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October 2019

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Chepstow Matters is independently published every month and delivered FREE to approximately 10,000 homes across NP16 5, 6 and 7 on a rotational basis so that every home receives one through their door once per quarter.

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## Dear Readers...

Time really seems to be flying this year with the shops already full of Christmas items; yet I feel summer is still with us as we enjoy this latest sunny spell as we go to print on this October edition.

In this issue we hear from more local businesses offering reader discounts (Bargain Booze plus, Beam Denti Spa, Fear Fest, The View Cafe Bar, Critchcraft, Howden's kitchen sale (see opposite) as well as the recently refurbished Albion House who are celebrating 15 years in Chepstow and offering readers a 10% discount - see page 8).

There is plenty to read inside, including an article about Derek's Gym whose proprietor Derek Platt is celebrating 50 years of running the gym in Chepstow! We also have sporting updates for you in this issue from Chepstow Town Football Club, Chepstow Cricket Club and from Chepstow Rugby Club who are celebrating 150 years of local rugby this year. We bring you news of an introduction to bridge club starting this month as well as Chepstow school open days and updates from the Lions, Pembroke Primary School and Joys in Bulwark. We have lots of celebrations this month as Citizens Advice celebrates turning 80 last month!

If your business would like more custom from local residents 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 October. Enjoy the read!

**Jaci** ✕

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Let people know you saw them in Chepstow Matters!

## Chepstow Walking Weekend 26th - 27th October 2019

Due to popular demand, this year we have added a new event to the calendar, offering walkers the chance to revisit some of our favourite walks and try out new routes over an Autumn weekend.

Chepstow Walking Weekend is a selection of 6 free walks taking place on Saturday 26th and Sunday 27th October - details of the walks can be found on [www.walksinchestow.co.uk](http://www.walksinchestow.co.uk)

Places are limited and we're expecting the walks to be quite popular so book early to avoid disappointment!

**Editor: Thanks to Chestow Walkers for providing our cover photo this month!**



## Funerals: Make sure you're not paying too much

The CMA (The Competition & Markets Authority) who check that businesses trade fairly have released figures showing that some funeral costs have more than doubled in 14 years – rising on average by 6% a year. This is way above the normal rate of inflation of approximately 2%. The CMA said, 'for a considerable number of years the largest firms of funeral directors have implemented large annual price increases.'

Jo Hume at Ian Watts & Son Independent Funeral Directors said, 'having to compare prices of funeral fees is probably one of the last things that a bereaved relative feels like doing, but we strongly encourage anyone to ask about costs and not to feel embarrassed or awkward about doing so.'

'We are passionate,' Jo added, 'about respect, care and dignity and about being transparent about prices. We don't have huge financial overheads like some larger funeral homes do and we will never charge unnecessary costs. It is important too, for those having to arrange a funeral to know what is included, sometimes other companies offer a fixed fee but when reading the small print there is very little included and additional items are then added later.'

Jo's business partner in Monmouthshire, Martin Watts, concluded, 'it is disgraceful that some families get overcharged at what is often the worst time of their lives.'

For more information call Jo Hume at Ian Watts & Son on tel: 07977 092935.

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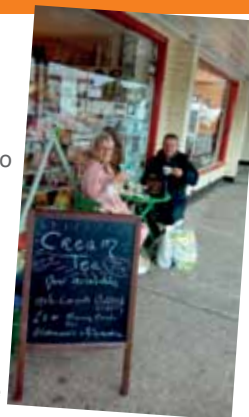


## Joy's Gift Shop in Bulwark (which is where the old post office used to be) is a 'little gem of a shop', as said by the people who frequent it !

It is not only a gift shop with unusual gifts, it sells cards for all occasions and it also stocks crafts made by local artists ie cards of scenes of Chepstow, hand-made jewellery, cosmetic bags stocked with cosmetics, baby blankets, knitted toys made to order to name but a few.

All the profits of the shop go to the Alzheimer's Society and Dementia UK and to date over £8,000 has been raised since the shop was set up over 2 years ago.

Kate Lewis, who runs her own Healthcare business, opened the shop and wanted to give something back to the community by offering respite to people who's loved ones have Alzheimer's or Dementia. Family members can leave their loved ones for a couple of hours with Toni (Shop Manager) and she runs worthwhile activities ie arts and crafts, knitting, Dementia jig-saw puzzles, newspapers going back to the 1940's and '50's. Also ladies can have a manicure or sometimes they may just want to sit and have a chat. This service is Free of Charge !



As Joy's also offers Teas and Coffees for just a donation, local care homes regularly bring their residents over for cuppa. Joy's has become a life line and drop in venue for anybody to pop in for a sit and a chat. Joy's was one of the first businesses to become a registered "safe" place with Monmouthshire County Council.

Toni is passionate about fundraising for Alzheimer's and Dementia as she lost her Mum to Dementia over 3 years ago and she is well aware of the sadness and frustration that family members feel when their loved ones are diagnosed with this illness.

*"The feedback I get from family members is very overwhelming and I just wish there was a place like this when my Mum had Dementia."*

*"Recently one of the fundraising events at Joy's was the Alzheimer's Cupcake day where I baked over 70 cupcakes and Laura, a local singer, offered to come in and sing to my customers which was a lovely event (photo right)! I also held a Cream Tea event to mark the National Afternoon Tea week which was so popular that I sold out of scones each day! I also do the annual Macmillan Coffee morning which is always well attended"* Photo right shows visitors from Castleford Nursing Home enjoying a cream tea.



Coming now for the Christmas season is the "Chocoholics" catalogues where orders are taken for unusual Belgium chocolates...prices start from 40p and they also cover Halloween!

Another exclusive to the shop is "Simply Christmas" which is a Welsh company that sells unusual Christmas ornaments like those available on the Continent that offer Christmas decorations from £1.00 which have a range of Welsh decorations saying "Nadolig Llawen". Also available will be Teacher's Gift sets.

So next time your in Bulwark, pop into Joy's for a browse and, if you have time, a coffee and a chat!

# Tŷ Croeso

*Chepstow Matters was pleased to be invited along to the community run Tŷ Croeso shop in Moor Street recently.*

## History:

The shop was recently donated to the CIO (Charitable Incorporated Organisation) Friends of Welsh (Chepstow)/ Ffrindiau'r Gymraeg Cylch Cas-Gwent by Margaret Odyomo (née Jones) who describes herself as 'Forest of Dean Welsh' having been born and brought up in St Briavels. After college in Cardiff, Margaret went to Uganda as a VSO and loved it so much that she stayed for 11 years, teaching Biology and marrying Peter, a Ugandan. In 1974 she returned to the UK with her young son to help her mother care for her father who had Alzheimer's. After his death she was unable to return to Uganda because of the fighting in Idi Amin's regime. She therefore remained in the UK and taught Biology and Chemistry at a school in Gloucester until, semi-retired, she worked in the Forensic Lab in Chepstow, living in Tutshill.

