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July / August 2020

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## Chepstow Covid-19 helping group

Find us on Facebook:  
Chepstow Covid-19 Helping Group  
[www.chepstowcovid19.co.uk](http://www.chepstowcovid19.co.uk)

This is a service run by volunteers in the Chepstow area. We're doing everything we can to help each other through the Covid-19 situation. If you need support please do not hesitate to get in touch with a local co-ordinator, who will be happy to help you.

### Area Contact Numbers

Beachley	01291 892563
Bulwark	01291 892117
By Hospital	01291 892092
The Danes	01291 892454
Garden City	01291 892542
Itton/Howick	01291 892673
Langstone	01291 892793
Larkfield	01291 892141
Pwllmeyric	01291 892207
Mathern	01291 892249
Sedbury	01291 892257
St. Arvans	01291 892241
Tutshill	01291 892243
Town	01291 892883
Thornwell	01291 892924

We can help with



You can also raise a request via our website  
[www.chepstowcovid19.co.uk/help](http://www.chepstowcovid19.co.uk/help)

[www.facebook.com/groups/chepstowhelpers](https://www.facebook.com/groups/chepstowhelpers)



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## Dear Readers...

I hope this issue finds you safe and well. As we celebrate this summer a massive 15 years of producing Matters Magazines across our local communities, I have to say it has also been the strangest year to date! Hopefully we have all had chance to pause and reflect on the things that are truly important to us. Our thoughts go out to people who have been directly affected by the virus, and especially those who have lost loved ones because of it.

Our advertisers are starting to get back up and running now after a prolonged period of inactivity for some. Others have adapted their businesses through the crisis to continue to serve where they can. Whilst there is no diary of forthcoming events in this issue, and we have had to drop down several pages to accommodate this (as well as those advertisers still not currently able to restart their businesses), we still have plenty for you to read and enjoy. We have also shared many good news stories across our facebook pages and it has been wonderful to see how the community has come together over this time.

**Community really does Matter** and there are some fantastic people in our midst who have been doing some fabulous things over the past few weeks and months in order to help others. If you still need help in these times the wonderful Chepstow Covid-19 helping group have been doing an amazing job - their contact details are opposite and you can read more about them on pages 6-7.

Enjoy our positive articles and keep on keeping safe.

**Deadline for the August/Sept edition is 31st July** Jaci x

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

[www.mattersmagazines.co.uk/chepstow](http://www.mattersmagazines.co.uk/chepstow)

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## The Very Real Cost of the Covid 19 pandemic

We hear from local independent funeral director Jo Hume at Ian Watts & Son: *'The true cost is the loss of so many precious people and the devastation it has caused, and continues to cause, to the families and friends of those who have lost their lives. So many too have suffered with the virus and are left with life changing health issues.'*

*'It has been devastating for families when we have had to explain to them, as we arrange funerals that only small numbers of mourners can attend. The lowest number was 5 but thankfully that has been increased now, and varies depending on the size of Crematorium Chapels and the rules of the various cemetery management.'*

*'I think the saddest times have been when we have been repeatedly told that because no hospital visiting could take place, the next of kin had to rely on the wonderful NHS staff who often sit with a patient at the end of their lives to ensure that they are not alone. Can you imagine when couples have been married for over 60 years for example, one contracts the virus and the spouse can not visit and can not be with the other at the end? We have witnessed some truly heart-breaking situations.'*

*'We have been offering the bereaved families the facility of webcasting funeral services from the Crematoriums so that those who could not attend due to the restrictions, could at least view and be part of the service from their own homes.'*

*'We are extremely grateful to all the Management and staff at the Crematoriums and Cemetery departments as it has been such a difficult time for them too. We will offer Memorial Services just as soon as we are able to safely have people gathered together in larger numbers but the safety of everyone is paramount. People tend to line the streets whilst adhering to social distancing to pay their respects as our funeral corteges travel through the various villages and towns and I think we will see this continuing for many months to come. **Please stay safe and continue to follow the NHS and government guidance as we start to come out of lockdown'***

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## Chepstow: Open for Business

update from Monmouthshire CC 24/6/20

We're making some temporary changes to make Chepstow safe for our communities to return and support our local shops and businesses. A fantastic marketing strategy has already started.

To maximise opportunities for social distancing, the High Street will be fully pedestrianised between 10am and 4pm, with no vehicle access. Vehicle access outside those hours is for deliveries only.

A pedestrian 'keep left' system will be promoted on the High Street, with a one way system at the Town Arch and a new diagonal crossing point provided to cross to Welsh Street.

Traffic calming measures on Station Road will ensure connectivity for pedestrians from the High Street to St Mary Street and will open up Beaufort Square.

Cycle stands will be provided at key areas such as Albion Square, White Lion Square, Beaufort Square, Bank Street and Welsh Street Car Park.

Chepstow Bridge will be closed to motor vehicles due to structural issues. This bridge will remain open for cyclists and pedestrians.

In Bulwark, we are seeking the private landowner's agreement to close off the private access roads fronting the shops, increasing space for social distancing. Shoppers are encouraged to use the free MCC car park at the Severn View Social Centre. Phase 2 comprises a 20mph zone with speed reduction measures at entrance points covering the whole of Chepstow except A466 and A48.

All of the changes are part of a trial. We will be seeking live feedback and we will tweak, add to, change or remove measures as appropriate. We will learn quickly and adapt as we go to improve based on feedback. If some of the changes are successful, we will consider making them permanent, following future consultation.



Silk Road Bazaar



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# Community Matters: and this Community Rocks!

## Chepstow Covid-19 Helping Group

Chepstow Covid-19 Helping Group was initiated by single mum Helen Child Villiers (photo right) in mid-March, as the pandemic started to affect us here in the UK.

The local community's response to the group has been phenomenal and, as we write, the group has grown to well over 3000 members, has taken well over 4,000 calls and carried out approaching 3,000 tasks for residents across Chepstow and the surrounding villages. It was fantastic to hear from Helen, who shared with us the following update on all the fantastic efforts being given by so many across our amazing community.

