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January 2018

# Community Chepstow Matters

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## Dear Readers...

A very Happy New Year to you all! We hope 2018 will be a great one for all of us.

It is at this time of year we set about making positive resolutions for the months ahead. If you are looking to get fit and lose weight in 2018 you will find some fantastic offers within the pages of this magazine to help you on your way.

If your New Year's resolution is to learn something new - check out the Chepstow Museum's 10 week Art History course starting this month, or the beginner's French course offered by Moore Language on page 15.

As always, we are pleased to bring you reports from local organisations such as the Chepstow Lions and Rotary Clubs, as well as updates from local schools. We were pleased to hear from Matt from the Modern Samurai who has recently won a World Championship - see page 10, as well as the Kestrel boys gymnasts who are Welsh Champions after winning gold recently - see page 23.

This month sees the annual Wassail and Mari Lwyd tradition taking place in Chepstow and you can find out more about this on pages 8-9: see you there!

If you are a business looking to promote your services across Chepstow and the surrounding villages or a local group looking to share your news or raise your profile in the community, then please do get in touch with us and we will be happy to help. Take care until next time,

*As ever a huge shout out to all our advertisers whose support enables us to bring you your community magazine. WE SIMPLY COULDN'T DO IT WITHOUT YOU!*

Jaci x

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## Plaques Restored at St Tewdric's Well

Martin Watts of Ian Watts & Son Funeral Directors & Monumental Masons was delighted to assist when Mathern Community Council recently approached him to ask if he would assist with restoration work to the St Tewdric's Well plaques.

The plaques, displayed at the site of the Well, detail the fascinating history of when King Tewdric's wounds were washed in the Well after the battle near Tintern about 470 A.D., against the Pagan Saxons.

Martin Watts said, 'We wanted to provide this as a gift to the Community Council. The people of Mathern take a great pride in the upkeep of their village and the Well is steeped in fascinating ancient history.'

Mathern Community Council's Chairperson Cllr. Ovenden commented, 'On behalf of Mathern Community Council we would like to extend our sincere thanks to Ian Watts & Son for doing this for us. The plaques have been beautifully restored. The Well is a significant historic landmark near to St Tewdric's Church.'

*Pictured are:- Cllr. Christine Morton, Chairperson Cllr. Carolyn Ovenden and Martin Watts, (local independent funeral director).*

## The Art of Venice - in Chepstow New Year - Try something new!

Thinking about discovering different things?  
Learning something for the sheer pleasure of it?

Try Chepstow Museum's art history course, you don't have to know anything about art or history, and you can spend 2 hours in good company soaking up wonderful images on a Monday afternoon!

From January, the art of the most seductive city in the world – Venice – comes under scrutiny in a new art appreciation course at Chepstow. The ten-week course, which is run by Chepstow Museum, will take us from the year 1000 through 600 years of art. The course, taught by popular local lecturer Eleanor Bird, is suitable for every level of student, from beginner to connoisseur. There's no homework – just a chance to explore some of the greatest art and buildings the Western world has produced.

Classes begin at the Drill Hall, Chepstow, on Monday 15th January 2018. The fee for the term is £100 (just £5 an hour), including tea and coffee. You can try the first session as a 'taster' for £10. Please reserve a place in advance by contacting Chepstow Museum, telephone 01291 625981

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## 8 ways to a healthier 2018

### 1: Find a supportive community

Surrounding yourself with those that already have a passion for the 'goals' you want will increase your chances of reaching that goal. So be with friends that want to eat well and exercise. Find a gym community that will hold you accountable to your goals.

### 2: Plan and schedule

On a Sunday night think how many times you want to workout that week? Then pencil it in all your diaries at a set time and treat it like an important appointment.

### 3: Plan food the day before

Where are you going? Will you need to take food? Make your snacks and lunch the night before when you are cooking dinner. You will save money and will consume less calories and keep your energy constant throughout the day.

### 4: Include activity as part of your routine

Can you do 10 press ups before you brush your teeth. That is 20 a day. 140 a week! 140 more than you did before you read this! Can you do 10 squats before you sit down for your 3 main meals? That is 210 squats a week? Do a 5 minute home workout video whilst dinner is cooking? Whilst baby is napping? Can you take a walk during lunch? Head out of your work door, then set your alarm to go off in 5 minutes. Then turn back and you've done 10 minutes of exercise without knowing it.

### 5: Water

Water helps skin, mood, concentration, energy and is needed for every reaction in your body. Follow these tips to make sure you are getting your 2 litres a day. Leave a glass of water on your bedside table ready for when you wake up. Drink a glass of water before every meal. Carry a water bottle everywhere. Have a glass of water on your work desk. Set a reminder and an alarm on your phone to remind you to drink.

### 6: Sleep

Low energy. Bad mood. Indecisive. Temper. Lack of Concentration. Sleepy. Bad skin. Headaches. They are all signs of lack of sleep. To improve sleep keep going to bed the same time on weekdays and weekends to keep body clock consistent. Turn off technology an hour before bed. Have a bed time routine that helps you relax. Make your room a relaxing arena and remove clutter or anything that will boost your energy. Use oils such as lavender to

relax you. Have a 'brain dump' and gratitude book next to your bed so that you can write anything down that comes to your mind and likely to play on your mind that night.

### 7: Eat colourful

Eat a mix of 3 colours for your main meals. Each colour has different benefits to your body.

### 8: Keep away from processed foods

They have non-useful calories and lots of chemicals that mess with the operation of your body which may be the simple cause for many issues you are facing right now. Planning a head will help with this.

### and finally ... Laugh

A belly chuckle can change your mood instantly. Surround yourself with those that make you laugh. Watch a funny video on youtube. Be silly. Stop caring about what others think of you.

**Written by Laura Warren, Specialist in Women's fitness for over 11 years, Co-Owner of Fitin30 Chepstow, founder of Fitmuma.uk and International athlete.** To find out more useful tips head over to facebook and visit [fitin30.chepstow](http://fitin30.chepstow)





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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

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- Contact Rachel 07904 212135
- Tues - Slimming World
- Thurs - Kung Foo Club

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## Tintern Abbey Carols by Torchlight

Report by Christopher Wilson, Chepstow Rotary Club

On Saturday 2nd December the Chepstow Rotary Club staged the annual Torchlight Carol Service at Tintern Abbey. This most popular family event is always well supported and this year over 430 attended the celebration.

