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Dear Readers...

Welcome to our June edition of Chepstow Matters - we have lots going on for you this month. The weather just about managed to behave itself for the 10th Devauden Festival this past weekend and my family for one had a great time. Shirefest is next up on 15th June, so do give this your support if you can - it raises money for local children's charity Noah's Ark and supports some great local bands - 2 of which are from Chepstow School!

We bring you the Theatre in the Castle listings (p9) for June and July - there are some great productions on offer so don't miss these. St Arvans fete (opposite) looks good fun and don't forget to put Chepstow Show (p20-21) in your diary for August. Chepstow Racecourse (p18-19) has some great events coming up this summer - I'm looking forward to Madness on 8th June.

As usual, we couldn't bring you all the community news and events without the support of our fantastic advertisers, so a big shout out of thanks to them - we couldn't do it without you! Please do return their support by utilising their services where you can - and don't forget to mention Chepstow Matters too so they know where you saw them.

Keep it Local in 2019 and help our local community thrive! If you are a business looking to promote your services across Chepstow and the local villages do get in touch with us and we will be happy to help. Deadline for the next issue is 15th June.

Enjoy the read!

Jaci ×

Don't forget you can keep up with each monthly edition of your favourite local community magazine via

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The Chepstow Rotary Club staged its 17th Annual Wye Classic car Run on Saturday 4th of May. Some 62 cars took part, ranging from a 1916 Crossley tourer to the more modern Morgan, Jaquar E-Type and Morris Minor.

It was a really colourful and historic gathering therefore at the Chepstow Garden Centre where all of the participants assembled for briefing. Each was given a pack containing a description of the places of interest en-route, a simple briefing reminding drivers that this was not a race but rather an enjoyable drive between interesting locations set in wonderful scenery. Also those vital tulip diagrams that provided the instructions on how to get from point to point and thus navigate the route. Finally a rally plaque that was to be displayed on the front of the car.

Every year a different route is identified taking the competitors through some of the wonderful scenery that we enjoy in our area.

Competitors left from the Garden Centre marshalling area, many having stocked up on a bacon sandwich beforehand. At 2 minute intervals they received the chequered flag and set forth. For the first time in many years the route started eastbound over the Severn Bridge in celebration of the lifting of the tolls.

Once in England the route turned south to drive to Blaise Castle, a Gothic Revival folly built in 1766 near Henbury in Bristol, England and set in a beautiful 65-0 acre estate. The cars then sped northwards along the Vale of Berkeley and up into the Cotswolds through the tangle of roads within the charming village of Painswick where several cars became muddled. Then to the village and estate of Miserden, a family-run, rural location overlooking the Golden Valley in an area of outstanding natural beauty in the Cotswolds.



While the sun shone brightly it was unseasonably cold, and so those in open sports cars welcomed a hot cup of tea and a large slice of homemade cake at this delightful location with its Lutyens gardens. The cafe was surprised by the tidal wave of some 120 hungry and chilly motorists clamouring for sustenance. A brief stop and then over high ground with expansive views, curving West to the north of Cheltenham to the privately owned Sudeley Castle where many enjoyed lunch.

Westwards and onwards into deepest Gloucestershire where they arrived at the Norman medieval castle ruin of Goodrich. This once Baronial Palace is set on a rocky crag with splendid views across two counties. The final leg guided the cars southwards, back into Monmouthshire, and down our own beautiful Wye Valley to Tintern and The Anchor Inn where they were marshalled by Rotarians in their Day-Glo jackets.

The intense chatting and smiling and deep satisfaction shown by everyone, including the many members of the public who came to see the cars, showed how very successful the event had been.

All the teams completed the 120-mile 2019 Wye Run and prizes were awarded by Rotary President, Richard Wickham for "The Oldest Car", the old Crossley, "The President's Choice", a beautiful open green Alvis and "The Best Display", a Citroen

With all of the funds raised being donated the Rotary Charities the President congratulated the organiser, Rotarian Mac McCarty, on a job very well done.

If you are interested in joining or supporting Rotary see www.chepstowrotary.org.uk







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The unique Grade II listed 17th Century former coaching Inn has recently undergone an extensive renovation which included the addition of a wonderful blue lias Welsh stone extension, blending contemporary and modern chic with authentic and traditional character. The renovation has created an elegant and stylish space to host your special event. Attached to Mounton Brook Lodge is The Old Forge barn which is the 300-year-old rustic and pretty licensed ceremony room, offering the complete wedding

Owner Charlotte Hayes has years of experience specialising in event management and beautiful bespoke wedding and events packages that will allow you to experience the once in a lifetime memory that your special day deserves. Mounton Brook's friendly and experienced team will cater for your every need, from providing celebratory drinks on the pretty balcony to a large variety of catering options - buffets, 3 course sit down meals, hog roasts/ BBQ'S to indulgent feasts..... whatever you have in mind you can be confident

that Charlotte will do her utmost to fulfill your preferences, giving you unforgettable memories within the heart of the beautiful Mounton Brook Lodge.

All prices, additional photos and further information can be found on the website and if you would like more information or arrange a viewing, please contact Charlotte directly via charlotte@mountonbrooklodge.co.uk



Van Gogh, Japan And Britain **Inspirational Influences**

One of the world's best loved artists comes under the spotlight in film and lecture at Chepstow and related major exhibitions in I ondon and around the world.

Van Gogh and Japan, the subject of an exhibition at the Van Gogh Museum in Amsterdam and Tokyo last year, is the focus of the last Exhibition on Screen film this season which Chepstow Museum is showing at the Drill Hall on Thursday 6th June at 7.30pm. This extraordinary and moving film reveals the

fascinating story of his little-known deep connection to Japanese art and its profound influence on him and his art, and the role it has in understanding his most iconic works.

