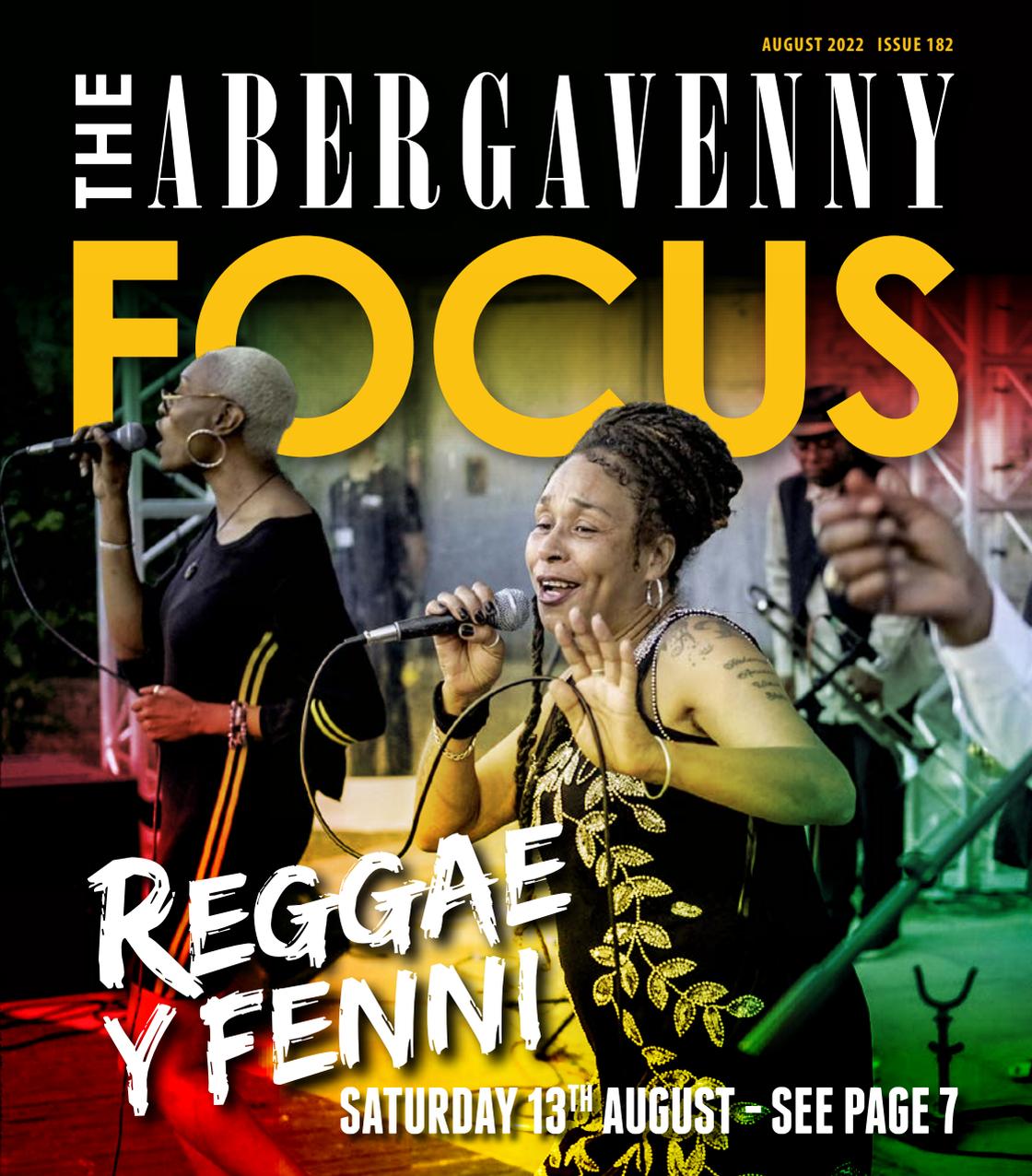


THE ABERGAVENNY FOCUS



REGGAE
Y FENNI

SATURDAY 13TH AUGUST - SEE PAGE 7

FINE & COUNTRY

21 Nevill Street, Abergavenny, Monmouthshire NP7 5AA
01873 736515

abergavenny@fineandcountry.com | www.fineandcountry.com



Estate Agents

Taylor & Co

Abergavenny

Looking for
a new
place to
call home
this
summer?

Contact us for a free no
obligation market appraisal
of your home today

So far this year
we have raised:

£2000

for
tŷ hafan
by donating

£100

for **every** successful
completion as of January
1st this year!

MANUFACTURING uPVC PRODUCTS IN WALES SINCE 1985

FREE
NO OBLIGATION
QUOTES



Extensive
range of
COLOURS
available



- WINDOWS
- EXTERNAL DOORS
- CONSERVATORIES
- BI-FOLD DOORS
- CARPORTS
- CANOPIES
- SUNDECKS
- WALKWAYS
- CONSERVATORY ROOFS



Finance
available.
Buy now,
pay monthly.
iDeal 4 Finance



ACORN

uPVC INSTALLATIONS

24 Lion Street, Abergavenny, NP7 5NT

01873 564424

abergavenny@taylorandcoproperty.co.uk

www.taylorandcoproperty.co.uk

Estate | Lettings | Land Agent



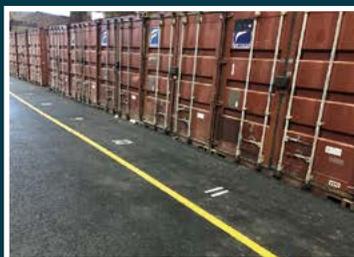
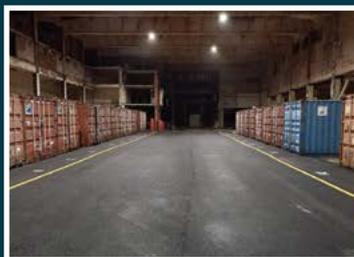
01495 717754 info@acornupvc.co.uk



MAMHILAD SELF STORAGE

Looking for Storage Space?

- £120 per month (inc. VAT)
- 8ft x 20ft containers
- 24/7 access
- Drive right up to your container
- Security lighting
- CCTV Monitored
- Flat surface



Mamhilad Self Storage is situated in Mamhilad Park Estate, an established business park with manned security. The estate lies on the A4042 dual carriageway midway between Abergavenny and Newport, right in the middle of Gwent!

AVAILABLE NOW!

Contact us via:



enquiries@jeuk.wales



01495 763 275



www.mamhilad.com

Dear Readers,



I once had a heated debate with my university Professor of Psychology that nobody ever did anything that didn't somehow benefit themselves or their own interests. I was young and a bit naive and thought I knew better. For the record, my position on that idea has changed, and now I see so many acts that concern the welfare of others, that I wonder how I ever thought it in the first place. We are surrounded by so much care in our local community. You don't have to look very far for signs of it - when someone has lost something, when somebody is in need; our community rallies to help. It's truly uplifting. This month our theme is 'Care' - care within our community as well as self care. We've taken a slightly different angle than you might typically expect, with articles on how to care for your plants when you're away, and how to look after your eyes in the summer. Head to our books section as well for some 'shelf care' recommendations from the lovely folk at Book-ish.

There's lots going on this August and lots of events taking place, especially the very welcome return of Brecon Jazz Festival. Turn to our events pages for all the goings on and don't forget to get in touch with us if you have an event to promote.