Families started arriving from 4.30 and by 5pm the supporting Monmouth Rotarian marshals reported that the car parks were beginning to fill. Families gathered in The Anchor pub where they warmed up prior to the event. After lighting their flaming torches 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, up the road. Once inside the Abbey grounds the column filed down the outside of the south wall on this cool evening to the voices of the Wydean School Choir that rose from within those ancient ruins. The buzz of the crowd had changed entirely into a hushed reverence for the sounds and the sights of our beautiful Tintern Abbey. Then, as people entered the main Abbey building in an unfamiliar direction through the east door, one heard 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.

As this Christmas service was led by Reverend Webster, carols were sung with much energy, lessons read with passion and there was a genuine feeling of goodwill towards one another throughout. Rotary President David Burr thanked everyone for coming to the event and made an appeal for donations to Rotary charities that support causes in our own community and beyond. He wished everyone a very happy Christmas. The service was closed 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 £3,200 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 £2,300 to its charity fund. In 2018 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!

**Anyone interested in Rotary should check out [www.chepstowrotary.org.uk](http://www.chepstowrotary.org.uk)**



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1.30pm until 11.30pm



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## CATS CLAW CEILIDH BAND at THE DRILL HALL

Mari Lwyd at **The GreenMan Backpackers** 1. 30pm

Apple Tree Wassail at The Castle Dell 3.00pm

Mari Pageant at Chepstow Castle Inn 4.30pm

Meeting Welsh /English at the border 6.30pm

Grand Mari Lwyd outside The Museum 7.15pm

Country Dance Ceilidh at the Drill Hall 8.00pm

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**SATURDAY, 20th. JANUARY 2018:**  
**THE NEWEST OLD TRADITION IN WALES**  
(OR IS IT THE OLDEST NEW TRADITION IN WALES?)

The Chepstow Wassail Mari Lwyd is a very popular annual FREE community event suitable for the whole family combining the mainly English tradition of Wassailing, the Welsh Mari Lwyd tradition, plus a unique social meeting of the English and Welsh on the Welsh/English border (The river Wye bridge, main photo).

The Mari Lwyd is a Welsh mid-winter tradition which dates back many centuries. The Mari is a decorated, shrouded horse skull which is carried by the Mari Lwyd group who go door-to-door, singing and challenging the families inside to a battle of rhyming insults in Welsh. At the end of the battle of wits (known as pwnco) the group are invited into the house for refreshments. There is usually singing and rowdy banter, after which the Mari group bless the house and its inhabitants (thlwncestyn), wish all a happy New Year and move on to the next port of call.

The Chepstow Mari Lwyd takes place on the steps of Chepstow museum in Bridge Street where a large part of the town and many visitors turn out to watch the proceedings.

- 1.30pm** \*\*NEW FOR 2018\*\* Mari Lwyd Ceremony at the GREENMAN BACKPACKERS, Beaufort Square, Chepstow Town Centre.
- 3pm** Meet at the Three Tuns/Castle Inn, Bridge Street (by the Castle). Morris Dancing and capers outside the Tuns followed by WASSAIL of the Castle Dell Apple Trees in the Castle Dell behind the Tuns. Sundry Singing and Dancing and Party Poppers and Toast and Cider. \*\*NEW FOR 2018: Food Vendors\*\*
- 4.30pm** \*\*NEW FOR 2018\*\* Mari Lwyd (Welsh Grey Mare) PAGEANT. Many (13+?) Authentic Horses Heads Dressed in the Traditional Way. Welsh/English Banter, Lots of Singing/Colour/Fun and a BEAUTY CONTEST!!
- 5.30pm** Riverbank for more Morris Dancing, Music and Noise in Preparation for the Famous "Meeting on the Bridge".
- 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 breaks out!"* \*\*NEW FOR 2018: The centre bridge meeting filmed and beamed to large viewscreen on the riverbank!!
- 7.15pm** GRAND MARI LWYD Performed at the Chepstow Museum. All Floodlit, Great for Viewing, Join in the Singing and Rumours of Hot Mulled Cider!  
  
\*\*NEW FOR 2018, MARI AND WASSAIL SOUVENIR T-SHIRTS AND BADGES FOR SALE\*\*
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## Matt Strait: Modern Samurai and a new World Champion!

*Chepstow Matters was delighted to hear from Matt Strait this month who recently became a WKC (World Karate and Kickboxing Council) World Champion.*



Matt is based in Bulwark at the Modern Samurai Martial arts academy which is a full-time martial arts gym that holds regular classes, including ladies-only kickboxing and various kids sessions starting from 4 years of age. He holds multiple black belts and instructor licences, trains security and corporate clients, runs online training courses and teaches self defence programmes to schools across the country.

The 2017 World Championships were held in Portugal and for a while it looked as though Matt would not even make it. After qualifying at the nationals in Manchester he was selected to represent England and the whole team of competitors, coaches and family were all booked with the now collapsed Monarch airlines. The whole team then had to find alternative travel arrangements at extra expense. Matt was fortunate to have received some sponsorship from Armasec Security Ltd to help cover the costs.

The competition was held over two days and at the end Matt had achieved a Gold medal and became a World Champion in the new sport of Sport Sword for the over 75kg category. He also medalled in other categories receiving a Silver for the Unified Sport Sword (open weight category) and a Bronze for Kickboxing.

All of the students of Modern Samurai martial arts academy are very excited by the recent success and a few are hoping to compete at Nationals and Europeans later this year in the hope of gaining a place for this year's team. If anyone is interested in any of their regular classes, personal training or booking a corporate or community event then they can contact Matt direct through the website or call 07927 175 552.

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Jan Morris - Chepstow Harriers Chair

We run a C25K (Couch to 5K) course for those just starting out on their running journey as well as more advanced training for those who are looking to push themselves even further. There will be a new C25K course starting on the 11th of this month - see below for more details!

Thinking of running the inaugural Newport Marathon? Then why not train with the help of our dedicated coaches and encouraging club members.

