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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.

Two local areas are running Scarecrow Trails this month, take a look on page 10 and join in the fun. There is an update from Castell Roc with news of events to look forward to next Easter in lieu of this year's cancelled event.

Thank you to the local resident, 'Eye behind the Lens' for sending in our cover photo for this issue. The flowers look beautiful.

If you would like to be included in our next issue - do get in touch!

Jaci x

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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



Pleased to be able to Welcome you back!

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or book a time for a Private Viewing

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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 Bluck.

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 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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Are you a Landlord? Can you Help Monmouthshire CC?

Monmouthshire County Council is currently experiencing unprecedented demand for homeless accommodation relating to the Covid-19 circumstances.

Due to our current accommodation being occupied at near capacity we are keen to identify new property owners, landlords and proprietors who may be able to help us secure additional accommodation. We are in urgent need of B & B/hotel accommodation to provide emergency accommodation together with self-contained rented accommodation and holiday lets to support and assist households who have unfortunately been affected or displaced by the pandemic.

Should you have any particular requirements, we are in a position to be flexible with terms, which we hope could be of benefit to you as a business owner. Equally if you have any concerns we would welcome the opportunity to discuss these with you and the assurances we can offer. We are currently working with a number of business establishments in Monmouthshire who will have benefited from the alternative income we can offer during this difficult period for businesses.

If you can help and are potentially interested, to find out more please contact:

Lindsay Stewart, Senior Accommodation Officer
LindsayStewart@monmouthshire.gov.uk or

Jane Oates, Housing Options Team Manager
JaneOates@monmouthshire.gov.uk.

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International Handover over the Wye

On Tuesday 30th June 2020 the Presidency of Rotary Clubs throughout the world is changed since Presidents may only stand for one year. The geographic area of the Chepstow & District Rotary Club is divided by the River Wye and while the outgoing President lives in Beachley the incoming member lives in Chepstow. And there are social distancing rules too! It was therefore agreed that the handover of the Rotary regalia, the badge of office, should take place on the old Chepstow Bridge, spanning the Wye and joining the two nations.

In a howling gale the outgoing President, Commander Christopher Wilson, approached from the English/Gloucestershire bank and walked towards his relief, Mr Geoffrey Sumner, who approached from the Lower Chepstow/Welsh bank. On meeting near the centre, they waved to one another and then the regalia was transferred and with it the responsibility for directing the Club for a further year. This Club, that was established in 1963, continues to support many community activities and charities whilst providing an excellent social programme for its members.

Commander Wilson reflected on this last challenging year. He explained that fundraising at the December Tintern Carol Service and other activities had enabled the Club to make donations of £1,550 in that past year, including those to Chepstow Guiding, the Toucan for Children appeal, a contribution following a local house fire and to the local Boys Brigade. They also gave a major donation to the Disaster Trust following the severe Bahamas Hurricane and continue to donate to both Caldicot and Chepstow foodbanks. They also ran a number of youth programmes and ran the Youth Speaks competition at Maisemore.

When Covid-19 struck and lockdown was enforced it curtailed the final 4 months of live activities. However, the Club was not defeated and continued its weekly meeting using the internet and ZOOM to keep the members informed and entertained. In spite of the difficulties the Club has recruited 3 new members, one of whom lives in Bristol. He stated that it had been a rewarding year and a privilege to serve the Club. He has also promised a garden party for the Club as something to look forward to once the rules permit.

The incoming President, Geoff Sumner, is well known in Chepstow circles through his long involvement with the Chepstow Society. Geoff explained that since current circumstances made regular face-to-face meetings impossible, he has generated two programmes of events for the coming year. One is an "E" programme with quizzes and talks between the regular Rotary business topics using ZOOM. The other is a more regular mix of meetings and social events to enjoy once the rules are relaxed further.

Geoff has been a member of Rotary for many, many years and so has great experience in organising and mobilising teams. He stated that he was determined to maintain both the effectiveness and the morale of the Club while it was in his stewardship during the coming 12 months.





Tutshill Scarecrow Trail 2020 "Children's Books & Stories Theme" Weds 19th August - Sat 5th September

Postpone from Easter, The Tutshill Scarecrow Trail will now be running from 19th August - 5th September.

The trail will be operating slightly differently due to COVID-19 but it will still be as much fun with lots of wonderful scarecrows to spot.

Entry forms for participants will be download on line, as will the trail maps. Keep an eye on the Tutshill Scarecrow Trail facebook page for more information!