On retirement Margaret had - for the first time - both time and opportunity to learn Welsh properly, enrolling in a class at Boverton House with tutors from Coleg Gwent. However her health began to decline (arthritis) and, needing to downsize, she did so with a vengeance, moving to a 1 bed flat in the heart of Chepstow above what is now Tŷ Croeso and, passionate about the Welsh language, she started a 'siop siarad' ('talking shop') in the shop for herself and other learners to converse and consolidate their learning. Over the years the shop morphed into what outwardly looked like a Welsh interest bookshop, run on a shoestring and trying to



support the Welsh language in any way it could. In 2010 Margaret received the Ysbrydoli! / Inspire! Award as Welsh Learner of the year. She passed her A Level in 2011. By this time the South Monmouthshire Welsh Society had formed in Chepstow.

In late 2016 as her health declined further, she moved to a groundfloor flat in Caldicot to be 'on the flat' but, still 'dwli ar y Gymraeg' (passionate about the Welsh language and culture), she gifted the 'siop siarad' premises to become Tŷ Croeso which, hopefully as it's name says, will be a house of Welcome for all interested in the Welsh language and culture.

A group initiated from the Welsh Society in Chepstow, including Norman Chamberlain and Lynne Davies, drew together a CIO (Charitable Incorporated Organisation) to which Margaret very generously transferred ownership of the property. All of the trustees of the CIO are passionate about promoting the Welsh language in the locality, and the group includes both learners and fluent speakers of all ages, reflecting the fact that over 10% of Monmouthshire's residents are either fluent or learning Welsh.

Trustees Lynne, Norman and Andrea have been volunteering regularly to open the Centre. Lynne was born in Cardiff, and brought up bilingually. She moved back to Chepstow several years ago, having spent over 15 years working in England and France, so that her children could attend the Welsh-medium school Ysgol y Ffin in Caldicot. Norman was born locally but spent the majority of his life in England. He didn't learn Welsh until after retirement when he decided to book on a course, inspired by both his grandparents having

been Welsh speakers. "Norman now speaks better Welsh than me!" joked Lynne. Similarly, Andrea has learnt Welsh as an adult, regaining the fluency that was her grandparents' birthright.

After some renovation and redecorating, the charity 'Ffrindiau'r Gymraeg Cylch Cas-Gwent' (Friends of the Welsh Language, Chepstow) opened earlier this year in May with a book night and open day, with over 50 people attending.

## Future Plans:

Looking to the future, Tŷ Croeso has a programme of activities planned for 2019/2020 including talks, book club meetings, Welsh history sessions, a Welsh language folk group, and a total beginners language course taught by Colleg Gwent starting on 16th September.

There is also a baby & toddler group starting in September as well as a Welsh Women's Institut group.

The team are keen to encourage local pupils to use the centre as a resource and pop in too to practice their Welsh or borrow books. There is a library scheme for books which costs just £6 a year for membership. From September, officers from organisations such as Menter Iaith and Cymraeg Byd Busnes will be able to work from Tŷ Croeso one day per week, to expand the use of Welsh in the community and in local schools.

The group are also looking to start taster language sessions on a Saturday for those not quite sure about starting on a whole course.

For those who are already reasonably fluent there will be the possibility of running some Welsh literature and language courses too.

The premises will be set up for language classes and will also be available to rent to other users when not in use, at very reasonable rates!

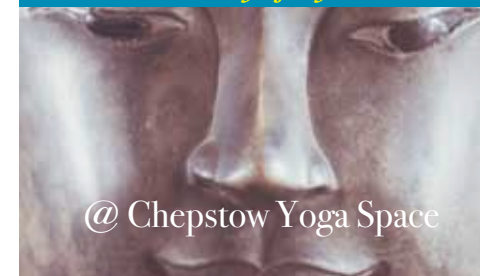
At present Tŷ Croeso is run entirely by volunteers, with the building only open to the public on Saturday (check our website for times), but the aim is to open more as support grows.

Everybody from the local area, villages and beyond (including Welsh speakers from Bristol and Thornbury who have already found their way to the shop) are very welcome to pop in and say hello and have a cuppa - whether you are

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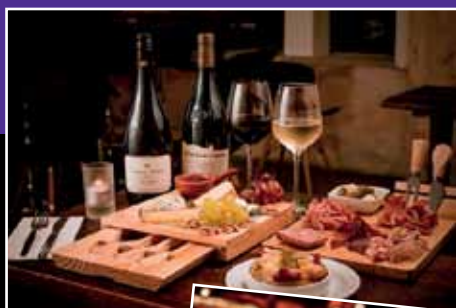
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## How's Your Retirement Planning Coming Along?

*It may seem like light years away, but retirement will creep around faster than you expect. So, the sooner you engage with the topic, the sooner you'll get your plan in place and get working towards the retirement you deserve. The earlier you start saving for retirement, the longer your money has to grow. Reinvested dividends and, even in today's climate of low interest rates, compound interest can play an important part in investment growth.*



### Keep apathy at bay

The pension landscape has undergone vast changes over the last few years. Financial provision for our retirement has seen an emphasis, from being largely the responsibility of the state to largely the responsibility of the individual. Although it can seem a long way off, the reality of the situation is that careful planning now could make a considerable difference to the amount available in your pension fund at retirement, plus (within limits) you receive tax relief on contributions too.

### Never too early to think about your pension

Ideally you should start planning your pension from the day you start work. No one wants to worry about money in their later years, and the way to help prevent that happening is to save regularly into a pension throughout your working life.

In simple terms, there are three main types of pensions: workplace; personal and the State Pension.

Whatever type of pension you hold, you get tax relief at the highest rate of income tax you pay, on all contributions you make, subject to annual and lifetime allowances.

At age 55, you can withdraw 25% of a defined contribution pension tax-free, which means the scheme is 'crystallised'. You can keep the rest of the fund invested in an income draw down plan, buy an annuity, or cash in your entire pension, subject to tax; or a pick and mix approach of all three.

If you save into a workplace pension, your employer should make contributions alongside yours, providing a welcome boost to your pension.

### You need more than a safety net

Although the full new State Pension has increased to £168.60 per week, not everyone will get this amount as it will depend on their contribution record. The state retirement age is set to increase too, so if you were born after 6 April 1978 you won't be entitled to receive your state pension until you're 68 years old.

### Something for everyone

If you're self-employed, an employee, work part-time, run your own business or have accumulated pension pots with past employers, we can offer you advice; retirement should be an enjoyable and fulfilling stage of life, not a time spent worrying about money.