Enjoy this month's read.

Publisher: Focus Magazines Ltd
Tel: 01873 856614
hello@thefocus.wales

Cover image: David Collyer

Contributions:

Helen Buhaenko, Dr Giles P Croft, Keith Davies, Lynne Gornall, Dan Mazhindu, Helen Morgan, Irena Morgan, Jonathan Powell, Jo Webb, Bethan Williams

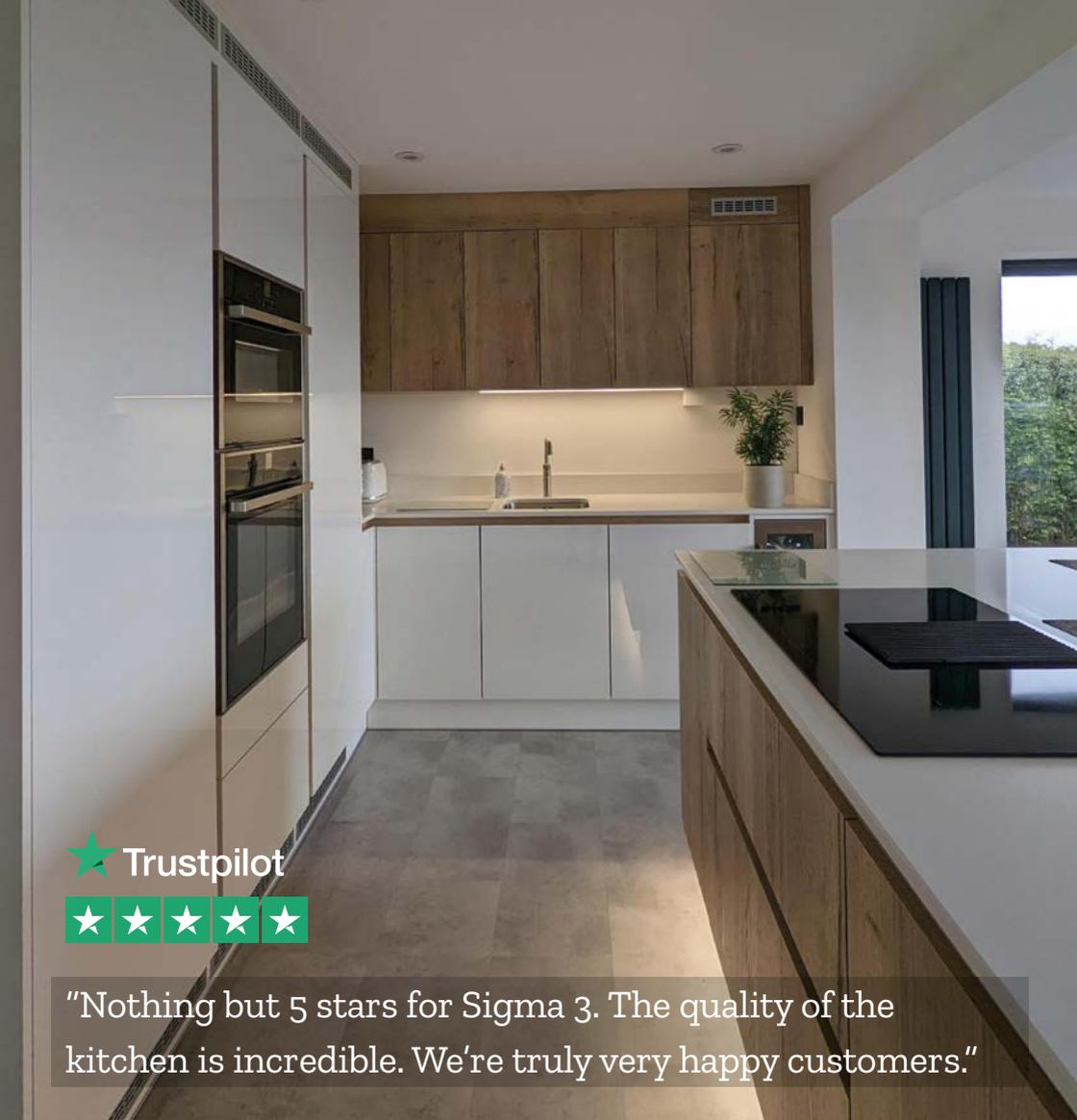
Whilst every care is taken with materials submitted to Focus Magazines, the publisher cannot accept responsibility for loss or damage to such materials. Opinions expressed in articles are strictly those of the author. This publication is copyrighted and may not be reproduced in any form without written permission from the publisher. Prices, conditions and details are subject to change and the publisher can take no responsibility for omissions or errors. The inclusion of an advertiser in this magazine is not necessarily a recommendation.

© Focus Magazines Ltd 2022

Contents

Editorial & Contents	5
Weather: August's Outlook	31
Puzzles	61
EVENTS	
Reggae Y Fenni	7
Longtown Mountain Rescue	9
Brecon Jazz Festival	10
Events Calendar	11
COMMUNITY	
Abergavenny Community Centre	17
Cool KATs	19
CARE	
Caring For Your Eyes This Summer	25
How to care for your houseplants while you're on holiday	35
LOCAL BUSINESS	
Abergavenny Bonsai	27
Cwtch Hapus	29
LIFESTYLE & CULTURE	
Wellbeing: <i>Back to Life</i>	37
Books: <i>Shelf Care</i>	39
History: <i>Queen of Crime</i>	41





"Nothing but 5 stars for Sigma 3. The quality of the kitchen is incredible. We're truly very happy customers."

Proudly manufacturing kitchens in Wales since 1975

Visit sigma3.co.uk/sale to explore all our offers and book an appointment to meet a designer. Start your journey to a dream new kitchen today.

 **SIGMA 3 ABERGAVENNY**
37 Frogmore Street, Abergavenny, NP7 5AN
01873 850911 | abergavenny@sigma3.co.uk

 **SIGMA 3 NEWPORT**
126 Lower Dock Street, Newport, NP20 1EG
01633 252187 | newport@sigma3.co.uk



sigma3.co.uk



Reggae is coming to Abergavenny - and not before time, say the organisers of 'Reggae Y Fenni', Jo Webb and Paul Donnelly, who believe this event at the Priory Centre might be a first for the town. After seeing the 9-piece band 'Reggae Winehouse' play in Hereford, the pair were bewitched by the exuberance of their live performance and felt bringing them to Abergavenny might provide a real tonic for everyone.

"After the challenges of the past couple of years, and, let's face it, the struggles many still face, we thought it would be great to give everyone something to smile about. We hope people will forget about their troubles for a night and just soak up some joy", says Donnelly.

After a few setbacks, including venue and sponsorship changes, things are finally on track for a great night's entertainment on Saturday 13th August. The evening starts with DJ Lady Ally Baba filling the floor with her special brand of deep groove and overdubbed vocals. There are plans for another special guest artist before the main act, "Reggae Winehouse", takes to the stage. This talented crew, with its three top vocalists and fantastic brass section, bring the hit songs of Amy Winehouse back to life in a fresh reggae style. Coming out of one of the biggest cultural melting pots of Britain, this Midlands band combines musical influences to bring a fusion of rhythms which truly cross the

divide. You really won't want to miss this fabulous night's entertainment!

Suppliers are still being finalised, but there'll definitely be a full bar and food available. Tickets are available only on Eventbrite and cost £15 + booking fee. All profits will go to Papyrus - the suicide prevention charity. Doors open at 7pm.