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Portskewett Scarecrows On Now until 22nd August

Archbishop Rowan Williams Primary School PTFA are hosting a scarecrow trail in Portskewett on NOW until 22nd August. Maps to follow the trail are available from The Castle Inn, and Premier Stores, Portskewett for just £3. All proceeds benefit the children at ARW school. Have fun searching them out with friends and family.

Check out the facebook page for more info -
Portskewett Scarecrows

Get fit for free this summer

As we emerge from the recent lockdown into a 'new normal', we may plan to get fitter and more active.

Research by Ipsos Mori and King's College London states that nearly half of us in the UK have put on weight during the lockdown. This isn't necessarily a bad thing, but if you do want to get into shape, we have some great tips to share with you. CAP Life Skills, which is run through churches all over the country, aims to equip members to live healthier and happier lives, physically, financially and mentally. Here are some tips from the course to help you live more healthily, even on a tight budget.

It's not all about the gym

Even when gyms are allowed to reopen, a membership may be unaffordable for you. But there are plenty of free or low cost ways to exercise. Why not look online for free workout videos to get started?

If you feel you're not a healthy weight, it may be possible for your doctor to refer you to a local fitness class or a diet club such as Slimming World. Get in touch with your doctor to find out what support is available.

Get fit while commuting to work

When money's tight, you may need to cut down on transport costs. Look at this as a great opportunity to get exercise into your day by walking or cycling to work (or part of the journey). You may be able to pick up a free or low-cost second-hand bike through a local bike recycling scheme. Get in touch with your local council to see what's available in your area.

Free apps and websites may help us reach our fitness goals

Everyone seems to be talking about the free Couch to 5K app at the moment. Why not give it a try? The app offers a gentle approach to building up your fitness level with guidance. All you need is a smartphone and a pair of trainers.

You'll also find some great fitness ideas online at nhs.uk/live-well.

We can still eat healthily on a budget

Whether we're dieting, on a budget, or both, we all want to make yummy meals that our family will love. Research from Forbes.com and the University of Dundee suggests that creating a meal plan and cooking using fresh ingredients can help to lower costs. Package up any leftovers and either pop them in the freezer for when you need a quick meal, or use them for tomorrow's lunch.

Check out the reduced section in your local supermarket for a bargain or two, but avoid getting pulled in by unnecessary purchases. CAP Life Skills encourages members to shop with a list and stick to it. If you find a reduced item that's on your list, go for it!

You'll find some great money-saving meal ideas online, such as jamieoliver.com/family/money-saving-recipes or cookingonabootstrap.com.

Why not join a CAP Life Skills group?

Many CAP Life Skills groups are currently running online and would love to welcome new members. Visit caplifefirst.org to find out more and search for your nearest group.

Christians Against Poverty (CAP) is a UK charity with services across the country delivering debt counselling, money management, job clubs, life skills groups, and support for people breaking habitual dependencies. Visit capuk.org to find out more.

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Back to School: Transition

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

One of the biggest changes on the horizon is children who will be starting school in September joining Reception. Not all children may have been able to spend any time in their early years setting since lockdown started in March and carers may be worrying that their child will not be adequately prepared for 'big school'. Primary schools will have a plan for settling in their new children and will contact families once they have a clearer idea of how schools will be opening in September. In the meantime there are things we can do at home.

Life story work is a great tool to help children make sense of what is going on in their world.

One aspect of this is to make a book about it. The story is personalised to your child, a selection of photos and or drawings that illustrate the following;

Where we were prior to lockdown, for example, going to pre-school, older siblings to school, mum and dad to work.

What happened in lockdown, for example, everyone at home, then going back to pre-school, seeing family/friends again – socially distanced of course.

What's happening next, for example, starting school. The text can be personalised to your family and circumstances. Children can help make the books choosing photos and sticking them in, older children can help to write the 'story'. Read it a couple of times with your child and leave the book in an accessible place so they can initiate when they would like to read it. As the transition of school occurs you can add more photos to illustrate their journey.



Familiarity creates predictability, which can help children manage a transition. How often do we check on a map if we need to go somewhere new, or even make the journey a day or two before so we know where we are going especially if it's a work-related journey. These processes can help create a sense of ease and we can create that same sense of ease for children too. Think about practising putting on school uniform if your child is willing, or dress a teddy bear up in it. Take a walk on a regular basis that is the route you will take to get to school. Stand outside the school gates and talk about what happens in school – don't worry that you may not know the exact details, a broad overview of how the day runs will help your child to predict what will happen. Predictability helps to create a sense of ease.