We have a packed schedule of different types of races, some of which we help organise, but also a healthy social scene that is great for team building.

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**New Beginners' Couch to 5k Course**

**Starts Thursday 11th January 2018, 6.15 pm Meet at Homebase carpark Thornwell.**

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We can help you!

Chepstow Harriers is offering the NHS proven 'Couch to 5K' program beginning Thursday 11th January and finishing with the Lydney Parkrun 5k in March

If you can presently walk a mile, we'll help you jog with a smile! :) This course is for you!

**For more information go to <http://www.chepstowharriers.org.uk/training>**



## 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 £8.00. 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 £4.00.

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



**Little Acorns Playgroup, Burnt Barn Club, Bulwark NP16 5AR**  
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**Science Day at St John's on-the-Hill School was given a flying start with the most amazing talk from Martha Holmes, Executive Producer of The Blue Planet and Life series on the BBC.**



Martha enthralled the children with her first-hand experience of the incredible and sometimes dangerous work that goes on behind the scenes during the filming of these programmes. Such experiences as spending three weeks in a tree to film baboons, being bitten all over by mosquitoes in the Antarctic, to a helicopter mission flying over alligator infested waters with sudden engine failure!

The children, dressed as scientists, went on to a range of exciting activities taking place throughout the school. Every department focused on a science activity and were very creative with their ideas. The children had fun with petri dish art. In music the science led to handmade pan pipes, while in geography they measured wind speed and direction.

Visitors from The Blood Hound Project, a global Engineering Adventure, using a 1,000mph World Land Speed Record attempt, gave an engineering workshop. The children were fascinated by the model cars and their land speed records. Spaghetti stem bridges were made and tested as were paper aeroplanes and latex balls.

The dissection of organs really intrigued the pupils. Outside, pupils had an exciting treasure hunt with QR codes and readers while another group looked at the effects of exercise on their bodies.

Ruth Frett, Head of St John's on-the-Hill, said: "We had a riveting visit from Martha Holmes, producer of *Blue Planet* and *Life*. Her stories of battling with snakes, alligators, sub-zero and tropical temperatures, not to mention protective mummy polar bears certainly held our pupils' attention and was a great way to begin our wonderfully exciting Science Day."



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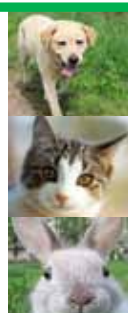
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### Lab in a lorry

The Science Department were lucky enough to welcome "Lab in a lorry" to the school on Tuesday 20th November for the week. All of year 8 and 9 students visited the lorry during the 4 days. The students were all excited to visit the lorry and had great fun whilst exploring experimental science for themselves assisted by volunteers from the Institute of Physics.

Inside the lorry were 3 experimental areas for students to explore, these were: a resonating wine glass, optoelectronics in medicine and light scattering. The resonating wine glass was popular, in the experiment students used vibrations to try and get the wine glass to resonate so violently it shattered. Unfortunately we were unable to smash the wine glass this time. During the optoelectronics experiment students investigated optical fibres and used inspection cameras to explore a 3d maze and an "ill patient". Students were very excited to extract the battery from the patient. In the light scattering experiment students recreated their own blue sky effect using Dettol in water. They used infra-red cameras to investigate the temperatures of different things in the lab and ultra violet light to see secret messages on the walls.

Everybody thoroughly enjoyed their lab in the lorry experience; students, teachers and support staff alike.

### School Charity work

Mrs Mahoney has enlisted our students to help fill shoeboxes for the SLS Homeless appeal. Thank you everybody that has donated items, as a school we have filled 35 shoeboxes for this appeal alone, as well as collecting a variety of selection boxes to the approximate value of £400. These were transferred to Cyfannol refuge, who are incredibly grateful for our continued support, as well as some being distributed to shelters and outreach in our immediate area.



KS3 students packed shoeboxes to be shipped out to Eastern Europe in partnership with Chepstow Rotary Club. We had had a great response.

As a school we set a challenge, launched Mrs. Mellen. She pledged that together as a school we will collect 1000 items over the next two weeks to donate to the Chepstow food bank. Through liaising with the food bank, Mrs. Mellen has identified the items they are most in need of and allocated them to different forms. It was a great success, we smashed our target of 1000 items with monetary donations also being collected.

Our Sixth formers have been fundraising for Mencap through a variety of activities including selling a Christmas CD, face painting, sponsored silences, selling candy canes, football matches and hamper raffle sales. So far they have raised £256.65.

### Launch of our new Sixth form area

This term we have completed the move of our sixth form centre. We have opened a sixth form study café selling food and drinks and providing a lovely social study area for our year 12 and 13 students. A reward scheme has been set up and seems to have gone down well, each student has been given a loyalty card which they get stamped every time they purchase a hot drink, once the card is full they can



exchange it for a free drink. We have also set up a Quiet Study Room for those students that prefer to study in a peaceful environment.

### Sporting Success

We have seen lots of sporting success this term. Our chess team (which consists of students from Chepstow School and the Dell) has excelled, even competing in London at London Chess Classics against a Swedish team and coming out victorious.

Our senior football team are doing well in the Gwent cup, we are currently waiting to play a quarter final match. We have also seen success for our netball and hockey teams this season.

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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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[www.auto.centre.co.uk](http://www.auto.centre.co.uk)



## Welcome to the Silk Road Bazaar

Chepstow Matters was delighted to pay a visit the two lovely ladies at a new shop in St Mary's Arcade.

Silk Road Bazaar has been set up by mother/daughter team Maria Francis and Jenny Skelton. Influenced by all the beautiful jewellery and textiles they had seen whilst living for many years in the Far East, their aim is to create the perfect East/West fusion in their Chepstow boutique using the very best materials and techniques they can find.

Jenny offers handcrafted semi precious jewellery on knotted silk cord, which is fully adjustable and can be worn in a variety of ways to suit your outfit. She also offers a bespoke service for clients who have a design of their own in mind, as well as repairs and remodelling of clients' own jewellery.

