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July 2017

Community Chepstow Matters

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Community Fun at Chepstow's Biggest Lunch at the Castle

- see p5 inside, along with news and photos from Pembroke
& Thornwell Primary Schools, and so much more as well ...

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Dear Readers...

Nearly July already as I write this in the 30 degree sunshine! The weather was glorious for Chepstow's Biggest Lunch which had just taken place as I went to print on this edition. We bring you news of this lovely community event courtesy of Transition Chepstow over the page.

I have been out and about visiting local schools for this edition (a favourite part of the job!) and share with you news of Pembroke Primary's Race for Life on their new community-funded running track. It was lovely to meet up with other local people including Mayor Dale Rooke and members from the Chepstow Lions and Chepstow Rotary Clubs too. You can read more on this on pages 20-21. Pupils at Thornwell School have also been having fun and we share their news on page 19.

#SupportLocal. We are pleased to welcome new advertisers on board with us for this issue and also welcome back previous advertisers too. Please readers do return the favour by **#KeepingItLocal** and giving all our lovely advertisers your support by utilising their services whenever you have a need. We cannot survive without them! A full list of our advertisers is on the last page of the magazine. Thank you for your support!

If you would like to appear in our next issue, the deadline will be 15th July for our August edition.

Enjoy the read!

Jaci x

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open from 2 to 5pm

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Mathern Mill is a watermill dating back to at least the late 17th century. It was once part of the St. Pierre estate and continued to serve the community of Mathern and surrounding area until the 1960s. It was one of at least eight mills on the Mouton brook but is the only one to have always been a corn mill. It was powered by an overshot water wheel, the skeleton of which can still be seen. Then in Victorian times an engine house was added to house a steam engine to increase the power and capacity of the mill. Much of the Victorian machinery remains in situ and visitors can get a good idea of what the mill was like and how it worked.



From their own research the family have a lot of information about past occupants of the mill who were not only millers, but also farmers and publicans.

There is plenty to see in the mill, with audio and visual displays and lots of information explaining the milling process, the role of the miller and the social history of the time. There are also some activities specially for children. Entrance is FREE.

Jan and Dave Bowen look forward to welcoming visitors and sharing this wonderful building with you. Contact them on 01291 622282 for more information. Postcode reference is NP16 6LG.

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Biggest Ever Chepstow Big Lunch in the Castle

Report from Transition Chepstow

Hundreds flocked to Chepstow castle on Father's Day Sunday for Chepstow's biggest ever "Big Lunch". One of thousands of such events taking place nationally, it was the first time Chepstow as a whole came together for a Big Lunch. Gifted with glorious weather, the occasion proved a real joy for locals to get together and offered many exciting activities and entertainment. Highlights included live music ranging from Chepstow Male Voice Choir to Offa's Tykes Ukulele Band, as well as hands-on activities including crafts for children and fun tennis games organised by Chepstow Tennis Club.

Locals were invited to prepare their own picnics to bring along and enjoy together on the grass inside Chepstow Castle. Impressively, half an hour into the big lunch, the lower bailey was bustling with adults, children, dogs, picnic blankets, chairs and of course lots of food! Prizes awarded on the day by Transition Chepstow included Best Historical, Best Green and Best Healthy Picnic, kindly sponsored by Herbert Lewis Department Store, Stone Rock Pizza and Marks & Spencer.

Many interesting local groups participated in the event, including Severn Area Rescue Association (SARA) who brought along some of their brand new rescue equipment, St John's On-the-Hill school who provided two bouncy castles and a re-usable bottle top environmental collage, and Chepstow Fair Trade Forum who provided a "hook your own fair-trade banana" activity.

Transition Chepstow organised this event to bring out a sense of community in a celebration for the 950th birthday of Chepstow, the Castle and Priory,



as well as 10 years since Chepstow became a Transition Town. We were kindly supported by the 950 celebration group, Cadw, and local groups and volunteers who stepped up to help on the day, including Chepstow Society, Chepstow Rotary Club, and Garden City Community Group.

Other groups present: St John Ambulance Caldicot Division, The Drill Hall project, Monmouth and District NCT, CHIP Chepstow, Jez Becker, Gwent Wildlife Trust, Gwent Energy CIC, Chepstow Walkers are Welcome, Youth Coffee Shop at Bulwark Community Centre, Community Connections Befriending Scheme, Chepstow Child and Family Therapy Centre, and 1st Bulwark Scouts.

Other choirs and bands that performed on the day: Chepstow Musical Youth Theatre, Chepstow Choral Society, Chepstow Community Choir and Jig of Slurs (Folk Band).

Many thanks to all that joined in!





Garden City Community Group presents Centenary Family Fun Day

A Free Community Event to celebrate

100 years of Garden City

Rain or shine! Saturday July 1st

11am—8pm

BBQ, Hog Roast and Refreshments

Stalls

Bouncy Castle

Water Slide (Weather Permitting: bring spare clothes!)

Games, Crafts and Activities

Fun Dog Show

Displays

...AND MUCH, MUCH MORE!

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Bring along your family, friends, children and dogs to the Garden City playing field, Severn Crescent, Chepstow, NP16 5EA.

Bring along something small for our centenary time capsule!

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Happy Birthday Garden City!

One of Chepstow's liveliest communities celebrates its centenary on 1st July.

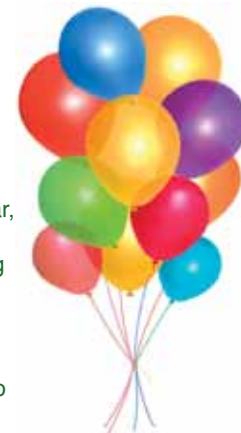
Hardwick Garden City was begun in 1917, in the dark days of the First World War, to house workers at the National Shipyard Number 1 (which later became the Fairfield Mabey site). It was one of the earliest housing schemes to be built using concrete blocks, which were made using prisoner-of-war labour.