**Helen:** When I started the group, I had no idea that it would blow up like this at all. I thought it would be a few people taking Shepherd's Pies round to those who couldn't get out, maybe a bit of shopping here and there. Never could I have imagined it would be so big and I'm sorry for underestimating Chepstow!

It quickly became clear that I would need to protect the vulnerable people in our community, and those who are volunteering for us. So I started creating the volunteer registration form, and writing the procedures and policies.

I split the town into 15 teams, and then Transition Chepstow used Chepstow Town Council funds to purchase and set up the phone numbers so we weren't disclosing personal numbers and, more importantly, more than one person could bear the load of call processing.

Transition Chepstow also secured funds from Chepstow Town Council to buy some of the branded High Visibility Jackets, and then Lucy Allen ordered 100 more when they ran out.

Lucy has been beyond amazing in terms of continuous support - both

funds and paperwork. I can't thank her enough.

The support from MCC has been absolutely amazing. Not just in a practical sense but they've checked on my wellbeing too, and have helped with safeguarding issues that have arisen, even two on a Sunday.

Chepstow Round Table donated £200 so we could buy enough card reader machines to take payments from those who had run out of cash or couldn't do online banking.

Chepstow Gold Touch gave us £125 towards food for those in need who were struggling.

### From Warren:

"My first call involved an old couple breaking down in tears on the phone, they had been desperately trying to get urgent medication and had no family or friends here. As soon as I mentioned that we would help they both burst out in tears.

"That alone showed how important this service is to those who are often forgotten about."

Tidenham Parish Council gave us £250 towards food, card machines and the cost of running the card machines.

Mark at Distinct Graphics built us a beautiful website for free and is also hosting it for us. Check it out - <http://chepstowcovid19.co.uk>

Dave Quarrell built us the system that we use to manage the tasks, and negotiated use of the software for free for us for 6 months.

The community as a whole has continued to donate money to help



"I feel honoured and privileged to have been able to do this for Chepstow. It's been tough at times trying to juggle everything, with children at home and fitting in work as well, but we've all just got on with it. I'd like to give a massive shout out and thank you to everyone who has stepped up and helped out"

Helen Child Villiers

fund food shops for those who might not qualify for regular service support due to the impact of Covid19 on employment.

I get messages of thanks every day. I'm so grateful for them, but it's so important to remember that none of this would happen if it wasn't for the Admin Team, Area Coordinators, and Team Members. Each of them brings a unique skill set with them. The ID cards were designed by a volunteer, and have been printed between him and Jenni and Keith Brews of Affinity Events.

The gorgeous leaflets (see page 2) that were delivered to households were created, printed and delivered to the teams by Warren Black.

The community has responded to the call to action with aplomb. To say I am moved by the response of those volunteering is the greatest of understatements.

But most importantly, the knowledge of the security, reassurance and safety we are providing our local community with is beyond meaningful. Every single volunteer is changing the quality of life for those they are helping. I think the quote highlighted opposite from Warren sums up exactly

how big an impact we are having.

Everyone is helping us help Chepstow, whether that's helping the chemists with our delivery service, getting shopping for someone who's self isolating, someone who's lonely, or even someone who lives far away and wants us to help their elderly parent. Chepstow people really are pulling together when the chips are down and it's been a real privilege to facilitate and orchestrate that, I don't think I'll ever forget this, even if it has been a bit of a blur!

**Thank you so much to everyone who has helped, donated and volunteered.**

Helen also wanted to stress that as we come out of lockdown, the volunteers are continuing. Calls may have dropped from c300 a week to around 170 (week ending 3rd July) but they are still there to help and they plan on continuing, with other community projects in the pipeline.

**Thank you Helen for everything you have done to orchestrate all of the above - you are a real Community Champion.**

### Covid-19

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## Sixteen year old Darcey who attends Wydean school, has taken learning in lockdown to a new level.

Having never used a sewing machine pre lockdown, Darcey decided to teach herself a new skill which would help others in the "war effort" against Covid-19. Tearing up her mum's bed sheets and anything else she could get her hands on, Darcey set to work making 120 soft cotton, machine washable face masks which were then distributed to the Dilke hospital and local care homes.

It didn't end there though and after Melanie, Darcey's mum, was able to order some more material on-line, Darcey got to work making more masks for friends, family and anyone else that needed one. As schools start to accept more than key worker children, staff from both sides of the border have gratefully taken Darcey up on her kind offer, so as to protect the young children returning to their care. Even more humbling, is the fact that this 16 year old, who could easily have got a job with a supermarket during school closure, for her own financial gain, will not accept a penny towards these masks.

It is incredibly heart warming to see this young lady's selflessness and generosity, which instills our faith in the next generation, to make this world a better place. Well done Darcey.



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## Dealing with debt after the lockdown

This year has been a challenging one to say the least, and we're only halfway through it! Everyone has been affected by the coronavirus outbreak and the consequent lockdown, but the ways in which we've been affected individually may be very different.

If you previously had debt that you were managing well, it may be that a change in circumstances means this has now become a problem. You may no longer be able to make your regular repayments. However, there are helpful steps you can take to deal with it.

### How to deal with problem debt

- Make a budget detailing your current income and expenditure (both essential and non-essential). There's a great budget planner on [moneyadvice.service.org.uk](http://moneyadvice.service.org.uk) which you could use to help with this.
- Check what help or benefits you may be eligible to claim at [turn2us.org.uk](http://turn2us.org.uk).
- Look at what's left over in your budget. If you have more going out than coming in, where could you realistically cut back to free up some money? This might mean switching to a cheaper energy tariff or cancelling unused subscriptions.
- If your budget is too tight, make a list of all the companies/people you owe money to.
- Contact each one, explain the situation and ask about any payment holiday schemes they offer.
- If you need extra support, take the step to seek professional advice from a debt advice charity such as Christians Against Poverty – see [capuk.org](http://capuk.org) for more information.