When Japan opened up to the West in about 1870, Paris became awash with all things Japanese in the form of decorative objects and colourful woodcut prints and this had a major impact on artists, above all, Van Gogh who fell under its spell. He eagerly collected and studied Japanese prints, the colourful and exotic images inspired him. He copied them to better understand them and in doing so developed a "Japanese eye" that gave his work a new direction.

Although he never visited Japan, he did come to Britain and lived here for several crucial years as a young man, falling in love with British culture and being inspired by British artists and a major exhibition currently at Tate Britain until early August focuses on this.

Here in Chepstow, popular art history lecturer Eleanor Bird will be giving an illustrated talk on the many influences on Van Gogh and his work, at the Drill Hall Chepstow on Tuesday 16 July at 7.30pm. In "Van Gogh: A Lullaby in Colour" she will explore these influences - from the back streets of London to the colour of the Impressionists, and the composition of Japanese prints to the

vivid new art of Gaugin. It will also look at the ways in which future artists were in turn influenced by Van Gogh's vision, his emotional expression and brilliant colour.

Tickets for Van Gogh and Japan film (£10) and Van Gogh lecture (£10 / £7 conc) from Chepstow Museum 01291 625981.

Eleanor Bird will also be running a study day on Rembrandt, the 350th anniversary of his death is being widely marked this year, on Saturday 29 June, places are limited. Contact the Museum for more details.





🗱 Silk Road Bazaar



top: Vincent van Gogh,

Almond Blossom, February

below: Pere Tanguy (Father

canvas), Gogh, Vincent van

1890, Van Gogh Museum

Tanguy), 1887-88 (oil on

(1853-90) Musee Rodin

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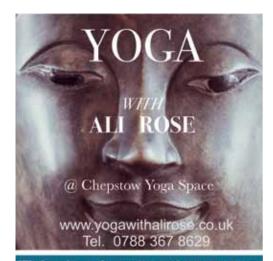


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Chepstow Festival Theatre in the Castle

Chepstow Festival presents a feast of outdoor theatre from mid-June to mid-July in the spectacular surroundings of Chepstow Castle, with seven productions to satisfy a wide range of appetites and audiences.

There are two especially for youngsters - great family shows, enjoyed as much by adults as children. Illyria bring to life a tale from the Arabian Nights, Ali Baba & the Forty Thieves, with their brilliant staging it's packed with cliffhangers, larger-than-life characters and laughs galore. Heartbreak Productions have another popular adaptation of best-selling author David Walliams' books, a tale full of forbidden fun, Gangsta Granny, the grandma with a secret life as international jewel thief!

The works of two great 19th century women writers feature this summer. Mary Shelley's Frankenstein, is given the Illvria treatment featuring a fully orchestrated musical score. professional actor singers, spectacular stage effects, puppetry – and flashes of the wickedly dark humour for which Illyria is justly celebrated. Emily Brontë's classic tale of love and revenge. Wuthering Heights, is adapted by Heartbreak Productions, who invite the audience on a search for the restless spirits of Cathy and Heathcliff amongst the ruins of their home on the moors.. By contrast the same company bring an evening of sparkling entertainment, nostalgic music, and delicious one liners with Noël Coward's celebrated 1930 comedy Private Lives.

A programme of outdoor theatre isn't complete without Shakespeare, designed for touring troupes playing beneath the sky over 400 years ago. Heartbreak has updated the tale of starcrossed lovers, Romeo & Juliet to a 21st century red-carpet event where the two warring families are notorious celebs amid a social media buzz. Illyria play Shakespeare as close to the original in content and Elizabethan style, renowned for

their clarity, quality and ingenuity this vear they turn to The Tempest. Shakespeare's final play, lyrical thoughtprovoking and raucously funny.

Illyria complies

with the Equity Union's Outdoor Touring Theatre Guidelines and ensures that all its actors are paid a fair living wage and treated with respect and dignity.

Sat 15 June 7.30pm Romeo & Juliet

Sun 16 June, 7.30pm **Private Lives**

Friday 28 June, 7.30pm **Wuthering Heights**

Saturday 29 June 7pm, Ali Baba and the Forty Thieves

Friday 5 July 7.30pm The Tempest

Thurs 18 July 7pm **Gangsta Granny**

Saturday 20 July 7.30pm Frankenstein

7.30pm, Gates open 6.45pm

Tickets £14 full, £12 concession, £10 child (under 16s), £42 family (2+2) in advance from Chepstow Museum tel 01291 625981 (11-4)

On the gate on the night £16 full /£14 conc /£12 child / £50 family

Bring seating - low backed chairs, rugs, etc. picnics + warm clothing for when the sun goes down



800th anniversary of the death of William Marshal, Lord of Striguil (Chepstow) and Earl of Pembroke, and 'broker' of the Magna Carta

- William Marshal died 14th May 1219
- The greatest knight of the Middle Ages. Broker of the Magna Carta 1215.
- Ruler of England and parts of Wales and Ireland from 1217 to 1219.
- Builder of most of Chepstow Castle and the great Gatehouse at Chepstow (and builder of Pembroke Castle and much of Usk Castle, also in Wales).

Chepstow celebrates its, and Wales's, connection with one of the greatest names in history, William Marshal, who died 800 years ago. Marshal built the outer walls and Gatehouse of Chepstow Castle and brokered the world famous Magna Carta agreement between King John and the Barons in 1215, which became an important basis for laws in many countries around the world.

Marshal was also the classic Medieval knight who earlier in his career won 500 European tournament battles and jousting competitions in northern France and became the image for the medieval knight. A book was written about his incredible life in 1225.

Two years before his death in 1219 he became Regent (ruler) of all England, and parts of Wales and Ireland for the 9 year old King Henry III and he issued further copies of the Magna Carta, so keeping it alive.