Role play is a fantastic tool to explore new experiences. If your child will be taking a packed lunch role play lunch times, use their lunch box, set up teddy bears to be other children, role play register time making up a pretend register encouraging your child to listen carefully for their name. There are lots of well written story books too about starting school.

It's not just our younger children who will be going through transitions. There is a lot of uncertainty of how schools will be re-opening in September and potentially the school day could look a bit different. Settling primary school children back into school with an unfamiliar routine may present challenges for some children. It's really important to have an early open dialogue with your child's teacher. If children are not in school full time in September making a weekly chart using pictures and/or words to show which days are school days and which are home days can help children. A sticker or magnet can be moved each day so your child knows which day it is and what will be happening the next day. For children who are struggling to make sense of

how they are feeling, there is a resource called 'the jelly baby tree' – it's easy to find online. This resource provides a starting platform to explore how your day has been, how you would like to feel during the day and discusses what strategies your child can use to work towards their goal.



Some children will be making the transition to secondary school. This is a big step in a child's education and they often need as much transition support as when they started in Reception, just in a different way. A practice walk to school to work out the safest place to cross roads and which entrance they go in at the school can help.

Making a checklist of all the items they need on a daily basis to ensure nothing is forgotten can help create a sense of ease. Talking to your child about the learning opportunities there will be at secondary school that they may not have had at primary school, for example, fully equipped science labs, engineering rooms, the sports facilities. There can be quite a sense of loss for a child as they leave the safety net of primary school, where often they have been in the same class of students for many years. Given the choice some children would opt to stay at primary school; for others it's an exciting new adventure and one they are very ready for. A good friend of mine gave me a great piece of advice when my eldest daughter started secondary school, to 'expect a bumpy ride in Year 7'; I was ready for the bumps and more able to deal with them. Remember that first day in a new job and how long it can take to settle in and feel really comfortable and confident, and then transfer those feelings to these transitions our children will be going through.

This is also applicable for young people starting college in September. Their safety net was secondary school – and now starting a new chapter possibly with no one else they know; it can be daunting.

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Transitions can generate a number of feelings, emotions and behaviours. It's really important we name the feelings we see. There is nothing more frustrating than talking with a friend about something that has generated high feelings for yourself and the other person does not acknowledge those feelings and instead tries to distract you with something else. In my experience when a child is upset, if we name the feelings we see and validate those feelings the child recovers much quicker than if we try to distract them with something else. Once we name the feelings we can discuss strategies to manage those feeling and situations.





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 and there has been a fantastic response from the general community. As of Monday 3rd August there were nearly 1300 painted rocks!

We are pleased to hear that Snakey is due to become a permanent fixture as the Town Council has agreed to cement him into the path so that he can continue to be appreciated in the future.



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.



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£3.50 per session, or £2.50 per session to members (£15 annual fee),
Unlimited membership - £45 for 3months or £80 for 6months



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)

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

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.

Annual Membership:
 £10 per adult / £8 for Seniors 65+

Email: beckett012@btinternet.com
T: 01291 626090 / **M:** 07850 534 370
www.burntbarnclub.co.uk



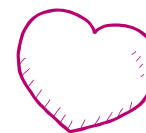
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Castell Roc Announcement:

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 month, 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 23rd APRIL -
'Rock Legends'
U2UK, Cloneplay & Stereophonics

SATURDAY 24th APRIL -
Craig Charles Funk & Soul Show

SUNDAY 25th APRIL -
'90's to the 00's'
Shayne Ward, Sive, Phats & Small

FRIDAY 30th APRIL -
'Twist Up Night'
with 'Si Cranstoun' plus 'The Navarones'

SATURDAY 1st MAY -
'King King' plus 'Cats in Space'

SUNDAY 2nd MAY -
'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 27th AUGUST 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 29th AUGUST 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! 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

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Local Clubs, Groups & Community Organisations in and around Chepstow

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

CHEPSTOW COMMUNITY LISTINGS

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

Chepstow Hub Manor Way, Chepstow, NP16 5HZ 01291 635730 chepstowlibrary@monmouthshire.gov.uk

Chepstow Museum Bridge Street, Chepstow 01291 625981

Chepstow Town Council The Town Council Offices, The Gatehouse, High Street, Chepstow, NP16 5LH 01291 626370 clerk@chepstow.co.uk

Chepstow Tourist Information Centre Castle Car Park, Bridge Street, Chepstow NP16 5EY. 01291 623772 chepstow.tic@monmouthshire.gov.uk

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

Community Centres:

Palmer Community Centre, Cormeilles Square, High Street, Chepstow, NP16 5LH 01291 628725 main hall and lounge available for hire, Tea Rooms open for all!

