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
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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!).

This month we celebrate two local residents who were recognised with awards on the New Year's Honours List. Congratulations to both Brian Ellam and Don Norris; you can read more about them and their achievements on pages 31 and 8 respectively.

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).

We also have updates from the Chepstow Rugby Club and also the Chepstow Town Football Club. We learn more about our past from local art historian Keith Underwood on p12-13, and much more besides!

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 March edition is 15th February.

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Let people know you saw them in Chepstow Matters!

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, call 07540 806 437 or email info@elderfit.co.uk

ELDER FIT



Monmouth community unites for charity swimathon in memory of local teenager

The Monmouth community joined together as more than 500 people took the plunge in an uplifting swimathon in memory of a kind and caring teenage boy.

Swimmers of all ages and abilities pushed themselves to the limit at the second annual Swim for Tom for Tom which this year has so far raised more than £12,000 for Cancer Research Wales. The main 12-hour event took place in the pool at Monmouth School for Girls on Sunday 12th January from 9am to 9pm.

Some swimmers, including Olympian Tom Haffield, completed lengths at other venues across the region which all contributed to the tally.

"The final count is 37,519 lengths or 938km or 937,975m or 583 miles by more than 500 swimmers at five different events," said Tom's dad, Tim Walker. "Swim for Tom is about competing with each other to reach a single goal and not against each other. Many people of all abilities pushed themselves to swim further than they had ever done before, including many beginners. It is pleasing that Swim for Tom is such a feel-good community event."

Tom, from Devauden, near Chepstow, was a pupil at Monmouth School for Boys and a member of Monnow Swimming Club. He died unexpectedly and suddenly from leukaemia in June 2018, aged 13. Since Tom's death, his family – dad, Tim; mum, Debbie; and sisters Holly and Emily - have led efforts to raise more than £100,000 for a research fund, supported by his friends, and the community.

The inaugural Swim for Tom raised more than £25,000 for Cancer Research Wales 12 months ago, and the Tom Walker Cancer Wales PhD Studentship for Acute Myeloid Leukaemia Research was officially created last year and will be awarded in the next few weeks with the researcher starting in September.

Children at Monmouth Schools Pre-Prep and Nursery (middle photo, shown with Emily Walker, Katie Cameron and Holly Walker) got this year's Swim for Tom underway, chalking up almost 500 lengths on Friday afternoon. Members of Monnow Swimming Club, parents and friends then took part in their leg, notching up 4,070 lengths, with one swimmer, Rhys Williams, compiling 162 lengths in an hour! There was a remarkable atmosphere at the main event in Monmouth on Sunday – with an army of volunteers and helpers across the 12 hours making it such a memorable occasion. One of the highlights was achieved by Miss Lou Scott, who had flown in especially from her new home in Italy and swam for most of the day, amassing an outstanding 406 lengths.

Tim Walker (shown bottom photo with Adrian Whitehead) added: "A huge thank you to a magnificent team of helpers, to Haberdashers' Monmouth Schools and their staff, to Monnow Swimming Club, to all the lifeguards, to all the swimmers, to everyone who donated money and to an army of cake bakers. We are also very grateful to Monmouth-based business, Mandarin Stone, for their generous hat sponsorship and to Dylan Allman, a 13-year-old pupil at Monmouth School for Boys, for creating the Swim for Tom website, which made the administration of this year's event so much easier."

For more details about the event – or to make a donation, please visit the Swim for Tom website: <http://swimfortom.uk/>



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Local independent funeral director Martin Watts of Ian Watts & Son Ltd. in Gloucestershire & Monmouthshire has reported a massive increase in the numbers of funerals he has been asked to carry out.

Martin commented, "My late Father started the family business in 1968 and each year we have seen rising numbers of bereaved people who have asked us to assist them."

"However in recent years" Martin added, "we have experienced a huge upsurge in the number of funerals we have been asked to arrange. Similarly we have seen a large growth in the numbers of funeral plans being placed with us. Our monumental and memorials work too increases every year."

Martin attributes this steady business growth to several things. "Firstly" he said, "we keep a personal involvement with every family with no hurrying."

"Secondly, we are transparent about costs. It is an honour to be asked to help each and every person who contacts us – we will always ensure that we listen to what they want and make certain every funeral is as individual as their loved one was."

Business partner Jo Hume, in Monmouthshire said, "Since Martin expanded his business into Wales in 2014, we have been overwhelmed by the numbers of people who have used our services. We provide free grant and benefits assistance together with bereavement support as we want to give something back to those who are placing great trust in us. We thank everyone who has contacted us."