Today Marshal's statue is in the House of Lords debating chamber, close to the Throne, in the Houses of Parliament. London.

Marshal's great wooden gates to Chepstow Castle, which he would have walked between, are still there inside the castle - the oldest castle gates in Europe. Marshal died on 14 May 1219 and is buried at Temple Church, London.

A plague to celebrate Marshal's historic achievements and his link with Chepstow and South Wales has been put together and designed by John Burrows and Ned Haywood. It was unveiled (photo top) by the Mayor of Chepstow, Cllr Tony Redhead on 14th May and placed within sight of Marshal's great Gatehouse at Chepstow Castle.

WILLIAM MARSHAL 1147-1219
LORD OF STRICUIL (CHEPSTOW), EARL OF FEMBROKE ONE OF THE GREATEST EXHIBITS OF EUROPE IN THE MIRGUES AGES WILLIAM MARSHAL AND "MAGNA CARTA" "GREAT CHARTER" OF LIBERTIEN) 1315

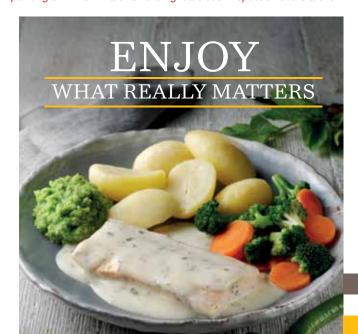
You can learn more about the "best knight that ever lived" in an A5 parchment booklet created by Chepstow's own art historian, Keith Underwood. The booklet is a labour of love, being hand written by Keith in calligraphy, along with Keith's hand drawings for which he uses acrylic paints. It is being completed in the same fashion as his previous booklet on William FitzOsbern, which was published in 2018 following the 950 year anniversary.

Keith himself, along with the late Ann Llewellyn, was part of the local drama production of The Loyal Knight which performed in Chepstow and Tintern 2000-2004. Keith told me "William Marshal was a very impressive character. He was a very fair man who was loval to, and trusted by, multiple kings. He was an unbeatable warrior who came out of retirement

at age 70 to lead the army successfully against the French at the Battle of Lincoln in his role as Regent for the 9 year old Henry III. He had a happy marriage to Isobel de Clare and produced a large family of 5 daughters and 5 sons, sadly none of the latter produced any children and his line was continued though his daughters."

Keith's booklet on William Marshal was nearing completion when I visited him just prior to going to print on this edition and will be available from Chepstow Bookshop later in the summer.

Photos: opposite Chepstow Town Mayor Cllr Tony Redhead with the plaque outside Chepstow Castle, 14th May; Inset information plaque on William Marshal; top right Keith Underwood holding his original painting of William Marshall and right a closer inspection of the artwork.



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Congratulations to local boxer Kayd Dean who has just won his second Welsh Championship! Kayd is just 14 and in year 9 at Chepstow School

Kayd started training at the Chepstow Boxing Club around 24 months ago when his family moved to Chepstow. Mum, Candy, told us "Kayd is a very energetic boy. He is hyperactive which can cause him to get into trouble. We started training him at home from a young age - just with pads etc - to give him focus and discipline and it worked really well for him. Boxing is all he has ever wanted to do since I can remember - he lives and breathes the sport!"

Kayd trains three times a week at the Chepstow Club and also fits in additional training runs to keep his fitness up. Steve Woods, head coach, told me "Kayd is a very hard working individual - he really pushes himself in training. He was having a few issues with his boxing style and he worked exceptionally hard to make sure it all came together when he needed it to. All three of us coaches (also Colin Fear and Doug Lewis) are very proud of him".

Kayd's younger brother Cai, who also won a Welsh Championship in 2018, was disappointed not to be able to go for his double this year as he didn't quite make the weight at the weekend and had to withdraw, so will have to wait another 12 months to try again.

Having gone through 12/13 bouts to reach the final, the Championship took place on 19th May. Kayd's win was voted unanimously by all five judges. When we spoke to Steve he was waiting to hear from the Welsh Development Squad if Kayd had been selected to be put forward as part of the team for the British Championships.

In 2018 Kayd won his first Welsh Championship and was selected for the British Championship where he came home with the Bronze - he's looking to improve on this in 2019! If he is selected he will be off training with Sports Wales at the end of May ready for the British Championships 8/9th June.

Chepstow Matters wishes Kayd all the very best and look forward to hearing how he gets on!





Kayd with coaches Steve Woods (left) and Colin Fear (right)

Fitness Pilates Classes

Hi there! Let me introduce myself to you. My name is Claire Jardine and I am one part of an identical twin.

I have been in the fitness industry for 25 years. I had a 'proper' office job during the day and taught classes in Leisure Centres during the evenings. I mainly taught Body Conditioning and Spin sessions, with the occasional Circuit class and Aerobic class. I completed my Level 3 Diploma in Personal Training quite a few years back, but never really focused on making a career from it - what with a mortgage to pay and young children to bring up - I needed a secure income. Fast forward to 2019, at the end of January, I made a decision to leave my office job and focus on establishing my passion in the fitness industry. I have since introduced 'Fitness Pilates' into my repertoire and I'm really encouraged by the positive feedback from all my clients. I include some 'trigger point release' exercises in all of my Fitness Pilates classes.

I now run many successful Fitness Pilates, Body Conditioning and Spin classes in the Active





Centres in Yate and Bradley Stoke, and have also acquired a NEW Spin Session at The Hub in Bulwark.

I recently took Bristol Rovers 1st team squad through some focused spin sessions with plans to do more for them for pre-season training. I run some community Fitness Pilates classes and am planning to introduce more sessions in the near future.