The Drill Hall, Lower Church Street, Chepstow, NP16 5HJ Hall available for hire including weddings 01291 628552 or e-mail Mike at ctcdrillhall@aol.com

Bulwark Community Centre, Laburnam Way, Bulwark, Chepstow, NP16 5RF 01291 624138 bccbulwark@btconnect.com Large Hall, seminar room, café, kitchen and garden area.

Sedbury Space, 11 King Alfred's Rd, Sedbury NP16 7AG, info@sedburyspace.org.uk, 01291 626158, community activities & rooms for hire

Doctors Surgeries and Community Hospital

Chepstow Community Hospital, Tempest Way, Chepstow, NP16 5YX 01291 636636

Town Gate Practice, Tempest Way, Chepstow, NP16 5XP 01291 440065; Beachley Road, Sedbury NP16 7AA 01291 626041

Mount Pleasant Practice, Tempest Way, NP16 5XR 01291 440154; 12A Main Rd, Portskewett NP26 5SG 01291 425242

Vauxhall Surgery Vauxhall Lane, Chepstow, NP16 5PZ 01291 636100

Police Station 14 Moor Street, Chepstow NP16 5XW 01633 838111

LOCAL CLUBS AND ORGANISATIONS

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

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

Care Support: Joy's Gift Shop, Bulwark. Free Activity Sessions for people with Alzheimers \ Dementia Related Illness. Phone Toni to book a place on 01291 629392

CHAOS Music and Drama chaosinchepstow@live.co.uk
Jon Stow 07926 584 661

Chepstow Archaeological Society www.chepstow.org.uk 1st Thursday of the month 7.30 Chepstow Conservative Club

Chepstow (Archway) Bridge Club meets Mon, Weds, Thurs at the Palmer Centre, 7-10pm http://chepstowarchwaybc.org.uk or call Pete on 01291 - 627599 for more information.

Chepstow Carers Group Scout Hut, off Pembroke Road, Bulwark first Wed of the month 10-12 chepstowcarers@yahoo.co.uk 07592 503757

Chepstow Choral Society www.chepstowchoralsociety.org.uk info@chepstowchoralsociety.org.uk Wed 7.30 Chepstow Leisure Centre

Chepstow Community Big Band Meets on Wednesday evenings during term time at Wydean School NP16 7AA 6pm – Microjazz Training Band; 7pm - Swingcopation Big Band. http://chepstowcommunitybigband.weebly.com

Chepstow Cormeilles Twinning Association
www.chepstowtwinning.wordpress.com

Chepstow and District Amateur Radio Society www.gw4lwz.org.uk contact James Hewitt chairman@gw4lwz.com, meet at Chepstow Athletic Club

Chepstow and District Gardening Club Caroline Duchet cdgclub@gmail.com

Chepstow and District Lions www.caldicot.com/lions 0845 8339565

Chepstow Folk Dance Club Wednesdays 7.30 pm Function Room Conservative Club, Moor Street. http://chepstowfolkdance.weebly.com/

Chepstow Hill Walking Club an informal group of people of all ages who like to walk on the hills and moorland. www.chwc.org.uk

Chepstow Jubilee Townswomen's Guild meets at Chepstow Leisure Centre on the 1st Wednesday of each Month. Contact: Maureen Dale 01291 623257

Chepstow Knitters first and third Monday of the month Chepstow Methodist Hall 7.30-9.30pm. Contact Margaret Payne 01291 630580

Chepstow Male Voice Choir www.chepstowmvc.co.uk Mon & Thurs 7pm The Dell School contact Elvin Hart on 01291 620438 or 07956 891 234.

Chepstow Photographic Club www.chepstowphotosoc.org admin@chepstowphotosoc.org

Chepstow Probus Club fortnightly meetings for retired business gentleman. Contact Ian Whitford - Secretary for PROBUS of Chepstow 01291 622 193

Chepstow Round Table www.chepstow.roundtable.co.uk community voluntary organisation for men aged 18-44. 'find them at Facebook/Chepstow Round Table'

Chepstow Society local group exploring history and developments of town, meet each month in Drill Hall. www.chepstowsociety.co.uk Secretary Henry Hodges, 01291 625865.