Pictured above is Martin Watts (second from right) with his son Luke Watts (far right) with several staff and three of Martin's new vehicle fleet.

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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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Tidenham War Memorial, Tutshill, Chepstow
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DON NORRIS awarded a BEM – for over 50 years of Scouting!

It was an absolute pleasure to meet local Sedbury resident Don Norris this month, who has just been awarded a BEM in the New Year's Honours List for his service to Scouting. Don moved to the Chepstow area from Ebbw Vale back in 1962, moving for work with the local British Steelworks. As a father of 4, (2 sons and 2 daughters), he got involved in the local Scout group five years later. Unlike his sons (who both achieved their Chief Scout awards and attended world Jamboree) Don never left scouting and has been involved in the local Sedbury & Tidenham unit ever since - amassing over 50 years of voluntary service - and still counting!!

Don took over leadership of the local unit in the early 1970s before later becoming District Commissioner and then County Commissioner for Gwent. He has many happy memories of group activities and annual camps from Abergavenny to Ireland. *"It's been wonderful over the years to be able to pass on and share my knowledge and to encourage the youths to achieve things that at first they didn't think they would be able to do; to see them progress and to learn how to cook and look after themselves on our camps."*

Don's dedication to scouting invariably took him away from his own family on a regular basis, but he'd take his two daughters away on the camps too, along with his sons (and this in a time before girls were allowed to join scouting!) to give his wife Patricia a break. Pat has now sadly passed on but used to be a keen member of the local Chepstow Operatic Society - she supported Don's volunteering in Scouting from a distance *"I'll support you but I don't sleep in tents!"* being her standpoint.

Now in his early 80s, Don stepped away from the unit leadership some years ago but continues to hold several different roles in Scouting. He is now a member of the Fellowship and maintains his involvement of the local unit as a Trustee, as well as being on the Appointment Sub-Committee for leaders and helping with training. Along with other members of the Fellowship he also helps weekly to maintain the campsite at 'Botany Bay' in Tintern - the Gwent Area Activity Centre. He has been Campsite Liaison Officer here since 1998 and the Training Advisor since 1999. Don tells me that this little known but beautiful camping spot is available for members of scouting and their families of all ages to enjoy and is bookable through the scouting website.

Don is so humble about his achievement and his daughter Jill and I had to tease the information for this article out of him (his awards cover the walls of his office). Don told me *"It was a complete surprise to receive the letter"*



Photos above:
Don Norris; Don with George Purdy, Chief Scout (the Bear Grylls of his day);
Don leading parade through Usk c1980s

Some of Don's previous Scouting Awards:

- The Medal of Merit (1980) in recognition of outstanding services to Scouting
- The Bar to the Medal of Merit (1989) in recognition of further outstanding services to Scouting
- The Silver Acorn (1999) in recognition of specially distinguished service to Scouting
- The Bar to the Silver Acorn (1999) in recognition of further distinguished services to Scouting
- Silver Wolf (April 2007) for services to Scouting of the most exceptional nature
- Chief's Scout Long Service Decoration (May 2007) 40 years of Service
- June 2019 - Lifetime Service Award *"In appreciation of outstanding lifetime service to Scouting"*

saying that I had been awarded the BEM. Obviously it is a great honour but I can't help feeling that many of my friends and colleagues in the Fellowship are equally deserving having been involved in Scouting for as long as me."



Don will be presented with his award by the Lord Lieutenant of the County in May and could also be invited to a Celebrated Garden Party at Buckingham Palace in May, if so it would not be the first time, having been invited before in 1995 and again in 2000 (see photo above with wife Patricia).

A very well deserved recognition, I am sure that many others in the community would wish to add their thanks to Don for his outstanding dedication to local Scouting.

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In the Community: Great Turnout for First Litter Pick of the Year

24 people, including 5 children, turned out on Saturday 11th January for Keep Chepstow Tidy's first Community Litter Pick of the year.

The most energetic of the volunteers tackled the steep, wooded slopes below the Coast Path between Garden City and Bulwark, a difficult-to-access area where bottles, cans and food packaging blight the approach to Chepstow. It is now in much better shape for residents, visitors and wildlife to enjoy the woodland in the spring.

Other volunteers cleared the streets and open areas around Garden City. Altogether, volunteers collected a massive 14 bags of plastic and cans and 5 bags of glass for recycling, together with 14 bags of general waste.



Keep Chepstow Tidy co-ordinator Paul Gowen commented, "It's good to see so many people involved and many said how much they had enjoyed doing something positive to get rid of litter. Of course, nobody should be dropping litter but if we don't want to live surrounded by waste then we all have to take responsibility for dealing with it".