Today Garden City is a thriving community. Garden City Community Group was established in 2011 to improve the area. Entirely run by volunteers, the Group's achievements to date include tree and bulb planting, litter picks, improvements to the play area and a regular programme of activities and fun days. Future plans include development of a sensory garden for residents to enjoy.

Garden City will be celebrating its anniversary on Saturday 1st July with a Family Fun Day on the Playing Field from 11 am to 8 pm.

There is a an action-packed programme of events including music, children's activities, a dog show, stalls, food and drink and a raffle with some fantastic prizes. There will also be an all-day historical display of photos, documents and memories, and the opportunity to contribute to a community time capsule.

The Community Group Chair, Veronika Norman, said, *'Rain or shine, this will be a fantastic day celebrating 100 years of this great community. We're looking forward to welcoming not just past and present residents of Garden City but anyone who wants to come along and help us celebrate'.*



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Dog swimming Pool at Bilbo's Pet Spa

Bilbo's Pet Spa in Lydney has made the dreams of so many dogs come true by opening the area's first ever pool just for pets. Yup. No need to provide your dog with a hastily inflated paddling pool here. You can just take them to a fancy full-on pool, where they can doggy paddle as far as their little eyes can see.

Dogs love swimming in this clean, safe large, heated, enclosed dog pool. Designed to accommodate dogs of all sizes, this pool is perfect for dogs preparing for or recovering from surgery, dogs doing fitness training, dogs regaining health and just for fun!

Whether swimming for therapy or as an alternative to walkies, all swims at Bilbo's Pet Spa are designed to be fun swims. Your dog can experience the joy, rejuvenation and exercise benefits of swimming. Our sessions are 30 minutes long with approximately 20 minutes spent splashing in the water enjoying directed play with you and our canine hydrotherapists and water toys. Sessions are by appointment only and can be scheduled individually or combined with grooming. Dogs in the same family can swim in a group for even more fun!

Bilbo's Pet Spa offers a number of standard packages – see below. Our hydrotherapists will also work with you to cater a specific programme to meet the individual needs of your dog.

Cross-fit Canine –

Want to really give your dog a workout?

This programme combines muscle strengthening and stretching exercises. A total body workout for the real athlete!

Silver Paws – For the senior dog, this programme incorporates stretching to ease joint/muscle pain and improve mobility.

Water Dog – free swimming with you in the pool! This option is best suited for dogs who simply enjoy being in the water

Learn to swim – a gentle introduction to water in a safe environment

Swim Active – for the dog needing rehabilitation, this programme incorporates aqua conditioning exercises (ACE) to help improve a pet's range of motion and muscle strength

At Bilbo's Pet Spa our philosophy is based upon keeping dogs healthy, fit and active. Why not call us at Bilbo's pet Spa on 01594 844222 or contact us per the advert below to see how your canine friend could benefit?





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Here at Black Dog Training, we are all about positive reinforcement training that has brought us proven results over the years. With a lifetime of experience with dogs, we know how a dog thinks and therefore how we can release their potential so that both owner and dog get enjoyment out of whatever tasks they are doing. As a life long animal lover with a specific passion for dogs, this is truly a dream job!

Being based at the Perfect Doggy Daycare and Grooming Centre at Penhow means that we have the facilities to help support good socialisation and training within a controlled environment resulting in well balanced dogs. We offer a full range of training services from puppy and adult obedience classes to one to one training sessions for more complex issues both at Daycare or at home in the dogs usual surroundings. Our semi-residential courses are also extremely popular. As we have a keen interest in Field Trial and Gun Dogs, we can also use this knowledge and experience to support our training techniques for the best results.

There is no such thing as a typical day for a dog trainer as every dog (and owner) is different and will have different requirements but we might start the day out with a home visit or an assessment, followed

by an afternoon of field trial training out in the glorious local countryside and then finishing with a class or 2 at Perfect Doggy

Daycare where we run our training courses. If it's the weekend, you might also find us running our semi residential courses here too!

Our passion for dogs is evident in all that we do and we pride ourselves on the full support we provide to our customers, it's not just during a lesson where you have our attention, we provide a full review and after-service too - being a qualified Behaviourist allows me to identify and address training issues at the source for better results which covers not only immediate training issues but also includes diet and exercise advice to ensure your dog is as healthy and happy as possible.

Feel free to give us a call or drop by our Facebook page for more information and to see some of the fantastic reviews that our past and present customers have given us!



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LADIES EVENING
FRIDAY 14TH JULY

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Need an excuse to wear 'that' dress?

Get your friends and head to Chepstow Racecourse on July 14th for our Ladies Evening which promises horse racing, high fashion and great music from a Rod Stewart tribute after racing!

The evening forms part of our Hooves & Grooves summer racing and music nights and what's more, there will be a £1000 cash prize for the 'Best Dressed Lady'.

Gentlemen are of course more than welcome, there will be fantastic party atmosphere!

Admission is just £22 (+bf) in advance for Grandstand and Paddock tickets and Premier starts at just £24. Our Fabulous Fillies package is also available in advance for just £29 which includes your admission ticket, strawberries & cream, a drink and racecard.

If you're having a drink, there's a raceday bus operating from both Chepstow and Newport.

For more information or to book tickets, please visit chepstow-racecourse.co.uk or call the racecourse directly on 01291 622 260.



The Chepstow girls team are entering the local league this September and are looking for girls to join the team.

Training is Fridays in Chepstow from 6pm and games are on Sundays.

You will be welcome no matter what your skill level. So if you love football and fancy coming along for a taster session please contact

Andy 07540 789964
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Fresh Air Fridays

Fresh Air Fridays is a membership community that takes you outside and gives you time to create the balance you need to live a happy, healthy life. We teach simple tools and techniques that support your wellbeing, not just physical but mental and emotional too.

