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## Dear Readers...



A Very Happy New Year to all our Readers and Supporters and a huge thank you to everyone who has interacted with us throughout 2019. We absolutely couldn't do it without you.

Amazingly, 2020 sees us entering our 15th year of supporting local businesses, community groups and providing local news and information directly into local homes (7th year in Chepstow!).

If 2020 is the year for you to make some personal diet and fitness changes, we have plenty of advertisers willing to help, from Slimming World (read on p7 how one inspirational local lost 9 stone!), Yoga, Pilates, Derek's Gym (who has an over 60s group too) and Elderfit (you can read more about this local group overleaf).

The National Dive Centre is offering readers 10% off food at the View Cafe this month see opposite. We have updates from the Chepstow Rugby Club and also the Chepstow Town Football Club. We learn more about our local history: Sir John ap Adam (p8) and St Kingsmark (p23). There are also updates from the Lions, Bulwark Guides, events at Chepstow Museum (including an Art History course starting later this month) and the results of the Plastic Free Litter competition. Enjoy the read!

Wishing you all a Very Happy & Healthy 2020!

Jaci x

If you are a business looking to promote your services across Chepstow and the surrounding villages in 2020 do get in touch and we will be happy to help.

Deadline for the February edition is 15th January.

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

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## New Year: Improved You! Elderfit Strength & Balance Classes

Chepstow Matters was pleased to catch up with Tom Scaife this month to find out more about the Elderfit strength and balance classes that are now taking place within the Palmer Centre on Friday mornings.

Elderfit was started by Tom and friend Gareth, who have worked together within the fitness industry for the past 18 years. Their aim is to improve the wellbeing of older people by offering fitness sessions which can be carried out by everyone, specifically designed using a variety of techniques to increase strength and balance to reduce the risk of falling. Exercises are adapted to individual's needs, to ensure that each participant feels the full benefits of the classes.

Elderfit also aims to strengthen upper body muscles, so that if a fall does happen you are more able to pull yourself back up. Creating independence is a key element to the classes, helping people re-discover their confidence and stability. The sessions also add a major social element to the week, bringing people together for the same reason. The majority of participants are between 40-90 years, but all ages and abilities are welcome.

Sessions are fun and rewarding and take place on a Friday morning at the Palmer Centre just off Chepstow High Street from 11:30am -12:15. Your first session is free and thereafter it is just £4 per session.

Tom told us: "Our classes are very different to others, using agility ladders, kettle bells, hurdles, suspension cables. It sounds a bit crazy but we have over 600 older people a week taking part across our venues, so they must enjoy it!"

For more information visit [www.Elderfit.co.uk](http://www.Elderfit.co.uk), call 07540 806 437 or email [info@elderfit.co.uk](mailto:info@elderfit.co.uk)

**ELDER FIT**



## Prizewinning anti-litter messages from Chepstow young people

On Wednesday 20 November a group of talented young people gathered in Chepstow Methodist Church to celebrate Plastic Free Chepstow's Summer Challenge – a competition for 11-18 year-olds to create an anti-litter message.

Prizes were awarded by Chepstow Mayor Tom Kirton, in an event organised by Plastic Free Chepstow and attended by its partners at Monmouthshire County Council, Keep Chepstow Tidy and Chepstow Action for Youth, as well as representatives of schools and youth groups.

Graham Eele, Coordinator of the Transition Chepstow group Plastic Free Chepstow, commented, 'Litter affects us all; it's really important that all sections of the community are involved in making littering unacceptable. We're really pleased to be working with teenagers and schools in Chepstow and are looking forward to seeing these ideas put into action'.

The full list of prizewinners is:

### 11-14 years:

Maddie Skidmore for her video 'Student'

Tom Morgan for his video 'Reduce. Reuse. Recycle'

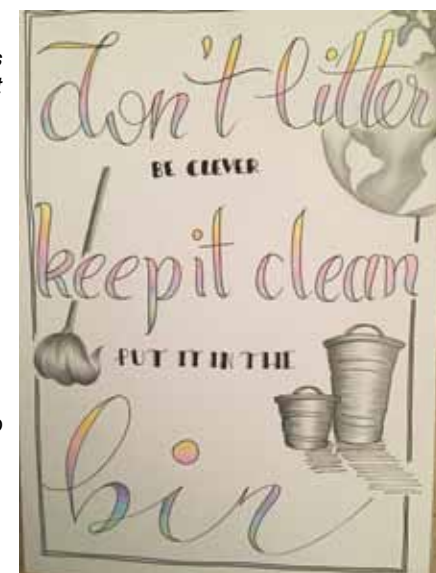
### 15-18 years:

Corentine Dumond for her poster 'Don't Litter' (photo right)

### Team entries:

Logan Fennel, Jonty Beales and Sonny Hart for their video 'No to Litter'

Isabelle Briggs, Elsie Webster, Abigail Power and Evie Bayliss for their video 'No to Litter'



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## Guides having Fun and Raising Funds for the Air Ambulance

1st Bulwark Guides and Rangers held a sleepover in November during which they raised money for the Great Western Air Ambulance.

The Guides braved the trials and tribulations of the British Autumn weather to take part in a sponsored night hike, raising over £300 for the vital charity. "It was an exciting experience that I won't forget" said Freya (age 12).