Maria works with beautiful yarns from Japan to make scarves and other gorgeous and unusual knitwear and accessories. Even better - you can buy the item ready made, or, if you feel like having a go yourself, you can buy the items in a ready prepared kit format. As a January offer, Silk Road Bazaar is offering a 10% discount on their range of knitwear and yarn kits - see their advert below. The shop also offers in-house workshop sessions to make a finger knitted necklace at just £15 each including all materials, tea and coffee - a great idea for friends or family members to learn together.

Almost everything in the shop Maria and Jenny have hand made themselves with a few exceptions. Following an East meets West theme the boutique also offers embroidered handbags, purses and many other treasures that Jenny and Maria think you will enjoy. I can recommend a visit - Silk Road Bazaar is an Aladdin's cave!



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Handmade Jewellery, Accessories & Yarn Kits

January Offer - 10% off knitwear and kits

Open Tues-Sat 10am-4.30pm

8 St Mary's Arcade, Nelson Street

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## Christmas at Pembroke Primary School

*Written by Nicola Stephens – Acting Deputy Head Teacher*

Christmas has arrived in school. It is always a frantic but enjoyable time. It started when the Christmas tree arrived and was placed in our entrance hall, welcoming everyone with its twinkling lights. The children are busy learning the words for our Christmas Concerts. Props and costumes are made, with the support of our parents. Our Christmas Fayre was a huge success, thanks to our 'Friends of Pembroke' for organising it all.

The whole school went to the Riverfront Theatre to watch Aladdin. We all had an amazing time – oh no we didn't! – and Key Stage 2 were able to pick up some pointers as they are going to be performing Aladdin before Christmas.

The Additional Learning Centre performed 'Humph The Camel' to all their parents. It was an amazing concert full of wonderful songs, telling the nativity story from a camel's point of view. The children performed brilliantly and everyone was very impressed. Mrs Hampson had a lump in her throat when watching it; she was so proud of the children.

Our Foundation Phase performed 'A Little Bird Told Me'. It told the story of a robin who flies to Bethlehem to see the special baby (and because it is warmer there!) It was the traditional nativity with a twist.

The year 2 children acted the story superbly whilst year 1 and reception were our choir flock of birds. Snow stopped our pianist from attending so after a short postponement the children performed with a cd accompaniment but they were still amazing. Each performance was better than the last, culminating in the evening performance which was extra special because it was exciting to come back to school in the dark. A parent commented, *"This is the best I've seen."*



## Wydean Science Department receives £969 from Magnox for new STEM equipment *Mr. Motson (3i/c Sciences)*

For the second year running Wydean School and Sixth Form Centre have been lucky enough to receive generous funding from the Magnox socio-economic scheme. This year Magnox has given Wydean Science Department £969 to buy STEM (Science Technology Engineering and Maths) equipment for tomorrow's scientists.

The princely Magnox grant has allowed the Science Department to purchase twelve new BMS 100FL compound light microscopes and three MLK series digital balances. The microscopes will be used to examine specimens under a magnification of up to x400. The top-pan balances will allow students to weigh samples up to 600g to within one hundredth of a gram.

Mike Heaton, Oldbury Closure Director, said; *"It's a pleasure to support Wydean School again this year. They champion STEM subjects and are inspiring our next generation of scientists. At Magnox we want to support our local community and help build sustainable projects."*



**Above: Wes, Adam and Will KS5 A Level scientists with some of the laboratory equipment purchased with the Magnox socio-economic scheme funding**



# Toxtastik

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wish all our  
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Water-based cross training provides similar benefits for canine athletes as it does to human athletes. The sporting activities that they engage in can result in injury. A poorly conditioned athlete will not only be performing at sub-optimal levels, but he/she is waiting for an injury to happen. Increased cardiovascular fitness, endurance, flexibility and strength plus balance and core strength training attained through ACE can minimize injuries and maximize performance.

If you have a competitive dog who participates in a sport, maintaining condition between competitions is important to prevent injury. Whether your goal is to keep your dog in shape for a sporting competition or to prevent injury in your pet dog, warm water conditioning exercise is important, and a fun way to bond with your dog.

We offer customized water based cross training and preconditioning programmes that include attention to the events that a dog will work or compete in and to the handler's time and physical constraints. Bilbo's can help you to prepare your dog for the upcoming season and off-season programmes can offer variety to allay mental fatigue and boredom with routine, as well as providing the benefits of ongoing endurance and strengthening for specific muscle groups appropriate for their designated work/sport.

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## The Effects of Untreated Hearing Loss

Ian Croft Audiologist

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. 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
- impaired memory and ability to learn new tasks
- avoidance or withdrawal from social situations and loneliness
- reduced job performance and earning power
- reduced alertness and increased risk to personal safety
- 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.**

## A fresh new twist on better hearing

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as said by GC, a hearing aid user for many years

\* For the full review visit our website: **www.easi-ear.com**



## BBC Radio 4 Any Questions? is coming to Wydean School and Sixth Form Centre

Wydean School and Sixth Form Centre is delighted to announce that BBC Radio 4 Any Questions? is coming to the school on **Friday 12th January 2018**. Tickets are available to the general public free of charge from Friday January 5th 2018. Tickets can be collected from Reception at Wydean School and Sixth Form Centre. A maximum of four tickets will be available per person on a first come first served basis. The minimum age limit for audience members is 14. The four panellists joining Jonathan Dimbleby at Wydean School and Sixth Form Centre are Graham Brady MP Chair 1922 Committee; Thangam Debbonaire Labour MP and whip; Matthew Parris – Commentator and writer; and Claire Fox – Director Institute of Ideas. Doors open at 6pm with refreshments available at The Big Bean Café. The audience are requested to be in their seats by 7.20pm. Hosted by Johnathan Dimbleby, Any Questions? is broadcast live at 8pm. Recording ends at 9pm.

*"We are very proud to host BBC Radio 4's 'Any Questions' from Wydean School. The ethos and culture of Wydean is very much about asking questions of those who are in power and being to take part in dialogue and discussion about the wider issues that impact our lives and futures. This is a fantastic opportunity for the school community and our local community to listen to and question directly leading policy and opinion makers at the start of 2018 with so many important fascinating local, national and international issues to be settled in these uncertain times."* Rob Ford, Principal.