### Steps to take

- Make pension saving a priority
- Consider topping up your contributions whenever your financial circumstances allow
- Speak to us about arranging a regular review to ensure your retirement plans remain on track
- Know your State Pension age and get a forecast from [gov.uk](http://gov.uk) to show you how much you'll receive.

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

You may get back less than you invested.

### Dr Josh Lewis

MBChB MBA MRCGP DipFA MLIBF ACSI CertPFS MAQ

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## More people turning to Citizens Advice as the service marks its 80th year

Monmouthshire County Citizens Advice reveals welfare benefits was its top local issue last year, with 1338 people turning to its advisers for help with this issue.

Citizens Advice celebrated 80 years of service across England and Wales on 4 September 2019. The charity was formed at the onset of World War II. It originally helped people deal with the impacts of war, such as rationing, evacuation and losing their home in the Blitz. In its 80 years of service the organisation has helped the British public find a way forward with a wide range of problems.

Chief Officer, Shirley Lightbound, commented: "We are incredibly proud to mark 80 years of providing free, independent and confidential advice for people. Locally, in Monmouthshire, we are committed to helping as many people as we can so they can find the knowledge and confidence they need to move forward, whoever they are and whatever their problem. None of this would be achieved without the commitment of our staff, volunteers and trustees who work hard to ensure we provide the level of service needed by the public."




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## In the Community:

### Inspired Through Sport, with Chepstow Matters' ex-pro footballer Nick Tanner

Pupils of a Chepstow school were really put through their paces on Tuesday September 17th as they took part in a very special Inspired Through Sport day.

Morning assembly at St John's on-the-Hill School was taken by triathlete Chris Silver (photo right), who introduced them to the principles of having a growth mindset, before taking various year groups on warm-ups, sprints and fitness sessions.

At the same time, ex-Liverpool and Bristol Rovers footballer (and Chepstow Matters' very own sales and marketing guru) Nick Tanner led other year groups in passing drills straight from the Anfield pitch.

Nick is pictured far right with Year 6 pupils Carrie and Alfie, who he chose as the two with the best attitude and skills, and presented them with signed copies of the book of his own story "From A Field to Anfield".

Nick commented: "It's been a great morning, I love being involved in the community like this - the children were brilliant and I hope to return soon to see how much their football has improved!"

In the afternoon, the pupils were then treated to an inspirational session with author Tom Palmer (photo right), who is responsible for the re-boot of Roy of the Rovers, as well as books on the upcoming Rugby World Cup in Japan. Such was the success of his visit, he completely sold out of signed books and more are on order!

Tom told us: "It was the perfect author visit. The children and staff were completely engaged - it was real Roy of the Rovers stuff!"

Finally, the pupils took part in a whole-school exercise burst, courtesy of you-tube and internet fitness guru Joe Wicks.

Mr Andy Downie, Head of English at the school, which is rated as 'excellent' by the ISI, said: "It was a brilliant day, which was about so much more than just doing sport. The children were inspired by our special guests, learnt about resilience, new skills, passion and determination and then went home and got their heads firmly stuck into a book."

Chepstow Matters loves being 'in the community for the community' and was pleased to support this initiative a St John's School - it's the best part of the job!



## Creative Hair Design - A Mobile Service by Louise

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"Beam has now been open for 3 months and I am delighted with the response we've had along with the feedback we have received from patients so far"- says Gemma *"I am delighted to be able to offer what I feel is the very best dental Hygiene service. I am very fortunate that I've been able to*



*procure and invest in what I truly feel is the best, award winning technology ensuring you really do get the best clean possible."*

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Do you want to learn to play Bridge? Perhaps you played a long time ago and would like to start playing again? Bridge is one of the most popular card games in the world, with millions of people playing regularly in clubs, at home and on-line. It involves a combination of memory and skill and can be played at many different levels. It is easy to learn, but always provides an opportunity to practice and improve.

**If you would like to learn to play or to take it up again why not come along to a series of lessons that are being provided by the Archway Bridge Club, based in Chepstow?**

We are offering a series of ten lessons starting with an initial, free, taster session. All the lessons will run from 7-9pm at the Palmer Centre in Corneilles Square in Chepstow. The taster session will be on Wednesday 2nd October and the course will then run from 9th October to 11th December. It will be suitable for anyone, even those who have never played any Bridge before. By the end you should be able to play at a basic level, making bids and playing or defending contracts. There will be further opportunities to learn and to advance your knowledge and standard of play through other programmes that will take place in 2020.

The Chepstow Archway is a friendly and welcoming Bridge club, established in 1976 and affiliated to the Welsh Bridge Union. We play duplicate bridge three times a week on Monday, Wednesday and Thursday evenings from 7-10pm. We play at the Palmer Centre and we have more than 80 members. In addition to the regular duplicate bridge evenings, we also run teams events, charity evenings and a number of social events throughout the year.

The cost of the course will be £30.00 and this will cover the 10 lessons, a set of printed notes and other material and some refreshments each evening. If you would like to come to the course, or if you want to find out more, please email [Archwaysec@outlook.com](mailto:Archwaysec@outlook.com) or telephone Graham Eele on 07709 680107. You can also find more information on the Chepstow Archway Bridge Club website at [www.chepstowarchway.org.uk](http://www.chepstowarchway.org.uk). If you are planning to come to the free taster session, we would be grateful if you could let us know beforehand so that we can have some ideas of the numbers we will need to cater for.



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### Open Evening

Tuesday 8th October 2019  
from 6pm—9pm

We warmly invite all prospective pupils and parents to attend our popular Open Evening. Visitors can expect to see our engaging and exciting lessons, exhibitions and activities. We want you to experience the inspiring and vibrant culture of Chepstow School first hand.

Our Headteacher's presentations will take place at 6.15pm and 8.45pm in the Arts Hall. Tours of our freshly renovated building will take place between 6.30pm—9pm. There will be the opportunity to talk to students and staff who will be happy to answer any questions.

**We look forward to welcoming you.**



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# Chepstow Town FC

Chepstow Town has started the 2019/20 season under new management after Ian Summers and Paul Berry stood down amicably and have appointed Andrew Wenzel and Nathan Thomas to join Lewis Thomas in trying to get the club to new levels.

Pre-season has seen some mixed results however these were against higher opposition and we were happy with things going into the new season, quite a few new signings were made and as promised Andrew delivered what he promised by bringing in local boys. The season has now started and although we had a couple of losses we are now going in the right direction with a few good wins on the bounce.

It is hopefully a good sign for the future due to a lot of young players already playing senior football and lots of junior teams in place ready for the future.