Saranne Postans, who runs a session in Chepstow, tells us more.



"Fresh Air Fridays is for you if you'd like your life to be different. We're often so busy, working, taking care of family and friends that we forget to look after ourselves. Taking time out for you can feel like a luxury but it's really important.

"At Fresh Air Fridays we call it 'filling yourself up first' and it's one of our key themes. If you look after yourself it supports not just your wellbeing but, because you'll feel happier and more relaxed, it has the knock on effect of supporting the people around you too.

"I'm a qualified coach and mentor, supporting and challenging people to live their best life, whatever that means for them.

"I also love being outside and know that changing my physical space changes my brain space, giving a different perspective and helping me to think more clearly.

"Fresh Air Fridays is all about this - the sessions give you time and space in the great outdoors with like-minded people, walking and talking around the theme of the month, sharing your thoughts and making a commitment to take action in the months ahead.

"On my sessions we'll be taking in some of the beautiful countryside around Chepstow on the last Friday of each month. There'll be tea, and maybe cake too!

"I LOVE Fresh Air Fridays. And I really think you will too."

If this sounds like it's for you, please come along and give it a try - the first session's always free. You can sign up by contacting Saranne through Facebook @ [freshairfridayssarannepostans](https://www.facebook.com/freshairfridayssarannepostans), on 07557 226473 or via email : saranne@tandemcc.co



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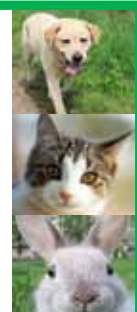
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Situated just over a mile along the A48 from Chepstow, accessed up the lane from the “Tidenham” turn, and with glorious views overlooking the Severn Estuary, stands one of Chepstow’s most beautiful and historic churches – St Mary & St Peter, Tidenham. Dating from the 13th century, it remains an active church after various restorations and history over 800 years. Weekly services, weddings and funerals are still conducted there, but 21st century requirements are now very different. In June 2014, a Friends Association was formed, immediately commencing intensive fundraising for major refurbishment projects. These include carpark, indoor facilities, disabled access, kitchen, toilets, new heating, and other aspects to encourage additional wide community usage as well as the continued church services. To date, there have been Quiz Evenings, a Music Sponsorship Festival, Flower and Christmas Tree Festivals, Open Garden Days, Summer Barbeque, Art Competition and various concerts, all highly successful. Much preparatory hard work has been achieved by Trustees and enthusiastic parishioners – but much more voluntary fundraising is required as “evidence of serious intent” for submission to other sources.

This summer will see more activity. There is a **Flower Festival** planned over the first weekend of July (30th June – 4th July), followed by **A Summer Gala Concert** held at the Church on Saturday 8th July, 7.30pm. This promises to be an outstanding evening of musical entertainment with refreshments featuring three superb professional singers – Angharad Morgan (Soprano, Welsh National Opera), David Fortey (Tenor) and Stephen Hamnett (Bass) – both from “OnlyMenAloud” – joined by local musicians Ruth Rusling (Trumpet) and Marjorie Duerden & Sophie Adams (Piano). The music will be wide-ranging – from popular well-known items from opera, light opera, musicals, wonderful songs, fun items – from Handel, Mozart, Bizet, Rossini and



Verdi to Lehar, Rogers & Hammerstein, Cole Porter, Ivor Novello – and more!

Wine and refreshments are included in the ticket price (£15), already available via the Friends Trustees, and Chepstow Bookshop. For further information, please phone 01291 623310, or e-mail bduerden@outlook.com and view www.tidenhamparishchurch.co.uk

Tidenham Church is alive and well! Please come along to support us this Summer and see this wonderful church in its superb setting hosting these events in July.

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New welfare support for Armed Forces in Chepstow

An advice service for members of the Armed Forces, veterans and their families will be available at The Hive Information Centre at Beechley Barracks, Chepstow.

The Royal British Legion service will be available on the first Monday of every month between 10am – 12pm.

The Royal British Legion's work is encapsulated within its ethos: Live On – To the memory of the fallen and the future of the living. The Legion is the nation's biggest Armed Forces charity providing care and support to all members of the British Armed Forces past and present and their families. It is the national custodian of Remembrance and safeguards the Military Covenant between the nation and its Armed Forces. It is well known for the annual Poppy Appeal, and its emblem the red poppy. www.britishlegion.org.uk

The Hive Information Centre is one of a number of planned new outreach locations across Wales which will make the Legion's welfare services more accessible to the Armed Forces community past and present, and their families, across the UK.

Alexis Walker, Advice and Information Team Leader for The Royal British Legion in Wales, told us:

"Though we're an UK national organisation, we work in local communities across the UK, delivering information, advice and support where it is needed most. Whether it's money worries, housing support, a seaside break with the family, careers advice after Service, independent living or care in later life, we're here to help. This latest partnership with Beechley Barracks in Chepstow will make our welfare services as accessible as possible to our beneficiaries across the region"



Chepstow ist Wunderbar!

They arrived from airports far and wide; from Heathrow, Newquay, Gatwick and Stansted. But in every case their destination was Chepstow Garden Centre where the Chepstow & District Rotary Club welcomed their guests from the German Westerwald Club on Thursday 1st June. The 15 Rotarians and wives had travelled to Chepstow on their biannual visit to their twinned club where they were accommodated with the local club members.

The Westerwald, or Western Forest, is a low mountain region of Germany on the right bank of the River Rhine of some 1,350 square miles, or some 30 times the area of our Forest of Dean. The Westerwald Rotary Club, with its 60 members scattered throughout the area, has been twinned with the Chepstow Rotary Club for many, many years.