The next Community Litter Pick will be on Saturday 8th February in Beachley, meeting at 10 am at the Pavilion Road recycling area in Beachley.

Looking further ahead, Keep Chepstow Tidy - a Transition Chepstow group - is looking for community organisations and businesses to get involved in the **Keep Wales Tidy Spring Clean Cymru from 20 March to 13 April**. Groups are encouraged to undertake their own mini-litter picks. Keep Chepstow Tidy can offer training, equipment and support.

For details of these and other events, visit the Keep Chepstow Tidy Facebook page or email litter@transitionchepstow.org.uk

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.

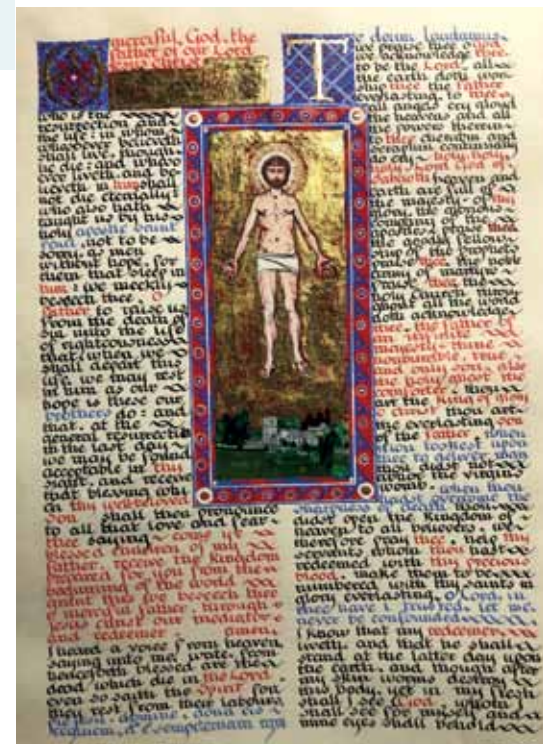
When dry they were painted with red bole, an earth colour on which the gold leaf shone. The leaf was then applied and then gilded. It was a highly expensive material, as was the lapis lazuli and vermillion reserved generally for the figure of the virgin Mary and other significant saints. The Abbey would 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 at his home in Sedbury, his patience and craftsmanship in creating these booklets is amazing.



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.



Severn Valley Quilters Exhibition 2020

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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



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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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

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ISI Inspection Report 2019

- Pupils academic and other achievements are excellent.
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The Big Garden Bird Watch at Pembroke Priory School

The staff and pupils at Pembroke Primary have had a great couple of weeks celebrating The Big Garden Bird Watch. Children have been involved in providing homes for nature, identifying birds, collecting data and sketching the birds identified within our school grounds.

The Big Garden Bird Watch is a national initiative led by the RSPB to encourage people to watch and record the birds in a local green space to help the RSPB better understand how our feathered friends are doing.

We are fortunate to have wonderful grounds at Pembroke and the children thought carefully about the most suitable areas to sit and observe the birds using the RSPB's online counting tool. We then submitted our results providing a vital snapshot of the UK's winter birds so the RSPB can monitor trends and find out how our garden birds are doing.

Year Five have created their own database of birds. Much time was spent discussing the fields that we could populate for each species such as name, wingspan, length, clutch size, lifespan, diet, habit etc, images were also included.

The children have also decided to continue this topic as part of their home learning, showing their enjoyment of this topic.

It has been wonderful for children to identify the variety of birds that have appeared on our school grounds, with the common gulls definitely being the most confident and very greedy and always showing up on our school yard after lunch.



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Devauden Green WI

theWI
INSPIRING WOMEN

**Devauden Green W.I. meet on the 2nd
Tuesday in the month at 7.30pm.**

They are a very friendly group of mixed-age ladies and very much welcome new members. They almost always have a speaker at the meetings which are held in either Devauden or Itton Village Hall.

For more details contact Ann Jones on 650853.

Programme:

11th February: Itton Village Hall 7.30pm
Alison Nicholls – Sugar craft

10th March: Itton Village Hall 7.30pm
Forest of Dean & Wye Valley Armchair Visit

14th April: Itton Village Hall 7.30pm
Liz Bartlett – Aerospace

Tintern Film Nights

For the most recent big-screen movies close to home! Sponsored by Friends of Tintern, Tintern Film Nights shows recent releases of major films using the high quality built-in projection and surround sound system acquired for the village hall. All films are officially licensed through Moviola and are supplied to us on Blu-ray discs.

