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February 2018

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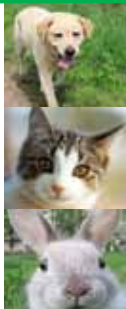
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## Dear Readers...

Thankfully the days are getting longer and before we know it Spring will again be upon us. As I write this in January I am already seeing the daffodils start to shoot.

We have another busy issue for you this month and bring you news of local art historian Keith Underwood's latest project to commemorate the 950th anniversary of William FitzOsbern and the build of Chepstow Castle - see page 5 for more information. We also bring you a selection of photos from this year's Wassail and Mari Lwyd, courtesy of the Chepstow Chamber, as shown on this month's front cover. You can see more of these on pages 24/25. If your New Year's resolution involved a healthier, fitter you, then there are several local organisations within our pages willing to help you out with this! There is also news of the annual Devauden races in May (p13) and Chepstow's Walking Festival in April (p16).

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,

**Jaci x**

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mon.	tue.	wed.	thu.	fri.	sat.	sun.
08.30 - 10.15 Poundfit	06.15 - 7.00 Funktion	06.15 - 07.00 Kettlecise	06.15 - 07.00 Boxercise	06.15 - 07.00 Spartan Circuits	08.00 - 09.00 Spartan Bootcamp	08.30 - 9.30 Ladies Body Transformation
18.00 - 18.45 Kettlecise	09.30 - 10.15 Ladies Boxercise	09.30 - 10.30 Fitness Pilates	09.30 - 10.15 Kettlebells	09.30 - 10.30 Fitness Pilates	08.30 - 09.15 Spin	09.00 - 10.00 Yoga
18.30 - 19.15 Spin	18.00 - 19.00 Fitness Pilates	16.30 - 17.30 Little Dragons	17.30 - 18.00 Express Legs & Booty	18.00 - 18.45 Spin	09.00 - 09.50 Little Dragons	
18.45 - 19.30 DanceFit	19.00 - 19.45 Spin	17.00 - 17.30 Express Kettlebells	18.00 - 18.45 Poundfit	19.30 - 21.00 Brazilian Ju Jitsu	10.00 - 11.15 Kids Kickboxing	
18.30 - 21.00 Brazilian Ju Jitsu	19.00 - 20.00 Spartan Circuits	17.30 - 18.45 Kids Kickboxing	19.00 - 19.45 Strongwoman/ Strongman		11.15 - 12.30 Adults Kickboxing	
		18.30 - 18.15 Spin				
		19.00 - 20.00 Boxercise				



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## Chepstow Matters recently had the great pleasure of meeting with local artist and art historian, Keith Underwood.

Keith, now 83 years young, has lived in the Beachley/ Sedbury area of Chepstow since his parents moved here from Portsmouth following his father's posting to Beachley way back in 1939. Keith is a well-known member of the local community being an active member of several local community and historical groups across the town. Keith is such an interesting chap and very passionate about local history - it was delightful to spend time with him.

For many years Keith guided at Tintern Abbey as the original Brother Thomas and produced a statuette of the Blessed Virgin Mary, together with other artefacts including an illuminated manuscript book of pressed plants which was recently on show at Chepstow Museum. He has also guided at Chepstow Castle, mainly as Edmund, the Seneschal for Richard de Clare, but was sometimes also seen in full Cavalier kit as Thomas Underwood (photo right).

Back in the early 1990s, Keith was commissioned by Monmouthshire County Council to provide the murals at the Drill Hall at a time of major renovation (see bottom photo of one of the murals). He also gave presentations after the murals were completed, the first being in 1992 (photo above far right). Other accomplishments include creating the Earl of Worcester's heraldic achievement for the Town Gate, as well as the Chepstow map. He also worked with Ned Heywood on the design for the illustrative ceramic plaques to accompany the Town Trail in the streets of Chepstow.

As a boy, at Monmouth School, he was taught by the late Otto Macaig, the hundredth anniversary of whose birth will be celebrated in Monmouth next year, and Keith hopes to be a contributor.

Keith is currently working on a piece to celebrate the 950th anniversary of William FitzOsbern, Norman builder of Chepstow Castle which was commenced in 1067. FitzOsbern, 1st Earl of Hereford and a relative and close counsellor to William the Conqueror, was known to have fought in The Battle of Hastings 1066 and was one of the great magnates of Early Norman England. He was one of the earliest and most vigorous advocates of the invasion of England.

As part of the assertion of Norman control over England and Wales, FitzOsbern was one of the major Norman castle builders with King William tasking him to build castles as launching points for Norman military expeditions and provide refuge for the King's men. Chepstow Castle, it has been reported, was his greatest achievement and became a springboard for westward Norman expeditions and the focal point of Norman settlement in Wales. FitzOsbern died in February 1071 at the Battle of Cassel in his native Normandy.

Keith's latest commission to celebrate FitzOsbern will take the form of an A5 parchment booklet (which you can see Keith working on in the main photo above) all of which will be hand written, in calligraphy, along with Keith's hand drawings for which he uses acrylic paints. Keith has been working on the booklet for some time and is hopeful that it will be completed in the early part of 2018. Once finished the booklet will be available to purchase at the Chepstow Bookshop.