In spite of the rain at Castel Coch, the visitors were amazed at the beautiful fairy tale folly with its delightfully painted interior. Oh to be a rich man, said many. After a pub lunch in Llantrissant the group visited The Royal Mint where many minted their own one Pound coin, although it was pointed out that their new 2017 coins will not be issued to the public until next year.

A celebration dinner at Abbey Mill, Tintern, was on a Welsh theme that included Cawl and Welsh pork with leeks, followed by Caerphilly and Snowdon cheese.

The Chepstow Rotary Club is supporting a water project in Romania and after the dinner the German Club made a generous donation to this project.

Following coffee and Welsh cakes at Abbey Mill the following day, the "Cathedral of the Forest" at Newland was the first stop. Dating back to the 1200s with its celebrated Miners Brass, the German guests were impressed with the amount of history contained within this large building nestled in a quiet Forest village. But then, from the bright skies above, the group descended deep into the caves of Clearwell under the guidance of owner Jonathan Wright. In the gloom they wondered at prehistoric bones, an ochre workshop, the remains of the iron mining industry and a spectacular projected light show of the creatures that had inhabited the waters long, long ago. Following a picnic the group entered the Secret Forest with its Scowles and iron age round houses.

In the evening everyone relaxed at a barbecue when the German visitors exclaimed their great admiration for the diversity of the area and the great hospitality of their Rotary hosts. While many of them had visited the cities of UK they all remarked that this was the real country where they had been able to discuss and better understand the British people and their land; their understanding; their warmth; their welcome. The bonding of people through understanding was clear to see and everyone agreed that this had been a most successful exchange visit.





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- Thurs - Mencap till 9pm. Ladies Darts
- Fri - Family night (incl children) Thrift Club • Men's Darts
- Sat - Function room available for hire
- Sun - Pool league



Club Associates

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- Contact Rachel 07904 212135
- Tues - Slimming World
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Things to Do at Thornwell School

by Head Teacher Mr T Appleby

As Thornwell Primary School's Head Teacher I was looking to find a way to enrich the curriculum, engage the school community and provide a bespoke curriculum for the pupils. I decided that the best people to do this were the pupils themselves, their parents and grandparents, school governors and staff - so I asked the question, **'What should every child in Thornwell experience before they leave for secondary school?'**

Plant a tree? Roll down a grassy bank? Make a cake? Watch tadpoles grow into frogs? Make a paper plane? Plan a party? Visit the beach?

The response was enormous. The most pleasing aspect, when reading the lists that came back from families, was noticing that there was often 3 or 4 different styles of handwriting on the lists. Families had got together and each put down their ideas, depending on what they felt mattered to them.

Once all of the contributions were gathered in we had a very long list indeed, having omitted any duplication there were still over 700 ideas on this long list! Stakeholders were invited to attend a series of meetings to whittle down the long list into a manageable number, and as the National Trust had published a list of 50 things to do before you are twelve we decided we should do 51, called the T51.

Following some lively debate we arrived at our shortlist. What became clear, when seeing the shortlist for the first time was that stakeholders clearly value natural and wild experiences very highly. None of the experiences involved using mobile devices or computers - the list provided us with a focus to 'get back to basics'.

The T51 was then handed back to staff who matched each of the experiences to the year group that best suited each one and began to incorporate them into our programme of study wherever possible. Some of the experiences sit outside our current National Curriculum and are just for fun. However, following Professor Donaldson's Successful Futures document and subsequent reforms, these will be valued by Welsh Government as part of the new curriculum for Wales.

The list has led us to widen the opportunities we present to pupils - for example through engaging with our partners in Hilston Outdoor Education Centre - our Year 5 are about to embark on an overnight kayaking adventure on the River Wye and in so doing they will enjoy seven experiences from our list: Learn bush craft; Jump into water (shallow!); Stargaze; Go on a boat trip; Skim stones; Cook on an open fire; Camping with classmates.

Now completed, the list sits above the entrance to our school as our promise to the pupils - and it's a promise that the whole school community has contributed to creating.

You can see our full T51 list by visiting www.thornwell.monmouthshire.sch.uk





Pupils Race for Life at Pembroke Primary School's New All-Weather Running Track!

Chepstow Matters was delighted to be invited along to the official opening of the new running track at Pembroke Primary School on Friday 9th June.

This amazing all-weather track has been funded by local businesses and community organisations as a result of an initiative introduced by Deputy Head Teacher, Jade Wakeley, herself a keen runner. When we spoke to Jade earlier in the year she told us about the school children completing the Daily Mile by running around the playing field every day. Unfortunately due to inclement weather over the winter months, the initiative had had to cease, which is what gave Mrs Wakeley the idea of fundraising for an all-weather track around the perimeter of the field.

The 0.23 mile all-weather stone dust track was funded by donation from Friends of Pembroke, Chepstow Lions, Tesco, Magor Brewery and the Chepstow Rotary Club as was completed in time for the children to complete their annual Race for Life at the grand opening on 9th June. Children have to complete just over 4 laps of the track to make up their mile. Mrs Wakeley hopes that the wider community will also be able to make use of the running track, including local running group the Chepstow Harriers, who helped measure the track during construction.



Chepstow Mayor Dale Rooke told Chepstow Matters *"It is fantastic how the Chepstow community has recognised the importance of exercise for children, not just for health and fitness but for the calming effect such an activity provides. The community has really pulled together to enable the funding for this project in a relatively short amount of time and the fact that it will be open to other community groups makes the project sustainable going forward. I think every primary school should have one!"*

Mrs Wakeley has further plans for the facility *"This is just the first stage of an ongoing project. Our next step is to install fitness stations along the track to enable pupils and adults to participate in further exercise".*

Head Teacher Helen Hampson told Chepstow Matters *"Jade has been amazing, a real advocate for sport and the health and well being of the children".*

Representatives from the Tesco Community team, Magor Brewery, the Chepstow & Caldicot Lions and the Chepstow Rotary Club were all on hand to experience the children (and their parents) enjoy the new track as they completed their Race for Life, running with posters on their backs identifying in whose memory they were running. The Tesco Community had donated a range of gorgeous looking fruit and plenty of bottles of water for the children after their run, whilst Mayor Dale Rooke, Lions President Brian Prout and Christopher Wilson from the Rotary Club all helped hand out the well-deserved medals, along with Chair of Governors Kelly Rennie.