Shows are held on the second Friday of every month in Tintern Village Hall and start at 7.45pm, generally with trailers for forthcoming films followed by a 'short' and then the main feature. Please see our current programme below.

Admission is £4.00 for adults and £2.50 for 15s and under. All tickets may be purchased on the night at the door. Parking is available in front of and behind the Village Hall and elsewhere nearby.

Refreshments available. Everyone is also very welcome to bring their own wine, other drinks, and snacks. Tables can be provided on request.

Contact: Andrew Reid
01291 689456 / 07774 726860
email andrew.reid@huntermillerreid.co.uk

Friday 14th February 2020 The Good Liar

Career con man Roy sets his sights on his latest mark: recently widowed Betty, worth millions. Legendary actors Mirren and McKellen star together on screen for the first time in this suspenseful drama about the secrets people keep and the lies they live.

Friday 13th March 2020 Official Secrets

Based on the true case of Katharine Gun, a translator working for the British security services at GCHQ.

Iraq war whistleblower drama starring Keira Knightly, Matt Smith, Ralph Fiennes star

Friday 10th April 2020 - Bait

Edward Rowe is a force of nature as a proud, determined fisherman who dreams of owning his own boat and maintaining his family's seagoing tradition. But an inexorable tide of middle class tourists are sinking the prospects of the locals, creating a conflict which is to have tragic consequences.

Income Flexibility in Drawdown

Did you know that over-55s in drawdown can vary the amount of income they receive? If you didn't realise that was a possibility, you're certainly not alone, as a recent YouGov survey commissioned by Zurich¹ discovered.

Despite income flexibility being a key feature of drawdown, the survey revealed that more than half (52%) of over-55s taking an income in drawdown are unaware they can reduce their withdrawals, and a greater number (56%) didn't know that they can stop them altogether. It's not surprising to learn that for those who don't take financial advice, the findings are even more bleak, with just 35% of non-advised retirees aware they can reduce their drawdown income.

Need to Know

This research highlights a critical gap in awareness. There is a real danger to this ignorance as it puts investors unwittingly at risk of draining their pension pots if stock markets fall. Referred to as 'pound-cost-ravaging', this is where people are forced to sell more investments to achieve unsustainable income levels.

Taking a fixed level of income could leave people unable to sustain their pots throughout their retirement. Drawdown provides the flexibility to move your income up or down as your spending needs change or as markets fluctuate. You may perhaps choose to revert to natural income for a while.

Take Control

Engaging with your drawdown savings is vitally important. Don't make complex choices in drawdown without fully understanding how it works. We're here to help you plan effectively.



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Email: joshlewis@thinkpositive.co.uk

Web: www.iamfinancial.net

Burnt Barn Community (Sports) & Social Club

Burnt Barn Road, Chepstow NP165AR

Club Activities:

Mon - Crib • Skittles • Bingo

Tues - Club members tote prizes to £3000

Wed - Men's Darts incl Gwent Super League

Thurs - Mencap till 9pm • Ladies Darts

Fri - Family night (inc children) • Thrift Club • Men's Darts

Sat - Function room available for hire

Sun - Pool league

The Club has FREE WiFi

Club Associates:

Little Acorns Playgroup

9.15-12.45 Mon-Fri in term time only

Contact: Kelly 07999 357600

Slimming World Tues - 5.30pm

Contact: Carol 07988 598447

Opening times:

Mon-Thurs 7pm-11.30pm

Fri: 7pm-12am

Sat: 2.30pm - 12am

Sun: 12pm - 12am

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www.burntbarnclub.co.uk



New Look at the Burnt Barn Social Club, Bulwark

It was lovely to be invited along to the Burnt Barn Social Club in the New Year to see the end result of the new build and refurbishment works that took place during 2019. I met up with long-term Officer of the Club Bob Beckett who showed me around the fabulous new space.

"We felt the Club had gone as far as it could in its current size of premises" Bob explained "We had money in the bank which was earning next to nothing in interest so thought investing in the premises so that it could offer much more to the community was more worthwhile." With 100% support from the Committee, Club Secretary, Bob, and Chairman, Neville, set about planning the new space. Local club member John Morgan, a builder by trade, took on the 'Project Manager' role, organised the materials and brought in local labour to help with the initial build. Bob and Neville were responsible for the internals, and coming up with the theme of 'The Barn' aesthetic and carrying out as much of the works themselves as they could manage.