The sponsored walk in the woods near Tidenham and the money raised, formed a key part of the Air Ambulance Challenge Badge. On the Saturday the Air Ambulance flew over the campsite on route to a callout, reminding the Guides of the importance of this charity. Other activities, which took place in Unit meetings during the Autumn, included an illustrated talk from a volunteer from the Air Ambulance. "I've never done anything like this before" said Edith (age 12).

If interested in joining Guides or Rangers go to [www.girlguiding.org.uk/information-for-parents/](http://www.girlguiding.org.uk/information-for-parents/)

If interested in helping as a volunteer go to [www.girlguiding.org.uk/get-involved/become-a-volunteer/](http://www.girlguiding.org.uk/get-involved/become-a-volunteer/)



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## Weigh to go Simon Orgee!

**Slimmer shows people with diabetes CAN lose weight**

Local resident Simon Orgee is celebrating after losing over 9 Stone in weight and no longer suffering from type 2 Diabetes.

Simon says "I was diagnosed with type 2 diabetes in 2004, and the doctor told me that I would need to take medication to manage it and that I also needed to control my weight to help. I was sent to see a Dietician at Chepstow Hospital. I didn't really listen and thought I could manage it all myself!" At that time I weighed 19 Stone 7lb.

"Being overweight impacted on so many aspects of my life, I was a pub landlord but the last thing I really wanted to do was be sociable. I was unable to do simple everyday tasks without feeling tired and out of breath. I always felt like I was lacking energy, I felt like I was on a slippery slope to gaining more and more weight and I didn't really see a way out!"

After a leaflet dropped on his doormat at the start of January 2017, Simon decided to join the new local Slimming World Group in Tutshill. He says "Walking through those doors was one of the hardest things I have ever done, I was embarrassed about my size and scared that I would be the only man there. I needn't have worried. Everyone was so friendly (there were other men there too!) and my Consultant Amanda made sure I felt comfortable. I stepped onto the scales to see 23 Stone and 7lb, confirming I had not been able to manage my weight by myself at all. Since then my fellow members have become real friends and I honestly don't think I could have done it without their support each week."

With support from his diabetes care team, Simon followed the Slimming World's Food Optimising eating plan and started cooking healthy meals from scratch.

Today Simon has lost an incredible total of 9 Stone 3lbs and gone from 5XL to XL. He is also more active and has really been bitten by the walking bug.

"Thanks to the changes I've made, my health has improved dramatically. I no longer need to take any medication as the doctor says I show no symptoms of type 2 diabetes. I've got my life back and I couldn't be happier!"



Amanda Gibbon who runs the Tutshill Slimming World group, told us

"The changes we've seen in Simon are incredible. I hope his success will inspire other people in Tutshill and the Chepstow area. We look forward to meeting you and to helping you achieve YOUR slimming goals".

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5.30pm  
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Carol 07988 598447

**Wednesdays**  
5.30pm  
Chepstow Palmer Centre, High Street  
Lisa 07490 706047

**Thursdays**  
5.30pm & 7.30pm  
St Arvans Memorial Hall  
(Just past the Piercfield)  
David 07912 054286

**Tidenham War Memorial, Tutshill, Chepstow**  
Amanda 07557 132121

[slimmingworld.co.uk](http://slimmingworld.co.uk)  
0344 897 8000 f t i n



# Sir John ap Adam: A Thirteenth Century Knight

by Keith Underwood

Bedams Court is a secluded farm in Old Sedbury which was once an important thirteenth century manor. The name stems from Sir John ap Adam, an Anglo-Welsh knight in the service of Roger Bigon, Earl of Norfolk and Earl Marshall, he who rebuilt the lower Bailey of Striguil (Chepstow) Castle as a palace and who also had built the new abbey church at Tintern.



Sir John's coat of arm appears in the medieval glass of St Mary and Peter at Tidenham and has often attracted the interest of visiting Americans with the surname of Adams. They often claim descent from Sir John and are sometimes descended from the second President of America, John Adams. Tidenham church Warden, David Burr, is working on a family tree to try and establish a direct link, an impossible task!

We were pleased to spend time with local artist, Keith Underwood (pictured above) of the Tidenham Historical Group this month. Keith has embarked on his own study of Sir John and is in the process of completing and publishing the fourth booklet in his 'Medieval Manuscript' series on the knight. He is also researching a more in depth and academic book.

Copies of this booklet and the three others in the series will be available at the Chepstow Bookshop (shop@chepstowbooks.co.uk). "William Marshal" and "Gazebo" (figures from the history of Usk Castle) are already available.

It has been pointed out that the text is not very easy to read. This was intentional as Keith tells me he wishes it to be read slowly and with unhurried care, as a medieval book would have been read at a time when the pace of life was certainly not as manic as it is today!

## Calligraphy and Illumination

Medieval monks, like those at Tintern, were involved in the creation of books long before printing was invented. The recent television series of 'The Name of the Rose' tries to recreate that world. Parchment was produced by an abbey itself from animal skins, the bi products of the monks intensive agricultural industry. The Scriptorium was organised as a factory, a part of a monk's duty in manual labour. It was the illuminator or limner who first laid out the page with the assistance of the scribes. Sometimes a monk was skilled in both activities. The coloured and gilded letters were begun first, along with the illustrative panels, though the gilded areas were first raised by the infilling with gesso a liquid plaster. You can see in



the incomplete page that Keith is shown working on how the title letters are raised, part way through this process.

