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3.00pm – Join **Bake Off's Briony Williams** And have a 'Cuppa for a Christmas Cure.' Briony will take you behind the scenes at Bake Off, share her baking tips, plus an exclusive recipe.

4.00pm – **Jonathan Dimbleby** hosts a fun **'University Challenge'** style Christmas quiz with dementia scientist teams from Bristol & Exeter Universities.

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<https://www.alzheimers-brace.org/Event/christmas-cracker>



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

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Dear Readers...

I hope this issue finds you all safe and well as we continue to navigate our way through 2020.

During the latest Welsh lockdown I have enjoyed some wonderful walks with the dog in the beautiful Chepstow Park, per my front cover photo this month. We are so lucky to have this on our doorstep.

It is again uncertain times for our advertisers, many of whom are finding the prospect of another lockdown very difficult. They would really appreciate your support, so do try and support out local businesses and traders whenever you have an opportunity to do so.

Christmas is fast approaching but also feels up in the air this year as we all wonder what kind of Christmas we shall be experiencing this year. With all events off the table for the foreseeable future, groups are trying to find difference ways of spreading some festive cheer. Brace opposite have an afternoon of festive fun to raise some much needed funds.

Lastly, a big shout out to all our advertisers, we could not produce the magazine without you. Please do return their support and give them a call whenever you have a need for their services.

If you would like to be included in our next issue - do get in touch, I'd love to hear from you!

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Jaci x

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When Someone You Care About Dies

Here at Ian Watts & Son we like to offer support to those who have suffered a bereavement before & after a Funeral has taken place.

Before the pandemic we were able to hold Bereavement Support Group meetings but sadly this has not been possible since March due to the restrictions. We had planned to have Dr. Bill Webster from America, join us as a guest speaker at our Spring meeting. He is the author of several books about grief & supporting us with bereavement.

Dr. Webster, lost his own wife in 1983 leaving him with two young children. Bill says *"Three months after Carolyn died, I felt a thousand times worse than I had at the actual moment. The worse thing was that people's expectations seemed to be that by now I should be, in their words, 'getting over it'"* Bill added. *"In reality, 'getting over it' we always say is very unlikely. Learning to build a life around what has happened is much more realistic."*

Because of our concern for those who are grieving we have purchased a large supply of Dr. Webster's book entitled **'When Someone You Care About Dies'**. The book has 31 pages of information, advice, coping techniques & suggestions aimed at helping us through difficult times. We are extremely grateful to Bill who was so encouraged to hear that we are offering this help, he discounted the cost of the books to us. We therefore want to give these as gifts to anyone who feels they are struggling.

Simply call us on 01291 420972 or send us a message or if you can safely call into our Funeral Home on the corner of the Avenue at 170 Newport Rd, Caldicot, we have large supplies of these books here. With love from Jo, Martin & all at Ian Watts & Son.



Cubs from 1st Shirenewton should have been re-returning to Goodwood last month to compete against 42 other teams of Cubs from across the UK in the Supreme Box Kart Championships. Sadly Covid had other ideas and so they decided to improvise and held the 1st ever Alpine Cubs Fruit Box Kart Races!

The rules remained the same with regards to cycle helmets, gloves and team t-shirt (although they didn't have to be in the pits quite so early which was a relief!) and races comprised of timed trials and some by the luck of the die. There were even the inevitable crashes to keep the authenticity.

Life is all about Plan B - and this Plan B was heaps of fun!



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Welcome to the Additional Learning Centre (ALC) at Pembroke Primary School. We are a specialist provision for Monmouthshire LEA with school placements for children in the South of the county.

We support individuals aged 4-11 years with Profound and Multiple Learning Difficulties (PMLD), Severe Learning Difficulties (SLD), Moderate Learning Difficulties (MLD) and Autistic Spectrum Disorders (ASD). Ours is a 20 place centre with high levels of staffing and specialist resources.

At Pembroke ALC we believe each child is unique and should be nurtured using the principles of "Person Centred Planning" in order for their potential to be reached. We offer a range of therapies tailored to the children, these include rebound, music dance relaxation, community visits and during the summer term horse riding.