Drill Hall and Keith in costume photos reproduced with kind permission from the Chepstow Society



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### Sedbury Celebrates 100 Years

Keith Underwood (see previous article) is also Chairman of the Tidenham History Group, a small society dedicated to preserving and recording the history of the parish of Tidenham. The group meets regularly to discuss and research the Tidenham area and between them the members including Richard & Carol Clammer have produced several books such as Beachley & The First World War, The Churches & Chapels of the Parish of Tidenham Their History & Architecture.

The group's latest achievement is to produce an interpretive information board which is displayed outside the Doctor's surgery in Sedbury. This board commemorates the one hundredth anniversary of the coming of the shipyard and railway network to Sedbury and Beachley. It shows how Sedbury looked before and after the Government's decision to turn the Beachley peninsula into a vast shipbuilding area and what effect this had on the then, very tiny, community who lived here.

The detailed coloured border, painstakingly painted by local artist and historian Keith, depicts events, places and people throughout Sedbury's history. The route of the extensive 1917/18 railway line running through the village is shown and there is also a trail to follow around the area showing which buildings date from the first world war, including those that still survive today. The intricate work follows the pattern of the margins of the maps made for Chepstow, Caldicot and Sudbrook with Portskewett and encapsulates the past history of the Beachley Peninsula.

It is planned for another board to be installed in Beachley later this year and there are more partnership events planned for 2018 such as the 100th anniversary of the building which is now called the Sedbury Village Hall. The 100th anniversary celebrations will then culminate in the whole parish joining together for the Armistice Day service on 11th November, 2018.

More information on Tidenham History Group can be found at [www.tidenhamhistory.co.uk](http://www.tidenhamhistory.co.uk) or you can email [info@tidenhamhistory.co.uk](mailto:info@tidenhamhistory.co.uk).



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## Heartfelt Donations from Local Chepstow & Caldicot Funeral Director

Local Funeral Directors Ian Watts & Son were delighted to present a cheque to the Heart-2-Heart & Cardiac Rehabilitation Group which are non-profit making groups, helping those who have undergone heart surgery or medical treatment.

The groups meet every Monday & Friday at Caldicot's Leisure Centre & are supervised by a NHS Registered Trainer. Members require a letter from their GP before joining stating that they are fit to exercise.

Each Club has a membership of 45 persons with members attending from Sedbury, Chepstow, Mathern, Caldicot, Magor, Rogiet & Newport.

Fundraiser Mr Tony Stephens said "we are very grateful to receive local support from businesses to maintain our increasing costs every year such as rents, insurance & equipment servicing."

Martin Watts of Ian Watts & Son Independent Funeral Directors said, "we are delighted to be donating this money & hope it will help towards the funds required to run these groups. The Clubs need funds for items like room hire, new equipment etc. and if we can help in any way we will."

Martin added, "part of the money we donated, had been awarded to us by Caldicot Town Council for having the Best Business Garden. We were honoured to receive that award and we immediately decided we would match fund it and donate it to a local Group."

For more information about how you can donate to the Heart-2-Heart & the Cardiac Rehabilitation groups contact Tony Stephens on tel: 01291 420484.



Photo shows Tony Stephens (left) & Martin Watts

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## ARE YOU SAVING ENOUGH FOR RETIREMENT?

*It's estimated that people aged 45 to 54 spend more time planning their summer holidays than they do planning their pension<sup>1</sup>. However, if you want to be able to enjoy holidays in retirement, then you'll need to have saved sufficient to be able to afford them.*

**DON'T UNDERESTIMATE HOW MUCH YOU NEED TO SAVE TO PROVIDE THE LEVEL OF INCOME YOU NEED.**



The common perception is that you'll need between half and two-thirds of the final salary you received when you were working, after tax, to maintain your lifestyle in retirement. The consumer champion Which? recently revealed that a retired couple need an income of around £18,000 a year to cover their basic living costs. To enjoy extras like holidays, they need around £26,000.

When thinking about retirement, many people find it helpful to draw up a budget that includes all their sources of income, such as any investments and savings as well as pension income, and covers living expenses and includes the type of holidays and leisure pursuits they want to enjoy when they have more free time.

Don't underestimate how much you need to save to provide the level of income you need. If you're looking to achieve an income of £26,000 a year at retirement you will probably need to have a pension pot of over £500,000 when you retire, much more if you intend retiring at 55.

### How to prepare for retirement

It's wise not to place too much reliance on the state pension. It was never designed to be anything more than a safety net, and the age at which you can claim it is being pushed back further and further. The government recently announced that it will rise from 67 to 68 in 2037-39, seven years earlier than planned.

Ideally, everyone should have their own pension plan in place. If you're eligible to join a workplace pension scheme, you should consider doing so as soon as possible, as employer contributions will help towards building up your pension pot. If you're self-employed, you won't benefit from employer contributions, so it's even more important to start saving into your own personal

pension plan. Don't forget that tax relief is available on pension contributions.

It's not always easy to know exactly how much you'll need to put away to ensure you're on track to get a reasonable income when you retire. That's where taking financial advice really pays. We can help you put in place plans to help make your retirement a financially comfortable time.

*If you're making plans for your retirement and would like some professional advice, then please get in touch.*

<sup>1</sup>LV, 2017

The value of investments and pensions and the income they produce can fall as well as rise.

You may get back less than you invested.

Tax treatment varies according to individual circumstances and is subject to change.



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## Matt Strait: Modern Samurai and a new World Champion!