Any Questions? is broadcast live on Radio 4 on most Friday evenings of the year following the 8pm news. The programme is repeated on Saturday lunchtimes at 1.10pm, and is followed at 2pm by Any Answers? phone-in which gives listeners a chance to join in the debate by calling or e-mailing Anita Anand.

Currently, around 1.5 million people listen to the programme each week. Wydean School and Sixth Form is privileged to host the BBC and we are looking forward to engaging the local community in lively national and international political debate of current affairs.



## 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

Saturdays  
9.00am-10.00am

For children aged  
4yrs onwards -  
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**01291 620780**

Please email us at: [kestrelgymclub@live.co.uk](mailto:kestrelgymclub@live.co.uk)

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## It's Gold for Kestrel's Welsh Champions!



Photo shows: Thomas Hook, Joel Kohler-Hoon, James Davies, Joseph Dunster, Finley Stenner

Kestrel boys braved the snow and floods in December to get to Cardiff for the Welsh Floor and Vault Championships for their last competition of the year.

They did brilliantly.

Thirteen year old Thomas Hook was on top form in the Under 14 Section, becoming Floor Champion, Vault Champion, and Overall Welsh Champion.

The team of four in the Under 12 Section pulled together with Joseph Dunster taking Gold on Floor, but unfortunately could not compete his second Tsukahara Vault after injury on his first run. Finley Stenner won Silver on Floor, 6th place Ribbon on Vault, and Overall Bronze Medal. Joel Kohler-Hoon took Bronze on Vault, 5th Place Ribbon on Floor, 4th Overall Ribbon, and together with James Davies the boys became Welsh Under 12's Team Champions winning Gold.

**Huge well done to the boys - what a way to end the year!**



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[www.cericrossland.co.uk](http://www.cericrossland.co.uk)

## Rotary Shoebox Appeal

The national Rotary Shoebox Scheme provides packages for the unfortunate children and foster parents in the infamous orphanages of eastern Europe.

Rotary provides empty boxes to 12 of the local schools in our area and over the term they fill the boxes with articles for the children or their "carers/parents". These can include simple items such as a bar of soap, a toothbrush, a soft toy, a notepad and pencil etc and then write their name on the outside and to whom it is intended, such as "Young girl" or "Old lady" since we try not to forget the elderly who care for many of these poor children. The boxes are then collected by Rotarians and shipped direct to Romania or Bulgaria where they are distributed by Rotarians. See <http://www.rotaryshoebox.org/> for more information.

Rotary believes that in this way, with the guidance of their teachers, our children gain some appreciation of others who are severely deprived, many of whom are also mentally ill. In the approach to Christmas we are all reminded of those less fortunate than ourselves.

**The Chepstow & District Rotary Club collected no less than 580 filled shoeboxes this year and these were loaded for despatch in mid-December. Rotary wish to extend a big Thank You to all the local schools that have supported this initiative.**

If you are interested in supporting Rotary with this and other worthwhile community projects simply visit [chepstowrotary.org.uk](http://chepstowrotary.org.uk) for more details.



## Making the Delivery Whatever the Weather!

As we go to print on this January edition, the heavy snowfall which had me snowbound on the hill in Shirenewton has pretty much disappeared.

Chepstow Matters was pleased to have the opportunity to chat with Wiltshire Farm Foods to see how they got on - with 6 or 7 inches of snow around Monmouth, and nearer a foot in Abergavenny surely this must have impacted upon the delivery of their meals?

*"Brian and I travelled to the office on Sunday night and spent both Sunday night and Monday night in the office to ensure we were there to organise the deliveries. This is an essential service for many of our customers and we can't let them down!"* Owner Sara Stringer told me.

*"It was a bit hairy in some locations but where the vans could not go, we took the 4x4 and delivered on foot. Fortunately we have a fantastic team of staff and every one of them made it in. Over the 3 days we made around 450 deliveries across Abergavenny, Crickhowell, Hereford, Newnham, the Forest of Dean and Chepstow."*

Such dedication to getting the job done. You can trust Wiltshire Farm Foods to go the extra mile to make the delivery whatever the weather!



Brian Stringer making the delivery for Wiltshire Farm Foods

“Some days the freezer is far enough to go for something tasty to eat.”



### Great Value Menu Pack only £19.99

#### 5 main courses with vegetables:

Lamb Hotpot with Sauté Potatoes, Roast Lamb in Mint Gravy, Chicken & Vegetable Casserole, Roast Chicken Breast with Stuffing, Pork, Leek & Mustard Casserole  
**2 desserts:** Apple Crumble & Custard, Jam Sponge & Custard ORDER CODE: VP8



Chicken & Vegetable Casserole £2.99

If the weather isn't looking too good, or you don't fancy a trip to the shops, wouldn't it be great to have a delicious meal within reach that can be ready in minutes?

Wiltshire Farm Foods offers over 300 ready meals, each made using tasty ingredients that are perfectly cooked then quick-frozen to lock the goodness in. Special dietary needs like gluten-free or low calorie? It's all available no-contract, no-commitment and with free delivery. Just order what you want, when you want. Try our menu now with our Great Value Menu Pack.



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# Community Noticeboard

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community@mattersmagazines.co.uk



THE CHEPSTOW SOCIETY  
70<sup>th</sup> Anniversary - 1948-2018

## MEETINGS 2018

Wednesday evenings, 7.15 pm,  
at the Drill Hall, Lower Church St.,  
Chepstow NP16 5HJ

17 January - John Putley -  
"Ugly Mugs" - Gargoyles in Gloucestershire

21 February -  
John Sheen - Five Boys and a Pasty

21 March -  
Simon Draper - Anglo-Saxon Gloucestershire

All welcome - Refreshments available  
Members £1 - Non-members £2  
Annual membership - £10

www.chepsoc.co.uk Facebook

Wednesday 17th January 2018  
Chepstow Leisure Centre, 7.30 pm  
"Pine Martens as Neighbours?"  
- an illustrated talk by Andrew Stringer,  
who is the Pine Marten Project Manager  
for Gloucestershire Wildlife Trust.  
Admission £3 - all welcome

**Chepstow Community Hub**  
01291 635730 (Library service only)  
Manor Way, Chepstow NP16 5HZ

### Opening Hours

Monday - 9:00am-5:00pm  
Tuesday - 9:00am-5:00pm  
Wednesday - 9:00am-12:00pm  
Thursday - 9:00am-5:00pm  
Friday - 9:00am-4:00pm  
Saturday - 10:00am-1:00pm

## Chepstow Museum

open daily 11am -4pm, Chepstow Museum, Bridge Street (closed 1st Jan)

Until the end of January - Free 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.