So what did the children think of their new facility?

"I am going to enjoy improving my stamina" Lloyd told me;

"It's great for practising your sprinting" said Achie

I think it's all about speed for the boys!

Lucy told me *"I think it's great to raise money for people with cancer and the running makes me calm"*

Noah, whose mum told me was instrumental in signing the school up for its first Race for Life last year, added *"I think it's a really good idea and we can use it every day, before we couldn't run when the field was too wet"*

Thank you to the staff and pupils at Pembroke Primary School for inviting me along to share your Race for Life - I loved watching you do your run and meeting so many of you. I hope you enjoy your fantastic new facility for many years to come!



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, phone 07904 212135, or visit the website www.littleacornsplaygroup.co.uk



Little Acorns Playgroup, Burnt Barn Club, Bulwark NP16 5AR
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"I've just collected my son from the Mojo Active Chepstow Club. He says it was fantastic and would happily go every-day of the Summer holiday. This is high praise indeed and great news from a boy who normally needs to be dragged to clubs...your club is a day of adventure and fun and he loved it!" Mrs E Taylor



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E-mail secretary@chepstowmvc.co.uk
You can also find more information
www.chepstowmvc.co.uk
www.facebook.com/chepstow-Male-Voice-Choir

More Men Wanted!

Chepstow Male Voice Choir Needs You!

The choir committee have organised a "Taster Evening" to encourage more local men of all ages to come along and give the choir a try. This will be taking place at the Choir's usual rehearsal venue at The Dell Primary School, Welsh Street on July 6th from 7.00pm-9.00pm. Any gentleman who may have an interest in possibly joining will be made very welcome and encouraged to join in with some singing.

There is no pre-requisite for the ability to read music, or to speak Welsh, please remember that every one of our choristers had to start somewhere! Importantly, no-one will be asked to sing in front of anyone, but you'll be welcome to join in if you feel so inclined. The choir is a great social thing, with a weekend away trip planned every couple of years. This September they are off to Cumbria to join up with two other male voice choirs - Darlston MVC from Carlisle and K Shoes Male Voice Choir from Kendal.

DO come along to our Taster evening, you will be made welcome. Also check out our website at www.chepstowmvc.co.uk

Local Gym Members at Welsh Championships

Last month Chepstow Matters brought you news of four local members of Derek's Gym who had qualified for the British Drug Free Power Lifting Association Welsh Championships to be held in Cardiff on 11 June. In this issue we are pleased to share how the four each got on!!

Mark Barbosa WON the men's 60 kilo (photo right);

Alex Blanchard in his first competition at this level came 2nd in the 70 kilo (photo right below, shown with his father, Rev Chris Blanchard);

Ross MacFarland (photo below) came 2nd in the Men's Master Class; and

Gail Olsen (bottom photo) in her first competition at this level came 3rd in the Ladies Master Class.

Derek Pratt, proprietor and trainer at Derek's Gym told Chepstow Matters *"I am so proud of each and every one of them, they all did well, with more than 60 competitors in the Championships."*



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Kestrel gymnasts were smiling again at the Welsh Prelims Championships at Sport Wales National centre in Cardiff.

This time the Phase 3 gymnasts competing Tumble and Vault did well in the 11-12 yrs as James Davies won Bronze on Tumble and Vault, and Bronze Overall trophy, Dovydas Zagorskis won 4th place Ribbons on Tumble, Vault and Overall, and Finley Stenner winning Gold on well executed Tumbles, Silver on Vault and second place Overall trophy.



The boys went on to win Team Silver. In the 13 yrs+ section, Tom Hook performed an excellent Vault winning a Gold medal, and fifth Overall Ribbon, Cora Chilsholm won Silver on Tumble, fourth Ribbon on vault, and Silver Overall, Daisy Macharg won fifth Ribbon on Tumble, and together with Florence Worgan, the four gymnasts took Team Silver. A very good performance by all the gymnasts!

Top photo shows Cora Chisholm, Daisy Macharg, Florence Worgan, Tom Hook; Left photo shows R James Davies, Dovydas Zagorskis, Finley Stenner



Kestrel Gymnastics Club had a Silver medallist in the British Semi Finals NDP Tumbling at the Barclaycard Arena in Birmingham held mid-June.

Eleven year old Joseph Dunster (right) had a great competition in NDP Level 3, 11-12 yrs age group. Joseph was on top form executing all three set tumbles well, and now goes forward to the British Finals in July being held at Telford International Centre, Telford. We look forward to hearing how he gets on! Good luck Joseph!

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 & 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.

Adult Classes: Wednesdays 19:00 - 20:00

Parkour: 20:00 - 21:00 pm

Acrobatics Wed & Thursdays 17:00-18:00



Open Gymnastics Fun Session

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

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

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Giving a little time to help

Volunteers Week took place at the beginning of June and was used to highlight some of the fantastic work volunteers are doing in the community. Many of our local activities and support services are enabled by the generosity of people who are giving an hour or two of their time and it is important to recognise this and say a big thank-you.

There are some who provide a little company to an older person who is feeling a bit lonely, others who are giving people a lift to a social group, appointment or to the shops. Others are lending a hand to help someone to manage their garden or walk their dog. Volunteer gardeners are particularly needed at this time of year! People who are struggling to cope feel so much better seeing their garden in a good state.