*Chepstow Matters was delighted to hear from Matt Strait 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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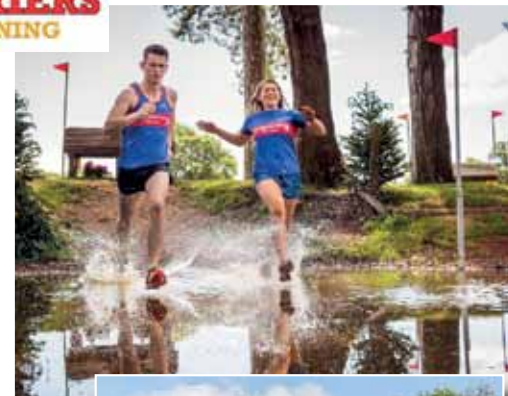
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## Little Acorns Playgroup

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

Little Acorns is a childcare setting run during term time for 2 to pre-school age children. Monday to Friday 9.15-12pm, cost for this session is £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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## Devauden Races - Next Race 7th May 2018

The Devauden Races is an entirely off-road event open to all ages and abilities with distances to suit all the family - from 10k to just 60m! It is held annually on May Bank Holiday Monday and starts and finishes at the Hood Memorial Hall in Devauden which is situated on the northern edge of Chepstow Park Woods. This year's event is on Monday 7th May 2018.



Since 2016, in recognition of its growing status and popularity, Devauden Races became an affiliated event with Welsh Athletics through the Spirit of Monmouth Running Club.

The charity event raises funds for the Hood Memorial Hall, in Devauden, and SARA (Severn Area Rescue Association) who provide invaluable assistance in many areas leading up to and throughout the event.

Online registration is now open at the website  
<http://www.devaudenraces.com>

Spaces are limited therefore on-the-day registration is not guaranteed. Booking on-line in advance is strongly recommended to avoid disappointment.

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23:18 Jenny Gow (2017)

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## BEOWULF

**Bristol Old Vic Theatre School at the Drill Hall,  
Thursday 8th February 10.30am & 1.30pm**



Chepstow Museum annually hosts Bristol Old Vic Theatre School's Theatre in Education tour.

This year writer and director Toby Hulse turns his talents from brilliant adaptations for young people of Shakespeare's plays and ancient Greek myths, to a retelling of the story of the greatest Anglo-Saxon poem, Beowulf. Beowulf was the bravest of the Anglo-Saxon heroes, fighting flesh eating monsters and fire breathing dragons, over an inhospitable landscape, in the defence of Hrothgar, King of the Danes.

Nine year old Sophie knows the story of Beowulf well. She has enjoyed sharing it many times with her mother, a professor of Old English. Together they have even learned to read a language that no one has spoken in this country for over nine hundred years. But Sophie is fighting monsters of her own, monsters every bit as terrifying as those that Beowulf must face. Her mother is dying, and Sophie's life is changing beyond her control.

This new play retells the story of Beowulf, and explores how we respond to death; it is performed in Bristol Old Vic Theatre School's trademark mix of gripping storytelling, bold physical action, and live music, with a sprinkling of the original Old English! Anyone who thrilled to last year's Jason and the Argonauts will need no persuasion to join Beowulf and Sophie in this epic battle to the death.

Beowulf is suitable for anyone over the age of 7 with a taste for adventure!

**TO BOOK PLACES NOW, at £5 child  
(accompanying teachers/helpers free):  
TELEPHONE CHEPSTOW MUSEUM ON  
01291 625981**

## 'Flix in the Stix' at St Arvans Memorial Hall

On the first Thursday of the month, usually from September until May inclusive, the Hall turns into a community cinema fondly known as 'Flix in the Stix'. Films start at 7.30pm and the entrance price is £4.50.

### 1st February: 'Victoria and 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. Watch Judi Dench as Victoria, Eddie Izzard as Bertie and Ali Fazal as Abdul

### 1st March: 'Dunkirk'

In May 1940, Germany advanced into France, trapping Allied troops on the beaches of Dunkirk. Under air and ground cover from British and French forces, troops were slowly and methodically evacuated from the beach using every serviceable naval and civilian vessel that could be found. At the end of this heroic mission, 330,000 French, British, Belgian and Dutch soldiers were safely evacuated. This film is Christopher Nolan's interpretation of that very well known episode in our history. Some critics have hailed it as a triumph, especially Kenneth Branagh's performance.

### 5th April: 'Murder on the Orient Express'

Kenneth Branagh again this month, both directing and starring in this film. One critic said that he 'commandeers the movie, turning it into a showcase for himself as Poirot.' A lavish trip through Europe quickly unfolds into a race against time to solve a murder aboard a train. When an avalanche stops the Orient Express dead in its tracks, the world's greatest detective -- Hercule Poirot -- arrives to interrogate all passengers and search for clues before the killer can strike again. Also starring Johnny Depp and Daisy Ridley

## New Wine Bar in Town

Chepstow Matters was delighted to pop back into Tell Me Wine this month to learn more about their latest venture - a new Wine Bar.

From 5pm every evening Monday-Saturday Tell Me Wine's Wine Bar will offer a selection of "Wines of the Week" available to sit and enjoy by the glass as the new bar. There will be a minimum of one each white, red, rose wines as well as gin, vodka, whiskey and mojito on offer, served alongside appetizers.

Pop in your way home from work, have a drink and a chat with friends. Frederic, Fabien and Christine will also be on hand to chat and explain anything you would like to know about the wines if this something that interests you.

