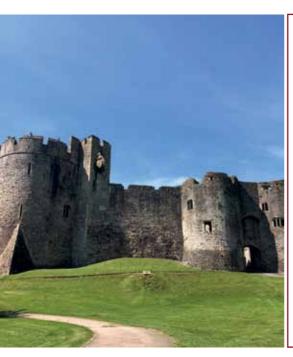


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#### Dear Readers...

Welcome to our July edition of Chepstow Matters - there is lots for your diaries in this edition from the Arts Trail taking place the first week in July (see p26), to the remaining dates for Chepstow Festival Theatre in the Castle (see page 9), Tidenham Flower Festival (p15), Chepstow Show coming up in August (see p20-21) and Usk Show in September (see p24-25). We also have Castell Roc to look forward to in August - there are still some tickets remaining see opposite for the dates of all shows. Mounton Brook Lodge also have lots coming up in the autumn (see back page). Other events are shown on our noticeboard - p22-23.

Last month we featured a photo on our front cover from the Karl Daymond memorial put up earlier this year. We had so many requests for more information on what it was from people who didn't realise it was there, that we have included more information in this issue - see p10-11.

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.

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 July.

Enjoy the read!

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

www.mattersmagazines.co.uk/chepstow



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#### **Support for local Sensory Garden**

Ian Watts & Son Independent Funeral Directors were delighted to recently donate a cheque to Chepstow Garden City's Community Group who are working to provide more aspects to their accessible sensory garden.

The Group's aim is to create an interactive garden experience for all, which promotes connection with the outdoors and provides an area for sight, sound and touch therapy. Focusing on promoting physical health, healing and a sense of wellbeing, aiding in relaxation and stress reduction are just some of the many benefits of this unique and exciting project which includes a barbecue and seating area, natural play area and willow tunnel, plus much more.

Jo Hume of Ian Watts & Son said 'We are so pleased to visit this garden. to see for ourselves the wonderful work which has and continues to take place here in Chepstow.'

The project which was started in 2011 brings together children and adults of all ages and those with mobility issues including wheelchair users.

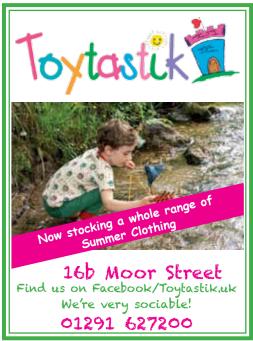
Pictured above is Chloe Watts (granddaughter of the late lan Watts) presenting a cheque to Veronika Norman of the Chepstow Garden City Group.

Veronika would like to thank everyone who has so kindly assisted and donated towards



this project and anyone wishing to find out more, or to donate, can contact Veronika via Jo Hume of Ian Watts & Son, tel: 01291 420972 or email:ioannehume@icloud.com

The Group would welcome any donations and support to help them with their future activities and plans which include an outdoor gym, community hub and public restrooms.





#### Welsh WA GFA & Novice **Agility Championships**

June saw a great weekend's competition for Kestrel's gymnasts, winning lots of medals and ribbons, and five **Welsh Champions!** 

It was a good experience for those gymnasts who were competing in the first Welsh WA GFA Championships, on all four pieces of apparatus, Vault, A-Bars, Beam, Floor held at Sport Wales National



Centre on the first day, and Welsh Novice Agility Championships on the second day.

The 8 yr old team competing in the WA GFA Level 2 enjoyed the day with Imogen Mae Page winning Gold on Vault, Bars, Floor and Silver on Beam and Overall Champion; Daisy Brandon, 5th Place Ribbon on Vault, 4th on A-Bars, 5th on Floor, and Overall 4th Place Ribbon; Ingrid Zina Bronze medal on Vault, 5th place Ribbon on A-Bars, 4th on Beam Silver on Floor, and winning overall Bronze medal, and they were very happy to take Team Champion Gold medals!

In Level 4 Novice Agility the Champion in the 9/10 yrs section was Hollie Smith winning Gold; Ava Lou Morris Bronze: Fave Webb Fourth Place Ribbon: Eva Lawn fifth Place Ribbon: and together the girls were thrilled to win Team Gold.