Community Connections Befriending Scheme has been providing company and support to older people in Monmouthshire for over 5 years. People are matched up with others who may have similar interests, so that they can talk about things in common. The scheme celebrated and thanked its volunteers by putting on an afternoon tea for everyone involved.

Volunteering doesn't have to be formal, in fact it works best for everyone when it's friendly and relaxed! Although the 'neighbourly' attitude is still alive and well in some communities, there are some who miss this, particularly those who have no nearby family.

If you would like to get involved with helping others in your community please get in touch for a chat about the kind of things you may be able to help with and the support you would be provided with from your local volunteer coordinator. Call Miranda or Deb on 01600 887568 or email us at wellbeing@bridgescentre.org.uk



Ruby the therapy dog mixing and mingling in the afternoon tea with owner/volunteer Iain.

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

Chepstow and Caldicot Lions Support Paediatric First Aid Courses

Chepstow and Caldicot Lions were more than delighted to support a call for Paediatric First Aid Courses in Chepstow, the courses have been set up by Alexis Francis-Lang who has already run two First Aid Courses in the area.

The courses are designed to make first aid, especially for young children, more accessible to struggling families in the area.

Along with the support from Children's Hub Information for Parents (Chip), Chepstow, and Caldicot Lions these courses will help parents understand the importance of knowing what to do in an emergency.

The Chepstow and Caldicot Lions have provided the funding for parents who are in receipt of benefits to attend these Courses. Lion President Brian Prout said this were the kind of project the club is always looking to support.

The first Paediatric First Aid Course was held in May at the Burnt Barn Club in Bulwark.



Paediatric First aid: Left to right Vicki Yates (Chip), Alexis Francis-Lang, Lion President Brian Prout, Lion Sandra Bushell, Chairman of the Lions welfare committee Ray Nash, Front row Isabelle Francis-Lang, Amelia Francis Lang, Holly Avent.

Chepstow and Caldicot Lions Club keep the first responders kitted out.

Further to the Chepstow and Caldicot Lions providing three new defibrillators and medical kits to the Chepstow and Newport First responders, they have now been able to supply the First responders

with new clothing, consisting of polo shirts, sweaters and wet weather gear. All the clothing comes with the Lions emblem embroidered on them for members of the public to see that the club supports the emergency services in the area.



Lions Support Pembroke Primary School Running Track

As mentioned in the full article on page 20-21, your local Lions club was very pleased to donate towards the fundraising for a new running track to be built around the playing field at Pembroke Primary School. Lions were especially delighted to be invited along for the opening event on 9th June where all pupils ran 1 mile in their Race for Life event. Lions members were pleased to help hand out the medals to the deserving runners.

Photo above shows Chepstow Mayor Dale Rooke with Lion President Brian Prout, Lion Ray Nash and Rotarians Geoff Sumner and Christopher Wilson.

Some Diary dates

1st July Garden City Celebration

7th and 8th July Bucket Collection Tesco Chepstow

If you would like to help the Chepstow and Caldicot Lions why not come and join us at the Chepstow Castle Inn on the first Wednesday of every month, come and put something back into the community and have some fun doing it.

Please ring the Secretary Glyn Williams on 0845 8339565 for more information.



THE CHEPSTOW SOCIETY

FORTHCOMING MEETINGS 2017/18

All on Wednesday evenings, 7.15 pm,
at the Drill Hall, Lower Church Street,
Chepstow NP16 5HJ

- 19 July –
Ashley Jones - *The British Honours System*
- 20 September –
Rose Hewlett - *Village Life in the Great War*
- 18 October – Chris Barker - *The Royal Mint*
- 15 November –
Stephen Jones - *Brunel in South Wales*
- 7 January 2018 – John Putley - *"Ugly Mugs"*
- 21 February –
John Sheen - *"Five Boys and a Pasty"*
- 21 March – Simon Draper –
Life in Anglo-Saxon Gloucestershire

All welcome - Refreshments available
Members £1 - Non-members £2

Annual membership - £10

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The Chepstow Society was established in 1948. Our aims and objectives are:

- To advance education by the study of local and natural history in the town and hinterland of Chepstow.
- To encourage the preservation, development and improvement of the features of general public amenity or historical interest.
- To stimulate public interest in, and care for, the beauty, history and character of the area, and to stimulate cultural activities therein.

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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

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 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

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 Mon, Weds, Thurs 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 Wednesdays 7.30 pm Function Room Conservative Club, Moor Street. http://chepstowfolkdance.weebly.com/

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 7.30-9.30pm. 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 Henry Hodges, 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

Chepstow Womens Institute (WI) 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

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

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!

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

Mathern, Mounton and Pwllmeyric Villages in Bloom Meet 7pm last Thur of the month, bi-monthly (Jan, Mar, May, July, Sep, Nov) Mathern Village Hall. https://www.facebook.com/MMPVB/ email: mmpvb@btinternet.com

Movie Night at Bulwark Community Centre and St Arvans Memorial Hall see www.monmouthshiremobilemovies.co.uk

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 427266 tvmoran@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/chepstow Meets the 1st Tuesday of the month 2pm, Chepstow Drill Hall. Check out the website for more information.

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

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

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

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 acornspalygroup@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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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.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. 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 Cycling Club www.chepstowcyclingclub.wales/

Chepstow Darts League contact Rob Mordin - 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

July is Scam Awareness Month: PLAY YOUR PART, ACT ON SCAMS



Each year millions of people in the UK fall prey
to scams. Reports of scams are up this year and
people in the UK lose an estimated £10 billion a
year to scams and fraud.

At Monmouthshire Citizens Advice we see
many people where the impact of scams has
led to loss of money in the space of a telephone
conversation, the click of a mouse or the stroke
of a pen. Apart from financial loss, scams cause
distress and misery. They can happen to anyone.