Reggae and summertime are natural bedfellows - but tickets are strictly limited, so why not grab one whilst you still can?

Visit www.eventbrite.co.uk and search for 'Reggae Y Fenni' for tickets or visit the event page on Facebook where you can purchase tickets through the event link.

Jo Webb

Sky Lark Footcare

FULLY QUALIFIED FOOT HEALTHCARE PRACTITIONER S.A.C. Dip



- Nail Trimming
- Callus reduction
- Corn removal
- Fungal infection
- Diabetic foot healthcare

I provide professional treatment in your own home. I am a registered practitioner and I am fully insured.

Tel: 07340093937

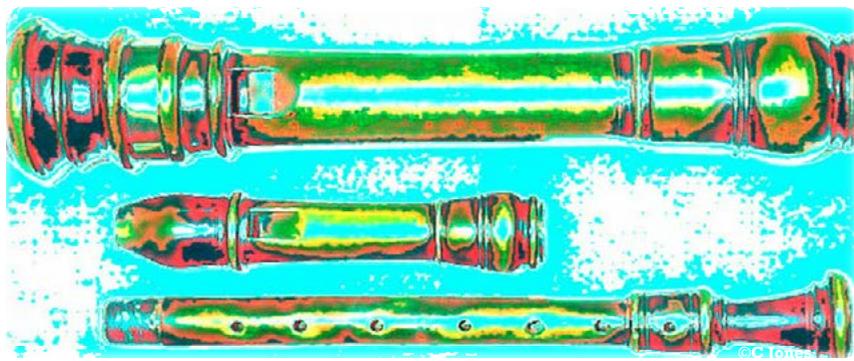


Transformational Coaching and Hypnotherapy

- Anxiety Management
- Divorce, Break Up or Narcissistic Abuse Recovery
- Confidence and Self Esteem

'A confidential, safe place for you to heal, move on and finally own your life'

hazel@hazeljones.co.uk
Tel: 07786221257
www.hazeljones.co.uk



Caroline Jones

BA, LTCL, ABRSM, LWCMD

Black Mountains Recorders

Experienced players enjoying a wide range of music.

Wednesdays fortnightly 2.30pm-4.30pm, Llanfoist

Individual lessons

Beginner to post Diploma level

Rusty Recorders

Did you enjoy school recorders, or would you like to learn a new fulfilling skill? Join us for musical fun!

Thursdays fortnightly 2.00pm-4.00pm, Govilon

carolinejonesrecorders@hotmail.com



Longtown Mountain Rescue

During the last month we have been busy once again, the team have had a real mix of call outs and training sessions happening.

Earlier in the month you might have seen us on the Skirrid training one evening, it would have been an unusual sight as at various points the team were blindfolded, balancing water and playing with large Meccano! This might not be how you might expect us to train to rescue people in bad weather and in remote locations, but the focus was about clear communication and teamwork. With the added benefit that everybody had a good laugh throughout.

During this recent bout of extreme weather, we have focused on (for obvious reasons) a heat theme - looking at how best to manage ourselves, our colleagues, our casualties and our kit. Training that

was very apt, as we soon had a few call outs in the heat, and we were able to put some of our learnings into practice.

For call outs, once again we have been all over. Recently we have been involved in a search in the Hay-on-Wye area. Earlier in the month, we had a male who sustained a severe leg injury while mountain biking near Staunton. Working closely with the ambulance service, we used a rope system to evacuate the man out of the woods he was in.

On a similar theme of leg injuries, in the Blaenavon area, we had a lady who, while camping, had injured her ankle and was unable to self-evacuate. Medical care was provided, the lady evacuated out via stretcher, and transported to hospital for assessment.

In the middle of the month, we also had a gentleman who had badly injured his ankle on the Offa's Dyke path, almost exactly halfway between Hay Bluff and Hatterrall Hill. The difference with this call out was that it came through to us just before midnight, and we were walking up Hay Bluff at 1am and it was still 20 degrees Celsius. The team worked through the night to get the gentlemen down to the road for onward travel to hospital, it was a long carry off but we were rewarded by an amazing sunrise!



We helped a teenager in a DoF group down off the mountain, near Pen Cerrid-cach, who was struggling due to several factors. After some medical assistance, the young person was able to walk off the hill with help. You may have also seen us in the Clydach area, when we responded to support the air ambulance, as a climber had taken a fall on the Gilwern Hill crags.

We wish all the casualties a full and speedy recovery.

Don't forget if you ever need Mountain Rescue - Call 999, ask for the Police, and then Mountain Rescue.

Dan Mazhindu

Green Park Power



Solar Panels & Energy Storage

LOWER BILLS > SAVE MONEY > SAVE THE PLANET

01873 269031

info@greenparkpower.co.uk
www.greenparkpower.co.uk



REGULAR PUPPY, ADOLESCENT AND 121 TRAINING CLASSES

Canine Connections
DOG TRAINING



For further information contact Tracey Prall on **07735401076**
tracey.prall@hotmail.co.uk | www.canineconnections.co.uk

Brecon Jazz Festival

Stunning & Diverse Sounds of Jazz

Brecon Jazz is back with a bounce! After virtual and hybrid years, 2022 will see the full return of live concerts, with vibrant music in the streets and venues all across the town.

The Festival features nearly 30 concerts and with a spectacular 'Frazz' Parade and marching band on Saturday. Here, we've highlighted a small selection of what's on offer - 3 special concerts - with tickets from just £14.

Black Voices Jazz Quintet (Above)
Sat 13 Aug 4.15pm in the Guildhall - straight after the carnival parade

For stunning acappella sounds. Amazing singers whose wonderful repertoire includes songs of joy and hope. From Nina Simone to the blues, these women inspire us in challenging times. Unmissable.

Simon Spillett Quartet
Sat 13 Aug, 8pm in the Guildhall. One of the finest jazz musicians and 'a leading exponent of straight-ahead, high energy jazz' (Guardian). Expect to hear classic full-on swinging sounds. And what a lineup - the best of the best - Alec Dankworth on double bass, Liam Dunachie on keys, the great Pete

Cater on drums. Be there for some top drawer mainstream jazz.

Charlotte Glasson Quintet
Sun 14 Aug 2pm at Theatr Brycheiniog
We really love this band. A tour in South Africa (pre-Covid) totally influenced their subsequent work and Charlotte has composed some of the most life-affirming and joyous music: 'witty, exuberant... a world of bird call and sunshine'. With her hand-picked lineup, the band will take you on a journey of delight. A concert that all the family will enjoy.

If you've been to Brecon Jazz before, we're ready to welcome you back - or why not make 2022 the year you take that FIRST trip? There's nothing quite like it. Still not sure what to see at BJF'22? Just drop us a line.