Chepstow Town Band meet Sundays 6.30-8.30 at Bulwark Community Centre, contact Alen Lane 01291 629580

Chepstow Walk for Health. Meets 10.00 am every Monday (except Bank Holidays) at the rear of Chepstow Leisure Car Park. Walks no longer than 3 miles with few if any stiles. Come and make new friends and get fitter at the same time. For further information contact Helen 01291 641856

Chepstow Womens Institute (WI) www.thewi.org.uk Shirenewton, St Arvans and Tidenham

Chepstow Group of Gwent Wildlife Trust Contact Hilary Lee 01291 689326 hilary-lee@tiscali.co.uk

ComBat Communities of Bulwark and Thornwell, community group Chairman Ric Hayes ric.hayes@talktalk.net

Library Friends Group aims to support and promote the library through a variety of activities. Please contact 01291 635730 for more info.

Lower Wye Ramblers Sunday Walks (meet CLC) www.lowerwyeramblers.org.uk 01291 637416

Mahjong Group meets weekly on Monday afternoons in Tidenham Chase. For new and current players please contact David Green on 07813 200808

Mathern Men's Choir meet in Mathern Village Hall on Mondays at 8.00 pm. New members welcome. Neil Jones 01291-628410

Mathern, Mounton and Pwllmeyric Villages in Bloom Meet 7pm last Thur of the month, bi-monthly (Jan, Mar, May, July, Sep, Nov) Mathern Village Hall email: mmpvb@btinternet.com

Movie Night at Bulwark Community Centre and St Arvans Memorial Hall see www.monmouthshiremobilemovies.co.uk

Musical Youth Theatre www.cmyt.org Chepstow Baptist Church Tues and Thurs

Pottery Thursdays 7-9 Chepstow Comp School Cathy 07917 261511 www.monmouthshirepotters.org hello@monmouthshirepotters.org.uk

Rotary Club of Chepstow and District Secretary Geoff Sumner 01291 624758 www.chepstowrotary.org.uk

Royal British Legion Chepstow Branch meets at the Beaufort Hotel in Chepstow monthly on 4th Tuesday at 7.30 pm. Contact Tom Moran on 01291 427266 tmoran@btinternet.com.

Royal Naval Association Chepstow Branch meets at the Conservative Club, Moor Street monthly on 2nd Thursday (except August) at 8.00 pm Contact Ken Davies on 01291 621485 kendavies131@yahoo.co.uk

The Singing Club for anyone who wants to sing www.singingclubber.co.uk

Tidenham Historical Group meets from Sept-April last Tues of the month, 7.30pm in Sedbury Village Hall NP16 7AQ. Visitors welcome. For details ring 01291 623736 or e-mail info@tidenhamhistory.co.uk.

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

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

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

CHURCHES

www.chepstowchurchestogether.org.uk

Chepstow Methodist Church, Albion Square, Chepstow, NP16 5DA 01291 627014 www.chepstowmethodist.org.uk

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

Chepstow Baptist Church, Lower Church Street, Chepstow, NP16 5HJ 01291 622987 chepstowbaptist.org.uk

St Marys Catholic Presbytery Church, Bulwark Road, Chepstow, NP16 5JE 01291 622649 admin@stmarysrchepstow.org.uk www.stmarysrchepstow.org.uk

St Luke's Church, Coleford Road, Tutshill NP16 7PT 01291 624868 www.tidenhamparishchurch.co.uk

Stroat Church, Gloucester Road, Stroat, Chepstow, NP16 7LR 01594 529209 www.stroatchurch.org.uk

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

Victory Church, Palmer Community Centre, High Street, Chepstow, NP16 5LH 0845 4092449 www.victorychurch.co.uk

BABY AND TODDLER GROUPS

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

Chepstow Methodist Church Parent and Toddler Groups mornings 10am term time www.chepstowmethodist.org.uk

Cylch Ti A Fi Cas-Gwent Chepstow Library contact Mai Jones mai.jones@meithrin.co.uk Tuesdays 10.15-11.15

Devauden Mother and Toddlers, Devauden Village Hall contact sarah_trim@rocketmail.com Mondays 10-12 including holidays

Shirenewton Parent and Toddler Shirenewton Rec Hall, Paula Siddall p.rimmer10@btinternet.com every Thurs 1.30-3pm

St Arvans Baby and Toddler St Arvans Memorial Hall. Every Weds 10-11.45. First session free. T: Ami Cooper 0788 668 0262 E: ami_balance@yahoo.co.uk