### How paying down debt saves money

Alternatively, the lockdown may have seen you save on costs such as travel, eating lunch out, childcare and school trips. If this is the case, it may be possible to save what you would have normally spent and use it to pay down debt.

If you have savings at the moment, it's likely the interest you earn on them is almost nothing, so all you're doing is keeping the money in the bank

and not actually getting anything for it. However, interest will continue to be added to any debts you owe every month, which means that having the debt could be costing you money right now.

It makes sense to decrease the amount of debt you have and lower the interest, if you're able to. There's lots of information on how to do this at [moneysavingexpert.com](http://moneysavingexpert.com).

Remember to keep a savings buffer for emergencies and unexpected costs.

### Other ways to save money during (and after) the lockdown

You may find that you have more time to save for annual expenses such as your vehicle MOT. The DVLA has given an extension of up to six months for vehicles with an MOT expiring after 30 March – see [gov.uk/dvla](http://gov.uk/dvla) for more details.

If your vehicle is parked on the road, legally you need to keep it taxed and insured. If you have a garage or driveway available, you could declare your vehicle off the road with a Statutory Off-Road Notice (SORN). This means you won't have to pay for the road tax. See [gov.uk/make-a-sorn](http://gov.uk/make-a-sorn) for more information.

Christians Against Poverty (CAP) is a UK charity which, through local churches, delivers debt counselling, money management, job clubs, life skills groups, and support for people breaking habitual dependencies. Visit [capuk.org](http://capuk.org) to find out more.

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## Enjoying the outdoors

*Contributor Louisa Tickner-Jenkins has worked in the early years sector for 30 years, and been a childminder for the last 14 years*

As I write this, we are 8 weeks into the lockdown and the restrictions are slowly beginning to lift. We are now allowed to go out for exercise more than once a day and venture a bit further, still adhering to social distancing requirements.

I was reflecting recently about what have been some of the key aspects of usual activity that young children have been restricted on. With playgrounds closed many children will not have had many opportunities for climbing and playing on swings or roundabouts, especially if you do not have a garden or those kind of play resources in your garden. Heading out to the woods provides great opportunities for children to climb and balance. We are extremely blessed to have a number of local woodland areas and spending time in woodlands can be very calming for children. There are often fallen branches or tree trunks for children to balance along and you can have lots of fun searching for a climbing tree. Make sure you do a quick risk assessment of climbing opportunities, for example, that all the branches are 'live' so they do not snap and that you are able to keep your child within reach in case they need help. Ensure the tree is a very established tree so that you do not damage it.

Being outdoors can really help children engage their senses, take full advantage of a cloudy day, find a space to lie down and cloud watch. Encourage children to use their imagination to see pictures in the clouds. Use water and a paintbrush to 'paint' your own clouds on the ground and see how long it takes for them to evaporate. Play a game where everyone closes their eyes and listens carefully to what they can hear, with older children see if they can hear different bird song, perhaps record the bird song and then search online to see if you can identify the bird and then head out again with some binoculars or homemade binoculars

for some bird spotting. Play 'guess the object', children close their eyes and you ask them to feel an object and guess what it is, for example a twig, leaf, pine cone, stone, shell. You can play the memory game with the same objects where one item is removed and the child guesses which one is missing. Make up a scavenger hunt or search online for one to download. If you have an abundance of plants/flowers growing in your garden make potions and explore the smells they create, or buy some flowers from the shops that are on sale and use those.

Being outdoors provides a great opportunity for collecting 'loose parts' to play with. Loose Parts is a term used to describe a collection of objects/materials that provide opportunities for children to explore their own learning with no pre-planned use, rather than 'toys' that may have a prescribed way to play with them. With loose parts children can combine, redesign, line up, take apart, move, in multiple ways to explore and play with. If you are taking 'loose parts' home from nature ensure the children are not picking live plants/branches/leaves but collecting found items, for example fallen twigs, pine cones, acorns, fallen leaves. Ensure you supervise children fully so they do not pick mushrooms for example that maybe harmful. Loose parts play is something we can do at home either indoors or outdoors. How often do we hear that a child played for hours with the cardboard box a toy arrived in. Collect empty cereal boxes and other boxes of various sizes, empty pots with



lids, jam jar lids, pebbles, to name but a few, and store these alongside your child's toys this can breathe new life into toys that had lost interest value for a child.

We can create pictures and patterns from found objects, if children would like to create something, a piece of card, a glue stick or double-sided tape enables creations to be more permanent. If you search 'loose parts' online you will come across a plethora of ideas of what to collect, setting items out so they are inviting for children, and more focused activity ideas using loose parts. Having an old sheet available to make a den over a washing line in the garden, or look in the shed for spare pieces of wood that can be painted to make a road track, or spare guttering for water play, balls, cars. Use loose parts for pretend camping in the garden, make a tent/den, build a pretend fire, make pretend food from stones, sticks, leaves. The story Alfie's Shop is a lovely example of loose parts play in the outdoors. The possibilities are really endless, but always ensure any loose parts do not have sharp edges, and anything that presents a choking hazard is not left available for children to help themselves but played with under close supervision and then packed away again.



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## WE ARE OPEN




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## Chepstow Rocks!

We've been delighted to see the progress of Chepstow's own Rock Snake, as initiated by the Chepstow COvid19 Helping Group.

Helen Child Villiers who initiated the rock snake, told me "We wanted to give the people of Chepstow something that they can have ownership of that brings everyone together. Something so simple that would give a sense of excitement and enjoyment that the children can participate in and watch grow."

The rock snake or 'Snakey' as he has become affectionately known on facebook, is made up of rocks that individuals have painted and taken along to add to the snake. Unlike other common painted rock initiatives, the idea is not to take one away when you put yours down but to add them all together to let Snakey grow!

It's fantastic the support that 'Snakey' has garnered in the town with residents becoming very protective and also defensive on the occasion that rocks have mistakenly been taken (most have since been replaced) resulting in more signage to explain the idea.