Tickets & more information on all the concerts, see the festival website. Or at Bobbins of Brecon, by phone, calling in, or mail: Bobbins Tel 01874 622287

Website: www.breconjazz.org
Contact: info@breconjazzclub.org

EVENTS

3RD AUGUST ABERGAVENNY WALK & TALK WITH MIND MONMOUTHSHIRE

Boost your wellbeing and join us for a gentle stroll in and around Abergavenny. Well behaved dogs welcome. Book your FREE place: www.mindmonmouthshire.org.uk/services/walk-and-talk-group 01873 858275 / 07950889145 wellbeing@mindmonmouthshire.org.uk

4TH AUGUST Book-ish Event: AN EVENING WITH TILLY BAGSHAWE



Join us for an evening with Tilly Bagshawe to discuss her newest book: *The Secrets of Sainte Madeleine*. Tickets £12 with wine & cheese or £20 to include a copy of the book. 7.30pm, Book-ish, 18 High St, Crickhowell
www.book-ish.co.uk/events

5TH AUGUST BELIEVE IT OR NOT! – STORYTELLING EVENING

An Evening of Storytelling and Music. Indulge in a spell-binding evening with the accomplished storytellers Guto and Megan – prepare to be transported into other worlds! BELIEVE IT OR NOT! is an evening of Storytelling and music, featuring: Guto Davis and Megan Lloyd, introduced by Richard Berry. The performance begins at 7.30pm, with the bar open from 7pm, Melville Centre, Abergavenny Suitable for adults and children 12 years and over. Visit www.melvillecentre.org.uk/event/believe-it-or-not/

7TH-21ST AUGUST BRECON JAZZ FESTIVAL



An amazing concert programme with 30 shows and workshops over 10 days. See our article opposite and visit www.breconjazz.org for more info on specific events.



Supported by Brecon Town Council

12TH AUGUST THE WAR OF THE WORLDS



The critically-acclaimed Pantoons invade the stage in this funny yet faithful new open-air adaptation as they use musical instruments, puppetry and, um, enthusiasm to recreate deadly heat-rays, giant fighting-machines, squidgy tentacled Martians and interplanetary warfare on an epic scale. The chances of success? A million to one... Please bring a picnic and something to sit on and appropriate clothing for the weather! Ticket prices for all the shows are: £14.50 adult; £8.50 child (up to 18) £40 family (2+2) 7pm, Abergavenny Castle. Tickets from www.visitmonmouthshire.com/whats-on/

12TH AUGUST Llanfoist Village Hall Film Night THE DUKE

In 1961, Kempton Bunton, a 60-year-old taxi driver, steals Goya's portrait of the Duke of Wellington from the National Gallery in London. Llanfoist Village Hall, Llanfoist. Doors open 7pm, film starts 7.30pm. Tickets £5 adults, £3 children. Bar available.

13TH AUGUST REGGAE Y FENNI



7pm, Priory Centre, Abergavenny. Tickets £15 + booking fee. Visit www.eventbrite.co.uk and search for 'Reggae Y Fenni' for tickets or visit the event page on Facebook where you can purchase tickets through the event link. See our article on Page 7 for more info

13TH AUGUST CRAFT FAIR

Market Hall, Abergavenny

**18TH AUGUST
CHARITY GARDEN PARTY**
Join the Pendrys at 2, Haven Way, Abergavenny, NP7 8BA for a Charity Garden Party in aid of Wales Air Ambulance. Entry fee is £3 to include tea, coffee and cake. Craft and Bric a Brac. A warm welcome awaits! 10am-4pm, Parking available. Enquiries 01873 854 719

CONTINUED OVERLEAF...

MIRANDA SEYMOUR-SMITH Local Psychotherapist Experienced Online



"If something is bothering you,
it can help to talk things through"

Qualified, UKCP registered
psychotherapist offers confidential
help tailored to you individually

Individual and couples therapy, and
clinical supervision

Online or Telephone sessions
available

I work with all kinds of troubles,
including trauma, depression,
bereavement, family/relationships,
illness, anxiety and low confidence

LOCAL PSYCHOTHERAPIST HIGHLY EXPERIENCED IN ONLINE THERAPY

Text or call: mirandass@me.com
07463 780292 www.southwalespsychotherapyandcoaching.co.uk



GEORGIE GAMES
BOUTIQUE SALON

ONE TO ONE HAIRDRESSING

London-trained Hairdresser & Colour Analyst
Reinventing the salon experience.

01873 859132

30 LION STREET @@georgiegameshair
ABERGAVENNY f Georgie Games boutique salon
NP7 5NT @georgiegamesboutiquesalon@gmail.com



- INSPECTION & TESTING
- COMPLETE REWIRING
- CCTV
- ELECTRIC VEHICLE CHARGING
- SMART/WIFI INSTALLATIONS
- TELEPHONE INSTALLATIONS
- FAULT FINDING
- ELECTRIC HEATING
- PAT TESTING
- LARGE 7 SMALL INSTALLATIONS

01873 854692 07976 943819

www.abergavennyelectrics.co.uk

Castell Roc Music Festival 2022
 Online: www.castell-roc.co.uk
 Box Office: Hannah's Music - Moor Street, Chepstow (01291 627122)
 design by CoCo web | design | support - www.coco-web.uk

19TH AUGUST
DAVID WALLIAMS' AWFUL AUNTIE
 Performance by Heartbreak Productions



Awful Auntie by David Walliams, adapted for outdoor theatre by Heartbreak Productions, is a truly thrilling tale. Owls, ghosts, chases, escapes, motorcycle rides, and tiddlywinks all fill Stella's days as she evades her menacing Aunt and saves the family home.
 7pm-9pm, Abergavenny Castle
 Visit www.visitmonmouthshire.com/whats-on for tickets and info

25TH AUGUST
FARMERS MARKET



Market Hall, Abergavenny

26TH AUGUST
Book-ish Event: AN EVENING WITH DARA MCANULTY

Join us for an evening with Dara McAnulty to discuss his newest book: *A Wild Child's Guide to Birds*.
 7pm, Book-ish, 18 High St, Crickhowell Tickets: £4 event access

or £15 with book from www.book-ish.co.uk

27TH AUGUST
CRICKHOWELL DUCK RACE

1pm-5pm, Bullpit Meadow
 £5 per duck in support of local Rotary Club Charities. First prize £500.
 Visit www.crickhowellduckrace.co.uk for more info

27TH AUGUST
THE GREATEST KNIGHT TINTERN ABBEY

Celebrating the life of one of Tintern Abbey's greatest patrons, we will be welcoming William Marshal and his wife, Isabel, to Tintern for the 801st anniversary of her death. Living history, medieval re-enactment, music and horse displays will transport the abbey back to its earliest days, to honour the life of Earl Marshal and his influential spouse - as the Greatest Knight returns!
 11am-4pm, Tintern Abbey. Visit www.cadw.gov.wales/greatest-knight for more info

3RD SEPTEMBER
CRICKHOWELL FLOWER SHOW AND OPEN GARDENS

Many glorious gardens will be open to visitors offering inspiration and a huge array of beautiful plants and flowers. Plus, the exhibits in the Flower Show (Clarence Hall) will be demonstrating the best of local skills as well as a super Plant Sale. For more information: crickhowellgardensociety.com

7TH SEPTEMBER
Book-ish Event: AN EVENING WITH CLARE MACKINTOSH

Join us for an evening with Clare Mackintosh to discuss her newest book *Hostage*. 7.30pm, Manor Hotel, Brecon Rd, Crickhowell. Tickets: Event Access £8 | Event Access with book £15 from www.book-ish.co.uk/events/

7TH SEPTEMBER
ABERGAVENNY 50+ GROUP MEETING

This month the High Sheriff of Gwent, Mr Malgwyn Davies, will speak about his role within local government. Everyone welcome. 2pm, Trinity Hall, Baker St, Abergavenny

7TH SEPTEMBER
SEEING WALES FROM TABLE MOUNTAIN – ILLUSTRATED TALK

Talk given by Paul Daniels From India to Wales. From Cardiff to Crickhowell. From city to countryside. Paul first moved to the area in 1982 for short stint. He then came back in 2006 for another couple of years. But then in 2018 moved here for good.