### Events:

**Monday 15 January 2-4pm**  
(10 sessions running until 26 March)

#### The Art of Venice

discovering art history with popular lecturer Eleanor  
Bird, organised by Chepstow Museum  
At the Drill Hall, Lower Church Street, Chepstow NP16  
5HJ

For further details of this 10 week course and to book  
contact Chepstow Museum tel 01291 625981

**Sun 21 January 3pm**

**Romeo & Juliet**, live broadcast from the Bolshoi Ballet  
in Moscow and screened at The Drill Hall Tickets £12  
full/£10 concession  
from, and in support of Chepstow Museum tel 01291  
625981

For ballet fans of all ages, great Sunday afternoon  
opportunity

**Saturday 27 January 2pm**

#### Wales and the East India Company

An afternoon of talks exploring the fascinating links  
between Welsh families and India in the 18th and 19th  
centuries, to mark the end of the Museum exhibition.  
With Prof Huw Bowen, Swansea University and others  
at The Drill Hall. To book tel 01291 625981

**Tuesday 30 January 7.30pm**

#### Cézanne Portraits of a Life,

A new exhibition on screen film based on major  
international exhibition currently at National Portrait  
Gallery, London. The Drill Hall. Tickets £10 from, and  
in support of Chepstow Museum

**Wednesday 31 January 1-3pm**

#### Art & Craft - get curious about the secret life of objects

Inside Out Cymru with Monmouthshire Museums free  
course every Wednesday until Easter, for anyone  
experiencing mental health issues.  
The Drill Hall, Lower Church St Chepstow NP16 5HJ  
To book: karinmolson@monmouthshire.gov.uk /  
07929 044653

## Exciting News

St Mary's Priory is starting a  
Baby and Toddlers Group  
In the New Year

To get ready we need toys and craft  
materials for the children to play with.  
Are YOU able to help?

If so please contact the church on  
07415 569693

Or

chepstowpriory@gmail.com



## Bulwark Community Cinema

Local cinema run by volunteers for the community at

### Bulwark Community Centre

Doors Open 1.30pm Film starts 2pm,  
light refreshments on sale. £3 admission

**Saturday 27th January**

Film : Victoria & Abdul

Abdul Karim arrives from India to participate in Queen  
Victoria's Golden Jubilee. The young clerk is surprised to  
find favour with the queen herself. As Victoria questions  
the constrictions of her long-held position the two forge  
an unlikely and devoted alliance that her household and  
inner circle try to destroy. As their friendship deepens the  
queen begins to see a changing world through new eyes,  
joyfully reclaiming her humanity.

Starring Dame Judi Dench

Mirror, mirror,  
on the wall...

Don't miss out!  
Tickets available at:  
Whirlkidz,  
Hannah's Music  
& Chepstow  
Museum



Who is the fairest  
of them all?

Fri 12th Jan 7.30pm  
Sat 13th Jan 2.30pm  
Sat 13th Jan 7.30pm  
Sun 14th Jan 2.30pm

Drill Hall, Chepstow

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National Party  
Raceday with  
**BAD MANNERS**  
on Saturday the  
14th of April!



LIVE MUSIC WITH  
**BAD MANNERS**

The brilliant BAD MANNERS will be live  
after racing, Buster Bloodvessel and the  
band will be performing some of their  
biggest songs including Special Brew, Lip  
Up Fatty, Can Can and My Girl Lollypop -  
it's going to be a great evening! They will be  
live of stage from 6.20pm

As well as the 7 races on the card at  
Chepstow, they will also be showing the  
Aintree Grand National live on the big  
screen.

Tickets are now on sale, admission starts  
from just £22 in advance.

But why not take advantage of their  
advance Lip Up Fatty package which  
includes your Grandstand & Paddock  
admission ticket, a top quality pie, a drink  
(pint, glass of wine or soft drink) and  
racecard, all for just £30!

Call 01291 622 260 or visit  
Chepstow-racecourse.co.uk to book

**Wednesday 24 January 2018**  
**Chepstow and District Garden**  
**Appreciation Society (CADGAS)**

Bob Train, LRPS, CPAGB, will give  
a talk on **Garden Photography**,  
explaining how to capture and  
preserve the beauty of your garden  
from the earliest cherry blossoms  
to the last golden leaves of autumn.  
With a basic understanding of  
photography, you can take stunning  
photographs of your garden to  
preserve the memories.

**7.30pm Chepstow Leisure Centre**  
**All Welcome Visitors £4**





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

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

### CHEPSTOW 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

**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, Mouton 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 Bulwak 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 tmoran@btinternet.com.

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

**The Singing Club** for anyone who wants to sing www.singingclubber.co.uk

**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.freemove.co.uk

### CHURCHES

**www.chepstowchurchestogether.org.uk**

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

**St Marys Priory**, The Vicarage, Mount Way, Chepstow NP16 5NF Rev Phillip Avery 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 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 every Thurs 1.30-3pm

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

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



Please support us and connect with us:  
@ChepstowMatters



/ChepstowMatters



### NURSERIES / PRESCHOOLS

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

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

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

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

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

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

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

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

### PRIMARY SCHOOLS

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

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

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

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

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

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

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

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

### SECONDARY SCHOOLS

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

**Mountain House Special School** Mr P Absalom, Headteacher  
and enrolment contact Pwllmeyric, Chepstow, NP16 6LA,  
01291 635642 mounthhouse@monmouthshire.gov.uk  
www.mounthhouse.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



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

Following on from the collection at the Coop Food Store in Magor, where members of the public were again very generous, Chepstow and Caldicot Lions were seen collecting for their Christmas Parcel Appeal.