When dry they were painted with red bole, an earth colour on which the gold leaf shone. The leaf was then applied and then gilded. It was a highly expensive material, as was the lapis lazuli and vermillion reserved generally for the figure of the virgin Mary and other significant saints. The Abbey would have been subsidised by rich patrons and the patrons for whom books were made. Only those with wealth could own such priceless volumes.

When a page was ready it was the scribes who added the text, a long and laborious process. Many colours came from locally sourced materials, but others came in from abroad. Ink was made with crushed oak galls and iron sulphate, both ingredients with the addition of gum Arabic. It made a good, black and permanent ink.

It is always a delight to spend time with Keith and see him at work, his patience and craftsmanship in creating these booklets is amazing.

## Films showing at Bulwark Community Centre 2020

Saturday 25th January  
Judy

Saturday 22nd February  
Downton Abbey

Saturday 28th March  
The Good Liars

Saturday 25th April  
Knives out

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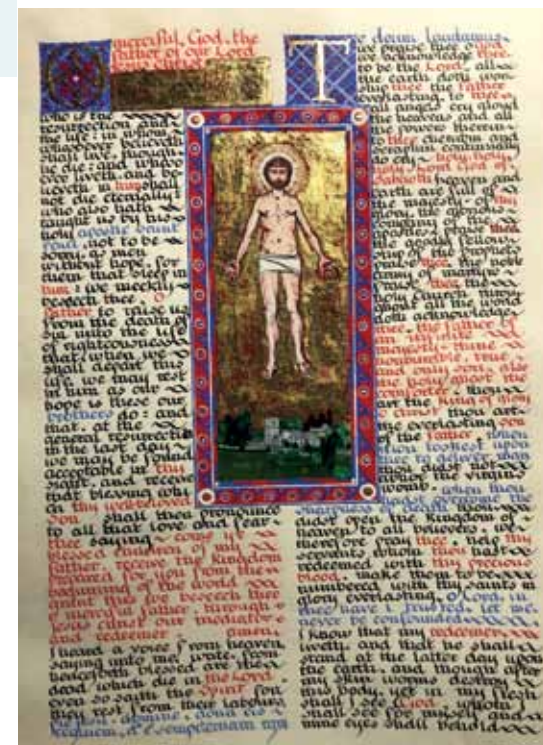
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Whilst I was with Keith, he also showed me a book he was working on that was becoming his life's work, having started it when he was just 19 and revisiting it in more recent years. It is a large memorial book in velvet binding remembering those local heroes who fell in the 1st World War, dedicating a page to each name. The photos above and below in no way do it justice. It is a work of art, all produced in the same way as the manuscripts aforementioned.





## A Horse's Head in the Frost

Artwork inspired by the Mari Lwyd tradition

An exhibition at Chepstow Museum, Bridge Street, Chepstow NP16 5EZ. Runs until spring 2020, daily 11am-4pm (except Wednesdays)

In the dark winter streets and countryside of Wales the Mari Lwyd or Grey Mare. The stark white skull of a horse decorated with coloured ribbons, draped with a long white gown, with jaws made to snap, is led from house to house. She comes from the Otherworld, a reminder that winter is a time to mark the process of life, death and rebirth, and evokes a time when horses symbolised power and fertility. She is led by a troupe wearing coloured ribbons and some with blackened faces, The Leader who holds the reins carrying a stick to knock on doors as they do their rounds, attempting to gain entry. But each visit is a battle of song and rhyme between those without and those within – the Mari Lwyd gains entry when her troupe win the competition and outdo the occupants. Her entry with snapping jaws heralds entertainment, music and hospitality, beer, and money. Their parting words were a blessing on the house.

The Mari Lwyd has become an inspiration for a whole host of artists intrigued and moved by her magic and mystery. The exhibition brings together artwork from artists throughout the UK and beyond whose work features the Mari Lwyd in some way or the mythic world from which she has emerged.



Top: Painted and engraved stained glass by Tamsin Abbott  
Below: Painting by Ben Edge

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## Record Attendance at Tintern Abbey Carol Service raises nearly £5,000 for Rotary Charities

Report by Club President, Commander Christopher Wilson

On Saturday 7th December the Chepstow Rotary Club staged its annual Torchlight Carol Service at Tintern Abbey. This most popular family event is always well supported and this year almost 900 people attended. Thanks to articles in Chepstow Matters, local posters, in-programme advertising, social media and flyers handed out on the High Street, the Club enjoys much local support for this wonderful event that continues to grow.

From 5 o'clock families gathered in front of the Anchor Inn, Tintern with their flaming torches held on high to light their way, while the smaller members carried their glowing light-sticks. Then, at 6 o'clock they walked slowly in column around the outside of the Abbey while the wonderful singing of the combined choir of Wyedean and St John's-on-the-Hill schools radiated from within and added to the ambience on a crisp evening. It is always most satisfying to see the faces of the young, and the not so young, reflected in the flames of the torches as the two columns entered the rear of this beautiful and historic building. Tintern Abbey is certainly an atmospheric location by day. But by night, in floodlight, with hundreds of flaming torches burning brightly and with the sound of carols sung by the choir, it became a positively magical place. Once all were within the Abbey the congregation sang together the most popular carols lead by the choir. The carols were interspersed with seasonal Bible readings while prayers were led by the Reverend Tony Jones.