We have been enjoying the first couple of weeks back in school and especially our new topic The Enchanted Woodland. The children have been exploring the school grounds and using the Forest School areas. They have enjoyed writing stories and making Pixies from natural materials. Developing their sorting and identification skills and becoming fantastic nature detectives.

We are pleased to announce that we will be having a new sensory room in the coming months, this will allow us to continue our therapies in a more stimulating environment.

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What is Solution Focused Hypnotherapy?

Are you curious about what happens in the therapy room?

Clients are often surprised how relaxed, positive and enjoyable hypnotherapy sessions can be; how different the process is compared to their initial expectations.

So, how does Solution Focused Hypnotherapy work?

By focusing on the solution, and using a powerful combination of positive talking therapy and relaxing hypnosis, clients can make lasting changes in a relatively short period of time.

Unlike traditional counselling methods, Solution Focused therapy dwells less on the problem, focusing on the present and the future in a positive way, exploring how you want things to be. This helps rewire your brain, allowing for new healthy patterns of behaviour, breaking the often debilitating cycle of negative thinking.

Sessions ~ so much more than hypnosis

We begin by exploring the positive things in your life, establishing positive thought patterns, which help us cope better with life.

We explore how these positive moments, using visualisation techniques to focus on the small steps towards success, in a manageable and achievable way.

The process helps us think using our Intellectual Brain. When we think from this part of our brain, we generally get things right in life; it's logical and makes a proper assessment of situations in life. We can't always change the events in our life, but with practice, we can change the way we choose to think about them, and in turn how we cope.

Time for relaxation!

We consolidate the talking therapy part of sessions with hypnosis, a state of focused attention and deep relaxation which we call trance.

It's a misconception that hypnosis can make us say or do things against our will. Please be reassured it's an entirely safe and natural state. In this state, your mind is more responsive to suggestions that are designed to be beneficial to help you change unhelpful thought patterns.

During hypnosis we can access the subconscious,

LAURA JANE HYPNOTHERAPY

"I went to see Laura during a particularly stressful time in my life. I was anxious and in a constant state of panic. Laura really helped me put things into perspective and calm down enough to work through everything that was going on... and this is the important bit - she helped ME work through it. Laura didn't solve my problems for me, but she helped me focus, helped me ask myself tough questions and be honest with myself. I will be forever grateful to Laura for two things: a) helping me through one of the biggest lows of my life b) giving me the ability to take the learnings I had with her that help me to not only cope, but thrive every day. One of the best things with Laura is that you get a sense that she really cares about helping you. She really wants to see you succeed - you do have to want to help yourself though - that's the only thing I'd say - it's the key to working with Laura and making life happier, healthier and calmer. I'd recommend working with Laura - she's amazing, solving the climate crisis, and there are ways we can all help. We just need to start listening and taking action. We have to face the fact that each of us has a lot of cleaning up to do, but there's still hope."

GRATEFUL CLIENT - JULY 2020

it helps us calmly look and think about those responses, and decide which are needed and which are unwanted, so we can find solutions and move forward towards a preferred future.

It's wonderful to see positive changes as clients benefit from Solution Focused Hypnotherapy. It's such an uplifting therapy for a wide range of psychological issues empowering you towards lasting change.

Connect with me ~ **Laura Jane Hypnotherapy**

Call me – **07807 936 080** | Email me - **justimagine@laurajanehypnotherapy.com**

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The Financial Conduct Authority (FCA) do not regulate Inheritance Tax Planning, Tax and Trusts.

The benefits to the treatment of tax will depend on your individual circumstances and may be subject to change in the future.

Forgotten Medieval Priory Remembered

The new ceramic information plaque installed by the Chepstow Society to mark the site of a forgotten medieval Priory was officially unveiled on Wednesday 7th October.

The plaque commemorates the small Augustinian Priory of St Kingsmark or Kynemark – named for a local Welsh saint named Cynfarch, whose church had been in the area.