July is Scams Awareness month and the
message this year is to play your part to help
tackle these crimes. Many scams are not
reported. Reporting can help the authorities stop
scams and prevent others becoming a victim. If
you suspect you are the target of a scam:

- Get advice from the Citizens Advice
Consumer Helpline 03454 04 05 06 who can
provide advice and pass details on to trading
standards
- Always report scams to Action Fraud 0300
123 2040, www.actionfraud.police.uk
- Tell others so they can avoid scams;
particularly older neighbours who often fall
victim again and again to scams.

Scams come in a variety of guises and affect
people in different ways. Social media is a
common way that young people experience a
scam, with subscription traps, job scams and
general online fraud. A third of all victims of
scams are 41- 60 year olds, mainly banking,
property and pension scams. Over 70s are the
highest reported victims of scams and fraud,
often phone and mail scams.

**Here are some email/phone scams that
Citizens Advice has seen locally this year**

Person A received what looked like a genuine
email from Paypal saying that Paypal owed her
money. She was asked to confirm her account
details by clicking on a link and entering these
details.

Person B received an email from 'HMRC' tax
office saying that he was due a payment because
of a PPI refund. The email asked for account
details by clicking on a link.

Person C had a phone call about unclaimed
postcode lottery funds. He gave personal and
account details to receive his share of the
money.

**All these people had money taken from their
bank accounts!**

Ten tips to keep you safe:

- too good to be true offers usually are
- never send money to claim a prize
- don't feel pressurised to make a decision -
put down the phone or shut the door
- be suspicious if you are contacted out of the
blue
- keep personal details safe - scammers
use the phone or internet to get personal
details and pretend to be your bank or other
organisation
- make sure payments online are secure - look
for the padlock symbol
- scammers try to make emails look genuine -
check that the email address looks right and
that the way you are addressed is right.
- never respond or click on any links in an
email if you are not sure of the sender, they
will take you to a bogus website
- say no to unwanted callers
- and always think before you act

Scams Awareness Month is organised through
a partnership between Citizens Advice, Trading
Standards and many other organisations.
Find out more at [www.citizensadvice.org.uk/
scams-awareness-month](http://www.citizensadvice.org.uk/scams-awareness-month) or drop into your local
Citizens Advice office.

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Community Noticeboard

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

CHEPSTOW BOWLING CLUB

Mathern Road Bulwark, Chepstow.

League and friendly matches played by Ladies and Men on weekend and mid-week afternoons. Club Competitions and Tournaments are arranged during the season.

Experienced bowlers and beginners welcome – coaching is available in a friendly Club.

Please contact:
Peter Shapland 01291 422208 or visit the Club Website
www.chepstowbowlingclub.co.uk

CHEPSTOW RACING & EVENTS

FORTHCOMING FIXTURES AND EVENTS

JULY	
TUES 4th	SUMMER EVENING RACING
FRI 14th	LADIES EVENING - ROD STEWART TRIBUTE
THUR 20th	SUMMER AFTERNOON RACING
FRI 28th	CARIBBEAN RACE NIGHT
AUGUST	
THUR 17th	KILLER QUEEN RACE NIGHT
THUR 24th	AFTERNOON FLAT RACING
FRI 25th	FEEDER THE HOMECOMING
MON 28th	BANK HOLIDAY FAMILY RACEDAY
SEPTEMBER	
WEDS 6TH	SUMMER AFTERNOON RACING
THUR 14TH	SUMMER AFTERNOON RACING
TUES 19TH	SUMMER AFTERNOON RACING
OCTOBER	
SAT 14TH	JUMPS SEASON OPENER
SUN 15TH	JUMPS SEASON OPENER

To Book Tickets

www.chepstow-racecourse.co.uk

Tel: 01291 622260

Chepstow Walkers are Welcome

Tintern and Brockweir

Sunday 2nd July

Meet 1030 am Lower Wireworks Carpark Tintern
Grid Ref :OL14 527002

A walk seeing one of the Wye Valley's best known monuments, Tintern Abbey, then up to the heights of Offa's Dyke Path with beautiful views to Brockweir, returning along the River Wye.

Moderate 6 miles There is not charge for this activity. Pub lunch option. For more info email
chepstowwaw@hotmail.co.uk

Chepstow Cycling Club

was only launched in January this year and already has nearly 100 members.



On 17th September the club are re-running the first ride ever done by club members – back in 1888 – this is planned to be an annual historic ride from Chepstow to Monmouth and back, so book the date in your diary!

<http://www.chepstowcyclingclub.wales/>

BANDS ON THE BANDSTAND Summer Sundays 2.30pm-5pm Bring chairs and a picnic!

- 2nd July - Ian Luther Band (Chepstow's guitar man)
- 9th July - The Beatles Go On - Beatles Tribute Band sponsored by Severn Quay
- 16th July - Monmouth Big Band
- 23rd July - Chepstow Male Voice Choir
- 30th July - Nick Langston & the Hipcats (Jazz)
- 6th August - Swingcopation (Chepstow Community Big Band)
- 13th August - John McConnachie
- 20th August - Don't Tell Jonny (Folk)
- 27th August - Twysted River (Country, Blues, Jazz, Rock)



CHEPSTOW MUSEUM LISTINGS

Talks

CHEPSTOW 950

THE NORMAN CONQUEST - WHY DOES IT MATTER? talk by historian, TV presenter & author Marc Morris, presented by Chepstow Museum
Wednesday 5th July 7.30pm
The Drill Hall, Lower Church St
Tickets £5/£4conc from Chepstow Museum 01291 625981