As a keen road cyclist, I also love to encourage cyclists gain their confidence in road cycling and am a certified British Cycling Ride Leader. One client couldn't take their hands off the handlebars to direct a right or left turn and would plan their route meticulously around that. Now, after having just one session with me, their world has opened up.

Maybe I can help you gain confidence in cycling. I look forward to meeting you at some point.

- Claire



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FLOWER FESTIVAL WEEK, JULY 6-13th

The Parish Church of Tidenham (St Mary and St Peter) which is situated just off the A48, Tidenham Lane, NP16 7JQ, has seen much activity since a major Refurbishment Project commenced in 2014 – which has so far involved a new carpark, floodlighting, essential work to make parts of the building waterproof and most recently, the connection to mains water supply in Tidenham Lane and pipework to bring it to the edge of the churchyard. All this has involved a huge amount of work and fundraising by volunteers and donations covering costs so far of £120,000 – but MUCH more needs to be done to make this 14th century building fit for 21st Century life and future generations - not least, facilities inside the church, priority now is new heating and vital repairs to the Tower.



Activities therefore continue -- the next one being a Flower Festival Week, July 6th - 13th Magnificent displays of flowers with a theme of "Book Titles", 2 evenings of Go2Theatre presentations entitled "Tales from the Bookshelf" and an Opening afternoon with music and afternoon tea!!.

ALL PROCEEDS -EVERY PENNY! -WILL GO TO THE REFURBISHMENTS

The viewing times are each afternoon of the Festival from 2.00 – 5.00pm. There are Quiz sheets available to test your wits and guess the book titles depicted. Admission is free, but donations are very much welcomed!

FOR THE OPENING AFTERNOON on SATURDAY JULY 6th. THERE WILL BE AFTERNOON TEA AVAILABLE (strawberries, cakes, scones, juices, tea etc) FOR A MODEST CHARGE (£3.00pp) and "LIVE" MUSIC PERFORMED - vocal, mandolins, piano, organ, brass - a variety of local musicians all giving their services free. Do please come and support them and listen to some lovely appropriate music whilst looking at the flowers and enjoying some delicious tea, cakes and strawberries!

FRIDAY AND SATURDAY EVENINGS, JULY 12th and 13th will see GO2THEATRE present "TALES FROM THE BOOKSHELF" This will be a superb entertainment, tickets £10.00 including wine and nibbles, available from Anne (627800) and Fiona (624868) and will conclude a great week!

Marjorie Duerden (tel 623310)





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Protecting our future

At Pembroke Primary we are committed to our future and our school Eco Committee, which consists of two members from each year groups, is passionate about the ways in which we can protect our future - not only for ourselves but future generations and all species of animals.

We have started collecting used batteries as part of 'The Big Battery Hunt' where pupils have been encouraged to recycle batteries and we have been over the moon with 9,000 batteries being collected



within the first month. We are also in the progress of recycling crisp packets and for every 2kg of crisp packets collected we receive £2 for our nominated charity. If any local residents would like to support us with our recycling efforts please pop your used batteries and crisp packets to the school office.

This year Pembroke Eco-Committee met with our cluster Eco-Committees to plan a week of exploring the world! The Committees spoke enthusiastically and passionately, sharing ideas that would encourage the school community to work together. It was decided that we would use Earth Day to inspire us to look at species around the world that are endangered. Each class were asked to choose a country that will be participating in the FIFA Women's World Cup as a starting point to investigate culture, equality, food, music and language. The Eco-Committee then set each class a challenge to produce a poster explaining why a species from their chosen country is endangered. We had a wonderful range of species from the Arctic Fox to the Vancouver Island Marmot!

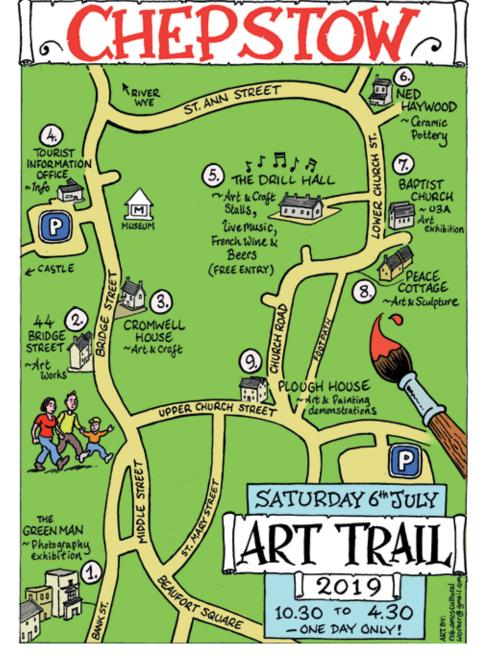
Our children continue to grow as informed global citizens exploring issues that have an influence on their lives and on the world.



For the 4th consecutive year we are proud to present the **2019 Art Trail** exhibitions held in venues hosted by artists, the U3A, potters and photographers.

We also have the priviledge of offering wines and beers direct from France for the occassion.

Saturday 6th July 10:30-16:30 - A family event - all are welcome!







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Ladies Evening returns to Chepstow Racecourse on Friday 12th July 2019

We are thrilled to announce we will have a live performance from charttopping, BRIT award-winning girlgroup ALL SAINTS live after racing!

With multiple number one hits such as Pure Shores, Black Coffee and Never Ever, it is going to be a fantastic evening not to be missed!





So get your biggest hat and best suit ready and head to the races for an afternoon and evening of great racing and brilliant entertainment.

Grandstand & Paddock tickets are £20 in advance for this meeting and Premier admission tickets are on sale for £25pp in advance, this includes the live music from All Saints after racing. These tickets will be £25 and £30 respectively on the day.

We also have a great Pure Shores admission package to get your night off to a great start, for just £29 in advance this includes a Premier admission ticket, two glasses of Prosecco and a racecard!