In Level 8 Laci Watkins took the Gold Medal, and in the Boys Section Brereton Trim was Champion winning Gold, Robin Kedward won Silver, and together with Laci the three won Team Gold.

The 8 yr old Level 2 Team Silver was won by Ingrid Zina, Carys Fullerton, Phoebe Morris, Kacey King and Imogen Mae Page.

Level 3 11/12 yrs Section Jasmine Fellows, Imogen Powell and Amber Morgan pulled together to win Team Gold, and Amber was also awarded 6th Place Ribbon. Level 4 Champion in the 13+ Section was Lily Edwards winning Gold, Willow Summers Silver, Martha Linden 4th Place Ribbon, Shannyn Hoare 5th Place Ribbon, and working well together, the girls won Team Gold!

What a great weekend's work!! Well done everyone!



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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 venue.

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



Mounton Brook Lodge • 01291 621490 • www.mountonbrooklodge.co.u Pwllmeyric, Chepstow, Monmouthshire NP16 6LF

#### Happy First Birthday, Chepstow & Caldicot Community Car Scheme

The Chepstow and Caldicot Area Community Car Scheme celebrated its first birthday on 4th June with a special Celebration Breakfast for their volunteer drivers.

Run by Community Connections, a Bridges Centre Community Initiative, the project aims to offer friendly, flexible transport for people who require additional support and have difficulty accessing public transport or using taxis. The South Monmouthshire Area Scheme started with four volunteers last May and now has nine drivers who are helping people get to appointments, social groups, visit friends and family, attend fitness or education classes and to go shopping.

Area Coordinator, Faye Mear, said, "The need for this service for people who would otherwise struggle to leave their homes is huge. Since we started in this area we have registered over 100 passengers and a quarter of these use us at least once a week. Having a Birthday Breakfast was a small way to show our appreciation for our drivers and they are all Super Stars!"

Volunteer Driver Steve, from Chepstow, says, "I've been a volunteer driver for six months and I am really enjoying the experience. Having spent most of my life office bound, I was looking for a volunteering role that connected me with people. I might help with shopping, assist people doorto-door or wait with them at appointments. I meet some really wonderful people, who often have an interesting tale to tell."

Rob from Magor says, "I'd always wanted to do some volunteering when I retired. It's a good opportunity to be of use in my community, help people and tackle loneliness within our communities. We offer a personal service and we get to know our regular passengers a little."

And Rob's wife, Pam, adds, "I have met some lovely people and it feels good to know that I am making their lives easier, even in a small way. One lady, who I took to a hospital appointment said she'd had a lovely evening when we got back to her home."



More Volunteer Drivers are needed for this busy project, so whether you have regular time to give or are only available occasionally, and whether you prefer to drive locally or are happy to go further afield, the Community Car Scheme would love to hear from you!

Frans, another Chepstow-based driver told us, "Driving for the Scheme fits in brilliantly. The organization is well-run and causes me no stress. It's very flexible and you can fit the journeys you do around your own commitments, like when you are going away or if you have appointments for yourself. I love being part of it!"

If you have the use of your own vehicle and would like to get involved as a volunteer, please contact Faye Mear, South Monmouthshire Area Coordinator, on 07741 572922 or visit www.befriendingmonmouthshire.org.uk/ carscheme to find out more.



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#### **Swingdicate: A Special Cream Tease**

Sunday 28th July we're shaking out our table cloths for a special Summer edition of Sunday's Tease. We'll be at a new venue, Itton Village Hall for this one off. £6 pay on the door all inclusive of tea, scones, cream, jam and other summer treats, all complemented with the finest dance tunes for your pleasure, 40's 50's R&B, Swing 'n' Rock 'n' Roll!

We've also started planning our next season of Sunday Teases on the 3rd Sunday of the month starting in October so keep an eye out for more news on those shortly. For more information see www.swingdicate.com



NatWest Community Banker



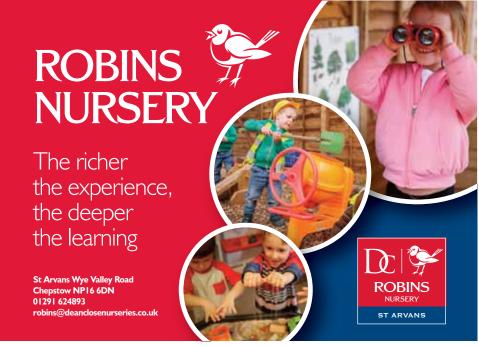
Your local NatWest Community Banker is available to meet customers at the following locations and times:.