The club was invited to collect at Waitrose in Caldicot, and a huge vote of thanks must go to the Management, Staff and Customers who rallied round to make the effort a great success.

The Club would like to thank everyone who contributed goods to the appeal or made donations to the Lions all of which goes to purchasing more goods for delivery at Christmas.

Chepstow and Caldicot Lions held their final collection at Tesco Store in Chepstow on the 15th and 16th of December. Tesco Store in Chepstow has chosen to support the Lions Club for the coming year and the club would like to thank the Manager Rob and the two community Champions Sonia and Sarah for their considerable help.

The first batch of Christmas parcels were distributed around Caldicot on the Monday 4th of December to the delight of the elderly and those in need. About 80 parcels were packed and taken out by the Lions who all volunteered their time and effort.



Lion President John Robinson and Lion Ray Nash ready to deliver the Christmas parcels. Inset parcels packed ready to take out.

Lion President John Robinson said "he anticipated that the club would be able to deliver around 160 to 170 parcels in total this year".

Members of the club and partners enjoyed their annual Christmas Dinner before Christmas. This year the venue was The Huntsman at Shirenewton, hosted as usual by the Proprietor Mr Phillip Moles. and his staff who laid on a superb Christmas Lunch with all the trimmings.



Members enjoying their Christmas lunch.

With the New Year now upon us, planning events for the coming year is well underway. If anyone would like to put something back into the community, Chepstow and Caldicot Lions are looking for like minded people to become members or Friends of the Lions, if you would like to know more please contact the Secretary Lion Glyn Williams on 01633 865033.

## THE AERIAL MAN (DAN GRACE) Local engineer



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# BRIDGES COMMUNITY SHOP OPENS IN CHEPSTOW!

We have opened our new community shop in Chepstow! This will help raise awareness of and funds for all of our projects which work across Monmouthshire.

## OUR PROJECTS



Building Bridges is a project for 14-25 year olds with additional needs.

Our aim is to support and encourage young people to engage in their local communities; broadening their social networks, making friends, confidence building and learning social skills. We do this through one-to-one and group work encompassing social, leisure and work related activities.



OUR CHEPSTOW COMMUNITY SHOP



Volunteering for Wellbeing is a Bridges Centre project recruiting, training and supporting volunteers to provide support to others in the community throughout Monmouthshire.

The project involves setting up groups and activities, bringing people together to help to improve wellbeing, enable friendships and support networks to develop, and help people to feel more involved with their community.



Community Connections supports people who are socially isolated in Monmouthshire to feel part of their community by providing volunteer befrienders.

We bring people together either on a one-to-one basis or in social activity groups. Volunteers can provide company at home and may also enable people to get out to get to appointments or local facilities.



We need your donations to make sure our community shop is a success!

Unit 4, Library Place, Manor Way,  
Chepstow, NP16 5HZ  
(Where 559 bikes were)

TELEPHONE: 07757755541  
EMAIL: BRIDGESCHEPSTOW  
@OUTLOOK.COM

## Chepstow Chamber of Commerce & Tourism



Chepstow Chamber of Commerce and Tourism is a long-standing group of local businesses who work together to benefit the economy and community in and around Chepstow. Our Members are varied and diverse, include retail, hospitality and service businesses and the Chamber provides a voice for them with the Town and County Councils. We hold regular meetings and introduce new initiatives to help businesses grow and do business with each other.

Email [secretary@chepstowchamber.com](mailto:secretary@chepstowchamber.com) for further information  
[www.chepstowchamber.com](http://www.chepstowchamber.com) / [www.facebook.com/ChepstowAGreatPlaceTo](https://www.facebook.com/ChepstowAGreatPlaceTo)

## Support Local Business: Retail & Hospitality

**Baa Brewing Ltd** *Brewers of fine Craft beers for the trade & public.* Unit 4, Station Yard Ind Est, Chepstow NP16 5PF T: 01291 408240 [www.baabrewing.com](http://www.baabrewing.com)

**Castle Picture Framing** *Picture framing, tool & knife sharpening.* 5 High St (inside Chepstow News), Chepstow NP16 5LH T: 07716 801967

**Chepstow Racecourse** *Racing and events* Chepstow NP16 6BE T: 01291 622260 [www.chepstow-racecourse.co.uk](http://www.chepstow-racecourse.co.uk)

**Country Clutter** *Independent gift retailer* 2 St Mary St, Chepstow NP16 5EU T: 01291 630036 [www.shop.giftshopuk.biz](http://www.shop.giftshopuk.biz)

**Deacons Florist** *Creative, award winning floral designers* 4 Bank Street, Chepstow NP16 5EL T: 01291 623768 [www.deaconsflorist.co.uk](http://www.deaconsflorist.co.uk)

**Eden Rose** *Independent fashion boutique* 11 St Mary Street, Chepstow NP16 5EW T: 01291 627340 [www.edenroseonline@icloud.com](mailto:www.edenroseonline@icloud.com)

**First Stop Stationers** *Town centre printer with Fuji Photo Lab. Greetings cards, art & craft; stationery* 3 Library Place, One Manor Way, Chepstow NP16 5HZ T: 01291 623999 [www.firststopstationers.co.uk](http://www.firststopstationers.co.uk)

**Get Dancing** *Mobile disco hire: weddings, parties/celebrations, corporate events, charity work* T: 07791 594081 [www.get-dancing.com](http://www.get-dancing.com)

**Green Man Backpackers Ltd** *Affordable accommodation for tourists, walkers, families & cyclists* Raglan Lodge, 13 Beaufort Square, Chepstow NP16 5EP T: 01291 626773 [www.chepstowbackpackers.com](http://www.chepstowbackpackers.com)

**Hannah's Music** *More than just a music shop. Musical instruments, lessons, rehearsal room – all under one roof!* 6 Moor St, Chepstow NP16 5DE T: 01291 627122 [www.hannahsmusic.co.uk](http://www.hannahsmusic.co.uk)

**Herbert Lewis** *Independent store for fashions & home; Edwardian tearooms in store* 9-11 High Street, Chepstow NP16 5XX T: 01291 622347 [www.herbertlewis.com](http://www.herbertlewis.com)