The Club President, Commander Christopher Wilson, said that the event goes from strength to strength but, as the Club ages, new members are needed now to ensure the survival of this wonderful spectacle. He thanked the Wyedean & St John's choir, St John's Ambulance, CADW and the Monmouth Rotary Club for their great support that evening. This Torchlight Carol Service was a very special local event that has

launched the Chepstow area Christmas Season. Every member of the family will remember Tintern for a long time to come.

This year this event raised almost £5,000 for Rotary charities. The Club also runs programmes for global polio eradication, many youth competitions in our local schools such as Young Chef, Young Citizen, Young Photographer, Young Writer, Youth Speaks & Young Musician competitions and sponsor a Life Education bus to encourage young learning. Many charitable donations are made to local organisations and individuals who seek our support.

**Rotary is the community.**

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**For more information on our 11+ entry assessment on 1st February, please go to [www.habsmonmouth.org/11+entry](http://www.habsmonmouth.org/11+entry), call 01600 710433 for Monmouth School for Boys or 01600 711104 for Monmouth School for Girls.**



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## Christmas At Pembroke Primary

By James and Amy E, year 6

We hope all of the Chepstow Community had a wonderful Christmas! We are writing this in December, so we are currently still very excited about Christmas because here at Pembroke Primary School we all love Christmas it is our favourite season, we have workshops, Christmas Jumper Day in aid of Save the Children, Concerts and so much more.

### Our Christmas Fayre

You can't go wrong with a Christmas Fayre especially at Pembroke Primary! We sell Christmas Cakes, toys and games, even Christmas ornaments! All the money we raised will go towards resources in our school. Come along next year and we will make sure you receive a very warm welcome.

### Christmas Jumper Day

On Christmas Jumper Day we wear Christmas jumpers of course! It always makes everyone feel in the festive mood, we do our everyday things in class but with a Christmas twist!

### Christmas Concerts

This year in KS2 we are performing 'Away In A Spaceship', some aliens have noticed some odd activity on Earth, who uncover the truth about the peculiar human holiday called Christmas. We love performing and families love to watch. Foundation Phase performed 'A Miracle in Town' and they did an amazing job. It's not Christmas without a concert!

### Christmas Treats

Luckily, although everyone can be a little tired at the time of year the teacher's make sure that we still have lots of fun. We were very lucky to travel as a whole school to The Riverfront Theatre in Newport to watch the performance of Cinderella, which was hilarious. We loved every minute and are very grateful for the teachers for organising this for us.

### Christmas Dinner Day

Yummy roast turkey, mouth-watering gravy, appetizing vegetables and flavoursome ice cream. Don't forget you get table service by the teachers! We can't wait for this! We hope you all enjoyed your Christmas Dinners on the 25th December.

**Happy New Year to everyone!**

**We look forward to sharing more Pembroke News with you throughout 2020.**





## 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

**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](mailto:kestrelgymclub@live.co.uk)

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



## Welsh Tumbling Championships- Haverfordwest

Competing for the first time in the 9 yrs Foundation Level, Kestrel gymnasts Brereton Trim won Silver and Robin Kedward was Welsh Champion, winning Gold. They did extremely well in this their first National Tumbling Championships, performing three different tumbles of six moves. In the NDP Level 2 13 year old James Davies placed third winning Bronze, and Maisie Edwards qualifying in the top 8 in NDP Level 3, went on to the Finals, ranked fifth in Wales.

PHOTO right: Maisie Edwards (rear), James Davies Robin Kedward, Brereton Trim



## Christmas Show

Kestrel gymnasts took part in five shows over three days, which included Squad gymnasts as well as Recreational gymnasts aged 2 yrs onwards. Great routines to music entertaining large audiences, with Squad gymnasts also performing The Nutcracker in beautiful costumes (main photo).

It was a fantastic end to the competition year, and a great way to start the Christmas season!

## Come and see why St John's is rated 'Excellent' in all categories



### ISI Inspection Report 2019

- 'Pupils are highly motivated and embrace new challenges and opportunities.'
- 'Pupils are highly articulate, eloquent and confident communicators orally and in writing.'
- 'The wide and well-planned curriculum supports the achievement of all learners.'



Tutshill, Chepstow NP16 7LE. Tel: 01291 622045  
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*Happy New Year to all our Clients!*





## The Cost Of A Comfortable Retirement

According to recent research\*, people who wish to retire at the age of 65 with pension income (including a full State Pension) equivalent to the average UK annual salary of about £28,000, now need to accumulate a pension pot of nearly £450,000 in order to fund their retirement until they are 100 years old. The Office for National Statistics says increasing numbers will attain this age in the coming decades.

### Start saving early

In addition to stating the amount required to fund a comfortable retirement, the analysis also highlights how investing regularly across a working life provides the best hope of reaching that target. Indeed, it shows that an individual who begins saving at 25 years of age needs to invest around £235 a month to accumulate a suitably sized retirement fund. However, a delay of ten years sees this figure rise to £428; while someone who only begins saving at the age of 45 would need to put aside £859 a month to attain a pension pot of the required size. These projections are based on a defined contribution scheme entering a drawdown pension arrangement on retirement. Another option at retirement is to buy an annuity that provides an income for life regardless of age at death.