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

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

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

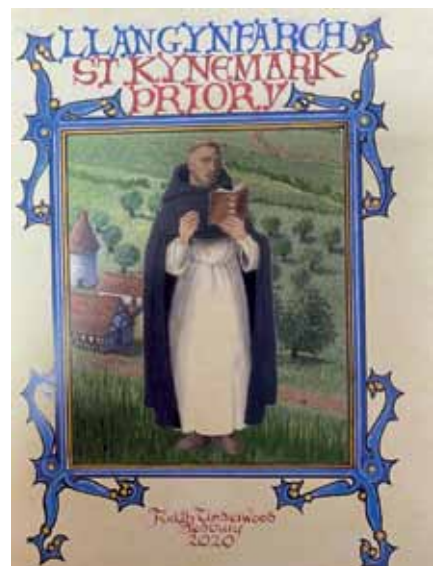
The Chepstow Society was formed in 1948 as a local history and civic society. The Society is actively engaged in efforts to improve local amenities, while safeguarding the heritage, character and charm of the town.

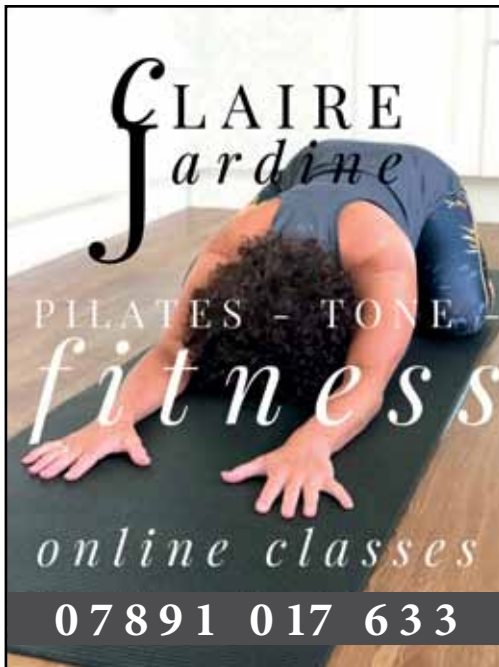
It has been at the forefront of protecting the town's historic features, and has been instrumental in placing many plaques around the town highlighting places of interest. It holds monthly meetings and talks – normally in the Drill Hall, but currently via Zoom - and welcomes new members.

For further information, please contact Geoffrey Sumner, Chair of the Chepstow Society, on 01291 624758, or Guy Hamilton on 07786 500609.

It was lovely to have a socially distanced doorstep catch up with Keith Underwood at this time and to view a copy of his latest booklet, which documents the history of St Kingsmark (as pictured opposite).

This booklet has been hand painted by Keith with his usual fantastic attention to detail and limited copies are available to purchase from the Chepstow Bookshop.





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TRUSTED FINANCIAL ADVICE IN UNCERTAIN TIMES

A study* of savers and investors has found that one in 25 people have recently sought advice for the first time ever. It also highlights myths that exist surrounding financial advice, with two in five people thinking they aren't wealthy enough to seek advice and 27% thinking advice is only for those with over £100,000.

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.

One study** found that individuals who receive financial advice were likely, on average, to receive 4.4% more per annum in net returns. This was through a combination of financial planning, tax advice, preventing behavioural mistakes and rebalancing portfolios.

Helping you with important decisions

Successful planning involves a regular review of your circumstances and adapting to changes over the long-term.

**SUCCESSFUL PLANNING
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ADAPTING TO CHANGES OVER
THE LONG-TERM.**



If you'd like help planning for life's important milestones or feel that you could benefit from an assessment of your current circumstances and would like help devising an individual plan for your financial future then do get in touch, we're here to help.

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

MBChB MBA MRCGP DipFA MLIIF ACSI
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Carol Muttlow

Abigail Corbett, age 7, of Bulwark, Chepstow. Is one of only a handful of girls to achieve the top Rainbows Award in the UK.

In just 2 years at 2nd Chepstow Rainbows, Abigail has achieved 53 badges for the gold award. She quickly earned 3 roundabout badges from the old programme earning her gold but went on to earn all 6 theme awards on the new programme.

Each theme award has to include 2 interest badges, 1 skills badge and 3 unit hours. One of her favourite interest badges was the Agility badge, Abigail who is an Artistic Squad Gymnast for Kestrels Gymnastics in Bulwark put her flexibility skills to the test and designed a fitness programme for people to follow at home during lockdown.