**"Curious Wines"**: The next Wine Tasting event at Tell Me Wine takes place on **Sunday 11th February 11.30am-1.30pm**. You can enjoy 6 different wines from all over the world, served with appetizers.

There are only 12 spaces for this event and the cost is £20 per person. Pop into the shop to make your booking.

### Shop Opening Times:

Mon  
11am-6pm

Tues-Thurs  
10am-6pm

Fri-Sat  
10am-7pm

Wine Bar :  
Mon-Sat  
from 5pm



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tellmewine.co.uk  TellMeWineChepstow





## Chepstow Walking Festival Wednesday 4th – Sunday 8th April

Join us for 5 days of walking fun! This popular festival provides lots of great opportunities to meet other people who also love walking, make new friends and discover the stunning landscape and rich heritage that we have on our doorstep. You can learn more about the countryside and flora and fauna, visit establishments that rarely if ever open to the public or just enjoy a ramble with the dog some specially devised to avoid stiles and livestock where possible.

It's also a great way to introduce the kids to walking. Even if you usually walk only as a family unit or by yourself, it's rewarding to occasionally share your walking experience with others who enjoy the countryside. If you are new to country walking, unsure about where to go, or need an incentive to get your boots on, then this might be just the answer to get you started with experienced friendly walk leaders.

There are 34 guided walks ranging from 2 – 15 miles on offer.

A Supersaver Ticket of £10 gives you the opportunity to join 2 walks and get 1 walk free or £5 for a single walk. Children Under 16 are free. Both tickets include transport and free parking at Chepstow where applicable.

The full programme and how to purchase your tickets can be found online [www.walksinchepstow.co.uk](http://www.walksinchepstow.co.uk) or visit Chepstow Tourist Information Centre 01291 623772 or Chepstow Museum 01291 625981. We're looking forward to meeting you!



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far enough to go for  
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2 desserts: Apple Crumble & Custard, Jam Sponge & Custard ORDER CODE: VP8



Chicken & Vegetable Casserole £2.99

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## 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. 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. I love my finger knitted necklace that I bought just before Christmas - it's so versatile and has been admired on several occasions!

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!



## Silk Road Bazaar



Handmade Jewellery, Accessories & Yarn Kits

Happy Valentine's Day!

Open Tues-Sat 10am-4.30pm

8 St Mary's Arcade, Nelson Street

T: 01291 638844 / 075000 58344



## New Member of Staff has Four Legs not Two!

### Wydean School has introduced a very important new member of the school community - Moss the dog!

Moss was born on 28th April 2017. He is a 10-month old miniature Schnauzer X Cavalier King Charles Spaniel who is in training to become a school dog and set to become an integral part of the school community. He has completed puppy classes and has begun his first course of Life Skills classes which will enable him to become a fully qualified Pet Therapy Dog.

A growing number of schools, colleges and universities are now recognising the benefits of introducing a pet into their organisation. Therapy dogs have been in use in the UK for around 5 years, but in the US and Australia they have been commonplace for a lot longer. Studies show that a school dog can have a very positive effect on students and there are many examples of how they can support a school community, including: helping to reduce anxiety; encouraging students to attend school; helping students to cope with examination stress; helping to foster a sense of responsibility; improving reading confidence by having students read to them and generally bringing a warmth to the school which makes the place feel happier.

We were pleased to liaise with Angharad Churches who is the owner of Moss who told us how the idea for Wydean's new school dog came about:

*"I approached the Principal (Rob Ford) in Autumn 2016 to ask him whether he had ever considered having a school dog. I had seen examples of other schools who were using dogs in different ways in education and thought it might be something we could look into. We always had dogs growing up and I have seen the positive impact that animals can have on children's social and emotional well-being first hand. I was also interested in how dogs were being used to encourage reluctant readers to read aloud and how they had helped school-phobic students to attend school more regularly. The Principal was very enthusiastic and was happy to let me continue to research the idea.*

*"I decided that the start of the summer holidays 2017 was the best time to get a puppy so that early socialisation and training could take place while I wasn't at work and so I used the research I'd conducted to find a litter of puppies from a breed that would suit attending school. The Miniature Schnauzer x Cavalier King Charles Spaniel seemed like an ideal combination of breeds: the trustworthy, affectionate, adaptable, social nature of the Cavalier combined with the playful, child-friendly, minimal shedding of the Miniature Schnauzer. Moss has been a fantastic addition to our family, bringing lots of fun and plenty of extra exercise! He has completed two courses of puppy training to date and will undergo more training in the future. He has visited school a number of times and has taken the new environment, noises and people in his stride and I am confident that he will thrive in his new role.*

*"Some students have already used Moss as the subject of an IT project and I am constantly being approached by students eagerly asking when they will be able to meet him!"*



Naturally there might be a few students who are worried or anxious about being near dogs or who have allergies to dogs. Students have been assured that they do not have to have close or direct contact with Moss unless they wish to, and before being introduced to the school parents were encouraged to raise any concerns. A full risk assessment was completed before the decision was taken and staff and students were briefed fully before Moss will start to spend more time at school this month.

Moss will continue to live with Ms Churches and her family and undergo all the usual regular vet check-ups for injections, flea and worming treatments. He will come into school most days and have his own spot in the offices, with access to his own crate to chill-out in. Moss will be assessed by a Pets as Therapy Assessor before working with any children, and then will always be on a leash and accompanied by a fully trained adult whilst on school grounds.