### But better late than never

Although in an ideal world it is certainly best to start saving for retirement at the earliest opportunity, other financial commitments can inevitably make this difficult. And it's important to remember it's never too late to save for retirement.

Employer contributions, along with favourable tax treatment and potential for investment growth mean that any pension contributions made in later life can still have a big impact on your standard of living in retirement.

### Prioritise pension saving

While saving for retirement can seem to be a daunting task, the sooner you engage with the topic the better the chances of being able to afford the retirement you deserve. Although it may still seem to be a long way off, you can guarantee retirement will creep up much faster than you expect. And careful planning now will undoubtedly make a substantial difference to the amount of



money ultimately available for you to enjoy in retirement.

*Equity Release will reduce the value of your estate and can affect your eligibility for means tested benefits.*

*The value of pensions can fall as well as rise. You may get back less than you invested.*

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

\* A J Bell, June 2019



### Dr Josh Lewis

MBChB MBA MRCP DipFA MLI BF ACSI  
CertPFS CII(MP)

#### Director

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# Chepstow RFC Mini and Junior Section

**Chepstow RFC has one of the largest Mini and Junior sections, in Gwent, with over 200 girls and boys aged from 6 to 16.**

All children take part in training, matches and tournaments both in the local area and internationally, well we are on the border!

We are proud to be one of the few clubs in the area to have teams in all age groups.

**Under 6's** - This age group is aimed at children who are in Year 1. No match games are played in this age group, but we teach the basics of passing, catching and tagging. This helps build confidence in order to progress to Tag Rugby. We train on a Sunday at 9am for 45 minutes.

**Under 7's** - Under 7's tag rugby is a non-contact, fast-moving game that is suitable for girls and boys to play together. It is a safe, non-contact nature, combined with the fun and liveliness of the sport. Training Wednesday at 6pm, games on Sunday Mornings.

**Under 8's** - In the words of Huw aged 7 ¾, 'My favourite thing about playing for Chepstow RFC is I get to play with my friends and fall over in the mud, and after games I get to have some more play time with them. Over the last two years it's been hard learning new skills but it has been exciting and very fun the team is absolutely amazing, the is really nice too especially the coaches'

**Under 9's** - It's a big step up from under 8's tag rugby, which is fast and free flowing, to under 9's first contact. The coaches, who have all been on WRU led training courses, have been teaching the children how to make a tackle and bring their



opponent down. These training sessions teach the children the safe way to tackle, fall and present the ball, whilst having fun with games and challenges to further encourage them. Training sessions on a Tuesday night enable the children to play some great rugby on a Sunday. Although we don't score games at this age, as the emphasis is on taking part and having fun just playing rugby, the games have been very close in tries scored.

**Under 10's** - A great start to the 2019/20 season has seen the U10 squad increase its numbers to over 20 players who regularly turn out each week. Of those we have 6 players who were new to rugby this season and 3 have been called up to Newport Schools U11 District squad.

**Under 11's** - The team is made up of children from both sides of the border and from several different local schools. So, it's testament to the hard work, commitment and friendly nature of the players that such a talented, united and welcoming squad has started to emerge. We are playing our final year of early stage 12 a side contact rugby with slight variations on the full 15 a side game to aid positive and safe development. For example, five-man scrums, one player competing in the ruck and uncontested four-man line outs. Currently, we are enjoying a successful start to the season,



remaining undefeated up to this point with nine wins from nine!

**Under 12's** - The team has gone from strength to strength over the years, both in terms of squad numbers as well as in their skill and ability. Whilst many have been involved since u7, we have been fortunate to welcome newcomers to the game each year. This year has seen them step up to the full 15 game on a full size pitch...testing their fitness, teamwork and ability to move the ball!

**Under 13's** - the Under 13's are a small but tightly-knit squad of players who have made significant progress so far this season. We have played a number of highly competitive matches and the boys are showing real progress as they adapt to full scrums and jumping at the line-out. We would love to see new players join our squad, so any Year 8 students would be made very welcome.

**Under 14's** - Under 14's rugby is the start of the build up ready for youth and senior rugby. All the skills that have been learned and practiced over the mini and early junior years including fully contested scrums and for the first time, line outs as well, all coming together in one glorious game. Come and try it out!

**Under 15's** - The new season for Chepstow RFC's under 15s has been a mixed bag. A comfortable win against Risca was followed by narrow losses to Croesyceiliog and Thornbury and a defeat to a strong Abergavenny team. We have had a mixed bag of results, which goes with the mixed bag of boys playing at this age group. A mixed bag in that most of the team have been together for several seasons but this year has seen an influx of many new players who have slotted in well and are contributing fully to the team performances and a mixed bag in that the



team is made up of boys from Wydean, Chepstow and Caldicot schools as well as Monmouth boys school and the King's school, Gloucester. The season continues with the highlight to come in March at Ystrad Mynach for the Dragons Cup in a tough pool with Blackwood, Newbridge, Croesyceiliog and Cwmbran.

**Under 16's** - The Chepstow U16s are now coming to the end of their time in the minis and juniors, with only 5 months to go until they 'graduate' into Youth rugby. Half the squad have been together since the u7s, back in the season of 2010. Since then we have had boys in the Newport Schools U11s, Gwent U11s, Newport Schools u15s and more recently Newport Dragons u16s squads and Gloucester U16s squad. The team is made up from many different schools in the region and over time they have built a great team ethic. With most of the team set to play Youth rugby for Chepstow next year, the future is bright for Chepstow RFC!