Paul is a newbie really to all things country and you'll find him trying to establish roots in Crickhowell. 7.30pm – 9pm, The Bear Crickhowell Tickets available for members and non-members of Brecon Beacons Park Society. Please visit www.breconbeaconsparksociety.org for more info.

frball INSURANCE LTD
 The one stop broker... www.frball.com

<p>INSURANCE</p> <p>Cars & Vans Breakdown Building & Contents Travel Shops & Offices Commercial Farms</p>	<p>FINANCE</p> <p>Spread your premiums over any term of up to 10 months</p> <p>Gateway Capital</p>	<p>INVESTMENTS</p> <p>Investments Mortgages Savings Bonds ISAs</p>	<p>MUTUAL BUILDING SOCIETY</p> <p>With Full Services</p>
--	---	---	---

LOCAL SERVICE
 Call in or phone. We are here to help.
frball INSURANCE LTD . 56 Frogmore Street . Abergavenny . NP7 5AR . Tel: 01873 857533

BE SEEN

ADVERTISE FROM ONLY £27
REACH UP TO 13500 HOMES & BUSINESSES
FROM ABERGAVENNY TO BRECON
CALL HANNAH OR PETE 01873 856614

The Handy Team

Many years experience.
 No job too small; try us and see.
 General maintenance/garden work. Hanging pictures, shelves, curtains and blinds. Painting & decorating. Flat pack assembly, installation.

Call us on: 07860857990
 Nr. Crickhowell

Torfaen Double Glazing Repairs



MISTED GLASS UNITS REPLACED



All glass fitted conforms to BS EN 1279-6

MISTED GLASS UNITS REPLACED

We Repair:

- ✓ Locks
- ✓ Letter Boxes
- ✓ Handles
- ✓ Faded / Stained Glass
- ✓ Discoloured UPVC Door Panels

Tel: 01633 863060

www.torfaenglazing.co.uk

Unit 2 Court Road Industrial Estate, Llantarnam, Cwmbran NP44 3AS

TO ADVERTISE CALL HANNAH ON 01873 856614 OR EMAIL HELLO@THEFOCUS.WALES



BS EN 1279

Lee Jowitt AUTO REPAIRS

• Servicing • MOTs • Tyres • Diagnostics

- Vehicle Repairs
 - Air-conditioning (Diagnostics, Re-gassing and Repairs)
 - Servicing (including Hybrids)
 - Diagnostics
 - MOTs
 - Tyres
- and everything else, on cars and light commercials

TEL: 01873 859100

OPEN: Mon - Fri 8.00am - 5.30pm Sat 8.00am - 12.30pm

Conveniently located at the rear of Nevill Hall Hospital



73 Union Road Ind Est, Abergavenny, NP7 7RQ • TEL: 01873 859100
Mob: 07591 521752 • Email: info@leejowittautorepairs.co.uk • Web: www.leejowittautorepairs.co.uk

FOR ALL YOUR BOILER SPARE NEEDS



Our industry leading late order hotline allows you to order anytime before 8pm Monday to Friday and still promises next day collection, get it even on Saturday!

Simply call the hotline to place your order or for help and advice.

01685 382383

Find us at Unit 6 and 6b Pant Industrial Estate,
Merthyr Tydfil CF48 2SR
CITYPLUMBING.CO.UK/SPARES



People Helping People

Abergavenny Community Centre is a nurturing place where we welcome everyone in the town and surrounding areas to come together and share experiences.

Over the last few years Abergavenny town of sanctuary has welcomed refugees from Syria and Afghanistan and now, most recently from Ukraine.

We're so thankful to live in this wonderful place and be able to share it with others.

August 24th will be one of those days when we open our doors to everyone to come together and celebrate - this time the community centre is marking Ukraine's day of Independence.

Over the last few months the people of Abergavenny and surrounding areas have been appalled by Russia's acts of brutality against the people of Ukraine. Over forty local households have welcomed Ukrainian families into their homes, offering sanctuary to families fleeing shelling and bombing.

We are going to celebrate August 24th at the Community Centre, to mark Ukraine's heritage and identity. From 2pm to 8pm on Wednesday August 24th there will be music, a BBQ, singing and dancing and of course, fantastic Ukrainian food.

Why not come along, donate some money to the Ukrainian war relief and enjoy an afternoon and evening of Ukrainian culture with the Ukrainians in Abergavenny?

Let's show the world how much we care about the people of Ukraine.

Helen Buhaenko

Mindset Therapy

Counselling, Cognitive Behavioural Therapy & Hypnotherapy

Some of the therapies covered:

Counselling	Alcohol Problems
Depression	Drug Related Problems
Stress Relief	Bereavement
Anxiety	Phobias
Confidence Issues	Marriage Guidance
Insomnia	Post-traumatic Stress
Stop Smoking	Examination Nerves
Weight Loss/Gastric Band Therapy	Travel Sickness

Call: 07584043509 or 01873 739143
Millstone Barn, Llanvihangel Crucorney, Abergavenny, NP7 8DH

Our Financial Planners are highly qualified and have the experience to help you with:

- ▶ Pensions and Retirement Planning
- ▶ Savings and Investments
- ▶ Inheritance Tax Planning
- ▶ Mortgages and Equity Release
- ▶ Insurance and Protection

The value of pensions and investments can fall as well as rise, you may get back less than you invested.

Your home may be repossessed if you do not keep up repayments on your mortgage.

The Financial Conduct Authority do not regulate Inheritance Tax Planning.

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



Please contact Dr Josh Lewis for a free initial consultation on:

Mobile: 07979 157259

Chepstow office: 01291 626373 | Abergavenny office: 01873 854488

E: joshlewis@thinkpositive.co.uk | www.iam-financial-advice.co.uk



PHOTO: PCSO Emily McDonagh

Dismayed by the growing problem of litter, a group of residents met up more than three years ago to relaunch Keep Abergavenny Tidy (KAT). They had grown tired of dumped trash – be it fast-food cartons, cans, bottles, cigarette butts or fly-tipping - causing unsightly blots around our scenic historic town and had decided to do something about it.

Since that meeting in March 2019, the group has gone from strength to strength, and the 70 volunteers have won recognition for their work. KAT works closely with Monmouthshire County Council (MCC) among others. Volunteers are a valued part of the council's anti-litter strategy and they have commended "the army of litter pickers".

In June, KAT instigated a multi-agency meeting to discuss strategies to deter littering and invited representatives from MCC's Waste and Recycling department, Keep Wales Tidy, Gwent Police and Abergavenny Town Council.

Three initiatives to tackle litter were agreed at this meeting: To set up groups focussing on how to deal with residential hotspots, get more businesses involved with creating litter-free zones and to keep abreast of proposed national legislation. KAT has submitted a detailed response to a survey sent out by the Welsh Government who are drawing up new anti-litter laws.

KAT keeps a tally of the brands and amounts of dumped rubbish and each month sends figures to Keep Wales Tidy to gauge the extent of the problem.

Other partnerships have been established. Last month KAT joined up with Cantref Primary School when Year One pupils and their parents gave up their Saturday morning in a hugely successful sponsored clean-up of Bailey Park raising more than £400 to buy eco-bins for their school playground.