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





#### **Chepstow Festival Theatre in the Castle**

With four shows having already taken place in June, Chepstow Festival presents three final shows this month in the spectacular surroundings of Chepstow Castle.

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!

Mary Shelley's Frankenstein, is given the Illyria 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.

A programme of outdoor theatre isn't complete without Shakespeare, designed for touring troupes playing beneath the sky over 400 years ago. Illyria play Shakespeare as close to the original in content and Elizabethan style, renowned for their clarity, quality and ingenuity this year they turn to The Tempest, Shakespeare's final play, lyrical thought-

provoking 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.

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





## The History of the Memorial Artwork Tiles Display in Chepstow

#### in memory of Karl Morgan Daymond 1965-2017

The cover of our June edition last month raised a few questions from those who were not aware of where the photo was taken. We decided therefore to include something in explanation in this subsequent issue, with the permission of Dr Glynn Jones who instigated the project. The photo (shown middle right) was taken in the Castle Dell Orchard.

There are two pieces of outdoor artwork produced in memory of a very special person, the late Karl Morgan Daymond, erected at two locations in Chepstow on the 19th January this year, on the Mari Lwyd and Wassail day. As many people already know, Karl was a well loved and key figure in the world of music in Chepstow, bringing joy to many through his very own blend of personality and passion.

Previously a professional baritone opera singer, his move to Chepstow saw him involve himself in community projects and a desire to share his love of singing. He founded five singing groups under the banner of The Singing Club and encouraged people to get together and sing for pleasure, often performing to support local charities.

Karl also came into the lives of people at Chepstow Mencap, starting a singing group known as the Berkeley Singers, which continues to this day despite Karl's untimely passing on 9th August 2017. Karl's legacy lives on in Chepstow Mencap through a shared love of singing and, at the invitation of Karl's husband Ian MacNeil, the people who loved him at Chepstow Mencap produced the tiles you can see displayed in his memory.

The three outdoor sets of tiles depict:

- Titles of songs that Karl, the Singing Club and Chepstow Mencap sang together, photo bottom right (on the frame in the Castle Dell Orchard)
- Karl's favourite things, photo middle right (including him on his horse, Charlie in the Castle Dell orchard)
- How Karl made people feel, photo opposite page (alongside Chepstow Bandstand by the river)

The idea for these lovely memorial displays of artistic tiles came from a visit made by Jan Howells-Jones and Dr Glyn Jones to a memorial garden - Le Jardin des Personalities in Honfleur, Normandy - where schoolchildren had designed a display of painted tiles in memory of their Music Master.

These displays in Chepstow sit alongside two fruit trees purchased by Karl and planted with the help of Chepstow Mencap at Karl's wood pasture in Earlswood, and replanted in these two locations on Apple Day in Chepstow with two memorial plaques on 28th October 2018.







Great thanks must go to Chepstow Mencap for their excellent work in designing the artwork on the tiles supplied by Robert Price (Builders Merchants) Ltd, Chepstow. Thanks to Blacksmith, Mr Cemaes Evans, Crickhowell for constructing the mesh frames supplied by Homebase, Chepstow.

### The Singing Club and Us (A poem from Chepstow Mencap)

One day back in September, Two Thousand and Fourteen A great big man with a great big smile came on the Mencap scene.

"Who are you?", "I'm Karl Daymond" the man said with a smile "And I'm a Music Maker and I have been for a while".

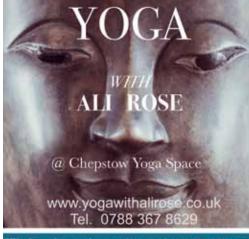
"I've got a group of singers - the Singing Club they're called, I think if we could sing for you, you'd all be quite enthralled"

And so the friendship was begun - The Singing Club have been A part of Chepstow Mencap life since they came upon the scheme



To read the remainder of the above poem from Chepstow Mencap, you will have to visit the tiles! Sadly I noticed today (24th June) that the central tiles are currently missing from the artwork by the Castle (my photo left was taken mid-May). Hopefully these have not been intentionally damaged and will be replaced soon. You can still read all of the poem at the bandstand site.