CHEPSTOW 950

RESISTANCE AND RETRIBUTION: THE AFTERMATH OF 1066, talk by James Aitcheson author of 4 novels set in this period talks about role played by William FitzOsbern, and about writing historical fiction, presented by Chepstow Museum
Thursday 13th July, 7.30pm
The Drill Hall, Lower Church St
Tickets £5/£4 conc from Chepstow Museum tel 01291 625981

CHEPSTOW 950

1067 AND ALL THAT: THE LIFE AND CASTLES OF WILLIAM FITZOSBERN
talk by Rick Turner OBE
Archaeologist, architectural historian and until recently inspector of ancient monuments for Cadw
Wednesday 26th July, 7.30pm
The Drill Hall, Lower Church St
Tickets £5/£4 conc from Chepstow Museum tel 01291 625981

TEXTILE & COSTUME DAY SCHOOL

talks by expert speakers about the Assamese textiles and the gentleman's gown featuring in Chepstow Museum's exhibition: Richard Blurton, British Museum; Rosemary Crill formerly V&A; Steven Cohen, Ashmolean Museum; Dr Susan North, V&A
Saturday July 22, 10am - 4.30pm
The Drill Hall, Lower Church St
£12 / £10 conc from Chepstow Museum tel 01291 625981

STORIES & STEPS - KRISHNA IN THE GARDEN OF ASSAM

Megan Lloyd storyteller with tales of Krishna's childhood & Georgie Pope demonstrating and talking about dances performed by Assamese monks that tell same stories
Saturday July 29, 7.30pm
The Drill Hall, Lower Church St
£7/£5 conc from Chepstow Museum tel 01291 625981

Workshops

TALES & TEXTILES kids workshop with Megan Lloyd storyteller - tales of Krishna's childhood followed by batik making, Age 6+ must be accompanied, Booking essential 01291 625981
Tuesday 25th July 2-4pm
The Drill Hall, Lower Church St
£4

DANCE WORKSHOPS -

in the footsteps of the monks of Majuli, Assam with Georgie Pope,
The Drill Hall, Lower Church St
Saturday 29th July
11am - 12 Beginners of all ages welcome £5
2-4pm Dancers with any experience of any dance £10
To Book, Chepstow Museum, tel 01291 625981

Exhibition

HIDDEN IN THE LINING, KRISHNA IN THE GARDEN OF ASSAM - THE TALES OF TWO TEXTILES

Specially created partnership exhibition with the British Museum on 17th century woven temple textiles from Assam featuring spectacular Indian gown

Throughout July, open daily 11am -4pm,
Chepstow Museum, Bridge Street
Free

Saturday 15th July - Procession and Norman Fair

'William FitzOsbern' will lead a procession of Norman re-enactors from the Norman marketplace (Chepstow High Street) to a fair in front of the castle.

On reaching the castle there will be music from the Singing Club and traditional folk tunes from the South Monmouthshire Celtic folk band, games, re-enactors and demonstrations, food and drink. Free Event, All Welcome.

INDEX OF LOCAL ADVERTISERS



Business Services

Virtual Office - Basepoint 1

Building/Property Maintenance

Toolbox Trades 39

Car Maintenance / Car Sales

AutoCare, Chepstow 16

Easy Car Care 2

Terraclean 28

Child Care -

Hedgehogs Nursery 22

Little Acorns Playgroup 22

Children's Activities

Girls Football 12

Kestrel Gym Club 26

MoJo Active Holiday Camp 23

Community Listings 32-34

Community Noticeboard 36-37

Days Out/Events/Activities

Chepstow Big Lunch 5

Chepstow Male Voice Choir 24

Chepstow Museum 37

Chepstow Racecourse 12,31,36

Mathern Mill 4

Dog Grooming

Bilbo's Pet Spa 9

Perfect Dog Grooming 3, 13

Dry Cleaners/Laundrette

Fresh & Clean 8

Health, Wellbeing & Fitness -

Derek's Gym 25

Fresh Air Fridays 13

Kestrel Gym Club 26

Marriott Fitness at St Pierre 10

Funeral Directors

Chepstow Funeral Service 14

Ian Watts & Sons 4

Food Delivery

Stone Rock Pizza 7

Wiltshire Farm Foods 27

Foot Care / Podiatrist

Hallux Podiatry 27

Gardening / Garden Centres

Chepstow Garden Centre 40

Hair Salon -

Hearing - Easi-Ear 24

Locksmith - City Locksmiths 4

Pets/Pet Care/Training

Bilbo's Pet Spa 9

Black Dog Training 11

Perfect Pets/Doggy Daycare 3,13

Plumber

R H White Plumbing & Heating 35

Podiatrist

Hallux Podiatry 27

Restaurant

Stone Rock Pizza 7

Schooling/Tuition

Pembroke Primary School 20-21

St John's-on-the-Hill 18

Thornwell Primary School 19

Social Club

Burnt Barn Social Club 18

Stone Experts

Granite Sparkle 27

Tiles - Critchcraft 15

Toyshop - Toystastik 23

TV/Aerials - The Aerial Man 3



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Matters Magazines have been promoting local businesses within their local communities since 2005.

SUPPORT LOCAL!!!

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Prices to advertise in Chepstow Matters start from as little as £20 per month for an eighth page advert (or just £15 per month when booked on an annual basis). Or a full page works out at just £67.50 per month when you book for a full year. (Prices exclude vat)

We can offer premium positions to get your business noticed, Artwork design, written Editorials and Reviews.

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July

Gardener's Club Exclusive Offers



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Afternoon Tea

Available Monday - Friday, 2pm - 4pm
(usually £8)

£6



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Ask in store for details

CHEPSTOW
Garden Centre

Pwllmeyric, Chepstow NP16 6LF
On the A48 just west of Chepstow
TEL: 01291 626035
www.chepstowgardencentre.co.uk

MON-FRI 9am-6pm
SAT 9am-5.30pm
SUN 10.30am-4.30pm