Madness:

The iconic group are set to play after racing on Saturday 8th June!

With great racing on the card from 6pm, Madness will take to the stage after racing at 9:15pm.





Come along and celebrate over 40 years of one of the most iconic British bands as they perform live to thousands of racegoers after racing on Saturday 8th June. With 15 top 10 UK singles including One Step Beyond, It Must Be Love and the number 1 hit House of Fun, this is an event not to be missed!

Plus on Friday 26th July it's Caribbean Racenight with The Trenchtown Experience



Join us for our calendar event of the year, the hugely popular Caribbean Racenight!

Hear the sounds and feel the tropical vibes of the Caribbean at our Caribbean Racenight which, as well as the great racing on the track, boasts a great party atmosphere with the sound of steel drums in the air and the tropical Trenchtown Experience playing after racing. Grandstand & Paddock tickets are just $\mathfrak{L}20$ in advance for this meeting and $\mathfrak{L}25$ on the day. Premier Enclosure tickets are $\mathfrak{L}25$, these tickets will be $\mathfrak{L}30$ on the day.



Chepstow Show

Sat. August 10th 2019





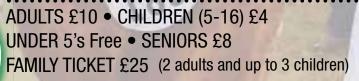
At Chepstow Racecourse

Main Ring programme commences 9:30 am. Attractions include.

Welsh Horse Display Team and

Ben Long Falconry

Pony Club Mounted Games
Curre & Llangibby Hunt Parade of Hounds
Grand Parade of Livestock
Woolaston Basset Hounds
Display of Vintage Vehicles



CASH PAYMENTS ONLY FREE PARKING







www.chepstowshow.co.uk

Chepstow Show "It's a Great Day Out!" Saturday 10th August

The Chepstow Show, organised by the Chepstow Agricultural Society, will take place on Saturday 10th August at Chepstow Racecourse.

Visitors can expect to find the best local food and a showcase of livestock from the largest farmers in the area.

This year's attractions include **The Welsh Horse Display Team** - the modern Welsh Horse Yeomanry was formed in 1994 and is named in honour of the twentieth century British Army regiment of the same name. They are a civilian display team providing fantastic historical displays on horseback.

Ben Long Falconry: Most people have seen bird-of-prey demonstrations, but this is somewhat different. Firstly, as the name implies, the team mostly comprises experienced falcons, which are the most exciting of all the raptor families. The most dashing of the falcons is the peregrine, which is rarely seen in public displays. This is officially the world's fastest living creature, which can attain speeds of well over

200 mph in a "stoop" or dive. By the use of both ancient falconry methods and modern devices and techniques Ben Long Falconry endeavours to show the glorious flying abilities of the falcon.

Also making a return appearance at this year's show will be the Pony Club mounted games. Please come along to support your local youngsters from the Monmouth, Llangibby and Chepstow based Curre pony clubs as they compete against one another. *The mounted games promises to be fun, fast and fantastic!*

With many more attractions including musical entertainment, show jumping, dog shows, hound parades, vintage vehicles, homecrafts, trade stalls and much more, there is something here for everyone. It's a great family day out whether you work in the agricultural industry, are interested in all things equine or just want a fun day out to see the countryside at its best and enjoy the atmosphere.

For further details please see www.cheptowshow.co.uk

or email: chepstowshow@hotmail.co.uk







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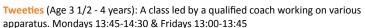
E: enquiries@stjohnsonthehill.co.uk W: www.stjohnsonthehill.co.uk

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Kestrel Gymnastics Club

Artistic Gymnastics 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



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 Fridays 16:15-17:15 and Saturdays 10:00-11:30

Competitive Squad Gymnasts - Selected Gymnasts with potential to compete at regional and national levels.

Parkour: Wednesdays 20:00 - 21:00 pm

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Open Gymnastics Fun Session

> Saturdays 9.00am-10.00am

For children aged 4yrs onwards -£4.00 per session payable on entrance

01291 620780

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

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

INTERGENERATIONAL WEALTH - WHY IT'S GOOD TO TALK

In many families, having a frank discussion about wealth is something that's a bit of a nogo area. Parents don't always feel comfortable discussing money matters in front of their children, often because they want them to have a strong work ethicand don't want them to become complacent about what they might inherit in the years to come.

Older people don't always like to dwell on the future, finding it difficult and distressing to open up a dialogue with their loved ones on sensitive issues like death and inheritance.

However, it's widely acknowledged that learning money management skills when they are still quite young will stand children in good stead throughout their lives. With the older generation living longer and potentially needing help in managing their finances in their later years, it's important for children and parents of any age to be able to communicate effectively about family wealth issues.

Helping you adopt a new perspective

Instead of each generation making their own arrangements, families are starting to consider how to use their combined resources in the best, most tax-efficient way to benefit all members.

For example, with many first-time buyers needing to borrow from the Bank of Mum and Dad in order to

make their move, this is the perfect time to have a wider conversation about the effect this is likely to have on the whole family. For parents, giving or lending money can have implications for their retirement plans and the standard of living they can expect to enjoy during their later years.

Openly discussing wealth matters as a family helps establish financial priorities, clarify goals and ensure that the right plans are in place to support each generation according to their needs.

This is where we can help. We're experienced in looking at family finances in a holistic way and are happy to be part of these discussions. We encourage all participants to be open and honest about

With the older Generation living longer and potentially needing help in managing their finances in their later years, it's important for children and parents of any age to be able to communicate effectively about family wealth issues.



their needs, now and for the future.

Once goals are established, we can help families put in place plans that will deliver the outcomes they seek. We enable them to do things like save and invest for the future, make lifetime gifts, and pass on wealth tax-efficiently to the next generation on their death, whilst ensuring that the practical needs of each generation are fully respected and addressed.