Wednesday early evening 6.15 - 7.45 pm Friday morning 9.30 - 11.00 am

> Gentle Yoga 10.00-11.30am Wednesday morning



#### Tintern composer to have works premiered in the UK this summer

Diary Dates: 6th July / 27th July / 30th July / 25th August

The music of Fiona Frank is not new to the the Monmouth Festival and had a great reception a few years ago when 2 string quartets were premiered. This time the Trio Arcadia di Roma are making their debut in the UK with a beautiful concert of music by the local composer as part of a tour around Italy & abroad. Broad sweeping melody and visual pictures are evoked in this musical journey about heartfelt themes. Inspired by many genres, the music celebrates

harmony and colour and expression.

The Trio Arcadia di Roma premiered Fiona Frank's piano trio, 'Reflections on Motherhood', in Rome in February this year. Since then, they have performed it in Milan, Mantova, Pisa and Verona before coming to the UK for this 'Concerto Monografico' of her pieces. Her music is passionate and filled with great sweeping melody and appeals to all kinds of music lovers, classical or otherwise. Her influences are wide, including jazz, classical, world, folk idioms etc. The music takes the listener on a journey and is very visual and poetic.

Trio Arcadia di Roma will perform her two Piano Trios, 'Reflections on Motherhood' and 'One Voice: One Family' as part of a programme exclusively featuring her works in a free lunchtime concert on Saturday 27th July in St Paul's church



in Clifton, Bristol, and on Tuesday 30th July at 7pm at St Mary's Church, Monmouth as part of the Monmouth Festival. Donations gratefully accepted for the festival.

The Trio Arcadia di Roma is comprised of Laura Bianco (violin), Francesco Vignanelli ('cello) and Margherita Sussarellu (piano). They bring great musical intensity and exciting Italian passion to this expressive style of writing. The programme also includes works for violin and piano and 'cello and piano.

See also www.Fiona-Frank.com.

'In Memoriam' for oboe quartet (which was given its world premiere at Teatro Lirico, Cagliari, on the International day marking the Elimination of violence against Women, by the amazing 'Ensemble Trame Sonore' https://www.youtube. com/watch?v=4u4IWc3pcvI) will be part of a programme being toured around Wales by the St Woolos Ensemble in three successive concerts starting with a concert on Saturday July 6th in St Woolos Cathedral, Newport and Saturday 25th August 2019: Ebenezer Chapel, Newport, Pembrokeshire. The players are Huw Griffiths (oboe), Christoph Madler (violin), James Drummond (viola), Sonia Hammond (cello) and Christopher Williams (piano). The concert will also include a selection of Bach's Goldberg Variations transcribed for String Trio. Mozart's Oboe Quartet K370, and Mozart's Piano Quartet No.1 K478.



#### 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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> Sat - Function room available for hire

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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!

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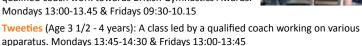
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#### **Kestrel Gymnastics Club**

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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



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



In an industrial estate in deepest Chepstow, sits a large grey building, yet from within come loud cries of young people enjoying themselves.

This is the workplace of the Kestrel Gymnastic Club, a friendly, family run club that provides both school age children and adults of all abilities with the opportunity to learn acrobatic and tumbling gymnastic skills. On Friday 14 June a delegation from the Chepstow & District Rotary Club visited this club to provide them some more support.

For the last 10 years the Head Coach, Shirley Lazere-Bennett from Beachley, has grown this project so that they now have over 200 members. The age bracket is considerable ranging from just 2 1/2 up to the currently oldest member at 35 years. The gymnasts either join a squad for regular, programmed training or simply turn up and go. While the young boys attend for 4 hours each time on Monday, Wednesday and Saturday, the girls train on the alternate days and Sunday is reserved for competitions away from base. This is strenuous stuffl

The large establishment is particularly well equipped with a 12-metre square suspended and cushioned floor together with spring boards, hanging rings, asymmetric bars, trampolines, 5 balance beams, and high bars. Before fully embarking on a strenuous activity the athletes undertake a conditioning session of limbering up, stretching every muscle using chin-up, leg lifts, sit-ups, weights and squats. And then into the routine Watching a long line of very young and small gymnasts leaping into the air from a spring board to complete double somersaults before crash landing on a foam pad

was evidence enough of the wear and tear that the equipment goes though! One Rotarian was heard to exclaim that he had never been able to do that! The equipment is very expensive to replace and, as was demonstrated to the visitors, it gets very well used. Oh, and those safety mats cost £500 each!