As a follow up KAT are seeking to work with other schools making

children and young people aware of the problems associated with litter and its damaging effect on the environment and wildlife.

If you would like to join KAT, please contact the coordinator on keepabergavennytidy@gmail.com.

You can get involved by clearing your own patch or by joining in a community pick held on the first Tuesday of each month. Volunteers usually meet at the Abergavenny Community Centre at 10am and then fan out in groups. If you need to borrow kit for a community event or at any time, please book it with Stuart at the Abergavenny Community Centre (stuartabercomcen@gmail.com).

For updates, check the KAT Facebook page <https://www.facebook.com/AberLitter/> or Instagram https://www.instagram.com/aber_litter/ or Twitter @KeepAbergTidy.

Irena Morgan



Have fun this summer at Foxhunters your local *award winning* care home

We would be delighted to welcome you for a tour
of our outstanding facilities.

We offer 24 hour nursing, residential and dementia care. Get in touch today and
talk through your requirements with our team.

Please contact us on 01873 564836 or visit www.dormycare.co.uk.



Caring For Your Eyes This Summer

During the summer months, we are all aware of the need to slip slop slap, but caring for our eyes is as important as caring for our skin, and there are a few simple ways to ensure you're looking after your peepers when the sun shines.

Sunshine

All of us are used to grabbing the shades on a sunny day, but it's really important to make sure your sunglasses provide proper UV protection. Always read the label when shopping for shades as if they don't offer sufficient UV protection, they could be doing more harm than good. It's a mistruth that the higher UV protection, the higher the price tag, so shop around.

Protect the delicate skin on your eyelids by always wearing a sun visor or wide brimmed hat on sunny days, and always take care with sunscreen when applying it to your face to ensure you don't get it in your eyes.

Chlorine

If your summer getaway involves a swimming pool, be sure to pack a pair of goggles to protect

your eyes from chemicals and chlorine. Ensure your goggles are watertight and have a strong seal when swimming. Never wear your contact lenses in the pool as this can increase an infection from the organisms in the water.

Over Indulged?

Summer holidays are all about sundowners, but if you've over-indulged and your eyes become puffy and feel tired, reach for the humble spud. The juice of the potato has astringent properties and reduces the puffiness of the eyelids and also takes care of dark circles. Grate a raw potato and place it over the eyes. Alternately, you can place a fine slice of a peeled potato on each eye for 15 minutes. This will take care of the puffiness and dark circles. It could help reduce wrinkles too!

A.C. PUDDLE

fires - fireplaces - stoves



SHOWROOMS: 111 OSBORNE ROAD • PONTYPOOL • NP4 6LU

Email: sales@acpuddle.com

01495 755 820 - www.acpuddle.com

This month we're excited to launch MonLife's Extraordinary Summer. We have a wide range of fun and exciting activities, events and sports taking place across Monmouthshire and at our heritage sites, leisure centres and venues.

MonLife's Extraordinary Summer also includes free and funded "Summer of Fun" activities made possible with significant financial investment from the Welsh Government.

The Summer of Fun initiative aims to support the cultural, social, emotional, and physical wellbeing of all children and young people up to the age of 25. Plus, with free activities available in both Welsh and English across the whole of Wales, there's something for everyone.

Find out more about MonLife's Extraordinary Summer and Summer of Fun activities by scanning the QR code or visiting our website, www.monlifeholidayactivities.co.uk. Keep checking our website as we add more activities.

As part of MonLife's Extraordinary Summer we have a fantastic offer of 6 Weeks MonLife Active Membership for £49! With free induction and no joining fee, plus so much more, it's a great time to kick-start your fitness. Find out more by scanning the QR code or visiting our website, www.monlife.co.uk/summer-campaign-2022/

We can't wait for you to join us!

Summer of Fun with Mon Life

AELODAETH 6 WYTHNOS
6 WEEK MEMBERSHIP

DIM OND ONLY
£49
DIM FFI YMUNO!
NO JOINING FEE!

BYDDWCH YN EITHRIADOL YR HAF HWN
BE EXTRAORDINARY THIS SUMMER

monmouthshire sir fymwy MonLife

EITHRIADOL HAF EXTRAORDINARY SUMMER

Haf o Hwyl Summer of Fun

Ariennir gan Lywodraeth Cymru
Funded by Welsh Government

SGANIWCH FI SCAN ME

I gael rhagor o wybodaeth am Weithgareddau Haf MonLife
For more information about MonLife's Summer Activities

monmouthshire sir fymwy MonLife
Ar gyfer meddwl, corff ac enaid ein cymuned
For the mind, body and soul of our community

www.monlife.co.uk



The Low-Maintenance Garden Fence People

Safe, Secure & very, very strong....

The ULTIMATE garden fence



COLOURFENCE ARE TRANSFORMING GARDENS ACROSS NEWPORT, CWMBRAN, CAERLEON, PONTYPOOL & MONMOUTHSHIRE

It may do "exactly what it says on the tin" but let's face it, treating a timber fence can never be called fun! In fact, owning a timber fence isn't much fun either with costly, time consuming maintenance and repairs almost every year.

Finally, the alternative to timber fencing.... our fence goes up and stays up, resisting wind gusts of up to 130mph!

ColourFence fencing solutions are made from innovative Colorbond steel, virtually maintenance free with an occasional wash down with water to keep it looking as good as new - so you never need to pick up that paintbrush again! **Guaranteed not to rot, warp, chip or peel for 25 years.***

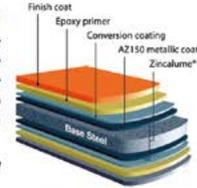
Available in a variety of heights and colours with or without trellis, our skilled installation team will make short work of transforming your garden. The best news is the pricing is just as attractive, starting costs are in line with comparable traditional systems but offer the ongoing peace of mind, your investment will continue to save time and money year after year.

For those of us who want a low maintenance garden, ColourFence promises a lifetime of hassle-free enjoyment.

The Fence that repairs itself.

If you scratch or cut ColourFence, the ingenious zinc element in the Zinalume steel reacts with moisture to form a protective barrier to prevent any corrosion with no action needed from you.

STRONG, SECURE & BUILT TO LAST!



The only fence that won't

~~warp~~ ~~crack~~ ~~shrink~~ ~~rot~~ ~~peel~~ ~~break~~ ~~blow over~~

...well for **25 years***, at least!



For a free no-obligation site visit, please call Chris & Karen on:

Tel: **01633 526247** | www.colourfence.co.uk



* full terms & conditions available online



Are you September ready?

It's no industry secret that during the summer holidays the housing market has a quieter spell. The children are off, the toys are out and if you're lucky you may be going on holiday. The idea of keeping your house presentable for prospective buyers isn't one that you want to entertain.

We completely understand!

However, come September, the market fires up with buyers ready to find 'the one' and be in by Christmas. We like to think of August as a homely incubation period. The carboots sales are on - where better to sell your unwanted items and get some money back? The weather is good enough to kick the little ones or pets outside into the garden to play whilst you repaint the kitchen and get on top of any of those little DIY jobs.

We have put a list of things together for you to target during August and be market ready this September!

Declutter

We mentioned it above but it's definitely number one on our list. Not only does it mean that buyers can see the great features your property has to offer. It also means less stuff to take to your next house!

Depersonalise your house

Let prospective buyers picture themselves in your home. Pop the holiday photos away for the viewings and let them imagine themselves in your home.