Abigail has grown in confidence and learnt many new skills such as camping, cooking, growing plants, helping nature, playing games and friendship building.

She thanks the leader Otter as she has thoroughly enjoyed her time in Rainbows and is looking forward to Joining Brownies.



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Monmouthshire County Citizens Advice continues to offer support

Monmouthshire County Citizens Advice has continued giving advice to those in need throughout the coronavirus pandemic thanks to the tireless dedication of its staff and volunteers.

Yvonne James, Chief Executive Officer, said:

"Our offices have remained closed for face to face advice since the end of March but we have helped over 2,300 clients thanks to the support of our volunteers and staff."

Volunteers and staff have worked from home proving advice over the phone, by webchat and email to ensure that we can provide advice to those in need.

With the ongoing changes to the Government Guidelines we are not yet able to offer our service in the traditional way but we are still able to offer our support and if you need to contact us we are able to help".

If you need advice contact us as follows:

Abergavenny and Monmouth Offices:

01873 856466

Mon, Tue, Weds, Fri 10am – 2pm

Caldicot and Chepstow Offices:

01291 422119

Mon, Tue, Wed, Thurs 10am – 2pm

If you don't get through or call out of these hours, please leave a message and we will call you back or alternatively drop a note through our door and we will get back to you. We now also have the ability to be able to offer a video appointment service if this is more suitable to your needs.

Alternatively, outside of these hours please call **0300 3302117** or you can access the Citizens

Advice webpage at <https://www.citizensadvice.org.uk/wales/>

To talk to us via webchat: Type 'webchat' in the citizens advice web page search bar.

If you're interested in finding out more about remote volunteering with Monmouthshire County Citizens Advice contact training@monmouthshirecountycab.cabnet.org.uk For more information about the types of roles we offer visit the national Citizens Advice website.

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Lions are a knockout at Chepstow Amateur Boxing Club

Saturday 5th September 2020 saw the official opening of the refurbished Chepstow Amateur Boxing Club, located in the Drill Hall, Church Street, Chepstow.

Significant investment has been put into the club and they have completed a refurbishment to improve their training, changing and shower facilities. The Lions Club of Chepstow and Caldicot provided funding to provide high-density safety matting for the training area. The club was most appreciative of the support received from the Lions and invited them along to view the updated facilities ahead of the official opening with other local dignitaries and sponsors.

In the main photo above Lion Ray Nash is seen with Derek McAndrew, Chairman of Welsh Boxing, and some of the team at Chepstow Amateur Boxing Club.





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SARA Book Research

Can you help?

Do you have a story about SARA?

It's nearly fifty years since SARA was officially launched. Over that time, we've achieved remarkable things, growing from a handful of volunteers into one of the largest and best-known volunteer search and rescue organisations in the UK. We are now starting to compile a book looking back over our history and celebrating our achievements.

Do you have stories and personal recollections of rescues and operations in which you've been involved over the years? If so we would like to contact you by phone or email – either to ask you to upload material digitally, or to arrange a telephone interview or a (Covid-secure) face-to-face meeting. Please email us at sarabook@sara-rescue.org.uk if you may have a story to contribute. We will respect your privacy and all contributions will remain confidential unless agreed otherwise.



We realise that providing a detailed account of a rescue or other operation long after the event could be challenging – and in some cases harrowing. But we hope many people who have been involved with or touched by SARA will want to share in the project and help create a worthy reminder of all that we have achieved together over the last fifty years.

Thanks for your cooperation and support. We look forward to hearing from you.



Burnt Barn Community (Sports) & Social Club

Burnt Barn Road, Chepstow NP165AR

Club Activities:

- Mon** - Crib • Skittles • Bingo
- Tues** - Club members tote prizes to £3000
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In this world of doom & gloom, when everything seems unlikely, with no one knowing what the future holds and live events having ceased to exist for 2020, we must have some light at the end of the tunnel!

This is why we are planning a special

SpringTime CastELL Roc

We know how disappointed all our followers were when August 2020 was cancelled, so planning an outdoor event 8 months away seems to be the way forward! Hopefully we will be back to some sort of normality by then?