A lot of work has taken place at Larkfield Park to meet the new Welsh League Tier 3 format, the biggest job being the new 100 seater stand. We worked closely with Monmouthshire County Council on this project and would like to thank both the Council and the local Councillors for their support in allowing us to achieve this. We have also now extended the pitch and completed the concrete paths around it, and made numerous changes to the changing rooms. Our aim now is to head towards Tier 2. A very big thank you to all involved in these updates.

Also we must say a big thank you to all our sponsors who without these none of this or the running of the club would be possible.

It would be nice to see lots of locals turn up to watch the seniors and juniors and if possible stay after for a beer and food, you will be made very welcome. [Follow Chepstow Town FC on FB @chepstowtownafc](#)



# 150 Years of Chepstow RFC



**Chepstow RFC is celebrating its 150 year anniversary in 2019. As one of the founding clubs of the WRU, it is great to see how the club has grown over the years.**

The club currently runs teams in all age groups, from Under 7's, to Under 16's in the Mini and Junior Section; it maintains a healthy Youth squad, with many players moving from Under 16's last year to Youth this year; plus a very active and healthy 1st XV and a 2nd VX.

The Mini & Junior Section enjoyed a very successful 2018/19 season with nearly 200 players registered and taking part in training and playing matches weekly, both in the local area but also internationally (well we are on the border!). Last year a high number of boys were involved with Newport Schools U11's, Newport Schools U15's, Dragons U16's, Gloucester DPP's and other additional school activities, gaining great experience and impressing with their play.

After narrowly missing out on promotion last season, Chepstow RFC 1st VX are eagerly looking forward to trying to go at least one better than the third place gained in the WRU National League 3B East, the previous year. After losing almost a whole team two years ago, Chepstow have slowly rebuilt their squad and are now looking to the new campaign with far more optimism. Team Manager Dean Thomas said *"it's been a tough couple of years, but we have built a team spirit at the club that's second to none. The boys are enjoying the rugby, but just as important, the social side is as good as*

*I've seen it for many years".* The team will be coached by Phil Smith, Andrew Morris and Elliot Cracknell, with Physio, Ron Stewart dealing with injury rehabilitation. Team Captain is Scott "Ted" Edwards, previously of Bristol outfit, Cleve.

Chepstow started the season with a tough away trip to Newport Saracens for the 1st on Saturday 7th September, with the 2nd VX away at Caldicot and the Youth team starting their season with a home game against Croesyceiliog.

This year the club is working on several projects off the field, looking at grants currently to refurbish the club's changing rooms, showers and boiler. It is also in the middle of updating the club patio area, with some work on the car park and fencing of boundaries.

Last season, as part of the club's 150th year and with some very generous support from the many sponsors, every player across the club had a new identical kit. As a club most of what can be achieved is funded by grants and club sponsors and we are very grateful for everything they do to support us, but like every club we are always looking for new sponsors.

During the anniversary year, a number of events have been held, including one in aid of club Charity Shine UK, hosted by Phil Steele; a dinner with special guest Nigel Owens and a the final event of the year is currently in the planning - watch this space for who is coming to Chepstow RFC!

***The club looks forward to the next 150 years!***



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# Chepstow Cricket Club 2019 season

Chepstow Cricket Club enjoyed a successful 2019 season culminating in the 1st XI winning division 1 of the South East Wales Cricket League, and in the process earning the right to promotion to the South Wales Premier League.

Under captain Jason Dobbie the 1st XI won 15 out of 22 games in a hard fought league campaign, and finished a single point ahead of second placed Pentyrch Cricket Club. Despite defeat on the final day of the season the 1st XI picked up enough bonus points to secure a second league title in four years.

In a season where numerous players put in strong performances, Sam Hope-Bell was awarded 1st XI player of the year after a season where he scored 612 league runs and 25 wickets. There were also huge contributions from Lewys Jones (35 wickets) and Gareth Ansell (547 runs).

The 2nd XI under captain James Bostock and the 3rd XI under captain Brent Harkins maintained their status in their respective divisions in the South East Wales Cricket League, with some of the performances of the 3rd XI highlighting the potential strength in depth of the club. Amit Kriplani won the 2nd XI player of the season after taking 27 wickets and Alun Jones won the 3rd XI player of the season after scoring 346 runs. Ellis Davies won the Steff Evans young player of the season.

In the junior age groups the highlight of the season was the Under 13s winning the 2019 Monmouthshire Building Society Plate (photo below), defeating Blackwood Cricket Club in the final by 64 runs.



The Under 19s, in a joint venture with Sudbrook Cricket Club, reached the Welsh finals day in the national T20 competition after winning every game in the Gwent Area group, eventually losing out to overall winners Radyr Cricket Club. The Under 11s also had a successful season finishing runners up in the Monmouthshire plate. A young under 15 side, comprising mostly players from younger age groups showed promise and will look to improve next season with another year of experience.

Chepstow Cricket Club was also very proud of the many youth players who represented the club at county and national level. Ben Kellaway represented Chepstow CC for the South of England and played at the prestigious Bunbury Festival as well as for Wales. Ollie Rayner, James Kellaway and Mariam Sahabdeen played for their respective age groups for Wales. Kameel Sahabdeen represented Gloucestershire Under 14s. Filip Chitnis, Bruno Chitnis, Charlie Beddis, Ollie Taylor, Max Warby, Eddie Hillman, Toby Smith and Archie Warby all represented Gwent at their respective age groups.



The 2019 season also saw Chepstow Cricket Club start running All Stars Cricket sessions designed specifically as an introduction to cricket for boys and girls aged 5-8 which were very popular with fun had by all and will continue for the 2020 season, as well as starting Women's training sessions which were again popular.

Chepstow Cricket Club would like to thank all of our sponsors for the 2019 season, in particular our kit sponsors Dean Close St Johns on the Hill and Alcumus Safecontractor.

Plans are already underway for the 2020 season. Chepstow Cricket Club caters for all ages and abilities, so if you are interested in playing or trying cricket then please contact Tim Rees (timccc@sky.com). If you are interested in any potential sponsorship opportunities for the upcoming season then please contact Malith Madurasinghe (MMADURAS@its.jnj.com).

For day-to-day news follow Chepstow Cricket Club on Twitter (@chepstowcricket) or on Facebook (Chepstow C.C.)

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## Derek's Gym Celebrates 50 Years in Chepstow!

2019 see Derek's Gym & Fitness Centre celebrating 50 years of offering Chepstow locals support and guidance with general fitness and figure training, and specialising in instruction for strength training, in both amateur and professional bodybuilding. 'Chepstow Weight Lifting Club' was founded by Derek Platt, way back in 1969 and Derek has some very interesting tales of life in the gym over the years, which he fully admits has really taken over his life! Always interested in personal fitness and training, Derek moved to Chepstow from Essex in 1968 having spent 5 years training in physical fitness and teaching. Right from the outset he wanted to set up his own gym and he started off taking weights to different venues such as the youth club in Bulwark, before setting up in his first permanent base in the old Museum Building, opposite the Castle, amongst other venues. Soon Derek was training around 60 individuals several times a week and, needing a bigger venue, Derek eventually took on the derelict Old Fire Station which he did up himself at his own expense in return for reduced rent from the council.