Local schools and brownie groups, in particular St John's on the Hill who have incorporated it into their art activities in both the school and nursery, have helped Snakey to grow. As of Monday 6th July there were some 528 painted rocks stretching 40 metres long!

How far can he grow?! You can see Snakey all along the path in the Dell Park.



## Joy at Qualification for British Champs swiftly Quashed

Literally just prior to the lockdown, Kestrel gymnasts set off to Haverfordwest for the Welsh NDP Tumbling Championships, to compete three set Tumbles and a Range and Conditioning routine, where only the top two qualifying gymnasts in each group would represent Wales at the British Regionals in Birmingham in June.

Five gymnasts were absolutely overjoyed at qualifying, but now totally disappointed when the British Championships were cancelled due to Coronavirus.

It was the first time 8 year olds Brereton Trim and Robin Kedward (top right) were old enough to compete for the in the 9/10yrs NDP Level 1 age group. They did superbly with Brereton winning Gold with a total score of 80.1, and Range and Conditioning score of 85.0, and Robin winning Silver with a score of 79.1, Range and Conditioning score of 83.0.

Meanwhile 13 year old James Davies (middle) was the Level 2 champion with a total score of 79.1, R&C 78.0.

Maisie Edwards (right of photo right) won Silver in the 13/14 yrs section was against strong competition but performed great tumblers and scored 80.2 with 86.0 in R & C.

Jessica Ham (left of photo right) won Bronze, just missed on qualifying, with a total score of 79.2, R&C 91.0.

Kestrel Gymnastics is not operating at the moment, but hopefully with hard work when we return, the gymnasts can achieve the same high competition standards for next year.



## 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

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9.00am-10.00am

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4yrs onwards -  
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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

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Unlimited membership - £45 for 3months or £80 for 6months





## Lions helping you to save lives in your local community

In 2016 The Lions Club of Chepstow and Caldicot decided on a programme of funding for Public Access Defibrillators (PADs). Since then the club has assisted in the purchase of 30 PADs for use in the Chepstow and Caldicot area, and some of the outlying rural villages. See below for a full list of defibrillator locations in the area.

*Photo right: Lion President Glyn Williams (far right), with Lion Ray Nash (left) and Lion Nigel Gibby (second from left) at the handover of the defibrillator unit at Mounton Brook Lodge, Pwllmeyric, Chepstow with owner Charlotte Hayes (middle).*



### How does the program work?

The Lions Club pays £600 towards the cost of a PAD. The applicant then submits an application to the British Heart Foundation part-funding scheme for the balance. When approved, the applicant receives a defibrillator and a Call Push Rescue training kit containing an educational DVD and resuscitation training manikins, to allow the community to learn life-saving skills.

If requested, the Ambulance Service and the Community First Responders can attend a training session in your community. This would help build confidence should a person find themselves in a situation where they are required to use a defibrillator for the first time.

**Are YOU looking to install a defibrillator in your locality?** Please do not hesitate to reach out to Lion Ray Nash on 01291 420547 or send The Lions Club of Chepstow and Caldicot a message here on our Facebook Page.

### Defibrillator Locations within the Chepstow and Caldicot area:

• First Responders 3 units for Operational Use • Wydean School, Sedbury In Reception

### PUBLIC ACCESS DEFIBRILLATORS

- **Chepstow Mencap** Outside Berkley Centre, Station Road, Chepstow.
- **Garden City** Telephone Kiosk, Hardwick Avenue, Chepstow.
- **Shirenewton** Reception Lobby, The Huntsman Public House; Outside Tredegar Arms Public House; Outside Carpenters Arms Public House.
- **Mynyddbach** Outside The Old Store (Yr Hen Stordy) School Lane, Mynyddbach.
- **Earlswood** Outside Earlswood Village Hall, Chepstow.
- **Mathern** Outside Millers Arms Public House.
- **Howick** In Garden hedge, Cookshoot Lane.
- **Llanfair Discoed** Outside Woodland Tavern Public House.
- **Itton Village** Telephone Kiosk, Itton Common.
- **St Arvans** Outside Piercefield Public House; Outside 42 Laurel Park.
- **Drill Hall** PROPOSED on outside wall.
- **Penterry, St Arvans** Outside Pool Cottage, Porthcasseg.
- **Mounton Brook Lodge, Pwllmeyric** Front of building, on A48.
- **Burnt Barn Social Club, Bulwark** Entrance to the Club.
- **Tourist Information Centre, Lower Church Street, Chepstow** Front of building.
- **Newchurch** Entrance to Church.
- **Kilgwrwg** Gateway to Old Shop Farm. Near crossroads.
- **Rogerstone Grange, St Arvans** At the end of Grange Road.
- **Caerwent Village** Caerwent Community Hall Lawrence Crescent; Coach & Horses Public House.



## Local Lions awarded Lions Club Melvin Jones Fellow awards

We are very proud to announce that two Chepstow and Caldicot Lions have been named Melvin Jones Fellows. Named after the founder of Lions Clubs International, Melvin Jones, the fellowship is one of the Lions Club International Foundation's highest recognitions, honouring the commitment to humanitarian service.

**Lion John Bennett of St. Arvans near Chepstow** has been named a Melvin Jones Fellow by Lions Clubs International Foundation (LCIF) in recognition of his commitment to serving the world community. Lion John has been a member of the Chepstow and Caldicot Lions Club since 1983 and has served as President, Lion Tamer, Director and latterly as a Trustee of the club. His work with the schools within the district has helped provide 1500 Hi-visibility jackets and books about plastic in the oceans for all the Primary schools in the area.



**Lion Ray Nash of Caldicot** has also been named a Melvin Jones Fellow by Lions Clubs International Foundation (LCIF) in recognition of his commitment to serving the world community. Lion Ray has been a member of the Chepstow and Caldicot Lions Club since 1995, and has served as President, and latterly as a Trustee of the club. His work in conjunction with The British Heart Foundation as Chairman of the Welfare Committee has seen the club provide thirty defibrillators to local communities in the district.