Dr Josh Lewis

MBChB MBA MRCGP DipFA MLIBF ACSI CertPFS MAQ

Senior Financial Planning Consultant

IAM Financial

Mobile: 07979 157259 Chepstow: 01291 626373 Abergavenny: 01873 854488

Email: joshlewis@thinkpositive.co.uk
Web: www.iamfinancial.net

- Pensions and Retirement Planning
- Mortgages Savings and Investments
 - Insurance Tax Planning





Beam Me Up Lions

Caldicot Gymnastics, now rebranded as Wye Gymnastics in 2009, recently contacted the Lions Club of Chepstow & Caldicot for help in upgrading their gymnastic equipment.

Following our policy of helping the youth in our area, we visited their premises on the Severnbridge Industrial Estate for more information.

The aim of Wye Gymnastics now incorporating Galaxy Cheerleaders, is to provide a safe effective and child friendly environment in which to offer children, as well as some adults, the opportunity to participate in gymnastics at a recreational and for some, competitive level.

We have all marvelled at the performance of professional gymnasts on TV who, without a wobble, dance along the competition beam and that's what the Lions decided to provide Wye Gymnastics (the beam, not the wobble!). Therefore, it was our pleasure to present a professional competition beam to the very enthusiastic members of the club, who were only too pleased to pose for photos with us old codgers!

Carly Hawks, General Manager and Head Coach, said: "Children can start as soon as they are able with our Pre School Program by either enrolling in a class or attending one of the open play sessions to explore the apparatus with a parent or guardian".

Carly tells us that there are currently over 280 children participating on a weekly basis with a waiting list for classes that is growing daily.

The Clubs motto is "Fun, Friends, Fitness". Chepstow & Caldicot Lions wish Carly and her team all the success in the future.



Lydney Library: Mondays 10am-12.30pm Chepstow Library: Thursdays 1pm - 3.00pm

for more information or to book an appointment, contact

07584 509 259 penny.latham@natwest.com













30 very excited children boarded a coach at 0700 on the morning of Friday 17th May, their destination being the S4C TV studios in Cardiff, accepting an invitation from the television channel to appear in a children's programme called Ahoi.

Following auditions, a handful of the children from years 2 & 3 at Ysgol Y Ffin will compete in teams in various pirate themed challenges, hosted by a firm character favourite, Ben Dant. The remaining children will also be in costume and recorded as supporting audience members.

This is the second year that Ysgol Y Ffin have successfully auditioned against other schools to win a place on the programme, allowing another group of children to make their debut on National television. Tips have been shared, songs rehearsed and "Ah ha's" practiced, giving the whole school

a real buzz this week. The whole experience is fantastic for the children who otherwise would be unlikely to ever see inside a film studio, giving them a sense of what goes on behind the scenes as well as helping to develop their confidence in public speaking. Who knows, it may trigger an interest for future careers both behind and in front of the camera!

Ahoi is a Welsh language children's programme and this episode is due to be televised in September.







Banker

Chepstow Male Voice Choir Summer Concert

15th June, St Mary's Priory

The Choir welcomes new choristers and most recently Ash, plus Tom and Jack, returning to the choir after a break. The choir is adding some new songs to their repertoire so they are in learning mode at the moment.

Also new is the refreshed choir website chepstowmvc.co.uk which supplements their Facebook page. If you ever consider joining the Choir then the website is a good starting point for information and will tell you who to call if you want to chat to someone first.

Back in March the choir was delighted to sing for the pupils of The Dell School to mark St David's Day. As well as hearing traditional welsh songs the school children actively participated in the Grand Old Duke of York which went down particularly well, even though some of the choristers didn't know whether they were up or down with their clapping and arm raises up or down. It was great fun!

The choir is off on a weekend tour to Cornwall in October and amongst other activities will raise money for the RNLI through performing in their own concert in the Looe RNLI Boathall.

They will also sing in Buckfast Abbey and join in a concert with Loveny MVC in St Neot.

Before then of course is the Choir Summer Concert which will be at 7pm on Saturday 15th June at St Mary's Priory Church.

See overleaf for more details - we look forward to seeing you there!



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DEREK'S GYM & FITNESS CENTRE

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Training for the over 60s

Opening Times:

10am-1pm Mon. Wed. Fri & Sun 5-9pm Mon - Thur, 5-8pm Fri

Membership Options:

£3.50 per session, or £2.50 per session to members (£15 fee), Unlimited membership - £45 for 3 months or £80 for

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Community Noticeboard to promote your non-profit making



Chepstow

Learn, Laugh and Live!

Chepstow U3A Choir -Vacancy for a Accompanist

Following the retirement of our dedicated accompanist in July 2019 the Chepstow U3A Choir is seeing a replacement to join us in September when we will be starting to learn our Christmas programme.

We meet Tuesday afternoons from 2pm-4pm in the Palmer Centre and we are a very friendly, happy group of choristers. Our Musical Director, Ted Darling, provides us with a varied programme, which we sing either in unison or in harmony, as appropriate.

We then perform 4 or 5 concerts at local care homes in November and early December. We are currently practising for our summer concerts which we will be performing in May and June.

If you would be interested in joining us as our Accompanist, please contact Anne Davies via email:

amcdavies@btinternet.com or by phone on 01291 622970 for further information.





At the Drill Hall, Chepstow Tickets /8 | Ticketline: 07437 018440





Chepstow and Lydney

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Meet First Saturday of Each Month - 09:30 hrs Watney Hall, 3 Hill Street, Lydney, GL15 5HW

Meet Third Saturday of Each Month - 09:30 hrs Two Rivers Pub/ Bistro, Newport Rd, Chepstow NP16 5PR Contact: Ray Taylor 07745 043665 - Jim Wernock 07523 582945 or attematively please email | cafyboliligmail.com



https://www.facebook.com/groups/686045528100851/ Join a Breakfast Club near you!