Over the last years we have had a high number of boys and girls involved in Newport Schools U11s and U15s, Dragons U16s and Gloucester DPP, plus school activities gaining great experience and impressing with their playing skills. This shows the level of coaching all players receive week in week out at the club, but whatever level your child aspires to, they will have fun with a ready route through to Senior rugby or just enjoy being part of a great club with their mates. The club is signed up across all ages and adheres to the WRU 50/50 rule, with all players receiving equal playing time as applicable and safe.

**Come on down and see what your local club has to offer! Contact [chepstowrfc.mj.chair@gmail.com](mailto:chepstowrfc.mj.chair@gmail.com)**





## Happy New Year from Chepstow Town Football Club

The first team plays in Welsh League Division 2, the fourth tier of the FA Wales football pyramid. This season, the team has enjoyed a good run in the JD Welsh Cup including a giant killing against Taff Wells from Division 1 before exiting against high flying STM Sports FC also from Division 1. The focus now in 2020 is to finish as high as possible in Division 2 and the feeling around the club is very positive with a very youthful team giving good performances against some strong physical opponents.

The club now has a 100 seat covered stand at its home ground Larkfield Park and always welcomes supporters, both home & away. The Reserves team competes in the Welsh League Reserves East Division and there is 3rd team playing in the East Gwent League. The clubhouse bar is open for refreshments on match days.

The club also has a thriving junior section with a number of age group teams for boys and girls. Matches are usually played on a Sunday, and if anyone is interested in more information about their child joining the club, then don't hesitate to get in touch via our Facebook Or Twitter pages.

<https://www.facebook.com/chepstowtownafc/>  
Twitter @ChepstowTownAFC



Welsh League Division 2 Fixtures 19/20	
January	February
4th Panteg AFC (H)	1st Abertillery Bluebirds AFC (H)
11th Treowen Stars AFC (A)	8th Penrhiwceiber Ranger AFC (A)
18th Treharris Ath Western (H)	15th Ynyshir Albions (H)
25th Newport City FC (A)	22nd Albion Rovers AFC (A)
	29th Tredegar Town AFC (H)
March	
7th West End (A)	
14th Aberdare Town (H)	

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## A new ceramic plaque is installed by the Chepstow Society to mark the site of a forgotten medieval Priory.

The plaque (pictured right) will commemorate the Augustinian Priory of St Kingsmark – originally a Welsh prince and local saint named Cynfarch or Kynemark, whose 7th century church was in the area. This was some 400 years before the Normans built Chepstow Castle and the Priory that became St Mary's Church.

The plaque has been designed by local artist Keith Underwood, and made by ceramicist Ned Heywood. It will be installed at the top (north-west) end of the footpath leading from Kingsmark Lane down to St Kingsmark Avenue.

Old maps show that the path roughly follows the southern edge of the old parish of St Kynemark, which centred on the Priory and extended from Crossway Green to the site of The Mount on Welsh Street.

St Kynemark's Priory itself was founded before 1270, and functioned until Henry VIII's Dissolution of the Monasteries in 1534.

The Priory's stones were used in later farm buildings, and there is now nothing to be seen of it above ground. Excavations in the early 1960s – before the modern houses on Kingsmark Lane were built – uncovered evidence of three monastic ranges, but no church.

The work to install the plaque and its small plinth will be carried out between now and Christmas, and it is hoped that there will be a formal unveiling in due course. Monmouthshire County Council has agreed that the installation work be carried out.

The Chepstow Society was formed in 1948 as a local history and civic society. The Society is actively engaged in efforts to improve local amenities, while safeguarding the heritage, character and charm of the town.

It is at the forefront in preserving the town's historic features of the town, and has been instrumental in placing many plaques around the town highlighting places of interest. It holds monthly meetings and talks in the Drill Hall in Chepstow, and welcomes new members.



For further information, please contact **Geoffrey Sumner, Chair of the Chepstow Society, on 01291 624758.**

## Enlightenment, Lust and Landscape: The Art of the 18th Century

**Beginning Monday January 20, 2-4pm  
Chepstow Museum's 10 week art history  
course with popular lecturer Eleanor Bird,  
learning for enjoyment, no homework!**

Exploring the beautiful paintings and buildings of the 18th century, this ten-week series of art appreciation classes moves from the light-hearted and risqué Rococo to the formality of the neo-classical, covering on one hand the growth of satire and on the other, the birth of the Romantic period.

2020 is the 250th anniversary of the Reverend Gilpin's trip down the River Wye, which so influenced the birth of tourism in Britain, and the concept of the Picturesque. Our art history course sets Gilpin's tour in the context of the developing landscape art of Britain, which was in turn accelerated by the burgeoning interest in our own landscapes.

Come and learn about artists' work from the frivolous Fragonard to the heroic David, the satirical eye of Hogarth to the glorious countryside of Gainsborough.

**Call 01291 625981 for further details.**



CHEPSTOW RACECOURSE PRESENTS






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Enjoy an exciting afternoon of top Welsh sport at Chepstow Racecourse this February, with our Six Nations Raceday!

We've got an exciting afternoon of jump racing to look forward to on Saturday 22nd February, featuring some of the best in the sport, followed by watching Wales vs France in the Six Nations on the big screen. Tickets are an incredible £10 in advance, with two-admission packages starting at £20.