The students have demonstrated that the training received at Kestrels is most effective by winning a number of awards in prestigious national competitions (see feature in this edition re recent Championships), including the British trampoline semi-final and the Tumbler finals at Birmingham's Berkeley Arena.

The Rotary Club always aims to support the local community. The Rotary President, Richard Wickham said that ventures such as this, that encouraged the younger element, are to be applauded and encouraged. For this reason Rotary had decided to make a donation to the Kestrel Cub towards the cost of replacing some of the worn equipment. He said that the whole of the Kestrel Club staff were to be congratulated on their wonderful success in enhancing the facilities for young people in our community. The Head Coach, Shirley Lazere-Bennett, said that they were very grateful for this Rotary donation towards the maintenance of their capability.

The Rotary Club (chepstowrotary.org.uk.) will continue its support for young people and is now seeking new members from right across the community.

Photo shows Rotary President Richard Wickham presenting our cheque to Head Coach Shirley Lazere-Bennett





chepstow-racecourse.co.uk | 01291 622260





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

We are thrilled to announce we will have a live performance from chart-topping, BRIT award-winning girl-group 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!

We will also be holding a Best Dressed Lady competition on the night with an amazing 1st prize of £1000! There will also be fantastic prizes for the remaining top 10.

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 £22 in advance for this meeting and Premier admission tickets are on sale for £27pp in advance, this includes the live music from All Saints after racing. These tickets will be £27 and £32 respectively on the day.

We also have a great Pure Shores admission package to get your night off to a great start, for just £31 in advance this includes a Premier admission ticket, two glasses of Prosecco and a racecard!

#### 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 £20 in advance for this meeting and £25 on the day. Premier Enclosure tickets are £25, these tickets will be £30 on the day.

You can also take advantage of our Movers & Shakers package which when bought in advance includes a Grandstand & Paddock ticket, £5 food voucher, rum cocktail, racecard and free return to our race meeting on the 12th September. This package costs just £26pp but must be booked in advance.





## **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** 



ADULTS £10 • CHILDREN (5-16) £4
UNDER 5's Free • SENIORS £8
FAMILY TICKET £25 (2 adults and up to 3 children)

**CASH PAYMENTS ONLY FREE PARKING** 







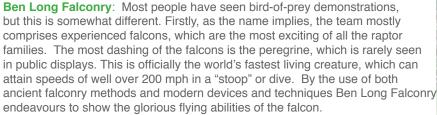
www.chepstowshow.co.uk

## 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.



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 an enter on the day dog show, hound parades, vintage vehicles, homecrafts, handicrafts and a separate marquee for horticulture, 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.

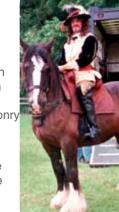
For further details please see www.cheptowshow.co.uk or email: chepstowshow@hotmail.co.uk

















Friday 12th July 19:30 at Beacon Hill car park, Beacon Road, Trellech NP25 4PR SO511053

CHEPSTOW DRILL HALL, NP16 5HJ

www.swingdicate.com for ticket details Sanid

7pm till 11 pm

Tickets From £12

Join Chepstow Walkers are Welcome for a Walk on Trellech Beacon An evening walk with fabulous views over the local countryside, with hopefully the chance to see the sunset and hear the local nightjars churring. 4.5 miles / moderate. Free walk booking not required.