At this point the gym was renamed Derek's Gym & Fitness Centre, and training has carried on in this venue since 1982.

Over the years Derek has successfully trained many top body builders who have gone on to win Mr / Miss Wales competitions (18 females winners and even more male winners!) Mr / Miss Europe and even on to Mr / Miss Universe competitions in America, South Africa or wherever the finals have been held. The gym has hosted the Mr/Miss Europe and Mr Universe in Newport and Derek has taken Welsh and English teams all over the world - subsidised by the gym. Derek organised many local competitions himself, many held at Chepstow Leisure Centre, which brought in much business and local stars to the town in years past. His first big show was held in Monmouth Rose Hall in 1969 - Mr / Miss Monmouthshire.

Derek used to compete himself in earlier years and won body building titles in the 1970s (inset photo). As an international judge himself for over 30 years, Derek's Gym attracted visitors from across the world to come to Chepstow in years gone by.



Derek is keen to point out that the gym isn't all about body building though. "It's a nice place to train, using basic exercises and weights to build strength, resulting in increased weight loss and a toned physique. I have helped many girls feel better about themselves through figure training. There is no quick fix, it takes a lot of hard work and good old fashioned training. I am vehemently against the use of steroids and the like and you won't find anything like that in my gym."



We spoke to gym member Terry Wyatt who has been training with Derek for several years and is currently aiming at the Senior over-50s Mr Wales competition next year, closely followed by the Mr UK. "Derek's is a good gym - it's a clean, healthy gym, there are no steroids or anything here, it is all natural - you have to earn your physique the hard way! Derek is a great trainer - he helps everyone". Terry's son Ross also trains at Derek's and competes in the power lifting.

I also had the pleasure of chatting to June, who was the very first female member of the gym when it opened at the fire station back in 1982! Now in her mid-60s June still likes to work out at least once a week in the gym. "I've got arthritis and hip problems (awaiting a second hip replacement), but weight bearing exercise is good for me and exercising revitalises me. I've never been into bodybuilding, just in keeping toned up. Derek's is local to me and very reasonably priced compared to other gyms."

Weekday mornings, Mon, Wed, Fri there is a regular over 60s group who train at the gym.

Derek moved to Tutshill 10 years ago where he lives with his wife Joy, who helps and supports him run the gym. For the 32 years prior to this move, Derek was the caretaker of Chepstow Comp and Leisure Centre and lived on site. Now in his 70s, Derek still works out - "You feel a lot better after a workout! I love the gym and the people I have met along the way, many of whom I am still in contact with. The black and white photo dates back to our earliest days at the youth club and I still see two or three of them. The gym was never to make money, all money has always been ploughed back into the gym and its equipment, and on supporting the competitions - it was never going to make me a millionaire, but I've loved it!"

Everyone is welcome at Derek's Gym - use of the gym is fully flexible, you can pay per session at £3.50, or this reduces to £2.50 if you join as a member for just £15 annually. There are also options for unlimited use - 3 months for £45, or £80 for 6 months. The gym is open from 10am - 1pm on Monday, Wednesday, Friday and Sunday and 5-9pm Monday through Thursday, and 5-8pm on a Friday.

If you would like to find out more, call the gym on 01291 624222 or just pop in.

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  - Thurs - Mencap till 9pm. Ladies Darts
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  - Sat - Function room available for hire
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The Club has Free WiFi

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



**Club Associates**

- Little Acorns Playgroup, 9.15-12.45
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- Thurs - Kung Foo Club

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## CHEPSTOW & CALDICOT LIONS UPDATE

### Address the Dress

You may remember that our GRAND PRIZE in the Lions Big Raffle was a stunning wedding dress which was won by Mrs. Wendy Mullen, from Cwmbran whose future daughter-in-law is getting married next year. Who's a lucky girl then?

### Nashville Pigs?

Nashville Day in Chepstow saw the unveiling of the (soon-to-be) famous Lions' Pig Race. Originally intended for the enjoyment of children (see Picture), it soon became evident that adults wanted a go too. Anyway, everyone enjoyed the shouting and general mayhem and our charity account benefitted by £120.

The American rodeo did a roaring trade, attracting many prospectus cowgirls (see photo). No bruising was reported. At our own stall we were able to welcome many young families and relatives of club members.

### St. Arvans Fete

Having been rained off once, the St. Arvans Fete was held on a hot and sunny day and, once again, your Lions were there (yes, with the Pig Race), trying to persuade some of the mums and dads to become Lions.

Fete officials were kept busy marshalling the visitor's cars, which never seemed to stop pouring in throughout the afternoon.

In the performance area father and daughter David & Cadence Adams of the Chepstow Taekwon-do Club posed for our photographs after giving an excellent display of their art.

The Caroline Graham's School of Dance also gave a wonderful display much to the pleasure and pride of the watching mums and dads. Our picture shows Sophia & Miaya Norman and sisters Lottie & Millie McKechnie with Lion Nigel Gibby (Nigel refused to dance!).

### Volunteers

As club members we always welcome extra help on our days out and at St. Arvans we were joined by Elin Bennett and Daniel Gibby who were kept busy out in the sunshine while us old codgers took a rest in the shade! Seriously, if you would like to become a Lion volunteer and help us in our work of raising funds for charity, please contact 01600 869 151. The work is not over odious we can guarantee lots of laughs and maybe cake and sausages too.

### Jack Frost is coming

When our current President Glynn Williams took over in July this year he declared that his project for his year of office would be 'Children with Cancer'.

So why not start the Christmas season early by coming to our Winter Fundraising Ball on Saturday 16th November where profits will be going to the Ty Hafan Children's Hospice.

If you have ever visited Ty Hafan you will know what wonderful work is done there, so please think about coming to our Winter Ball or get together with friends and buy a table. It will be a great night for a very worthy cause.

For tickets and more information contact:  
01291621490  
charlotte@mountonbrooklodge.co.uk





## 54th Annual Monmouth Raft Race

There were pirates, Vikings, a bath tub, Hogwarts Express train, stand up bar and a fire engine complete with siren (which was pretty cool!) and those that were barely afloat by the start line, all paddling the 6.5 mile route of the River Wye in the 54th annual Monmouth Raft Race on Sunday 1st September.

Starting at midday, the warm weather added to the festival vibe as spectators came in their hundreds to see the launch of the 77 rafts, to throw eggs and flour at them as they entered the arches of Monmouth bridge and cheer them along the entire stretch of the river from Monmouth rowing club to Whitebrook, where a family festival of entertainment, live music and hog roast awaited.