Outdoor events will be back on the agenda, but with restrictions, social distancing probably being just one, but whatever is thrown at us, we at 'Castell Roc' are determined to bring you all something to look forward to at the earliest opportunity possible

So please support us and grab your tickets now for the following shows :

Friday 23rd April

"90s - 00s" - actor & singer "Shayne Ward", "Give" and "Phats & Small2"

Saturday 24th April

"Craig Charles Funk & Soul Show"

Sunday 25th April

"Rock Legends" featuring top tributes : "U2UK", "Cloneplay" and "Stereosonics"

Friday April 30th

"Twist Up Night" with the sensational "Si Cranstoun" and "The Navarones"

Saturday 1st May

featuring blues giants "King King" and "Cats In Space"

Sunday 2nd May

"Monsters Of Roc"- with our local legends : "UK Guns N Roses", "Whitesnake UK", "Hells Bells"

Please keep in mind that as we have to allow for social distancing, we can only sell a percentage of the venue capacity, so tickets are really limited for these shows, so don't leave it too late to purchase tickets and be disappointed !!

For tickets and more info : www.castellroc.co.uk or call the box office : 01291 627122

SpringTime CastELL Roc

23rd April 2nd May 2021



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CHEPSTOW TOWN FC

For the coming season 2020-21, Chepstow Town FC are pleased to announce that they have been granted Tier 3 status by the Football Association of Wales (FAW). We will be competing in the newly created FAW Tier 3 Aardal Southern East League along with local rivals Caldicot Town and Monmouth Town. This is part of the new FAW Pyramid System which has replaced the old Welsh League structure.



There are new faces in the management team supporting Andrew Wenzel, First Team Manager and his assistant Nathan Thomas. We welcome Mike Pratt as Director of Football and First Team Coach, Bert Abang as First Team Player-Coach, Kieran Hunt as Strength and Conditioning Coach and Nick English as Club Physiotherapist. Looking after the Second Team, we have Dave Livermore returning and he'll be assisted by Ian Turner, Richard Jago and other senior players. The East Gwent team will again be managed by Dennis Morgan who will also be assisted by some of his experienced players.

The players returned to training in July strictly following FAW Phase 2 COVID 19 Guidelines advice generated from the Welsh Government's Coronavirus Regulations for the resumption of outdoor sports. Everyone is looking forward to the new season and hoping that the move to FAW Phase 3 COVID 19 Guidelines for competitive matches will be announced soon. Follow us on Facebook and Twitter for updates about training and the resumption of competitive football.

Facebook: [chepstowtownafc](https://www.facebook.com/chepstowtownafc) & [chepstow town jfc official](https://www.facebook.com/chepstowtownjfc)

Twitter: @ChepstowTownAFC



Juniors

Chepstow Town Juniors continue to go from strength to strength with age groups from Under 7's right through to Under 18's as well as a thriving Girls Under 16's squad (photo right). Training has already recommenced in line with FAW Phase 2 COVID 19 Guidelines and has been well received by players and parents alike.



We are keen to hear from any players interested in joining the club, particularly the Under 14 boys who are looking to bolster their squad for the forthcoming season.

Please contact ChepstowTownJFC@outlook.com and state your player's name, current school year and age and we will put you in touch with the coach of the relevant squad.



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 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

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 vmoran@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:

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 & Tourism is a long-standing voluntary group of local businesses and individuals, operating in and around the Chepstow area; aimed at collectively promoting business and the local economy. Our Members are varied and diverse, representing a wide range of enterprises (such as service, retail, tourism, hospitality) and seek to ensure your voice and issues are heard; to make Chepstow a great place to work and live.

By joining us, you will help to raise the profile of the Chamber and of local businesses, support the promotion of Chepstow as a thriving business centre and help create a unified group of businesses in Chepstow with a strong identity. We are currently looking for more Committee Members - could you be involved in being a voice for local business in the community?