**When you're ready,
call us for your
free valuation**

Tackle the DIY jobs

A well-maintained house shows buyers that you really cared for the property and reassures them that your house is a safe investment. Get rid of the crackling paint, dripping taps and any leaky guttering.

What shouldn't you spend money on?

Although it may be tempting to replace a tired and outdated kitchen or bathroom, in reality, most buyers will want to put their own stamp on a property. Avoid spending money where you won't see it back and focus on the improvements that you can make simply.

Introducing to
the market ...

Parklands, Penperlleni

Guide Price - £325,000

🏠 Semi 🛏️ 3 🚿 1

Tucked away in the desirable street of Parklands on the edge of Penperlleni. This well-presented semi-detached property offers a great mixture of modern comforts with traditional cottage features lovely crafted by the existing owner. With large windows throughout, the property benefits from natural light.

The living and dining area is open plan with bi-folding doors looking out over the garden. Perfect for opening during the summer and eating Alfresco.

Parklands is bordered by wood land which is beautiful when the bluebells are in bloom. There is also a canal in walking distance which leads you to Goytre Wharf and a traditional garden centre near by.

Penperlleni itself has a vibrant community. With a shop, pub, fish and chip shop, club, active village hall, park, doctors and primary school and excellent bus links. The village has a lot to offer.

**We have
buyers waiting
for similar
properties**



Recently sold



What Jo says,
"This property is in a tranquil street within walking distance of a beautiful woods and canal. It offers a fantastic lifestyle."

Jo Francis, Abergavenny Branch Manager





ABERGAVENTNY BONSAI

Come and explore the tranquility of Bonsai in our large showroom



We stock **Chinese** and **Japanese** trees, also **European** and **British** trees.

A good selection of **Bonsai pots**, **tools** and **fertilizer** to enhance the beauty of your Bonsai.

Learner books and books of general Bonsai topics.

We also stock all the **soils** and **Akadama**, **display statues** and lots more including all sizes of **wire** for shaping your trees.

We have a friendly meeting area for all **Bonsai friends** within the showroom and teas and coffees are available.

We have **disabled access** and **toilets** within the building.

We also stock a selection of **Netsuki** to enhance your collection.

The **workshops** on Bonsai will be starting in September when **courses** will be arranged as a 1 on 1 or with groups of 3,4, or 5.

Everything you need will be within our Bonsai Centre!

HATHERLEIGH PLACE, UNION RD WEST, ABERGAVENTNY, MON. NP7 7RL
SAME SHOWROOM OF ABERGAVENTNY ELECTRICS.
TEL: 01873854692 MOB: 07976943819
EMAIL: ABERGAVENTNYBONSAI@GMAIL.COM



Abergavenny Bonsai

Keith Davies BCav who is the Managing Director of Abergavenny Electrics Ltd started learning about Bonsai 40 years ago, and has won many Bonsai Shows around the country.

Keith has trained with leading Bonsai teachers both in England and abroad. His love of Bonsai also led him to obtaining his 2nd Dan Black Belt and a place in the Welsh Karate Squad back in the 80s. Keith says that the pressures of life and problems within our world these days can lead to us feeling very

stressed; it's great to be able to switch off and spend some time cultivating and looking after your Bonsai and reflecting on life...

Keith also runs Abergavenny Electrics, a successful local Electrical business, which has been a part of the Abergavenny Community serving new and old customers alike for over 46 years. The business, originally started by his father in 1976, is going strong today, employing five staff and is the leading local Electric Car installer in the county.

Keith decided to initiate the Bonsai business after one of his showroom buildings became empty and, after a lot of thought and encouragement from his friends and his partner Barbara, he decided to take a leap of faith and have a go at the new Bonsai business; to see how the journey goes and where it takes him.

"I look forward to meeting a lot of new people and welcoming them to the Bonsai Centre. Customers of Abergavenny Electrics will now have a new hobby on their doorsteps. This hobby is wonderful for stress and those days when you just need to take a deep breath and relax - the little world of Bonsai is perfect for that."

That day is here; the new Bonsai Centre opened its doors on Monday 25th July and Keith looks forward to extending a warm Bonsai welcome to all.



Keith Davies

Louis Bannon

COINS & MEDALS LIMITED

ALWAYS BUYING: COINS, GOLD, MEDALS, SILVER, SINGLE ITEMS AND COLLECTIONS



- Tokens
- Coins
- Banknotes
- Medals
- Gold
- Silver
- Militaria
- Postcards
- Mining Lamps
- Checks



Louis: 07968 855288
Ben: 07891 475131
e: bufton10@gmail.com

21 Royal Arcade, Cardiff. CF10 1AE

CATHERINE A. WILLIAMS LTD. — CHARTERED ACCOUNTANT —

We offer a complete range of Accountancy and Advisory Services for both personal and business clients:

- Sole Trader, Partnership and Corporate Accounts
- Tax Returns
- Bookkeeping, and VAT returns
- Making Tax Digital
- Cloud based accounting systems
- Payroll and Auto enrolment pensions
- Management Accounts and Business Consultancy



The Old Bank, Beaufort Street,
 Crickhowell, Powys. NP8 1AD
 Tel: 01873 810285 Fax 01873 810746
 Email: info@catherineawilliams.co.uk



Tel: 01633 482758

www.gatesandrailingsgwent.co.uk

High Quality gates and wrought iron fencing to enhance your property, making it stand out above the rest at a very affordable price



We also specialise in:

- Glass & Wrought Iron Balustrades
 - Security Window Grills & Shutters
 - Palisade Fencing
 - uPVC Gates & Fencing
 - Gate Automation
 - General Fabrication
- We welcome all aspects of Commercial Fabricating.

Visitors Welcome at
 Unit 21, Springvale Ind Est
 Springvale, Cwmbarn, NP44 5BA



Cwtch Hapus

Hello, I am Bethan, the human magic bean behind Cwtch Hapus -holistic wellbeing!

My purpose is to create a warm, special and unique space that offers holistic healing and wellbeing therapies together with a learning centre for Reiki training, courses and workshops- all under one roof!

My ikigai (reason for being) is simple- I am here to help and encourage YOU to learn the art of Hapus-ness , to support your health & wellbeing and inspire your journey into wellness through holistic therapies and self care practices.

My aim is to help you find ways to truly live in your everyday present moments... and discover your own special Ikigai! Whether it's a one off rejuvenating or relaxing treatment, bespoke and targeted help with specific issues or an ultimate transformational healing experience you are seeking, I've got you covered! The therapies we offer are Reiki, Reflexology and Crystal Healing.

Reiki is a system of healing and a spiritual practice. Reiki energy or chi is universal energy which pervades all things- a gift of life force. Reiki is used to treat both self and others. It is a very powerful aid to personal growth working at all levels, body, mind, heart and spirit.

Reflexology is based on the principle that there are reflex points on the feet that correspond to each part of the body and when a therapist uses special techniques on these points it brings about holistic balance and harmony- a state of homeostasis and equilibrium.

Crystals and gemstones work firstly on the etheric and auric energy fields- the energy systems of the human bean! We have a physical body that everyone is aware of tangible, real, feel-able, see-able but we also have an energetic counterpart that is often misunderstood and overlooked as so few of us are aware of this aspect of our humanness and yet it speaks to us continuously! Crystals and gemstones help clear energy blocks, bring mental and emotional peace by re-harmonising etheric and auric vibrations.