You'll also be able to sample a range of extra beers on sale exclusively at this meeting as you watch Wales hopefully on their way to claim another Grand Slam!

The racecourse gates open at 11.55am and the first race starting at 1.55pm. The last race is 5.20pm.

The rugby kicks-off at 4.45pm and will be shown in all bar areas and marquees until the end of the match, as well as on the trackside big screen.

Our beautiful onsite restaurant, The View, is offering a three-course lunch package for £75 per person. To book, call 01291 622260. Parking is free of charge and we'll be operating our race day bus service from Chepstow and Newport Railway Stations.

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Sunday: 12pm - 8pm

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## GWENT WILDLIFE TRUST

**Wednesday 15th January 2020**

**"Dippers in the Wye Valley"** - an illustrated talk by Stephanie Tyler, County Recorder and Vice-President of the Gwent Wildlife Trust. Steph's many years of work with Dippers is well known locally and, since it was featured on TV last year, Nationally too!

**Wednesday 19th February 2020**

**"The Gwent Living Levels Project"** an illustrated talk by Gavin Jones. The protection of the Gwent Levels is vital on so many counts; for wildlife of course, but also for local history and communities. This important project for the Gwent Wildlife Trust involves working in partnership with other groups locally and a fleet of volunteers across many disciplines.

**Wednesday 18th March 2020**

**"Focus on Nature - a Wildlife Photographer's Year"** - an illustrated talk by Chris Hatch, Vice-President of the Gwent Wildlife Trust. Chris always has beautiful photographs to share and not only that, he has wonderful stories to tell about all kinds of wildlife.

**All above events 7.30pm,**  
**Chepstow Leisure Centre.**  
£3.00 entry, refreshments provided.  
For more information please contact  
Hilary on 01291 689326.

**Giselle**  
Sunday 26th January  
3pm  
Drill Hall, Chepstow



**Live broadcast of Giselle from the Bolshoi Ballet in Moscow**

**Tickets £12/£10 concession from**  
**Chepstow Museum tel 01291 625981**

## "Defensive Gardening at a Time of Change"

Wednesday 22 January 2020  
Chepstow and District Garden Appreciation Society (CADGAS)  
David Cropp, RHS Gardener - Pershore, will be giving a talk  
7.30pm Chepstow Leisure Centre  
All Welcome Visitors £4

*Castell Roc, Chepstow's eagerly awaited Music Festival, reveals the full line up for August 2020.*

And once again organizers have managed to get a fantastic line up in place, to suit all tastes in music and all neatly wrapped up inside the historic walls of a stunning Welsh Castle

**Friday 14th** - Brings to town, the Mighty 'Skid Row', New Jersey Rockers, right here in Chepstow !

**Saturday 15th** - An evening of side splitting comedy, huge vocals & lots of energy featuring ; La Voix. The Dolly Show + comedian Robert Morton

**Sunday 16th** - A fantastic evening awaits with King of Vintage 'Si Cranstoun Band' -> 'The Navarones' - legends of Ska !!

**Thursday 20th** - The ever popular Monsters of Rock - featuring 3 of the biggest tributes- 'Hells Bells', 'Whitesnake UK' and 'UK Guns N Roses'

**Friday 21st** - Back by incredible popular demand - 'Alabama 3' - with support from 'Those Damn Crows'

**Saturday 22nd** - Also back by popular demand and winners of every blues award going, the sensational 'King King' + support from 'Cats In Space' & 'Fired Up'

**Sunday 23rd** - we are absolutely delighted to bring 'Russell Watson' - renowned Tenor, right here in Chepstow !!!

**Thursday 27th** - It's a 'Total Pop Party' featuring the incredible girl group, as well as + 4th Avenue, the incredible Boy group - bringing you the best pop songs in recent years.

**Friday 28th** - After the sell out show in 2019, The Bohemians are back for 2020

**Saturday 29th** - Craig Charles Funk & Soul club- The legendary actor, host and DJ is back !

**Sunday 30th** - Direct from the west End, we bring you 'Whitney- Queen of the Night'

**Early bird tickets for all of the events are on sale now (first 200 tickets for Early bird, after they are gone standard tickets apply)**

**For more details visit [www.castellroc.co.uk](http://www.castellroc.co.uk) or call the box office- Hannah's Music, Chepstow - Tel ; 01291 627122**







## 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

**Citizens Advice Monmouthshire County**, The Gate House, High Street, Chepstow NP16 5LH

#### 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

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

**Bulwark Senior Citizens Club** Contact Gil Shackley 01291 637437 weekly activities, various social trips and get togethers.

**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 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 email: mmpvb@btinternet.com

**Movie Night** at Bulwark 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 Sept-April last Tues of the month, 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@stmarysrchepstow.org.uk www.stmarysrchepstow.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 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 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. 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 Familys** St Christophers Church, Bulwark contact Babs Middleton 07594172720 babsmiddleton80@gmail.com Wed 3.45 term time, all age siblings welcome FREE

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

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

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



Please support us and connect with us:  
**@ChepstowMatters**



**/ChepstowMatters**





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

### NURSERIES / PRESCHOOLS

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

**Chepstow Leisure Centre Playgroup** 07591 356101  
chepstowleisurecentreplaygroup@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

### 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  
markbirch1228@hotmail.com 01291 622126

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

**Chepstow Darts League** contact Nigel Wright - nigel64.nw@  
gmail.com

**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



### Happy New Year!

*Chepstow Chamber Members would like to wish all the readers of Chepstow Matters, our customers and clients, a very Happy & Healthy New Year!*

*We look forward to welcoming locals and visitors for "a great shop, eat, stay and do business" experience. With fierce competition from the Internet, we appreciate your custom that helps keep the High Street alive – your business is very important to us.*

*Thank you for your continued support – Happy New Year!*



Chepstow Chamber of Commerce & Tourism is a long-standing group of local businesses who work together to benefit the economy and community, in and around the Chepstow area.