On discovering how costly buying in the envisioned furniture could be, old brewery barrels were sourced directly from Scotland and then treated, trimmed up with the metal and internal lighting on site. Table tops were hand made for a truly rustic feel and hey presto some great looking tables! The light casings were made from old wheels and the lights over the pool tables and towards the dart boards were fashioned to look like upside down pig troughs! Add in some authentic stable props and the overall effect is really impressive. Of particular note is the internal steel railings (above right) and the blind across the window (above centre) which gives the farm yard view, catching your eye as you enter through the new and improved Club entrance. Also new is the male, female and disabled toilet facilities which is another great improvement for the Club. There is a new, spacious darts area, much appreciated by the Men's and Ladies darts teams which play weekly at the Club, as well as the extended skittle alley which is also available for external hire to non members. Great idea for a work or club night out!

With Phase I of the refurbishment now completed, Bob is looking forward to continuing the effort through 2020 with the completion of the garden area and another new build project, the offices/function room being built in the car park.

Phase III is also planned, which will consist of an extension to the current main function hall enabling an additional 50+ seats so that larger weddings (120+) and social functions can be accommodated.

The Burnt Barn Social Club is a private members club, with membership just £10 per adult (£8 for seniors 65+). It is a busy club with active teams of Skittles, Darts and Pool and it's facilities are also available for external hire (see main advert opposite).



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Chepstow RFC: Youth Update

Chepstow Youth play in the Dragons Youth League structure. The initial league competition runs from September to December. The Youth category combines 3 age groups: U17, U18 & U19 with ages ranging from 16 to 18 as at 31st August 2019.



The profile of each season's Youth team can vary significantly as players go to university, get jobs or make the grade into senior rugby. This year Chepstow's team is mostly 1st and 2nd years, being aged 16 or 17 years old. This sets an exciting platform for the next 2 seasons.

Squad numbers were tight over the summer, however, with a scratch team they beat Tonyrefail in a pre-season friendly in late August. The league commenced 7th September with a home game against Croesyceiliog.

Chepstow led for the entire game but couldn't shake off a determined opposition. With a minute to go Chepstow were attacking on Croesyceiliog's 5 metre line. Somehow the ball was lost, and 30 seconds later a try was conceded followed by a touchline conversion successfully executed. Chepstow lost 26-27. The rugby gods were definitely not smiling that day.

That set a tone for the rest of September and early October. The next 2 league games (v Ebbw Vale & Risca) saw defeats by 7 points and 3 points respectively. There was also a loss in a friendly game v Llanishen. The only satisfaction was a WRU Bowl win away v St Josephs.

So, it was a difficult start and morale could have easily suffered. However, everyone could see that the team had potential. Under the leadership of the captain Ed Phelps and vice-captain Sam Cole the boys dug in and really turned it around. The missing ingredient was self-belief.

Subsequently, the results transformed. Tredegar Ironsides were beaten comfortably. Next up were the runaway league leaders, away v Bargoed. Something clicked that day and Chepstow cut loose, winning 34-8. The scoreline did not flatter the game, it could have been more.

The boys started to realise how good they were and that there was nothing to fear. The final game

of October, home against a high flying Bedwas in torrential rain, saw the team grind out an 11-0 victory. In the space of 3 weeks the entire complexion of the season had switched.

To keep the momentum, November started with a friendly against Tredegar and another win. Then the 2nd round of the WRU bowl against a very successful Tonmawr side. This was the highest standard game of the season to date with both sides playing with very high intensity. Tonmawr were leading for much of the game but the Chepstow team had had enough of losing tight games earlier in the season. They were relentless and scored in the final play to win 24-17 and progress to the 3rd round.

The following 2 Saturdays the boys were back in league action and delivered convincing wins v Caerleon (55-5 and away at Caldicot (33-0). There was real momentum now. Squad numbers were also growing, with a number of new and returning players joining the team.

November closed out with a friendly against Pill Harriers, a higher league team, away from home and an opportunity to let the new boys get involved. This led to a close-run loss (7-19) but with plenty of lessons learnt and some very valuable experience of higher league rugby.

December started with round 3 of the WRU Bowl. Drawn against Risca, who had defeated Chepstow 8-5 only 2 months earlier, there was plenty of motivation. The amount of progression made by the boys was on full display that day, as they romped home with a 33-10 victory. Progressing to the quarter finals of the national competition.

The final action before Christmas was away from home against league contenders, Penallta. By now Chepstow were also challenging at the top of the table, a lot rested on this result. In the most physical encounter of the season, Chepstow ran out 5-0 winners. That capped a fantastic league

run of turning 3 straight defeats into 6 straight wins. The final league table shows Chepstow sitting proudly at the top of the table.