**Chepstow Matters thinks Moss is absolutely gorgeous and can't wait to meet him!!**

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## Castell Roc Festival all set for a spellbinding 2018

**Castell Roc Festival held inside Chepstow Castle announces another show for its incredibly varied 2018 shows.**

**19th August** is a chance to enjoy a stunning evening of “**Blues & Grooves**”. The first act added for this show is the superb Scottish blues sensations “**King King**”, dubbed as “*The best blues/rock band in the world*” by Pete Francis of the Blues/Rock review.

Further top Artistes for this show will be announced shortly.



The show takes place in what can only be described as one of the most special Concert Venues in the UK with an incredibly intimate ambience, full bar facilities, food outlets, big stage & big production.

**Shows previously announced for 2018 include:**

**Thursday 16th August** “**Monsters Of Roc**”; a night of rock music featuring Letz Zep, UK Whitesnake & Women In Rock.

**Friday 17th August** - “**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** - 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** 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** 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** 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.

**Thursday 30th August** “**The Dualers**” the incredible UK stars of ska and reggae.

**Friday 31st August** “**The Craig Charles Funk & Soul Club**” yes, the TV legend Craig Charles is also a DJ legend!

**Saturday 1st September**, 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.

All shows are standing. Guests are welcome to bring foldable chairs or blankets (for use in dedicated areas).

Full details of all shows are available from the Festival website at [www.castellroc.co.uk](http://www.castellroc.co.uk) or via the Festival Box Office at Hannah’s Music, Chepstow (01291 627122). Limited, discounted tickets are currently available from both.

***Chepstow Matters is proud to be a media sponsor of the 2018 Castell Roc Festival.***

## At Bilbo's, we treat your dog as the true athletes that they are!

Do you want to keep your dog in peak physical condition while minimizing risk of injury? If yes, then warm water-based exercise is for you! At Bilbo's we use Aqua Conditioning Exercises (ACE), in our large pool and extended water treadmill with dogs of all ages while preparing for competition, keeping your dog fit for work, and ensuring that your dog maintains a happy, healthy lifestyle. Feel confident knowing that you are doing everything possible to have a well-conditioned dog that excels at home, in the ring, on the trial field, and/or at work!



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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## Chepstow Museum Events



Sunday 4th February 3pm  
**Bolshoi Ballet 'The Lady of the Camellias'**  
Captured live in Moscow,  
screened at The Drill Hall  
Tickets £12/ £10 conc from Chepstow Museum  
01291 625981

Thursday 8th February 10.30am & 1.30pm  
**'Beowulf' Bristol Old Vic Theatre School**  
Theatre in Education adaptation of the Anglo  
Saxon epic poem suitable for aged 7+ yrs  
Tickets £5 from Chepstow Museum 01291  
625981 advanced booking for school groups  
essential

Thursdays 15th & 22nd February 2-4pm  
Chepstow Museum's popular  
**Drop-in-and-Make Craft** afternoons for half  
term. Suitable for children of all ages, must be  
accompanied by adult, donations welcomed £2  
for ages 3+

*All events at The Drill Hall, Lower Church  
Street, Chepstow NP16 5HJ*



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# WASSAIL!

Saturday 20th January saw Chepstow's biggest and best Wassail and Mari Lwyd Border Festival to date. Over 20 Maris came from across the UK to take part, with many locals and visitors from afar turning out to watch the spectacle.

Wassailing is a very old, mainly English, folk tradition designed to wake the orchard up from its winter sleep and to encourage the trees to bear a good crop in the coming year. The ceremony is led by a "Butler" who would blacken his face as a disguise, so that he could poke fun at the farmer.

Mari Lwyd is a Welsh mid-winter tradition dating back many centuries. The Mari is a decorated, shrouded horse skull, led by a 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) they would be invited into the house for refreshments, followed by singing and rowdy banter. They too would blacken their face as a disguise to preserve anonymity.

In the Chepstow Border Festival, these two traditions are combined with a unique and spectacular meeting of the English and Welsh on the border - The river Wye bridge. During the day, there is also Morris dancing and a Country Dance Ceilidh in the evening.

The main organisers of this amazing, community event, Mick Lewis and Tim Ryan said:

*"Many thanks to all who keep coming along to support us. This Festival just seems to keep going from strength to strength each year. None of this would be possible without you, the public and the amazing group of volunteers who help us. See you all next year ..... WASSAIL!"*



Thank you to Sue Kingdom, Chepstow Chamber of Commerce for sending over the photos of the Wassail

## Tintern Film Nights presents ...

Friday 9th February:  
'Victoria & Abdul' - (see p14 for description)

Friday 9th March:  
'Goodbye Christopher Robin'

Goodbye Christopher Robin is a 2017 British biographical drama film about the lives of Winnie-the-Pooh creator A. A. Milne and his family, especially his son Christopher Robin. It was directed by Simon Curtis and written by Frank Cottrell-Boyce and Simon Vaughan, and stars Domhnall Gleeson, Margot Robbie, and Kelly Macdonald.