### **Chepstow Choral Society**

Conducted by Graham Bull Piano - Richard Kubiak & Marjorie Duerden

### Ruby Anniversary Concert

Celebrating 40 years of music making in Chepstow

Including popular choruses by Handel & Vivaldi, traditional folk songs and a Lloyd Webber medley



#### Special Guests - Chepstow School pupils

#### £10 per adult, U18s & Students FREE

Please join us for light refreshments after the concert! Tickets available from Choir members, Chepstow Bookshop, on the door

CCS is affiliated to T) Cerdd - Mosic Centre Wid



TY CERDD

#### **Poetry & Pimms**

Thursday 11 July from 7pm to 8.30pm The Friends of Chepstow Library Reading Garden are holding a

**Poetry & Pimms Evening** 

in the Reading Garden of Chepstow Library (indoors if inclement weather)

This is a free event and includes a glass of Pimms or non-alcoholic alternative Any Donations will help the community and

voluntary work in the Garden



Everyone Welcome at our



#### NTERN STATION

Join us from 11am onwards for a FUN packed day of Friendship, Games, Sports, Crafts and Activities for ALL ages or just relax with a pionici

Transport to Tintern will be available for elderly church family. Non Bis children to be accompanied by parents. For further details contact Mark Lloyd (88) or Julie James (Church)

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Theatre Company











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Entry on the day in the Dog Show Ring

Best Puppy (under 12 mths old)

Best Female (Pedigree)

Best Male (Pedigree) Best Female (Cross Breed)

Best Male (Cross Breed)

Dog with the Wagglest Tail

**Best Fancy Dress** 

Golden Oldie (Dog Over # Yrs)

**BEST IN SHOW** 

N.B. There is an admission charge for the Chepstow Show



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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 natively please email | cafybollomail cor



https://www.facebook.com/groups/686045528100651/ Join a Breakfast Club near you!

Briefal North - Briefal South - Briefal East - City of Bath - Chippenham Chellenham - Stroud - Cirencester - Chepetina and Lydney - Monmouth and Rose

















#### Saturday 14th, September 2019 9:00am - 6:00pm

Usk Showground, Usk, Monmouthshire (Sat Nav. NP15 1DD)

### Joseph's Amazing Camel Racing AND DISPLAYS FROM:

- Rockwood Dog Agility Display Team
- Black Mountain Falconry Rowan Working Horses
- Usk Valley Working Gun Dogs
   Amazing Alpacas
- FREE Children's Make & Take Crafts with JUNKFISH
- Curre & Llangibby Hounds Woolaston Bassetts
- The Ferguson Club Pony Club Mounted Games
  - Grand Parade of Livestock & Horses
  - Hot Air Balloons
    Usk Brass Band
    - Amusements & Inflatables

#### PLUS

Cattle Sheep Pigs Goats Horses Show Jumping
Companion Dog Show Poultry Rabbits
Homecrafts & Floral Art Horticulture
Steam & Vintage Tractors Military Vehicle Trust
Craft Marquee Rural Crafts Shopping Mall
Food Hall Over 200 Trade Stands

#### Adults: £12 Junior (Age 12-16): £4

Under 12's: Free

(Dogs allowed on short leads)

Free Car Parking & Disabled Car Park with Mobility Scooler / Wheelchair Hire - Free Shuttle Buses from Twyn Square, Usk - Free Park & Ride from Usk College (Last Buses leave Showground at 7:00pm)

### BUY TICKETS ONLINE NOW AT WWW.USKSHOW.CO.UK



## Usk Show Celebrate our 175th Anniversary with us

"A Great Day Out for Everyone"

Usk Show celebrates its 175th anniversary this year and hopes that as many people will join them on Saturday 14th September 2019 to help celebrate!

There really is something for everyone to see from Livestock and Equine classes, to Children's Craft and Prize-winning vegetables, to name but a few!

As the showground has grown over the years, it has become more difficult to see everything and get from one end of the showground to the other – particularly when you stop every two minutes to chat to everyone you know! So one of the new additions for 2019, is a land train to ferry people around the showground – or just have 5 minutes sit down while sightseeing!

The big attractions for 2019 include Joseph's Amazing Racing Camels. The camels and the jockeys wear fantastically colourful Arabian style outfits to add pizazz to your event. As well as racing, the camels are on display all day so the public can meet these splendid animals and learn more about them. Choose your favourite to cheer on as loudly as possible!

The camels will be joined by the regular displays in the main ring from the Curre & Llangibby Hunt with their wonderful display of hounds and the Grand Parade of livestock & horses, as well as the ever-popular Rugby 7s, where local pub teams battle it out against each other! We have also added a Pull the Tanker competition this year to keep everyone entertained, with thanks to our principle sponsor Estuary Oils for providing their lovely yellow tankers for this new event.