**Lions Clubs International Foundation (LCIF)** is the charitable arm of Lions Clubs International. Established in 1968, LCIF is committed to providing humanitarian services to those in need, including providing disaster relief, saving sight, supporting youth and combating disability. There are more than 331,000 Melvin Jones Fellows worldwide who provide more than 75 percent of the Foundation's revenue. LCIF was ranked by a Financial Times study as the #1 non-governmental organization with which to partner. **You can find out more at [www.lcif.org](http://www.lcif.org)**

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[www.stjohnsonthehill.co.uk](http://www.stjohnsonthehill.co.uk)  
email: [admissions@stjohnsonthehill.co.uk](mailto:admissions@stjohnsonthehill.co.uk)

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## New Principal at Wyedean School and Sixth Form Centre

Wyedean School is pleased to announce the appointment of Mrs Gwennan Jeremiah as the School's new Principal. This was effective from 1st May 2020.

The School's Board of Governors stated –

*"We are delighted to secure Mrs Jeremiah's services as substantive Principal. Over the last year, Gwennan has done an excellent job as Interim Principal, more recently in very challenging circumstances. She is a passionate educator, with an eye for a fantastic curriculum and will ensure Wyedean continues to be an excellent local choice for secondary education. Gwennan will enjoy the full support of all staff and parents and will lead Wyedean through the current national situation with confidence and skill. We will continue to provide the best education we can to our students and strong and proven leadership is key to this."*

Mrs Jeremiah is the first female Principal in Wyedean's 47-year history and commented:

*"I am honoured and delighted to be appointed as the Principal of Wyedean School and Sixth Form Centre. To lead a high-performing school, which prioritises excellent teaching and learning, extra-curricular opportunities and well-being is a privilege. We have a wonderful school, grounded in its community and I look forward to working with everyone to continue our tradition of academic excellence and care for all."*

For further information and enquiries, please email Mrs Melanie Dex-Davies, Executive Officer [melaniedex@wyedean.gloucs.sch.uk](mailto:melaniedex@wyedean.gloucs.sch.uk).



## Local boy makes good!

### A Bertrand Russell commemoration, fifty years after his death

by Tintern Philosophy Circle  
[www.tintern-philosophy.org](http://www.tintern-philosophy.org)

Russell (Bertie to his family and friends) was born in Trellech in 1872 to a famous liberal reformist family, and his last home was in Penrhyndeudraeth, nr Portmeirion, where he died in 1970.

He wrote over 70 books in his life and was famous for his contributions to mathematics, logic and theory of knowledge, for his public support for the anti-war and suffragette movements early in the 20th century, for his unpopular liberal views on morality in general and sex and marriage in particular, and for his leadership of the anti-nuclear movement and anti-Korean war campaign. He was not a pacifist, however, and supported the allied involvement in the Second World War as he believed that, if victorious, Nazism would destroy freedom and democracy. He was twice imprisoned for his political views.

A good introduction to the man, his life and his beliefs can be found on the Philosophy Circle page ([www.tinternvillage.co.uk/village\\_groups/philosophy/](http://www.tinternvillage.co.uk/village_groups/philosophy/)) of the Tintern village website. There will be posted a series of interesting video interviews with Bertrand Russell. The first, from 1952 when Russell was approaching his eightieth birthday, is there now and further videos will be posted to the page on an approximately weekly basis.

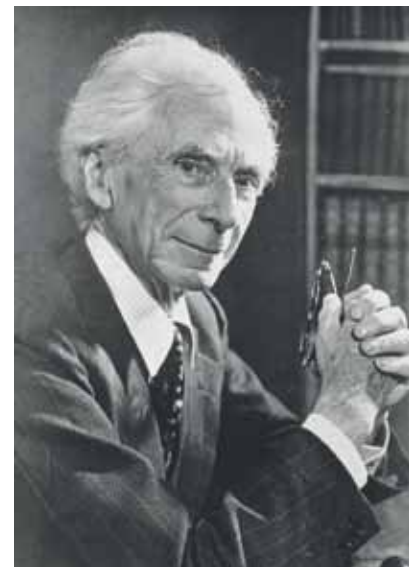
The following extract from the Postscript to his 1969 autobiography gives an eloquent summary of the man and his ideals.

*"The serious part of my life ever since boyhood has been devoted to two different objects which for a long time remained separate and have only in recent years united into a single whole. I wanted, on the one hand, to find out whether anything could be known; and on the other hand, to do whatever might be possible towards creating a happier world. Up to the age of thirty-eight I gave most of my energies to the first of these tasks. I was troubled by scepticism, and unwillingly forced to the conclusion that most of what passes for knowledge is open to reasonable doubt. I wanted certainty in the kind of way in which people want religious faith."*

*"Then came the First World War, and my thoughts became concentrated on human misery and folly. Neither misery nor folly seemed to me any part of the inevitable lot of man. And I am convinced that intelligence, patience and eloquence can sooner or later lead the human race out of its self-imposed tortures provided it does not exterminate itself meanwhile."*

*"On the basis of this belief I have had always a certain degree of optimism, although, as I have grown older, the optimism has grown more sober and the happy issue more distant. But I remain completely incapable of agreeing with those who accept fatalistically that man is born to trouble."*

*"I have lived in the pursuit of a vision, both personal and social. Personal: to care for what is noble, for what is beautiful, for what is gentle; to allow moments of insight to give wisdom at more mundane times. Social: to see in imagination the society that is to be created, where individuals grow freely, and where hate and greed and envy die because there is nothing to nourish them. These things I believe, and the world, for all its horrors, has left me unshaken."*



## 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

### Large function hall available for hire for all types of parties / gatherings

Room is available for hire Mon-Fri afternoons after 1pm. Friday evening, Sat & Sun all day and evening.