Friday 13th April:  
'Murder On The Orient Express' - (see p14 for description)

All films at 7.45pm at Tintern Village Hall. Adult £4 Child £2.50

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# Community Noticeboard

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

## Tintern Garden Club

Friday 16th February  
**Basket Making Talk and Demonstration by Clyde Hoare**

Friday 16th March  
**Talk on 'Hidden Chepstow' by Henry Hodges**

Friday 20th April  
**Talk on 'Raised Bed Gardening' by Marion Stainton**

All at 7.30pm, Tintern Village Hall  
£2 charge for non-members

## St David's Day Celebration

At Mounon Church



Thursday 1st March 2018 7pm-9pm

Music and Verse

Tickets £10 including refreshments.

All Proceeds to Mounon Church



Tickets available from  
Sandra White  
012910622317  
Lynne Brierley  
01291621778



Watch the blockbuster movie  
**Wonder Woman on the big screen at Devauden Village Hall.**

**Saturday 3rd February 2018.**

**Doors open 5:30pm.  
Film starts at 6pm.**

**Tickets cost £3 for adults  
and £2 for children.**

**Bar. Certificate 12.**

**February 4th 2017**



## Gwent Wildlife Trust

Chepstow Group

Wednesday 21st February 7.30 pm

Chepstow Leisure Centre

## "The Plight of the Bumble Bee"

an illustrated talk by Sinead Lynch, from  
Gwent Bumble Bee Conservation.

**Admission £3 – refreshments available –  
all welcome.**

Wednesday 28 February 2018

Chepstow and District Garden Appreciation  
Society (CADGAS)

**Peter Dowle of Howle Hill Nursery will be  
giving a talk about designing and delivering  
two Gold Medal Gardens at Malvern and  
10 Gold Medal Gardens at Chelsea**

7.30pm Chepstow Leisure Centre  
All Welcome Visitors £4

**Join Chepstow Racecourse for  
their Grand National  
Party Raceday with  
BAD MANNERS on  
Saturday the 14th of  
April!**



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](http://Chepstow-racecourse.co.uk) to book



For more information on this year's  
festival visit  
<http://www.devaudenfestival.com>

## 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



**THE CHEPSTOW SOCIETY**  
70th Anniversary - 1948-2018

## MEETINGS 2018

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

**21 February -  
John Sheen - Five Boys and a Pasty**

**21 March -  
Simon Draper - Anglo-Saxon Gloucestershire**

**18 April -  
Naylor Firth - More Monmouthshire Oddments**

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

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







## 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](mailto:chepstowlibrary@monmouthshire.gov.uk)

**Chepstow Museum** Bridge Street, Chepstow 01291 625981

**Chepstow Town Council** The Town Council Offices, The Gatehouse, High Street, Chepstow, NP16 5LH 01291 626370 [clerk@chepstow.co.uk](mailto:clerk@chepstow.co.uk)

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

#### Community Centres

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

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

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

#### Doctors Surgeries and Community Hospital

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

Town Gate Practice, Tempest Way, Chepstow, NP16 5XP 01291 440065

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

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

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

### LOCAL CLUBS AND ORGANISATIONS

**Bingo** Wednesdays 2pm Palmers Community Centre

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

**CHAOS Music and Drama** [chaosinchepstow@live.co.uk](mailto:chaosinchepstow@live.co.uk) Jon Stow 07926 584 661

**Chepstow Archaeological Society** [www.chepstow.org.uk](http://www.chepstow.org.uk) 1st Thursday of the month 7.30 Chepstow Conservative Club

**Chepstow (Archway) Bridge Club** meets 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](mailto:chepstowcarers@yahoo.co.uk) 07592 503757

**Chepstow Choral Society** [www.chepstowchoralsociety.org.uk](http://www.chepstowchoralsociety.org.uk) [info@chepstowchoralsociety.org.uk](mailto:info@chepstowchoralsociety.org.uk) Wed 7.30 Chepstow Leisure Centre

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

**Chepstow Cormeilles Twinning Association** [www.chepstowtwinning.wordpress.com](http://www.chepstowtwinning.wordpress.com)

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

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

**Chepstow and District Lions** [www.caldicot.com/lions](http://www.caldicot.com/lions) 0845 8339565

**Chepstow Folk Dance Club** 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](http://www.chwc.org.uk)

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

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

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

**Chepstow Photographic Club** [www.chepstowphotosoc.org](http://www.chepstowphotosoc.org) [admin@chepstowphotosoc.org](mailto:admin@chepstowphotosoc.org)

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

**Chepstow Round Table** [www.chepstow.roundtable.co.uk](http://www.chepstow.roundtable.co.uk) community voluntary organisation for men aged 18-44. 'find them at Facebook/Chepstow Round Table'

**Chepstow Society** local group exploring history and developments of town, meet each month in Drill Hall. [www.chepstowsociety.co.uk](http://www.chepstowsociety.co.uk) Secretary 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](http://www.thewi.org.uk) Shirenewton, St Arvans and Tidenham

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

**ComBat Communities of Bulwark and Thornwell**, community group Chairman Ric Hayes [ric.hayes@talktalk.net](mailto:ric.hayes@talktalk.net)

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

**Lower Wye Ramblers Sunday Walks** (meet CLC) [www.lowerwyeramblers.org.uk](http://www.lowerwyeramblers.org.uk) 01291 637416