The Countryside ring starts the entertainment at 10am on show day, with displays from Usk Working Gun Dogs, Rowan Working Horses, Woolaston Bassett Hounds, Amazing Alpacas and the wonderful Black Mountain Falconry. A lot of these displays are interactive, and the children can get involved by getting up close to the wonderful animals. The new attraction for 2019 will be Rockwood Dog Agility Display team who will show us all the amazing tricks that their clever dogs can do.

If you think your dog is clever, or gorgeous, or even likes dressing up, why not enter our companion dog show with your pampered pooch? You can enter on the day, with all entry fees going to this year's Chairman's Charity, LATCH Children's Cancer Charity.

Children can complete all sorts of free activities around site too, including the amazing make & take crafts in Junkfish and have a go at some of the crafts in the Forgotten Skills marquee. Parents can spend their pocket money in the amazing array of trade stands, including over 150 small traders in the Craft, Shopping & Food Halls.

There is so much to see and do – come and celebrate with Usk Farmers Club on Saturday 14th September – it really is "a great day out for everyone"!

For further details and early bird ticket discounts, visit www.uskshow.co.uk









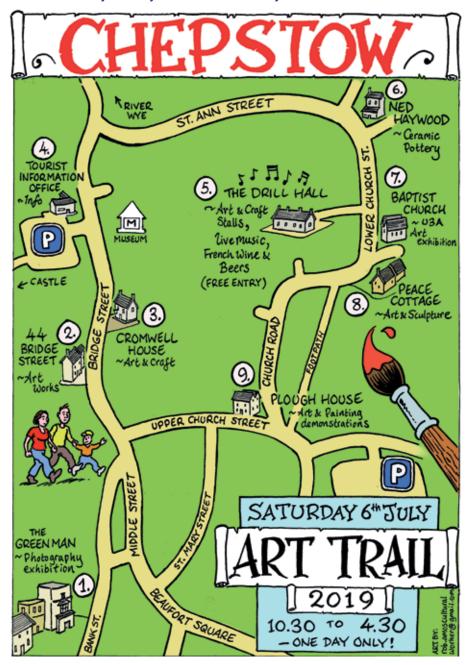




For the 4th consecutive year we are proud to present the **2019 Art Trail** exhibitions held in venues hosted by artists, the U3A, potters and photographers.

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!



## 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

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## 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 636100

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







## 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

Chepstow Ladies Hockey www.pitchero.com/clubs/ chepstowladieshockeyclub Jamie Clifton (Secretary) email: jamie.clifton@hotmail.co.uk

**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/

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 out on Town Trail with** the Dell Primary School

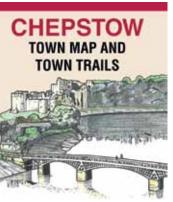
In an effort to help our High Street by increasing footfall and attracting visitors to the town, just one of the things the Chamber of Commerce has been working hard on over the last twelve months is a new town map and trails. As well as being a guide to the historical aspects of the town, the trails 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.

This month, Secretary Sue Kingdom and local historian Tim Ryan, have been out and about with teachers and children from the Dell School guiding them around parts of Chepstow and imparting historical knowledge about our great town.

Said teachers from the Dell, "Thank you both so very much for our amazing tour of Chepstow this week. Our year 4s were enthralled, informed, engaged and enthused."

If you would like to learn a bit more about our town, the new Chepstow Town Map and Town Trails brochure is available from the Tourist Information Office in the Castle Car Park.





#### Support Local Business: Retail & Hospitality



#### Baa Brewing Ltd

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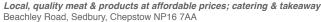
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#### **Support Local Business: Services**



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**A-B Connecting Communities** 

Chepstow to Tintern shared use path

T: 01291 626836 www.facebook.com/AtoBconnectingcommunities

#### **Chepstow Chamber of Commerce & Tourism Supporting Local Business**



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

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## Chepstow Chamber of Commerce & Tourism Supporting Local Business



#### Help u at Home

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#### Hopkins Law Ltd

13 Bank Street, Chepstow NP16 5EN T: 01291 639510 www.hopkinslawltd.com



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#### Easy ways to do your bit for the environment

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, eg 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-your-plastic-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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