### Resident disco and catering available.

### Opening times:

Mon-Thurs 7pm-11.30pm  
 Fri: 7pm-12am  
 Sat: 2.30pm - 12am  
 Sun: 12pm - 12am

### Annual Membership:

£10 per adult / £8 for Seniors 65+

Email: [beckett012@btinternet.com](mailto:beckett012@btinternet.com)  
 T: 01291 626090 / M: 07850 534 370  
[www.burntbarnclub.co.uk](http://www.burntbarnclub.co.uk)



## Walking challenge for Velindre

Back in May, Chepstow Matters was pleased to hear from 13 year old Ethan Body who had been inspired by Sir / Captain Tom to raise money for charity during the lockdown.

When Ethan saw that Velindre had set up the mile-a-day-through- May challenge he wanted to take part.

Velindre is a charity close the family's hearts and as such the family have always supported Velindre in whatever way they can. Each Christmas Ethan and his younger brother Joshua who is 10 do a collection at Chepstow Garden Centre to raise money for Velindre and they also set up wear red for Velindre in January at their schools.

Ethan, a pupil at Chepstow School, suggested doing the walk and tying it in with his daily exercise, he said "why not raise money and get fit all at once!" He ended up walking further than 1 mile each day too as he thoroughly enjoyed the challenge.

**Well done Ethan, you have made your family rightly proud.**

Ethan has raised over £700 for Velindre - It's not too late to support him in his fundraising efforts for this fantastic facility. If you can help his justgiving page is :

<http://justgiving.com/fundraising/ethans-mile-a-day-in-may-for-velindre>



## Castell Roc Announcement:

Apologies in taking so long to bring news of 'Castell Roc 2020' but I don't think you will be surprised to hear that due to covid 19 none of the events due to take place this August, will be happening this year !

This pandemic has affected everyone and everything and, as well as keeping in line with 'Welsh government' guidelines, foremost in our minds is keeping everyone safe,

At the same time, we at Castell Roc want to try and give all our supporters some 'light at the end of the tunnel'. We don't want to have to keep everyone waiting for near on 18 months as we know how much everyone looks forward to this fantastic annual event, SO ....

**There will be a special 'SPRINGTIME CASTELL ROC' for 2 weekends in Spring 2021 (Friday 23rd - Sunday 25th April & Friday 30th April - Sunday 2nd May). 6 fantastic shows in the glorious grounds of Chepstow Castle!!**

The following will take place ;

**FRIDAY APRIL 23RD- TBC**

**SATURDAY APRIL 24TH - CRAIG CHARLES FUNK & SOUL SHOW**

**SUNDAY APRIL 25TH- TBC**

**FRIDAY APRIL 30TH- 'TWIST UP NIGHT'- with 'SI CRANSTOUN' plus 'THE NAVARONES'**

**SATURDAY MAY 1ST - 'KING KING' plus 'CATS IN SPACE'**

**SUNDAY MAY 2ND - MONSTERS OF ROCK' - featuring 'UK GUNS N ROSES' 'WITESNAKE UK' & 'HELLS BELLS'.**

If you have already purchased early bird tickets for any of these shows in August 2020 'THEY WILL BE VALID FOR THE SPRINGTIME DATES', however bad news is as social distancing rules may still be in place, we are only able to sell a percentage of the venue capacity. We are over half way sold on some shows already so to make sure of tickets, don't leave it too late as you maybe disappointed !! Standard tickets ONLY available (all early bird sold out! )

After we are up to maximum amount of sales, we can put you on a waiting list and you can purchase tickets 'ONLY IF' social distancing is relaxed !!  
**TICKETS NOW ON SALE !!**

**The following shows are re-scheduled for August 2021, and tickets you already hold are valid for the new dates:**

**FRIDAY AUGUST 27TH 2021-'BOHEMIANS' & 'FLEETWOOD BAC' (double bill) If you hold tickets for 'Fleetwood Bac' show OR 'Bohemians' either are valid for this 'double bill show'**

**SUNDAY AUGUST 29TH 2021- 'WHITNEY - QUEEN OF THE NIGHT'**

If you have tickets for any of the re-scheduled shows and cannot make the new dates, a full refund is available!

**The rest of the shows for 'Castell Roc 2020' we are sorry to say are cancelled 'For Now' - these include:**

• Skid Row • 'It's Party Time' with La Voix  
• Alabama 3 • Russell Watson • Total Pop Party

All tickets sold for the cancelled shows are refundable. Online tickets have already been refunded but if you purchased tickets over the telephone or in person at Hannah's Music, please contact the box office; Tel - 01291 627122. For tickets and information visit [www.castellroc.co.uk](http://www.castellroc.co.uk)



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

On these pages we have tried to collate many of the non-profit making groups, clubs and organisations that regularly meet in the area, along with Church and School information. If we have got your details wrong, or missed out your club completely, please contact us on **community@mattersmagazines.co.uk** and we shall do our best to put it right for you!

### CHEPSTOW COMMUNITY LISTINGS

**Chepstow Castle** Bridge Street, Chepstow, NP16 5EZ 01291 624065

**Chepstow Hub** Manor Way, Chepstow, NP16 5HZ 01291 635730 [chepstowlibrary@monmouthshire.gov.uk](mailto: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](mailto:clerk@chepstow.co.uk)

**Chepstow Tourist Information Centre** Castle Car Park, Bridge Street, Chepstow NP16 5EY. 01291 623772 [chepstow.tic@monmouthshire.gov.uk](mailto: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](mailto:ctcdrillhall@aol.com)

Bulwark Community Centre, Laburnam Way, Bulwark, Chepstow, NP16 5RF 01291 624138 [bccbulwark@btconnect.com](mailto: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](mailto: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](http://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](mailto:chaosinchepstow@live.co.uk)  
Jon Stow 07926 584 661

**Chepstow Archaeological Society** [www.chepstow.org.uk](http://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](mailto:chepstowcarers@yahoo.co.uk) 07592 503757

**Chepstow Choral Society** [www.chepstowchoralsociety.org.uk](http://www.chepstowchoralsociety.org.uk) [ukinfo@chepstowchoralsociety.org.uk](mailto:ukinfo@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](http://www.chepstowtwinning.wordpress.com)