**Mathern Palace** *Unique place to stay or host a special event.* Mathern, Chepstow NP16 5JA T: 01291 626995/ 07500 930844 [www.mathernpalace.com](http://www.mathernpalace.com)

**Millington & Dawson Ltd: The Optical People** *Award winning optometrists.* 6 St Mary St, Chepstow NP16 5EU T: 01291 622269 [www.millingtondawson.com](http://www.millingtondawson.com)

**Mint and Mustard** *Fine Indian restaurant and street food* 13-14 Nelson St, Chepstow NP16 5HT T: 01291 623222 [www.mintandmustard.com](http://www.mintandmustard.com)

**No. 8 Accommodation** *High class, affordable B&B* 8 Lower Church St, Chepstow NP16 5HJ T: 01291 645785 / 07540 073331 [www.no8chepstow.co.uk](http://www.no8chepstow.co.uk)

**Orchard Ladies 14+ clothing.** *Bags, scarves, jewellery. Linens, tea dresses & petticoats, long tunics & dresses* 22 Moor St, Chepstow NP16 5DB T: 01291 622459 [www.facebook.com/orchard-clothing](https://www.facebook.com/orchard-clothing)

**Rockarella Hair & accessories** 10 Upper Church Street, Chepstow NP16 5EX T: 01291 622189 / 07704 648686 [www.rockarellahair.co.uk](http://www.rockarellahair.co.uk)

**Runway Independent boutique for ladies clothes, jewellery, shoes, handbags & accessories.** 8 High Street, Chepstow NP16 5LH T: 01291 622033 [www.runwaychepstow.com](http://www.runwaychepstow.com)

**Scandia Shoes, accessories & gifts.** 35 Moor St, Chepstow NP16 5DE T: 01291 627272 [www.facebook.com/scandia-shoes](https://www.facebook.com/scandia-shoes)

**Stonerock Pizza** *Artisan Pizzeria & takeaway* 9-10 Upper Church St, Chepstow NP16 5EX T: 01291 621616 [www.stonerockpizza.co.uk](http://www.stonerockpizza.co.uk)

**St Pierre Marriot Hotel & Country Club** St Pierre Park, Chepstow NP16 6YA T: 01291 625261 [www.marriottspierre.co.uk](http://www.marriottspierre.co.uk)

**St Tewdric's House** *19th Century Italianate Villa wedding venue.* Mathern Rd, Chepstow NP16 6HX T: 07477 017537 [www.sttewdrichouse.co.uk](http://www.sttewdrichouse.co.uk)

**Tell Me Wine** *Quality wine shop, beers and spirits* Old Bell Chambers, Riflemans Way, Chepstow NP16 5EJ T: 01291 629670 [www.tellmewine.co.uk](http://www.tellmewine.co.uk)

**The Preservation Society** *Award winning chutneys, sirops & preserves* T: 01291 626516 / 07970 413574 [www.thepreservationsociety.co.uk](http://www.thepreservationsociety.co.uk)

**The Rum Bar & Kitchen Restaurant & bar** First Floor, 23 Beaufort Square, Chepstow NP16 5EP T: 01291 622272 [www.rumbarchepstow.com](http://www.rumbarchepstow.com)

**Toytastik Toy Shop** *Top quality traditional & unique toys for both the young & young at heart* 16B Moor St, Chepstow NP16 5DL T: 01291 627200 [www.toytastik.co.uk](http://www.toytastik.co.uk)

**TranquilliTea Boutique teas & more** 7 St Mary's Arcade, Chepstow NP16 5EU T: 07577 167726 [www.tranquilli-tea.co.uk](http://www.tranquilli-tea.co.uk)

**Tyrell's Family Butchers** *Local, quality meat & products at affordable prices; catering & takeaway* Beachley Road, Sedbury, Chepstow NP16 7AA T: 01291 621089 [www.tyrellsfamilybutchers.co.uk](http://www.tyrellsfamilybutchers.co.uk)

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The Festival continues to go from strength to strength, gaining national praise and recognition for not only great entertainment but for its relaxed atmosphere, enchanting location and superb acoustics.

Castell Roc Festival is now pleased to release details of the first of its star studded 2018 shows, held inside Chepstow Castle.

**Friday 17th August 2018 - "Alabama3"**. The band are notable for their fusion of styles, ironic lyrics, intentionally humorous personae, and outrageous live performances. Oh. and of course they wrote the intro music to the hit TV show 'The Sopranos'.

**Saturday 18th August 2018** - the incredible **"Dr Hook"** starring Dennis Locorriere. All the hit singles including Sylvia's Mother, A Little Bit More, When You're in Love with a Beautiful Woman and Sexy Eyes, plus many, many more.

**Friday 24th August 2018** sees the welcome return of a 2017 sell-out show: back by popular demand **"The Magic Of Motown"** bring top Motown hits, glittering costumes, dazzling dance routines and an incredible party atmosphere to the castle.

**Sunday 26th August 2018** flying in from Australia is none other than the Grammy award winning, International chart topping, British music legend **"Leo Sayer"**! Also including support from **"Mari Wilson & The New Wilsations"** an amazing evening awaits!

**Monday 27th August 2018** is a unique chance to see two full theatrical show's in one evening with **"Return Of The King meets Prince Experience"**. Leading tributes to Prince & Michael Jackson, both Artist's with their full bands and backing singers in a show never seen before.

*Will they perform together, in a duo?*

**Saturday 1st September 2018**, fresh from the big theatres is **"Fastlove"**. An opportunity to re-live the passion, flare and the unique sensitivity of **George Michael**. Accurate, captivating and heart-warming, with all the big hits.

**If you haven't checked out Castell Roc before, you really should!**

**Make memories ... Show tickets make great presents! Birthdays, Anniversaries, Valentines, Mother's Day ...**

All shows are standing. Guests are welcome to bring foldable chairs or blankets (for use in dedicated areas). Limited tickets are on sale now (with special "earlybird prices") from Hannah's Music, Chepstow (01291 627122), or online via the Festival website at [www.castellroc.co.uk](http://www.castellroc.co.uk). All we suggest is 'be quick or miss out'.....



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