Email secretary@chepstowchamber.com for further information.

### Support Local Business: Retail & Hospitality



**Baa Brewing Ltd**  
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T: 01291 622260 www.chepstow-racecourse.co.uk



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# Chepstow Chamber of Commerce & Tourism

## Supporting Local Business



**Isabel's Bakehouse** (award winner)  
Handmade celebration & wedding cakes. Mobile crepes catering & cookery classes  
T: 07966 592368 [www.isabelsbakehouse.com](http://www.isabelsbakehouse.com)



**Mead Farm Foods**  
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T: 01633 881401 [www.meadfarmfoods.co.uk](http://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](http://www.runwaychepstow.com)



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



**St Tewdrics House**  
19th Century Italianate Villa wedding venue  
Mathern Rd, Chepstow NP16 6HX  
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**Tell Me Wine**  
Quality wine shop, beers and spirits  
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T: 01291 629670 [www.tellmewine.co.uk](http://www.tellmewine.co.uk)



**The Make Spot**  
Specialising in sewing & craft parties, workshops & courses  
4-5 Conrad House, Beaufort Square, Chepstow NP16 5EP  
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**Tyrell's Family Butchers**  
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## Support Local Business: Services



**A-B Connecting Communities**  
Chepstow to Tintern shared use path  
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**Barclays Bank Business Managers for Barclays Bank**  
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T: 07342 05355 (Anne Winfield); [www.barclays.com](http://www.barclays.com)



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

## Supporting Local Business



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



**BEAM Denti Spa**  
Direct access dental hygienist services  
6, St Mary's Arcade, Chepstow NP16 5EU  
T: 01291 628071 [www.beamdentispa.co.uk](http://www.beamdentispa.co.uk)



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



**Cake House 21**  
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T: 07904 212135 [www.facebook.com/21cakehouse21](http://www.facebook.com/21cakehouse21)



**Chepstow Beacon**  
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T: 01600 712142 [www.chepstowbeacon.co.uk](http://www.chepstowbeacon.co.uk)



**Chepstow Dental Care at Fairlight**  
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T: 01291 606900 [FB/ChepstowMatters](http://FB/ChepstowMatters) [www.mattersmagazines.co.uk](http://www.mattersmagazines.co.uk)



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



**Compose Management Ltd**  
Strategic communications, engagement & marketing advice  
Bellarmine House, 14 Upper Church St, Chepstow NP16 5EX  
T: 07766 770779 [www.composemanagement.com](http://www.composemanagement.com)



**Feakes & Co Solicitors**  
Riverside Court, Beaufort Park, Chepstow NP16 5UH  
T: 01291 639280 [www.feakes-legal.com](http://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](http://www.helpuathome.co.uk)



**Hopkins Law Ltd**  
13 Bank Street, Chepstow NP16 5EN  
T: 01291 639510 [www.hopkinslawltd.com](http://www.hopkinslawltd.com)



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





# Chepstow Chamber of Commerce & Tourism

## Supporting Local Business



**JG3Design**  
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T: 07739 530109 www.justeatcake.co.uk



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## Chepstow & Caldicot Lions

### Food Collection

We said we would tell you about this year's food collection at Waitrose and Tesco's... Complete with pixie caps various Lions braved the elements over two weekends, which culminated in 180 bags of food delivered to the less fortunate in our area. Our pictures show two Tesco customers and "roller skater" being persuaded to contribute by Lion Dewi Hughes and (inset) some of the food bags ready for dispatch.



### Magor with Undy - Breathes Again



Continuing our project to equip communities with Public Access Defibrillators we picture above the 29th PAD to be funded by the Lions, this time sited at Undy Community Hall. (Photo shows left to right: David Buckley, Chair of Undy Church & Community Hall, Elaine Madley, Cllr Sally Bailey, Chair of Magor with Undy Community Council and Beverly Cawley, Clerk to the Council)

### Poppy Day

As reported last month, our Club members assisted in selling British Legion poppies to the



customers of B & M Homecare, Chepstow. We were so impressed at the helpful attitude of the staff that our President Glyn Williams returned to the store to present the Manager, Mike Evans with a Certificate of Appreciation (photo bottom left).

### Plastic In The Ocean

Chepstow and Caldicot Lions, in conjunction with Wild Tribe Heroes, is embarking on a project to bring to Primary School children the dangers of plastic in the world's oceans.

A set of 3 illustrated books has been written by the author Ellie Jackson, a teacher herself, showing the dangers for various sea creatures of plastic in the ocean.

The club has decided to present sets of these books to all the Primary Schools in our area on the evening of 23rd January 2020 at Mounton Brook Lodge.

Invitations to head teachers have gone out and we will report on the outcome of the evening in the next issue.





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