Briefol North - Briefol South - Brisfol East - City of Bath - Chippenham

Mathern Mill Open Day Saturday 22nd June

2pm to 5pm, entrance FREE

See this historic watermill with it's Victorian machinery. Find out about the millers, their lives and work.

Plenty to interest the whole family NP16 6LG, Tel: 01291 622282

Chepstow and District Garden Appreciation Society (CADGAS)

Wednesday 26 June 2019

Jane Lyndsay of Tynings Climbers in Tickenham will be giving a talk entitled

"A Passion For Climbers"

7.30pm Chepstow Leisure Centre All Welcome Visitors £4





Dedicated to the legendary

Tickets £12.50 from Hannah's Music 01291 627122

SHIREFEST

Saturday 15th June The Huntsman, Shirenewton

Please come along and support us in our charity music festival raising funds for Noah's Ark Children's Hospice, Cardiff and other charities.

Tickets are £10, and there will be transport home available to chepstow and caldicot.

Line Up: Indoors / outdoors

2.15 Bob Evans / 2.30 The Tourists 3.25 Tarion / 3.40 Something sultry 4.35 Snow on the mountain / 4.50 Velvet Mangod

5.45 Wyld Bird Seed / 6.00 Oceans 6.55 Fat Dad / 7.10 King's Alias 8.05 Maharaja Blues / 8.20 The Brightoner's 9.30 Soul'd Out

> **Function Room** 10.45 ish Big Sky



Saturday 15th June 2019 7.00pm

St Mary's Priory Church Chepstow

The Chepstow Chatelaines **Ladies Chamber Choir**

Tickets £10 From

Chepstow Leisure Centre, Chepstow Tourist Information Centre Chepstow Library, Choir Members Paul 01633 400295

And online ticket sales at "EVENTBRITE"

GENTLEMEN. New members are always very welcome Come along on Monday or Thursday evening to the Dell School, Welsh Street Chepstow, and give choral singing a try. No previous experience required. You do not have to read music. Or give Alf a call on 01633 400024

Choir Website: chepstowmyc.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

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.

Sedbury Space, 11 King Alfred's Rd, Sedbury NP16 7AG, info@ sedburyspace.org.uk, 01291 626158, community activities & rooms for hire

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; Beachley Road, Sedbury NP16 7AA 01291 626041

Mount Pleasant Practice, Tempest Way, NP16 5XR 01291 440154; 12A Main Rd, Portskewett NP26 5SG 01291 425242

Vauxhall Surgery Vauxhall Lane, Chepstow, NP16 5PZ 01291

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

LOCAL CLUBS AND ORGANISATIONS

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.

Care Support: Joy's Gift Shop, Bulwark. Free Activity Sessions for people with Alzheimers \ Dementia Related Illness. Phone Toni to book a place on 01291 629392

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 Wyedean 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 Elvin Hart on 01291 620438 or 07956 891 234

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

Mahjong Group meets weekly on Monday afternoons in Tidenham Chase. For new and current players please contact David Green on 07813 200808

Mathern Men's Choir meet in Mathern Village Hall on Mondays at 8.00 pm. New members welcome. Neil Jones 01291-628410

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

Movie Night at 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 Secretary Geoff Sumner 01291 624758 www.chepstowrotary.org.uk

Royal British Legion Chepstow Branch meets at the Beaufort Hotel in Chepstow monthly on 4th Tuesday at 7.30 pm. Contact Tom Moran on 01291 427266 tvmoran@btinternet.com.

Royal Naval Association Chepstow Branch meets at the Conservative Club, Moor 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

Tidenham Historical Group meets from September to April on the last Tuesday of the month at 7.30pm in Sedbury Village Hall NP16 7AQ. Visitors welcome. For details ring 01291 623736 or e-mail info@tidenhamhistory.co.uk.

U3A http://www.u3asites.org.uk/chepstow Discover 70 activity groups for the retired or semi retired. Make new friends.
Contact Irene on 01291 629055

Wye Cross Stitch Club meets the second and fourth Tuesday of every month. 7.30pm to 10pm Sedbury Village Hall. Contact: Elaine Moore 01291 629666

Wye Knot Speakers a group to help develop public speaking skills. Find us at Facebook/WyeKnot Speakers or call Stephen Dance on 01291 620819.

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 St Christophers, Bulwark, (linked to St Marys) Rev Phillip Averay 01291 620980 http://www.chepstowparish.co.uk/

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@stmarysrcchepstow.org.uk www.stmarysrcchepstow.org.uk

St Luke's Church, Coleford Road, Tutshill NP16 7PT 01291 624868 www.tidenhamparishchurch.co.uk

Stroat Church, Gloucester Road, Stroat, Chepstow, NP16 7LR 01594 529209 info@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

Shirenewton Parent and Toddler Shirenewton Rec Hall, Paula Siddall p.rimmer10@btinternet.com every Thurs 1.30-3pm

St Arvans Baby and Toddler St Arvans Memorial Hall. T: Sabrina 07701 027313 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

Sedbury Stay & Play, Sedbury & Beachley Village Hall, Wednesdays 9.30-11am. Glos term times only. Contact Jane Penny 07856 679377

Stroat Church Toddler Group 10am on Thursdays, term time only 01594 529209 www.stroatchurch.org.uk

Tutshill Baby & Toddler group, Tutshill Memorial Hall, Tuesdays, 9.30-11.15am Glos term times only. Contact Jane Penny 07856 679377