A team of local mums from St Arvans (Rhiannon Thomason, Rhiannon Gambold, Susie Babar, Hannah Marangon, Jo Bridel and Jenny Sullivan, pictured top centre) were one of the first to be launched and they hoped their super hero paddle power would help them beat the time of their male counterparts who took part in the race last year.

The Monmouth Raft Race never fails to deliver and has grown substantially in entries participating over the years. Organised by the Monmouthshire Rotary Club, funds raised from this event will support the work of St David's Hospice Care.

## 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

**Tweeties** (Age 3 1/2 - 4 years): A class led by a qualified coach working on various apparatus. Mondays 13:45-14:30 & Fridays 13:00-13:45

**Recreational Classes** (Age 4 years +) Mondays 16:15-17:15, Wednesdays 16:15-17:15 & 17:30-18:30, Thursdays 16:15-17:15, Friday 16:15-17:15, Saturday 10:30-11:30

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

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**Parkour**: Wednesdays 20:00 - 21:00 pm



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## New beginnings at Pembroke Primary School

Another new term has started at Pembroke Primary School. We have said goodbye to Year 6 and welcomed our Reception children. The children had an amazing first few days exploring the classroom and meeting lots of new adults and children on their tour of the school. The older pupils couldn't wait to support them in settling in and there have been many smiles. The children have already made some wonderful memories here at Pembroke and were all incredibly excited to share what they have enjoyed about their first few days of school.



Krista said, 'I like playing outside. The sandpit is so big and I love climbing on the adventure trail.' Bonnie was excited for another reason. 'I got new shoes to come to school.' They were very shiny shoes! Blake said 'I like doing the daily mile; I think it keeps me fit.' Parag said he likes 'everything' about school and Dylan really loves the wooden train set.

We look forward to many new adventures and memory making for all our pupils on their journey at Pembroke Primary School. Where our aim is for all pupils to **BE THE BEST THAT THEY CAN BE** whilst enjoying school life.

Pembroke are also fortunate to have Bluebells Playgroup on site who work with Pembroke Primary Nursery to offer Nursery children wrap around care. Lunch club is now offered and staff are able to collect from or drop to our Nursery. Morning or afternoon playgroup sessions are offered, Monday to Friday, in term time.

For information, pop in to Bluebells (on the Pembroke School site), phone 01291 628908 or email: [bluebellspaygroup@outlook.com](mailto:bluebellspaygroup@outlook.com)



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SILVER TROPHY**

**FRIDAY 11TH & SATURDAY 12TH  
OCTOBER 2019**

AT CHEPSTOW RACECOURSE

Oktoberfest  
OVER THE 2 DAYS



**CHEPSTOW  
RACING & EVENTS**

[chepstow-racecourse.co.uk](http://chepstow-racecourse.co.uk) | 01291 622260



## Your Autumn and Winter Garden – Tips from Chepstow Garden Centre

October is a wonderful time of year. The leaves are turning an assortment of beautiful colours and the days are getting cool and crisp. Nature looks beautiful right now and your garden can be just as stunning.

Autumn flowering plants can be added to your borders, hanging baskets and containers to make your garden colourful. Pansies, violas and cyclamen are all great for striking floral displays. Late flowering perennials include Sedums, Asters and Japanese Anemones – perfect for filling out your garden with colour and interest.

Autumn is also the ideal time to plant hedges, trees and shrubs. Whether you need to move them within your garden or if you would like new plants, now is the time to get them. This allows the plants to establish themselves before spring and summer, so you will have fantastic displays. So if you have always wanted that fruit tree or ornamental shrub, you have the perfect excuse to invest in your garden!

Your pruning skills will be used a lot at this time of year. There are a number of plants which will need to be cut back, including climbing and rambling roses or perennials which have started to die back. Evergreen plants will also need some care, this will be their final trim of the year. Taking time to get them looking great now will make sure they look perfect all winter.

Don't forget to stock up on garden fleece. Once the frosts start, you can cover your younger or less hardy plants with fleece overnight to help protect them from the cold weather. Fleece will also protect plants from wind and hail, and is a must have in your garden over the cooler winter months.

Lastly, think about your garden next year. If you would like to help our pollinators next year you should be sowing your wildflower seeds now. Sow them directly in to the ground before it freezes ready for stunning displays the bees and butterflies will appreciate next year.

Looking ahead to winter, you may be thinking about wreaths for your door. A live wreath is a great way to make the most of the plants

already in your garden. You can make stunning Autumnal wreaths, which then can be changed in to Christmas wreaths.

Wreaths can contain all sorts of plants, from traditional evergreen foliage and holly berries to sedums and fresh herbs! The lovely thing about a homemade wreath is you can customise it to your style.

It is best for a wreath to be cool and not in direct sunlight, this will help the longevity of the cut plants. Mist the front and back of the wreath with water every 2-3 days to help the cut stems have water to drink. A live wreath should last 2-3 weeks inside, and longer if it is cool outdoors. You can even make it ahead of time and keep in the fridge or garage ready to display!

**If you would like any help or advice with your garden come in store and have a chat with us. We are happy to help.**

## Grotto Tickets on Sale Now



## CHRISTMAS SHOP OPENS 7<sup>th</sup> NOVEMBER



Join us for the launch of our Christmas Shop and save 20% on Christmas items, including trees, lights, gifts, decorations, Yankee Candle and more!

Thursday 7<sup>th</sup> November  
2pm - 8pm

Saturday 9<sup>th</sup> &  
Sunday 10<sup>th</sup> November

Double Discount  
for Gold Members  
Tuesday 12<sup>th</sup> November

We pride ourselves on being your friendly, independent and local Garden Centre.

**CHEPSTOW**  
Garden Centre

Pwllmeyric, Chepstow, NP16 6LF  
01291 626035  
[www.chepstowgardencentre.co.uk](http://www.chepstowgardencentre.co.uk)



Let people know you saw them in Chepstow Matters!

# Community Noticeboard

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

## Mathern Mill Apple Day

On Saturday 12<sup>th</sup> October,

From 2pm to 5pm.

**ENTRY FREE**

There is a long history of cider making at the mill so we are celebrating our last opening of the year with apple pressing.



If you would like to join in, bring about a dozen apples and a container for your juice.

'Appley' refreshments!

Lots to discover about this historic watermill, its history and millers.