If you are interested in joining us email:

secretary@chepstowchamber.com for further information.

www.chepstowchamber.com / www.facebook.com/ChepstowAGreatPlaceTo

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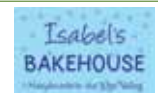
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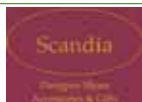
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Chepstow Chamber of Commerce & Tourism

Supporting Local Business



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T: 01291 627272 www.facebook.com/scandia-shoes



Silver Circle Distillery
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T: 07725 743131 www.silvercircledistillery.com



St Tewdric's House
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Mathern Rd, Chepstow NP16 6HX
T: 07477 017537 www.sttewdrichouse.co.uk



Tell Me Wine
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Old Bell Chambers, Riflemans Way, Chepstow NP16 5EJ
T: 01291 629670 www.tellmewine.co.uk



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4-5 Conrad House, Beaufort Square, Chepstow NP16 5EP
T: 07800 874275 www.themakespot.uk



Tyrell's Family Butchers
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Beachley Road, Sedbury, Chepstow NP16 7AA
T: 01291 621089 www.tyrellsfamilybutchers.co.uk

Support Local Business: Services



A-B Connecting Communities
Chepstow to Tintern shared use path
T: 01291 626836 www.facebook.com/AtoBconnectingcommunities



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



Basepoint Centres Ltd
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BDHC Chartered Accountants
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T: 01291 624866 www.bdhc.co.uk



BEAM Denti Spa
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Chepstow Chamber of Commerce & Tourism

Supporting Local Business



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Stressed out? Five ways to feel calmer today

With everything the world is facing in this current season, many of us are experiencing uncertainty about the future. The people we help through Christians Against Poverty (CAP) have often struggled with worry, anxiety and mental ill-health; the CAP Life Skills course, which is designed to help people manage on a low income, dedicates a whole session to dealing with worry.

Dealing with the issues that concern us today in manageable chunks can help us feel in control, reducing anxiety about the future and improving our physical and mental health.

Take control of your money

Feel like there never seems to be enough cash to make ends meet? Whether you're in or out of work, having a clear picture of what money you have coming in and going out is essential. Start taking control by creating a budget. Have a look at moneysavingexpert.com/banking/budget-planning and other free resources online to help you.

The next step is acting on any issues your budget brings up. If you've got more money going out than coming in, consider what you can cut down or cut out altogether. Perhaps you could switch to a cheaper energy tariff, or cancel that TV subscription you never use.

Get help with problem debt

If you're concerned about unmanageable debts, seek help sooner rather than later. Many CAP clients say they feel as if a weight has been lifted, even from making the first phone call to ask for help. You can call for free on 0800 328 0006 or visit capuk.org to find out more.

If CAP isn't for you, there are lots of great debt advice organisations out there, such as StepChange (stepchange.org) and Citizens Advice (citizensadvice.org.uk).

Join a job club with a supportive community

Maybe you've been applying for job after job to no avail – it can be easy to lose confidence and let worry take over. Practically, job clubs can

provide useful tips on writing an excellent CV and practising interview techniques to make yourself stand out. But more than that, you'll meet other people in a similar situation who can empathise and support you.

There's a wide network of job clubs available. Have a look at what's local to you by searching 'job club near me', asking at Jobcentre Plus, or visiting capuk.org/jobclubs.

Alleviate stress with a healthy diet and exercise

Our hormones and blood sugar are affected by what we eat and drink. According to Anxiety UK, many sufferers of stress report that improving their diet made a big difference to their wellbeing. Plus, when we plan our meals for the week or month ahead, we can create less waste and save money by only buying what we need, which can also bring stress levels down. Check out skintdad.co.uk or frugalfamily.co.uk.

Exercise also has a big effect on our mental health. Any kind of physical activity, whether it's a full-on workout in the gym or a brisk walk around the block, releases endorphins, the body's natural feel-good hormones.

Think about what you can realistically add into your daily routine. Even ten minutes of exercise a day can really improve our mood. Have a look at nhs.uk/live-well/exercise for some inspiration and ideas for people of all ages and abilities.

Focus on today

By acting on just one of these suggestions today, you can start to feel happier, healthier and more in control of your life. For more advice on dealing with worry, have a look at anxietyuk.org.uk.

Christians Against Poverty (CAP) is a UK charity with over 580 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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