Please support us and connect with us: @ChepstowMatters





Local Clubs, Groups & Community Organisations in and around Chepstow

NURSERIES / PRESCHOOLS

Bluebells Playgroup Fairfield Road, Chepstow 01291 628908 bluebellsplaygroup@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

Ysgol Y Ffin (Welsh medium), Sandy Lane, Caldicot, NP26 4NR 01291 420331 Headteacher: Mr J Hallett

SECONDARY SCHOOLS

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Chepstow School Welsh Street, Chepstow, NP16 5LR 01291 635777 www.chepstowschool.net

Mounton House Special School Headteacher Miss Beverley Randall, Pwllmeyric, Chepstow, NP16 6LA, 01291 635050 www.mountonhouse.org.uk/ **Wyedean School** Robert Ford, Headteacher Beachey Road, Sedbury NP16 7AA 01291 625340 www.wyedean.gloucs. schuk

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 Ben Ponting 07872 532145 secretary@chepstowboatclub.co.uk

Chepstow Bowling Club www.chepstowbowlingclub.co.uk Mike Roy 01291 626137

Chepstow Cricket Club www.chepstow.play-cricket.com markbirch1228@hotmail.com 01291 622126

Chepstow Cycling Club www.chepstowcyclingclub.wales/

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

Chepstow & District Yacht Club www.cdyc.co.uk Roger Nasey 07968495124

Chepstow Harriers Running Club

www.chepstowharriers.org.uk Tues and Thurs 7pm Leisure Centre

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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

Chepstow Chamber of Commerce & Tourism Supporting Local Business

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. If you are interested in joining us email secretary@chepstowchamber.com for further information. www.chepstowchamber.com / www.facebook.com/ChepstowAGreatPlaceTo

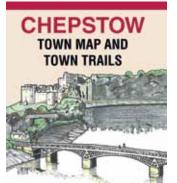


Chepstow Chamber launches new map and town trails brochure

In an effort to help our High Street by increasing footfall and attracting visitors to the town, one of the items the Chamber of Commerce has been working hard on over the last twelve months is a new town map and trails. As well as being a guide to the historical aspects of the town, the trails take the walker past or through the retail areas of Chepstow, in the hope that they will learn something about our history as well as spend some money in town to help keep the high street alive.

Sue Kingdom, Secretary of the Chamber commented: "We are a voluntary group and are very grateful to the other organisations and voluntary groups who have commented on the map and trails to help us achieve such a high quality brochure. It seems to be exactly what tourists want and is proving very successful. Many thanks to MCC Tourism, the Chepstow Society, the Chepstow Walkers are Welcome and various individuals and local businesses who have also contributed - it's been a real team effort."

The new town map and trails is available from the Tourist Information Office in the Castle Car Park. Whilst the maps are free, voluntary contributions are gratefully received to help pay for future printing costs.



Chepsiture is the gateway to Wales - a picturesque border lowe situated at the southern end of the Wye Valley in an area of outstanding solaral beauty. The town is steeped in history and here you will find quaint cobbled streets, buildings that date back 1900 years, alleyourys and hidden gems.

The word Chapathor derives from the old English chope street, meaning a market place, and today the lown boasts a wide variety of independent shops, cates, restaurants and puto, obtaining unique products and personal attention. In tact, something to sait all tactes.



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There has been a lot in the news about climate change recently, from protesters taking a stand, to high profile supporters such as Sir David Attenborough calling on everyone to take urgent action to save our world. It might leave you wondering what you can do that will make a difference.

The problem can feel insurmountable, as if any actions we take individually won't make much difference. But if we all commit to do whatever we can to protect our environment, these actions will be multiplied together and start to have an impact. We may also find that we save money and get healthier in the process too!

Save energy

The cost of energy is rising both in terms of our bills and the cost to the environment. Where possible we need to reduce what we use, which could help us save money too. There's lots of great advice at moneysavingexpert.com/ energy. Perhaps you could look into the range of green energy companies out there, such as Bulb, Octopus Energy, Green Network, Pure Planet and many more. Renewable energy can be more expensive, but it's worth considering whether you can afford it for the environmental impact.

Use the car less

We can all try to walk or cycle more where possible. Maybe you need a car for commuting, but perhaps you could try a vehicle-free day once a month, by car-sharing with a colleague, cycling, walking or using public transport.

Each day when we're not using the car we can be getting fitter, saving money, and reducing the fuel used and exhaust fumes churned into the environment.

Reduce plastic waste

There has been a lot of awareness raised about plastic waste recently. It's vital that we each try to reduce our reliance on plastic in some way.

Just go and take a quick look in your kitchen or bathroom and you'll find plenty of plastic there - shampoo, conditioner, shower gel, tomato sauce, cola, juice, the list goes on! The range of products sold in plastic containers is phenomenal and, worst of all, most of it is not being recycled.

Did you know 73% of beach litter worldwide is plastic?

To reduce your own plastic use, why not swap to products packaged



christians

against

poverty

in more environmentally friendly ways, eq washing powder in a cardboard box rather than liquid in a plastic bottle (this also tends to be cheaper per wash and more effective at cleaning!) You could swap your plastic toothbrush for a bamboo one too, helping to cut down the millions of plastic toothbrushes we throw out every year in the UK. Check out **thebamandboo.com** for example.

For more ideas, visit anythingbutplastic.co.uk and wwf.org.uk/updates/ten-tips-reduce-yourplastic-footprint

Consuming with care

We all have a limited amount of money to spend, but when we change our buying habits and consider our 'pound power' as consumers, collectively we can have an effect on massive corporations and the government to save this world for our children, grandchildren and beyond.

Every little bit we do can and does make a difference.

Christians Against Poverty (CAP) is a UK charity with over 600 services across the country delivering debt counselling, money management, job clubs, life skills groups and support for people breaking addictions. Visit capuk.org to find out more.





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