**Chepstow and District Amateur Radio Society** [www.gw4lwz.org.uk](http://www.gw4lwz.org.uk) contact James Hewitt [chairman@gw4lwz.com](mailto:chairman@gw4lwz.com), meet at Chepstow Athletic Club

**Chepstow and District Gardening Club** Caroline Duchet [cdgclub@gmail.com](mailto:cdgclub@gmail.com)

**Chepstow and District Lions** [www.caldicot.com/lions](http://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](http://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](http://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](http://www.chepstowphotosoc.org) [admin@chepstowphotosoc.org](mailto: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](http://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](http://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](http://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](mailto:hilary-lee@tiscali.co.uk)

**ComBat Communities of Bulwark and Thornwell**, community group Chairman Ric Hayes [ric.hayes@talktalk.net](mailto: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](http://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: [mmppvb@btinternet.com](mailto:mmppvb@btinternet.com)

**Movie Night** at Bulwark Community Centre and St Arvans Memorial Hall see [www.monmouthshiremobilemovies.co.uk](http://www.monmouthshiremobilemovies.co.uk)

**Musical Youth Theatre** [www.cmyt.org](http://www.cmyt.org) Chepstow Baptist Church Tues and Thurs

**Pottery** Thursdays 7-9 Chepstow Comp School Cathy 07917 261511 [www.monmouthshirepotters.org](http://www.monmouthshirepotters.org) hello@monmouthshirepotters.org.uk

**Rotary Club of Chepstow and District** Secretary Geoff Sumner 01291 624758 [www.chepstowrotary.org.uk](http://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](mailto: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](mailto:kendavies131@yahoo.co.uk)

**The Singing Club** for anyone who wants to sing [www.singingclubber.co.uk](http://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](mailto:info@tidenhamhistory.co.uk)

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

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

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

### CHURCHES

[www.chepstowchurchestogether.org.uk](http://www.chepstowchurchestogether.org.uk)

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

**St Marys Priory**, The Vicarage, Mount Way, Chepstow NP16 5NF  
**St Christophers**, Bulwark, (linked to St Marys) Rev Phillip Averay 01291 620980 <http://www.chepstowparish.co.uk/>

**Chepstow Baptist Church**, Lower Church Street, Chepstow, NP16 5HJ 01291 622987 [chepstowbaptist.org.uk](http://chepstowbaptist.org.uk)

**St Marys Catholic Presbytery Church**, Bulwark Road, Chepstow, NP16 5JE 01291 622649 [admin@stmarysrchepstow.org.uk](mailto:admin@stmarysrchepstow.org.uk) [www.stmarysrchepstow.org.uk](http://www.stmarysrchepstow.org.uk)

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

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

**The Bridge Pentecostal Church**, Unit 1A Critchcraft Buildings, Bulwark Road NP16 5QZ 07943 851799 [thebridgechurchchepstow@gmail.com](mailto:thebridgechurchchepstow@gmail.com)

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

### BABY AND TODDLER GROUPS

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

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

**Cylch Ti A Fi Cas-Gwent** Chepstow Library contact Mai Jones [mai.jones@meithrin.co.uk](mailto: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](mailto: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](mailto:ami_balance@yahoo.co.uk)

**St Christophers Under Fives and Familys** St Christophers Church, Bulwark contact Babs Middleton 07594172720 [babsmiddleton80@gmail.com](mailto:babsmiddleton80@gmail.com) Wed 3.45 term time, all age siblings welcome FREE

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

**Stroat Church Toddler Group** 10am on Thursdays, term time only 01594 529209 [www.stroatchurch.org.uk](http://www.stroatchurch.org.uk)

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



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



**/ChepstowMatters**



## 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

**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  
markb1228@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

**St Arvans Taekwon-Do** Club runs every Monday and  
Thursday from 4:30 for ages 4+. At St Arvans Memorial Hall.  
Contact: st\_arvans\_tkd@yahoo.com or tel: 07707 801150

### 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 Working with Local Business

During the current COVID-19 pandemic, the Chepstow Chamber has been doing its utmost to keep Members and local businesses updated on the Government's recent legislation in terms of grants and schemes available and those with self-employed status. Now we look to welcome back shoppers to the high street.

Temporary changes to some of Monmouthshire's towns and smaller settlements are being made to make them safe for everyone to return and support the local shops and businesses. This may include: road closures, reduced speed limits, pavement signage for social distancing, some barriers. For information on changes to the towns, guidance for shoppers and businesses opening up, here are some useful weblinks:

**Changes to the towns:** [www.monmouthshire.gov.uk/shop-local/changes-in-your-town](http://www.monmouthshire.gov.uk/shop-local/changes-in-your-town)

**Guidance for shoppers:** [www.monmouthshire.gov.uk/shop-local/for-shoppers](http://www.monmouthshire.gov.uk/shop-local/for-shoppers)

**Advice to business on reopening:** [www.monmouthshire.gov.uk/shop-local/for-businesses](http://www.monmouthshire.gov.uk/shop-local/for-businesses)

If you are a business in need of help, you can also contact the Chamber via the following email:  
**secretary@chepstowchamber.com**



### Support Local Business: Retail & Hospitality



**Affinity Events Ltd**  
"Doing things differently"  
PO Box 117, Chepstow, NP16 5XH  
T: 01291 606020 www.affinityevents.co.uk



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



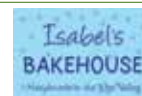
**Deacons Florist**  
*Creative, award winning floral designers*  
4 Bank Street, Chepstow NP16 5EL  
T: 01291 623768 www.deaconsflorist.co.uk



**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



**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





# Chepstow Chamber of Commerce & Tourism

## Supporting Local Business



**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  
T: 07477 017537 [www.sttewdrichouse.co.uk](http://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](http://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](http://www.themakespot.uk)



**Tyrrell's Family Butchers**  
*Local, quality meat & products at affordable prices; catering & takeaway*  
Beachley Road, Sedbury, Chepstow NP16 7AA  
T: 01291 621089 [www.tyrrellsfamilybutchers.co.uk](http://www.tyrrellsfamilybutchers.co.uk)