**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](mailto:mmpvb@btinternet.com)

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

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

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

**Rotary Club of Chepstow and District** [www.chepstowrotary.org.uk](http://www.chepstowrotary.org.uk)

**Royal British Legion Chepstow Branch** meets at the Beaufort Hotel in Chepstow monthly on 4th Tuesday at 7.30 pm. Contact Tom Moran on 01291 427266 [tmoran@btinternet.com](mailto: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](mailto:kendavies131@yahoo.co.uk)

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

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

### CHURCHES

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

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

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

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

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

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

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

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

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

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

### BABY AND TODDLER GROUPS

**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](mailto:karenisaac61@aol.com)

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

**Cylch Ti A Fi Cas-Gwent** Chepstow Library contact Mai Jones [mai.jones@meithrin.co.uk](mailto:mai.jones@meithrin.co.uk) Tuesdays 10.15-11.15

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

**Mini Acorns Toddler Group**, Burnt Barn Club, Burnt Barn Road, Bulwark. Contact Rachel Llewellyn-Bennett 07904212135 [acornisplaygroup@aol.com](mailto:acornisplaygroup@aol.com) Tuesdays term time 1-3pm.

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

**Shirenewton Parent and Toddler** Shirenewton Recreation Hall, contact Paula Siddall [p.rimmer10@btinternet.com](mailto:p.rimmer10@btinternet.com) every Thurs 1.30-3pm

**St Arvans Baby and Toddler** St Arvans Memorial Hall contact Sabrina 07701027313 [sabrinaortner@yahoo.co.uk](mailto:sabrinaortner@yahoo.co.uk) every Wed 10-12.

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



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 mounthouse@monmouthshire.gov.uk  
www.mounthouse.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  
markbirch1228@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



As Chepstow & Caldicot Lions move into  
2018, they would like to wish all their friends  
and supporters a Happy and prosperous New  
Year, and thank everyone in the district for their  
continued support.



The club finished off 2017 with the Annual  
Christmas Parcel Appeal, and as normal the  
Lions were able to provide over 180 parcels for  
those in need and the elderly. Three collections  
at Tesco (Chepstow), Waitrose (Caldicot), and the  
Co-op (Magor) proved once again that the people  
of Chepstow and Caldicot are very generous  
when it comes to helping those less fortunate.



The other significant project for 2017, was to  
provide defibrillators for public use throughout  
the district, and the club were able to provide in  
conjunction with The British Heart Foundation  
nineteen machines, placed in most communities  
locally.

Planning for this year's projects is well underway  
as well as the normal events the club will be  
looking to expand into new and exciting events,  
so please watch this space.

This year the club will be 47 years old, and will  
be celebrating their Annual Charter Dinner at The  
Royal George Hotel, Tintern on Saturday the 17th  
of February. Guests of Honour will include the  
Lions District Governor and the Mayors of both  
Chepstow and Caldicot.

Club Secretary Glyn Williams spent Christmas  
and the New Year with his son in Florida, and  
made good use  
of his time visiting  
two local Lions  
Clubs to see how  
the American Lions  
operate.

Lion Glyn presented  
club banners to  
Davenport and  
Kissimmee Lions  
and was given a very  
warm welcome from  
both clubs. Whist Lions  
clubs worldwide operate  
in similar ways several  
ideas came to light and  
hopefully will add to  
Chepstow & Caldicot's  
plans for 2018.

Chepstow & Caldicot  
Lions are always  
looking for volunteers  
and new members, and if you feel that you need  
to put something back into your community  
please come along and see what you can do to  
help.

**For more information, please contact Club  
Secretary Glyn Williams on 01633 865033 or  
0845 833 9565.**

*Photos: (1) Lions Denise Harrison, Lion President John  
Robinson and Lion Nigel Gibby collecting for food parcels  
at Tesco Chepstow. (2) Lion Vice president Brian Prout  
and other members packing parcels for distribution.  
(3) Club Secretary Glyn Williams presenting a banner  
to Lion President Robert Armstrong of Davenport Lions  
Florida. (4) Club Secretary presenting a club banner to  
Lion President Steve Hilaire of Kissimmee Lions club.*





# 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](http://www.facebook.com/ChepstowAGreatPlaceTo)

## Support Local Business: Services

**AluK (GB) Ltd** *Design, engineer and manufacture industry leading aluminium façade systems* Newhouse Ind Est, Chepstow NP16 5UD T: 01291 639739 [www.uk.aluk.com](http://www.uk.aluk.com)

**Andrew Miller Photography** *Wedding, family and corporate photographer* T: 07891 408266 [www.andrew-miller.co.uk](http://www.andrew-miller.co.uk)

**Associated Professional Hypnotherapists** *Hypnosis helps with many problems, inc. weight, smoking, stress, confidence, insomnia & more*  
The Summerhouse, Shirenewton, Chepstow NP16 6RL  
T: 01291 641964 / 07921 130098 [www.hypnosiscanhelp.co.uk](http://www.hypnosiscanhelp.co.uk)

**Barclays Bank Business Managers for Barclays Bank**  
Beaufort Square, Chepstow NP16 5XL T: 07766 360114 (Moira Wearing); T: 07342 05355 (Anne Winfield); [www.barclays.com](http://www.barclays.com)

**Basepoint Centres Ltd** *Maintained & serviced office space*  
Riverside Court, Beaufort Park, Chepstow NP16 5UH  
T: 01291 635500 [www.basepoint.co.uk](http://www.basepoint.co.uk)

