightly warmer. Make sure your gas, solid fuel and oil burning appliances are serviced by a registered engineer so that they are working effectively and safely before the winter sets in. If we all look out for each other this winter we can really make a difference."***

Meteorologist and weather presenter Lucy Verasamy is also supporting the campaign. Lucy said:

*"Cold weather narrows the blood vessels. This is why we see an increase in things like heart attacks over winter months. There are also other practical dangers when the weather gets cold such as icy pavements, which lead to an increase in slips and falls, particularly amongst the elderly. I'm supporting the Stay Well This Winter campaign because I really believe in raising awareness of the small steps we can take to look after ourselves and others when the mercury drops."*

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