DB	P	W	D	L	F	A	Pts
1	Chepstow RFC	9	6	0	3	226	84 32
2	Bargoed RFC	7	6	0	1	242	77 30
3	Penallta RFC	7	5	0	2	160	58 24
4	Bedwas RFC	8	4	0	4	129	156 19
5	Croesyceiliog RFC	7	3	0	4	109	180 15
6	RTB (Ebbw Vale) RFC	4	3	0	1	67	47 14
7	Caerleon RFC	5	3	0	2	90	131 14
8	Risca RFC	7	2	0	5	92	147 14
9	Whiteheads RFC	7	1	0	6	44	156 6
10	Caldicot RFC	5	1	0	4	46	120 5
11	Tredegar Ironsides RFC	2	0	0	2	18	67 0

This means that Chepstow have been promoted into a higher league.

League games commenced 18th January, with Chepstow due to travel to Senghennydd (as we went to print on this edition).

After a well-earned rest over Christmas, preparation to be able to compete at this higher standard got underway early. Chepstow hosted Croesyceiliog on 4th Jan, again it was a good barometer for the progression of the team, and they ran out 52-0 winners with the game being stopped earlier due to reaching the 50 point margin with 15 mins still to play. This put the narrow and painful loss earlier in the season, well behind them.

As a further test, a friendly was taken against a highly rated Kenfig Hill team that included a number of Ospreys youth players and significant coaching resources. Away from home and in difficult conditions, the boys put in their best performance of the season. It was 0-0 at half-time in a very intense, physical battle. Chepstow broke the deadlock 15 minutes into the 2nd half with 2 quick tries. Kenfig Hill responded and threw everything they had at the visitors but to no avail. Chepstow prevailing 10-0.

Up to 11th January, the team have now played an unbelievable 18 games, winning 13 and losing 5. They have won 11 of their last 12



games and been unbeaten in league and cup since 5th October. Numbers continue to grow, as does morale. Stiffer tests lie ahead, including a quarter final clash away at Porth Harlequins. The team are also in action in the Gwent District Cup and Dragons Cup.

Long-time foreign friends Alcorcon RFC visit at the end of March for their

tour. The following weekend the boys go on their own tour, a full 28 players will be travelling to Marbella 3rd-6th April.

Fundraising is well underway with the team hosting a successful Christmas lunch in December, complete with a comedian. The next event is 29th February with another high-profile event. Dinner, live music, guest speaker Tom Shanklin and an auction.

The club and coaches are really proud at how the boys have transformed a very difficult start to the season into such a success story. On and off the field the boys have matured immensely and are a credit to themselves and the club they represent. Tough challenges lie ahead but the boys are ready and excited to see what else they can achieve.....



An Evening with Tom Shanklin at Chepstow RFC

29th February 2020
Drinks Reception 7pm
Dinner & Entertainment 8pm

Auction & Raffle
Fund Raiser for Youth Tour
Carriages at Midnight
contact: alyn.franklin@alcumusgroup.com
T: 07525 295433



Chepstow Town Football Club

All the senior teams were glad to be back in action after Christmas, especially after the bad weather meant most of the December matches were postponed.

The First Team started the New Year with a 5-0 home win against Panteg and a 3-3 away draw against Treowen in their Welsh League Division 2 fixtures. The Reserves gained an away win followed by a narrow home loss in the Reserves League, whilst the Third team were knocked out of the Benevolent Cup and suffered a home loss in their East Gwent League fixture. Everyone at the club will be hoping for some good weather so all the teams can get back to playing regularly again.

The home ground at Larkfield Park has undergone a number of improvements, including a brand new 100 seat covered stand.

First Team home fixtures are advertised on a board outside the Two Rivers Hotel. Supporters, both regulars and new, are always welcome and the players really appreciate their vociferous support. The clubhouse has a well stocked bar and is open for refreshments on match days.

The junior teams have also returned to action and the club will always welcome enquiries about joining our thriving junior section, there are a number of age group teams for boys and girls. Anyone interested in more information can get in touch via our social media pages.

Facebook: chepstowtownafc & chepstow town jfc official

Twitter: @ChepstowTownAFC



Photo courtesy of Gareth O'Sullivan Photography



Cheer on Wales in the Six Nations at Chepstow Racecourse!

Watch the Grand Slam champions go up against France on Saturday 22nd February for just £10 in advance. Tickets include entrance to the racecourse to watch seven races of top-quality Welsh sport, as well as Scotland vs Italy on-screen and Wales vs France later in the day.