## Support Local Business: Services



**A-B Connecting Communities**  
*Chepstow to Tintern shared use path*  
T: 01291 626836 [www.facebook.com/AtoBconnectingcommunities](http://www.facebook.com/AtoBconnectingcommunities)



**Barclays Bank Business Managers for Barclays Bank**  
Beaufort Square, Chepstow NP16 5XL T: 07766 360114 (Moira Wearing);  
T: 07342 05355 (Anne Winfield); [www.barclays.com](http://www.barclays.com)



**Basepoint Centres Ltd**  
*Maintained & serviced office space*  
Riverside Court, Beaufort Park, Chepstow NP16 5UH  
T: 01291 635500 [www.basepoint.co.uk](http://www.basepoint.co.uk)



**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)

# Chepstow Chamber of Commerce & Tourism

## Supporting Local Business



**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](http://www.chepstowcommunitybigband.weebly.com/live-music-for-hire)



**Bladen Commercial Property Consultants**  
*Retail, office, industrial, warehouse sales & lettings/ residential land & development agents* 10 Beaufort Square, Chepstow NP16 5EP  
T: 01291 440100 [www.bladenproperty.co.uk](http://www.bladenproperty.co.uk)



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



**Chepstow Beacon**  
*Independent, family owned newspaper*  
T: 01600 712142 [www.chepstowbeacon.co.uk](http://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](http://www.chepstowdental.co.uk)



**Chepstow Matters**

**Chepstow Matters**  
*Affordable, locally targetted advertising options for businesses of all sizes*  
Shirenewton, Chepstow  
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)



**Crown Estate & Letting Agents**  
*Property services for sales and rentals*  
6 High St, Chepstow NP16 5LH  
T: 01291 500100 [www.crown-estateagents.co.uk](http://www.crown-estateagents.co.uk)



**Cupcake Corner Chepstow**  
*Baked fresh, baked right, baked to your delight*  
Bulwark, Chepstow  
T: 07855 772336 [www.facebook.com/Cupcakeshepstow](http://www.facebook.com/Cupcakeshepstow)



**Cwlwm Busnes Gwent**  
*Rhwydwaith Cyfrwng Cymraeg l'r ardal*  
*Welsh Language Networking for the region*  
Dafydd.Henry@cymraegbusnes.cymru



**Doorstep Living Chepstow**  
*Raising the profile of independent businesses right on our doorstep*  
T: 01291 639279 [www.doorstepliving.co.uk](http://www.doorstepliving.co.uk)  
Facebook/LinkedIn/Twitter: @dlshepstow



**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



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



**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



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



**Summit Design Studio Ltd**  
Graphics, web design, branding and print  
The Studio, 16 Queens Gardens, Magor NP26 3BU  
T: 01633 639786 www.summitstudio.co.uk



**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.tmenergysolutions.com

## Patience and Planning are Key in Uncertain Markets

Across communities and countries, we see families, business and governments all looking for the best way to prepare and protect themselves from the coronavirus outbreak.

In such times we all need to prioritise what matters most, and for many that includes making sure that they protect their hard-earned investments. This means it can be hard to sit back and observe the very real impact of the market volatility on your savings.

At these times, as we have seen during previous similar bouts of volatility during global events, one of the most important factors is to maintain a long-term view rather than trying to compensate for short term losses.



**Three key principles that are worth remembering at times such as these are:**

### 1. Stick To Your Plan

The distraction of short-term market changes does not change the purpose of the long-term plan you originally made with your adviser. Making sudden changes without taking advice could cause longer-term implications, so always talk to your adviser in the first instance.

### 2. Remember Cash Is Not Always King

While we all need some cash in case of an emergency, the temptation to move into low risk investment, such as cash, may not be the answer.

Remaining in a diversified investment solution which helps spread risk across a range of investments, is important, even during widespread volatility, to help maintain capital growth, spread risk and position your investments for any subsequent market recovery.

### 3. Stay Invested

When markets are volatile it is tempting to exit the market or switch to cash in an attempt to reduce further expected losses. However, timing these moves is inherently difficult for individual investors. As markets move up and down, being out of the market can actually cause further losses and missed opportunities for recovery.



### Dr Josh Lewis

MBChB MBA MRCGP DipFA MLIBF ACSI  
CertPFS CII(MP)

**Director**

- Pensions and Retirement Planning
- Savings and Investments
- Inheritance Tax Planning and Probate
- Mortgages • Equity Release
- Protection • Long-Term Care

Mobile: **07979 157259**

Chepstow: **01291 626373**

Abergavenny: **01873 854488**

Email: [joshlewis@thinkpositive.co.uk](mailto:joshlewis@thinkpositive.co.uk)

Web: [www.iamfinancial.net](http://www.iamfinancial.net)



## Sullivans Garden Machinery

When we describe ourselves as a family business – we mean it.

We are a small but efficiently run family business with over 70 years' experience in the Garden Machinery Trade. We like it that way, and our customers love dealing with a family team whose heart and soul really is in the business.

We offer Sales, Service and Repair on a wide variety of garden machinery and tools, from ride-on mowers to chainsaws, strimmers and hedge cutters.

Our customer base has been built over time, many of which choose us over and over again because of our honest, down to earth advice and our quick response to breakdowns and repairs throughout the season. We are based in spacious premises in Thornbury, next to The Sort It Centre.

We have maintenance contracts with a number of schools, as well as customers both sides of the Severn who demand the best standard of care for their machinery.

Quite simply, we offer the best choice of both new and reconditioned lawnmowers and garden machinery in the local area, plus unbeatable customer service.

Why not pop in and see us at our Showroom in Thornbury?  
We are open Monday-Friday 9am-5pm and on a Saturday 9am-1pm.

*And we plan to keep doing it, as a family, for a very long time.*



## Sullivans Garden Machinery

Sales - Service - Repairs



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