NP16 6LG contact 01291 622282

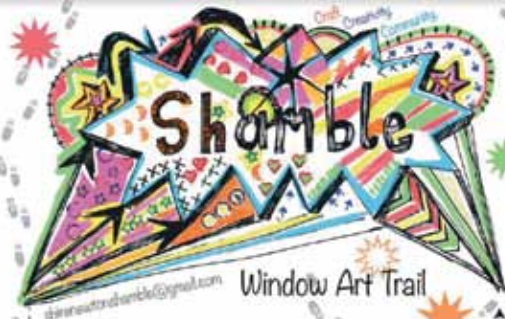
**Wednesday 23 October**  
**Chepstow and District**  
**Garden Appreciation Society**  
**(CADGAS)**

Ross Barbour of Old Court Nurseries in Colwall will be giving a talk entitled

**"Looking Forward to Winter"**

7.30pm Chepstow Leisure Centre

All Welcome Visitors £4



## Shirenewton And Mynydd Bach iLlumination Extravaganza! (ShAMBLE)

Come join us at dusk on  
**12th & 13th October 2019**  
when the stars come out and  
Shirenewton & Mynydd Bach are  
transformed into a spectacular outdoor gallery  
where windows become works of art.

On 12th October ONLY refreshments will be  
available from 6-8.30pm  
at Shirenewton Recreation Hall.  
This is a family friendly community event.  
All welcome!

THE ULTIMATE NIGHT OF ELEGANCE & STYLE

# A WINTER FUNDRAISING BALL

CHEPSTOW & CALDICOT LIONS WILL BE FUNDRAISING IN AID OF TY HAFAN

7PM - 12AM	SATURDAY 16TH NOVEMBER	£32.00 PER TICKET
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ENJOY LIVE JAZZ TO START  
A TWO COURSE DINNER  
CASINO TABLES & A FANTASTIC DJ  
TO DANCE THE NIGHT AWAY

DRESS YOUR BEST & SEE IN THIS EVENING WITH  
GLAMOUR & SOPHISTICATION - DRESS CODE: BLACK TIE

## GWENT WILDLIFE TRUST Chepstow Talks

**Wednesday 16th October 2019**

**"Helping Hedgehogs"** – an illustrated talk by Carol Cook of Wye Valley Hedgehog Rescue. Learn how we can all protect and help hedgehogs throughout the year, and especially now that bonfire night is near and hibernation time is not far away. Find out what happens when hedgehogs need more specialist care and the wonderful work done by dedicated hedgehog carers.

**Wednesday 20th November 2019**

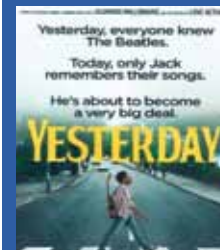
**"Mapping our Local Wildlife"** – an illustrated talk by Adam Rowe, Manager of the Biodiversity Records Centre, Pontyclun. Learn how to turn your own wildlife sightings into biological records and be part of something important! All wildlife enthusiasts can help with the vital work of monitoring how our local wildlife is doing.

**All events 7.30pm, Chepstow Leisure Centre**

£3.00 entry, refreshments provided. For more information please contact Hilary on 01291 689326.

**Films in Bulwark**  
Bulwark Community Centre  
Laburnam Way Bulwark, Chepstow, NP165RF  
01291 624138

October 26th:  
Colette



November 23rd:  
Yesterday

Admission £3  
Film starts 2 pm, doors open 1.30 pm  
light refreshments on sale



Come and join us in 2019!

**WE ARE LOOKING FOR A NEW  
POPPY APPEAL ORGANISER  
FOR  
CHEPSTOW**

DO YOU WANT TO BE PART OF OUR  
ONGOING MISSION TO SUPPORT OUR  
VETERANS, SERVING ARMED FORCES AND  
THEIR FAMILIES?

PLEASE DO GET IN TOUCH IF YOU WANT TO  
BE PART OF OUR ARMY OF GREAT  
VOLUNTEERS!

Tom Moran, Branch Secretary  
01291 427266  
Email: [tmoran@btinternet.com](mailto:tmoran@btinternet.com)



Noah's Ark  
and  
Chepstow Male  
Voices



**Working together to help  
our sick children**

**Charity Concert**

**Chepstow Methodist Church**

**Saturday 19<sup>th</sup> October**

**7:30 pm**

Free entry – bucket collection on exit

Chepstow Male Voice Choir  
easy listening concert

[www.chepstowmvc.co.uk](http://www.chepstowmvc.co.uk) facebook [noahsarkcharity.org](https://www.facebook.com/noahsarkcharity.org)



## 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, Corneilles 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 Wydean School NP16 7AA 6pm – Microjazz Training Band; 7pm - Swingcopation Big Band. <http://chepstowcommunitybigband.weebly.com>

**Chepstow Corneilles 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, Mounon 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 tmoran@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](http://www.chepstowchurchestogether.org.uk)

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

**St Marys Priory**, The Vicarage, Mount Way, Chepstow NP16 5NF **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@stmmarysrcchepstow.org.uk [www.stmarysrcchepstow.org.uk](http://www.stmarysrcchepstow.org.uk)

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

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

**The Bridge Pentecostal Church**, Unit 1A Critchcraft Buildings, Bulwark Road NP16 5QZ 07943 851799 thebridgechurchchepstow@gmail.com

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

### BABY AND TODDLER GROUPS

**Baby Rhyme Time and Under Fives Story Time** at Chepstow library 01291 635730 Rhyme Time Thurs 2.15-2.45 Story Time Fri 10.15-10.45

**Chepstow Leisure Centre Playgroup.** Contact: Karen Isaac 01291 623392 karenisaac61@aol.com

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

**Cylch Ti A Fi Cas-Gwent** Chepstow Library contact Mai Jones mai.jones@meithrin.co.uk 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. Every Weds 10-11:45. First session free. T: Ami Cooper 0788 668 0262 E: ami\_balance@yahoo.co.uk

**St Christophers Under Fives and Families** 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](http://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



/ChepstowMatters

### NURSERIES / PRESCHOOLS

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

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

**Little Acorns Playgroup** Burnt Barn Road, Chepstow 01291  
628031 www.littleacornspg.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

### SECONDARY SCHOOLS

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

**Mountain House Special School** Pwllmeyric, Chepstow, NP16  
6LA, 01291 635050 www.mountainhouse.org.uk/

**Wydean School** Beachey Road, Sedbury NP16 7AA 01291  
625340 www.wydean.gloucs.sch.uk

### SPORTS CLUBS

**Archery** – St Kingsmark Bowmen www.st-kingsmark.co.uk  
Wed & Fri 7pm Chepstow Athletics Club

**Chepstow Amateur Boxing Club** www.welshboxing.org  
Stephen Woods 07793 047 941

**Chepstow Athletics Club** (Sports and Social Club) www.  
chepstowathleticac.co.uk Tony and Shirley Hardy 01291  
622126