Enjoy all the sport, with food available on-site and extra beers on offer for this special day!

Tickets start at £10, but there are a variety of packages available like our Super Saturday package including drinks and a voucher for a free bet.

The racecourse gates open at 11.55am and the first race starting at 1.57pm. The last race is 5.22pm.

The rugby kicks-off at 2.15pm and again 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 raceday bus service from Chepstow and Newport Railway Stations.

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Saturday 22nd FEB
 Doors 7:00pm
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CHEPSTOW DRILL HALL
 Saturday 21st March 19:00 - 22:30

Brought to you by

Castell Roc
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COMMUNITY BASH

GWENT WILDLIFE TRUST

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.

Saturday 16th May 2020, 9.30am to 12.30pm
ANNUAL PLANT SALE at the Palmer Community Centre, Cormeilles Square, Chepstow. Free entry.

The Gwent Wildlife Trust's Chepstow Group will again be hosting their ever-popular Annual Grand Plant Sale and Bazaar. All excellent value, there will be a wide range of small shrubs and perennial garden plants, with annuals and vegetable plants also available. Plus experienced gardeners on hand to advise!

Donations of plants welcome. For more information please contact Hilary on 01291 689326.

Wednesday 26 February 2020
 Chepstow and District Garden Appreciation Society (CADGAS)

"A Garden Above the Estuary"
 - talk by **Adam Alexander (Itton)**
 - RHS Horticulturist and Seed Collector working with Garden Organic

7.30pm Chepstow Leisure Centre
 All Welcome Visitors £4

TICKETS SELLING FAST !!!

Since the line up for this year's Castell Roc was announced, tickets have been selling like hot cakes!!! Early bird tickets for most of the shows 'sold out', standard tickets are now on sale.

There are some important changes to Castell Roc this year. Up until 2019 event foldable chairs were allowed in and placed in designated areas, but 'New' for 2020, this will all change, 'NO' foldable chairs will be allowed in, instead, chairs will be provided for an extra £1 per ticket. Only 200 seated tickets available on each night, so if you are looking for 'seated tickets' for any of the events, book sooner rather than later.

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 Crowes'

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'

Castell Roc 2020
Music Festival

Castell Roc Presents "The Mighty" ...

SKID ROW

Castell Roc Presents

LA VOIX
 = The Dolly Show + Comedian Richard Morton

CHEPSTOW CASTLE Sunday 15th August 2020 Gates Open 18:00

"LA VOIX is a GOODNESS"

"WE'RE GROW UP!"

"LA VOIX PURELY AS A SINGING ACTRESS CALLING PRICASSO A RECREATION"

Castell Roc Presents

"Twist up!"

Si Cranstoun Band

Castell Roc Presents

RUSSELL WATSON

CHEPSTOW CASTLE

Sunday 23rd August 2020
 Gates Open 18:30

For more details visit www.castellroc.co.uk
 or call the box office- Hannah's Music, Chepstow - 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
bluebellsplaygroup@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

Mounton House Special School Pwllmeyric, Chepstow, NP16
6LA, 01291 635050 www.mountonhouse.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/
Miss P Jenkins 01291 624438

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



Chepstow Chamber congratulates Brian Ellam for his BEM in the New Year's Honours List

Brian Ellam, a long-standing Chamber Member and former music teacher at Wydean School has been awarded the British Empire Medal (BEM) for his “remarkable” voluntary “service to music in Wales”.

Brian formed the Chepstow Community Music Centre at Wydean School in 2015 to give anyone who would like to be involved in music the opportunity to join in, whether they be a grown up or youngster, and regardless of their financial circumstances. Among the groups based at the music centre are the Chepstow Community Big Band, Chepstow Musical Show Choir, Chepstow Community Microjazz Band and the Chepstow Community Concert Orchestra, which cater for musicians of different abilities. The Music Centre has had a tremendously positive impact on many in the Chepstow area.