St Christophers Under Fives and Familys St Christophers Church, Bulwark contact Babs Middleton 07594172720 babsmiddleton80@gmail.com Wed 3.45 term time, all age siblings welcome FREE

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

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

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



Please support us and connect with us:
@ChepstowMatters



/ChepstowMatters



Local Clubs, Groups & Community Organisations in and around Chepstow

NURSERIES / PRESCHOOLS

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

Chepstow Leisure Centre Playgroup 07591 356101
chepstowleisurecentreplaygroup@outlook.com

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

Little Acorns Playgroup Burnt Barn Road, Chepstow 01291
628031 www.littleacornsplaygroup.co.uk

Little Scamps Pre-School and Nursery Beachley Barracks,
Chepstow Nicky Morgan 01291 645381

Penguins Pre-School, c/o Offas Mead Academy, Beachley
Road, Sedbury NP16 7DT Michelle 07923548584

Robins Nursery, in St Arvans Open 7.30am – 6.00pm for ages
3m–4yrs. 01291 624893 robins@deanclosenurseries.co.uk

Shirenewton Playgroup contact Beverly Lindsay, Playgroup
Supervisor 07881 480764 shirenewtonplaygroup@gmail.com

Tutshill Community Pre-School Debra Hockin 01291 629134
www.tutshillpreschool.org.uk tutshillpreschool@talktalk.net

PRIMARY SCHOOLS

(The) Dell Primary Welsh Street, Chepstow NP16 5UQ
01291 635641 thedellprimary@monmouthshire.gov.uk
www.dell.monmouthshire.sch.uk

Offa's Mead Academy Beachley Road, Sedbury, Chepstow
NP16 7DT 01291 622932 www.offasmeadacademy.org
contactus@offasmeadacademy.org

Pembroke Primary School Fairfield Road, Bulwark NP16 5JN
01291 622310 pembrokeprimary@monmouthshire.gov.uk
www.pembrokeprimaryschool.co.uk

Shirenewton Primary School Shirenewton, Chepstow, NP16
6RN, 01291 641774 shirenewtonprimary@monmouthshire.
gov.uk

St John's on-the-Hill, Independent, co-educational
school for ages 4–13 years. 01291 622045 enquiries@
stjohnsonthehill.co.uk.

St Marys RC Primary School (Voluntary Aided) Bulwark
Road, Chepstow NP16 5JE, 01291 623006 stmarysprimary@
monmouthshire.gov.uk

Thornwell Primary and Nursery Unit Thornwell
Road, Bulwark, Chepstow, NP16 5NT 01291 623390
thornwellprimary@monmouthshire.gov.uk

Tutshill C of E Primary School, Coleford Rd, Tutshill,
Chepstow NP16 7BJ 01291 622593 admin@tutshillcofe.
gloucs.sch.uk

Ysgol Y Ffin (Welsh medium), Sandy Lane, Caldicot, NP26
4NR 01291 420331

SECONDARY SCHOOLS

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

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 https://clubspark.lta.org.uk/
chepstowTennisClub enquiries@chepstowtennis.club
Contact Club on 07817 731184

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:

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Chepstow Town Football Club www.clubwebsite.co.uk/
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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

Guidance for shoppers: www.monmouthshire.gov.uk/shop-local/for-shoppers

Advice to business on reopening: 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:
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Support Local Business: Retail & Hospitality



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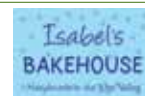
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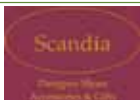


Chepstow Chamber of Commerce & Tourism

Supporting Local Business



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Chepstow Chamber of Commerce & Tourism

Supporting Local Business



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Advice throughout your life

The reality is that 77% of those who have either sought advice or who currently have an adviser, have savings and investments of less than £100,000, compared to just 5% with more than £500,000.

The pandemic has clearly prompted a proportion of people to seek advice. It is often a life event which triggers the need for advice, rather than hitting a financial milestone. Common reasons for seeking advice include a desire for a financial health check, a change in family circumstances like marriage or a decision to invest for a child or grandchild.

Measuring value

Over the years, research has produced some interesting findings that highlight the benefit of taking advice when making financial decisions.

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INVOLVES A REGULAR REVIEW
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ADAPTING TO CHANGES OVER
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The value of pensions and investments and the income they produce can fall as well as rise. You may get back less than you invested.

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*Aegon, 2020

**Russell Investments, 2019



Dr Josh Lewis

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