**Chepstow Badminton Club** www.gwentbadminton.co.uk  
Tues 8–10 Leisure Centre. Miss P Jenkins 01291 624438

**Chepstow Boat Club** www.chepstowboatclub.co.uk 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  
markburch1228@hotmail.com 01291 622126

**Chepstow Cycling Club** www.chepstowcyclingclub.wales/

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

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

**Chepstow Harriers Running Club**  
www.chepstowharriers.org.uk Tues and Thurs 7pm Leisure  
Centre

**Chepstow Ladies Hockey** www.pitchero.com/clubs/  
chepstowladieshockeyclub 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 Taekwondo** Monday and Thursday evenings. Age  
4+ chepstowtkd.org.uk Contact Tom Baxter 07590 847662

**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



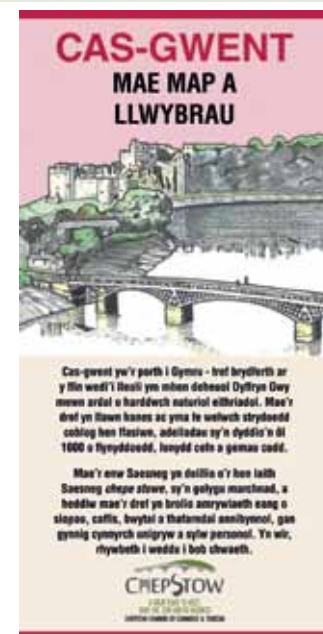
### Chepstow Chamber launches Welsh version of new map and town trails brochure

In an effort to help our High Street by increasing footfall and attracting visitors to the town, the Chamber of Commerce launched a new town map and trails brochure earlier in the year.

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.

Thanks to additional input from other local voluntary groups, the map and trails brochure has been very successful so far and seems to be exactly what tourists to Chepstow want. With the continued support of Monmouthshire County Council Tourism, the brochure has now been translated so that we have a Welsh version available. This is important if we are to use the map to promote the town online with the help of organisations such as CADW and Visit Wales.

The printed town map and trails is available from the Tourist Information Office in the Castle Car Park at a minimal cost of 25p to help pay for future printing costs.



### Support Local Business: Retail & Hospitality



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



**Chepstow Racecourse**  
*Racing and events*  
Chepstow NP16 6BE  
T: 01291 622260 www.chepstow-racecourse.co.uk



**Deacons Florist**  
*Creative, award winning floral designers*  
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**Greenman Backpackers Ltd**  
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Raglan Lodge, 13 Beaufort Square, Chepstow NP16 5EP  
T: 01291 626773 www.chepstowbackpackers.com



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*More than just a music shop. Musical instruments, lessons, rehearsal room – all under one roof!* 6 Moor St, Chepstow NP16 5DE  
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# Chepstow Chamber of Commerce & Tourism

## Supporting Local Business



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T: 07966 592368 www.isabelsbakehouse.com



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T: 01291 626995/ 07500 930844 www.mathernpalace.com



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T: 01633 881401 www.meadfarmfoods.co.uk



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



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



**Silver Circle Distillery**  
Micro distillery/craft spirits producer  
Pleasant View Barn, Ninewells Road, Catbrook, NP16 6UL  
T: 07725 743131 www.silvercircledistillery.com



**St Tewdrics House**  
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## Support Local Business: Services



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Chepstow to Tintern shared use path  
T: 01291 626836 www.facebook.com/AtoBconnectingcommunities



**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



**Basepoint Centres Ltd**  
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# Chepstow Chamber of Commerce & Tourism

## Supporting Local Business



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T: 01291 624866 www.bdhc.co.uk



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T: 01600 712142 www.chepstowbeacon.co.uk



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**Chepstow Voice**  
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T: 01600 717249 www.thevoicemagazines.co.uk



**Compose Management Ltd**  
Strategic communications, engagement & marketing advice  
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T: 07766 770779 www.composemanagement.com



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



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T: 01291 639280 www.feakes-legal.com



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



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



# Chepstow Chamber of Commerce & Tourism

## Supporting Local Business



**IAM Financial**  
Financial advisors to individuals & businesses  
Home Farm, Itton, Chepstow, NP16 6BS  
T: 01291 626373 / 07979 157259 www.iamfinancial.net



**JG3Design**  
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**Moore Language Solutions**  
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## Christmas is creeping up on us!

Despite Christmas being on the same date every year, have you noticed how it always seems to creep up on us earlier and earlier? No sooner are children back in school than the stores start filling their seasonal aisles with Christmas chocolates.

The shops are well prepared but are we?

Here are some tips to help.

### Making a list saves money

No matter how stunningly beautiful the shop displays look or how effective the TV adverts are, don't let yourself get sucked in by Christmas advertising. Advertisers are paid to convince you to part with your cash. You may need to be strict with yourself. Think about making a budget.

First, consider how much you really need to spend. Make a list and stick to it. If you haven't got much money don't feel obliged to spend it just because it's Christmas. Sticking to the list stops you being sucked in by the impulse buys.

The shops often have special offers months before Christmas which you could take advantage of. In the run up to Christmas you could then buy one or two presents a month to take advantage of these savings. But remember to stick to your list!

### 100 days to save

Consider how much you can realistically save between now and Christmas. Saving can be tough, but remember, a little is better than nothing especially when your income is low and money is tight already.

If you start saving now, even as little as £1 per day will give you around £100 by Christmas. Maybe you could have a jar or moneybox and put in £1 every day between now and Christmas so you can see your money mount up. Not only is this great for Christmas but it's a way of easing yourself into the habit of saving regularly.

### Managing the cost of Christmas

It may be worthwhile considering what Christmas really needs to cost you. There are still three monthly paydays until Christmas which gives you

time to organise and plan what you are going to do. Perhaps have some conversations with family members about how you will approach Christmas this year. Are you having a large family gathering? It could be fun to have everyone bring a dish towards the Christmas dinner to reduce the cost.

Do you need to buy presents for everyone? It can be easy to get carried away. Perhaps you could consider doing a family secret Santa so each of you buys one gift within a set budget. This reduces the cost for each member of the family. It may also reduce the waste of excessive wrapping paper and cheap gifts that were purchased just because of the pressure to buy something for everyone.

Research by Groupon found that over 53% of the gifts opened on Christmas Day are forgotten about or completely unused. The thing that remains is the memories of time spent together as a family.

### Budgeting is for life, not just for Christmas

Being prepared for any big expenses such as Christmas takes time, thought and planning but it also pays to be prepared with regular spending too.

There are some great tools available for budgeting and saving. The CAP Money Course helps thousands of people every year to budget their money, save and spend well. Courses are run in churches across the UK, giving people the skills to take control of their finances and stay out of debt. You can search for courses in your area at [capmoneycourse.org](http://capmoneycourse.org).

**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](http://capuk.org) to find out more.**



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