Said Chepstow Chamber's Secretary, Dr Sue Kingdom, “*This is an incredible achievement. We are very proud to have Brian in the Chamber and his talent in Chepstow. An award very well deserved.*”

If you would like to attend the Music Centre or would like further information, please contact Brian by email on brian.ellam@btinternet.com, or through the website chepstowcommunitymusiccentre.weebly.com



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
4 Bank Street, Chepstow NP16 5EL
T: 01291 623768 www.deaconsflorist.co.uk



Greenman Backpackers Ltd
Affordable accommodation for tourists, walkers, families & cyclists
Raglan Lodge, 13 Beaufort Square, Chepstow NP16 5EP
T: 01291 626773 www.chepstowbackpackers.com



Hannah's Music
More than just a music shop. Musical instruments, lessons, rehearsal room – all under one roof! 6 Moor St, Chepstow NP16 5DE
T: 01291 627122 www.hannahsmusic.co.uk

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



Mead Farm Foods
From our home to yours - eat fresh buy local
Mead Farm, Mead Lane, Redwick, Caldicot NP26 3DE
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
19th Century Italianate Villa wedding venue
Mathern Rd, Chepstow NP16 6HX
T: 07477 017537 www.sttewdrichouse.co.uk



Tell Me Wine
Quality wine shop, beers and spirits
Old Bell Chambers, Riflemans Way, Chepstow NP16 5EJ
T: 01291 629670 www.tellmewine.co.uk



The Make Spot
Specialising in sewing & craft parties, workshops & courses
4-5 Conrad House, Beaufort Square, Chepstow NP16 5EP
T: 07800 874275 www.themakespot.uk



Tyrell's Family Butchers
Local, quality meat & products at affordable prices; catering & takeaway
Beachley Road, Sedbury, Chepstow NP16 7AA
T: 01291 621089 www.tyrellsfamilybutchers.co.uk

Support Local Business: Services



A-B Connecting Communities
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 (Moir Wearing);
T: 07342 05355 (Anne Winfield); www.barclays.com



Basepoint Centres Ltd
Maintained & serviced office space
Riverside Court, Beaufort Park, Chepstow NP16 5UH
T: 01291 635500 www.basepoint.co.uk

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



BEAM Denti Spa
Direct access dental hygienist services
6, St Mary's Arcade, Chepstow NP16 5EU
T: 01291 628071 www.beamdentispas.co.uk



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



Cake House 21
Celebration cakes for every occasion, fresh bakes, cupcake bouquets and cake pops Bulwark, Chepstow
T: 07904 212135 www.facebook.com/21cakehouse21



Chepstow Beacon
Independent, family owned newspaper
T: 01600 712142 www.chepstowbeacon.co.uk



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



Chepstow Matters

Chepstow Matters
Affordable, locally targeted advertising options for businesses of all sizes
Shirenewton, Chepstow
T: 01291 606900 FB/ChepstowMatters www.mattersmagazines.co.uk



Chepstow Voice
Community magazine publisher
T: 01600 717249 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



Cupcake Corner Chepstow
Baked fresh, baked right, baked to your delight
Bulwark, Chepstow
T: 07855 772336 www.facebook.com/Cupcakeschepstow



Feakes & Co Solicitors
Riverside Court, Beaufort Park, Chepstow NP16 5UH
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
Architectural and energy surveyor; 3D visualisation
Bridge St, Chepstow NP16 5EY
T: 07870 988410 www.energysurveyor.co.uk



Just Eat Cake
Everything cake: cupcakes, cakes & pastries delivered in and around Chepstow
Garden City, Chepstow
T: 07739 530109 www.justeatcake.co.uk



Kudos Companies Ltd
Printed & promotional products, branded clothing, schoolwear, signage
Kudos House, Bulwark Ind Est, Chepstow NP16 5QZ
T: 01291 444777 www.kudoscompanies.co.uk



LC Hoof and Hound
Bespoke equine and dog services. Bespoke house sitting provided.
Please contact Leah Carter to discuss your requirements.
T: 07500 930996



Monmouthshire Building Society
Savings, mortgages, insurance and financial planning
19, High St, Chepstow NP16 5LQ
T: 01291 629306 www.monbs.com



Moore Language Solutions
English, French & Italian Language Services (Translation. Proof-Reading. Transcription. Tuition)
Fitzosborn Close, Chepstow, NP16 5PY
T: 07414 501 933 www.moorelanguagesolutions.com



Purple Pine Creative Ltd
Graphics, web design, branding and print
Rockfield Grove, Undy NP26 3FB
T: 01633 880460 www.purplepine.co.uk



Sales Academy 2012
Business Coaching - Sales Training - Team Performance ... in your corner
T: 01291 409117 www.salesacademy.uk.com



Tandem Communications and Coaching Ltd
Coaching for leadership and life; communications for people and profile
Moor Street, Chepstow NP16 5QB
T: 07557 226473 www.tandemcc.co



Taylor Made Energy Solutions Ltd
Independent advice for businesses on energy efficiency; gas & electricity contracts; commercial ECPs
Moor Street, Chepstow NP16 5QB, Chepstow NP16 5QB T: 07785 313179 www.tmenegysolutions.com



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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