**BDHC Chartered Accountants** *Accountancy, business & tax advisors* 11 Moor St, Chepstow NP16 5D  
T: 01291 624866 [www.bdhc.co.uk](http://www.bdhc.co.uk)

**Bespoke Music Services** *Live music services for all occasions* Forge Road, Tintern NP16 6TH T: 01291 689227  
[www.chepstowcommunitybigband.weebly.com/live-music-for-hire](http://www.chepstowcommunitybigband.weebly.com/live-music-for-hire)

**Chepstow Beacon Independent, family owned newspaper**  
T: 01600 712142 [www.chepstowbeacon.co.uk](http://www.chepstowbeacon.co.uk)

**Chepstow Dental Care at Fairlight** *General & specialised dentistry in modern, friendly practice*  
Welsh Street, Chepstow NP16 5LR T: 01291 622450  
[www.chepstowdental.co.uk](http://www.chepstowdental.co.uk)

**Chepstow Matters** *Affordable and locally targeted advertising options for businesses of all sizes* T: 01291 606900  
FB/ChepstowMatters [www.mattersmagazines.co.uk](http://www.mattersmagazines.co.uk)

**Chepstow Voice Community magazine publisher**  
T: 01600 717249 [www.thevoicemagazines.co.uk](http://www.thevoicemagazines.co.uk)

**Crown Estate & Letting Agents** *Property services for sales and rentals* 6 High St, Chepstow NP16 5LH  
T: 01291 500100 [www.crown-estateagents.co.uk](http://www.crown-estateagents.co.uk)

**DW Osteopathy** *Fast, effective pain relief for any aches or pains from a qualified professional* 10 Hocker Hill St, NP16 5ER T: 07870 492293 [www.dwesteopathy.com](http://www.dwesteopathy.com)

**ETP Property Consultants** *Commercial property consultants & chartered surveyors* 10 Beaufort Square, Chepstow NP16 5EP T: 01291 440100 [www.etpproperty.co.uk](http://www.etpproperty.co.uk)

**Hallux Podiatry** *Professional podiatry & chiropody services* 16a Moor St, Chepstow NP16 5DB T: 01291 623193

**Help u at Home** *Homecare services & support for the elderly and infirm in the Chepstow area*  
T: 07708 519374 [www.helpuathome.co.uk](http://www.helpuathome.co.uk)

**Homelink Lettings Ltd** *Property letting & management*  
Office B, The Greyhound Building, 17 Moor Street, Chepstow NP16 5DB T: 01291 470126 [www.homelinklettings.com](http://www.homelinklettings.com)

**Honeybadger Construction** *All aspects of building and hard landscaping* Picton House, Church St, Chepstow NP16 5HJ T: 07801 288400

**HR Dept** *Preventing People Problems*  
3 Tymperleys, Welsh St, Chepstow NP16 5LX  
T: 01291 661555 [www.hrdept.co.uk](http://www.hrdept.co.uk)

**IAM Financial** *Financial advisors to individuals & businesses* 2 Union Road East, Abergavenny NP7 5UW  
T: 01873 854488 / 07979 157259 [www.iamfinancial.co.uk](http://www.iamfinancial.co.uk)

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[www.runwaychepstow.com](http://www.runwaychepstow.com)



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## Dealing with debt

At this time of year people can find themselves struggling with financial worries as Christmas spending and paying regular bills places a strain on finances. If you find yourself in this position it is better to seek help as soon as possible. Monmouthshire Citizens Advice can provide information and advice so that financial pressures don't become a crisis. You can pop in to one of our offices (Abergavenny, Caldicot, Chepstow or Monmouth), ring Advice line 03444 772020 or webchat via <https://www.citizensadvice.org.uk/wales/about-us/contact-us/web-chat-service>

Here are our six top tips to sort out your debts

1. Work out how much you owe: make a list of who you owe money to and add up how much you need to pay each month. If you don't have your most recent statements, contact your creditor to find out what you owe.
2. Prioritise your debts: your rent or mortgage, energy and council tax are called priority debts as there can be serious consequences if you don't pay them. These should always be paid first. Separate these and work out how much you owe.
3. Work out how much you can pay: create a budget by adding up your essential living costs, such as food and housing, and taking away these from your income. Any money you have spare can be put towards your debts. Citizens Advice budgeting tool can help (see website below).
4. Paying urgent debts: you may have several priority debts and can't pay them all. Contact all your creditors to find out if you can negotiate on how much you pay, and/or when you pay them. Always try to pay any priority creditors first, especially if they are taking action to recover the debt. Seek help if necessary to negotiate with your creditors.
5. Paying non-urgent debts: if you have any money left after paying priority debts, consider getting a free debt-management plan. Organisations such as Stepchange, Payplan, Money Advice Service can help you with a plan. It means you will make one monthly payment to the plan provider, who will handle paying your creditors. Or contact your creditors and offer them what you can afford to pay. Remember to ask the creditor to confirm any agreed repayment arrangement in writing.
6. If you can't pay your debts: if you've got little or no money spare to pay your priority debts seek advice straight away. It is important that you do not ignore letters from your creditors as the debt may grow because of added debt recovery charges.

### Useful websites

<https://www.citizensadvice.org.uk/wales/debt-and-money/>  
<https://www.stepchange.org/debtremedy.aspx>;  
<https://www.mymoneysteps.org/>  
<https://www.citizensadvice.org.uk/debt-and-money/budgeting/budgeting/work-out-your-budget/>



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