To find out more or make a booking please visit the website: www.cwtchhapus.com
Cariad Mawr, Bethan

REIKI TRAINING

WWW.CWTCHHAPUS.COM (FOR MORE INFO)

BASED IN THE COURTYARD BARN, CRICKHOWELL

ARE YOU READY TO BEGIN OR ADVANCE YOUR REIKI JOURNEY?

SIARAD CYMRAEG

CWTCH HAPUS HOLISTIC WELLBEING

FHT FULLY ACCREDITED & INSURED

R

CWTCH HAPUS

HOLISTIC WELLBEING

TEL 07939992071 HELLO@CWTCHHAPUS.COM

COURSE DATES REIKI 1

SEPTEMBER 10TH & 11TH

OCTOBER 29TH & 30TH

COURSE DATES REIKI 2

SUNDAY OCTOBER 2ND

NOVEMBER 13TH

REFLEX MASSAGE

Remedial & Sports Massage Therapist



Rebecca Jenkins

W: www.reflexmassage.co.uk
 E: info@reflexmassage.co.uk
 @reflexmassage.rsm
 T: 07939675630

LOCAL BUSINESS!

SUPADUPA
cleaning services

We provide the following to the highest standard:

- Office Cleaning
- Property Management Cleaning
- Domestic Cleaning
- Rental change over /End of tenancy
- One-off Cleans

CALL CATHERINE POLLARD ON:
 0796 997 2468 or 01873 850879

supadupacleaning@btconnect.com
www.supadupacleaning.co.uk

Weather Outlook



After a lengthy run of settled and often hot weather during July, August looks likely to offer not an overly dissimilar picture. There may well be a shift to less elongated spells of fine weather, but nevertheless, the month will still deliver some pleasant summer conditions. During any run of dry weather, temperatures will once again climb with further blasts of very warm to hot values in the offing, which may well subsequently trigger thunderstorm activity. The projected positioning of the jet stream would seem to indicate that the Atlantic will be chiefly prevented from intervening and providing any significant spells of wet and breezy weather, with the balance of conditions throughout August firmly in the 'dry' camp. The month looks set to return values below the average for rainfall, and above the average for temperature.

Forecast from Jonathan Powell

CE APPROVED

From £895*
for a fully fitted electric garage door.

WAS £1,354 INCLUDING VAT.
Gotta get a Garolla.

Garolla garage doors are expertly made to measure in our own UK factories, they're strong and solidly built. The electric Garolla door rolls up vertically, taking up only 8 inches inside your garage, maximising valuable space. Our expert local installers will fit your new door and they'll take away the old one too, so there's no mess.

Give us a call today and we'll come and measure up FREE of charge.

GAROLLA
ROLLER SHUTTER DOORS

www.garolla.co.uk

CALL US TODAY ON:
01633 910 017

MOBILE:
07537 149 128

LINES OPEN 7 DAYS A WEEK

Trustpilot
 4.8 out of 5 | Over 3,500+ reviews

*Offer valid for openings up to 2.4m wide & including 2 remote controls, 55mm white slats, internal manual override.

{BOOK•ISH}
BOOKS, CONVERSATION & MORE

Aug 3 John Connolly - Signing
Book-ish shop - 11am

Aug 28 Dara McAnulty - Event
Book-ish Loft - 7:00pm

New Coffee & Book Subscription Box
Perfect for a monthly treat for yourself or a gift for someone you love!

Each month you will receive a gift-wrapped new book, and a 250g bag of fresh Black Mountain Roast's exclusive Book-ish Blend coffee.

Book choice for subscription will be a genre of your choosing: contemporary fiction, nonfiction, poetry, crime, romance, or Sci-fi.

01873 811256
info@book-ish.co.uk

Scan the QR code to shop events, subscription boxes, or books from our online shop. www.book-ish.co.uk

Relax the right way.

0% Finance available

Design professionals

High quality brands

Family run business



Castle
Bathroom & Tile Centre

CALDICOT
Unit 21, Beacon Business Park,
Norman Way, Caldicot,
Monmouthshire, NP26 5PY
TEL: 01291 431 192

CARDIFF
Unit 4, Regents Trade Park,
Galdames Place, Ocean
Way, Cardiff, CF24 5PF
TEL: 02920 464 234

CAERPHILLY
Unit 3A & 3B, Swanbridge
Court, Bedwas Industrial
Estate, Caerphilly, CF83 8FW
TEL: 02920 885 293

PONTYPOOL
Unit 1, Pontnewynydd Ind. Est,
Pontypool, NP4 6YW
TEL: 01495 767 993

NEWPORT
52 Enterprise Way,
Newport, NP20 2AQ
TEL: 01633 258 052

[f](https://www.facebook.com/castleshoweroom) [i](https://www.instagram.com/castleshoweroom) [t](https://www.twitter.com/castleshoweroom) [in](https://www.linkedin.com/company/castleshoweroom)
www.castleshoweroom.com
info@castleshoweroom.com

Unique

Bespoke Upholstery & Furniture Upgrading

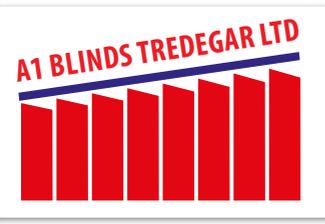
All work undertaken, quality modern & traditional upholstery finish for:

- Chairs
- Sofas, Chaises
- Dining Chairs
- Footstools & Ottomans



Contact 07500968085
Email: debbie.clarke65@btinternet.com

Dan-y-Derwen Stud,
Firs Road, Llanvapley,
Abergavenny. NP7 8SW



THE VALLEYS LEADING BLIND SPECIALISTS

- ✓ Quality Vertical Rollers & Venetians made to order direct from our factory
- ✓ FREE no obligation quote at competitive prices
- ✓ 1st Class after sales service

ALL AREAS COVERED
Day/Night: 01495 717 545

Directors & Representatives: Ronald Reed / Geraint Davies

FREEPHONE 0800 197 7545

TRADING FOR OVER 25 YEARS

ABERGAVENTNY FUELS LTD

Fuel Depot, Triley,
Abergavenny,
Monmouthshire, NP7 8DE

A local company delivering:

- ★ Heating oil
- ★ Gas oil
- ★ Coal
- ★ Propane gas

Also, you can collect logs, kindling & butane gas from the depot.

We stock Deso plastic oil tanks, fuel stations & water tanks

01873 854781



Hardware ~ Software
Upgrades & Repairs ~ Networks
Maintenance ~ Laptops
New & Reconditioned
Complete Systems
ADSL / Broadband Provider

Tel: (01873) 858111

Email: celticcomputers@uwclub.net

29 Cae Pen Y Dre,
Abergavenny, NP7 5UP



LOCAL ABERGAVENTNY BASED FAMILY BUSINESS WITH 15 YEARS EXPERIENCE

Reliable - testimonials available

ALL ASPECTS OF BUILDING WORK UNDERTAKEN:

- Renovations & Refurbishments
- Extensions & Conversions
- Kitchens & Bathrooms
- Wet Rooms
- Carpentry & Flooring
- Brick & Stone Work
- Roofing
- Patios
- Plastering & Rendering
- Guttering & Fascias
- Tiling
- Handyman Service
- New PVC door and windows fitting

CALL ROB ON 07946103696 OR
01873 853075 FOR A FREE, NO
OBLIGATION QUOTE.

WWW.RPBBUILDINGMAINTENANCE.COM
RPBEET@GMAIL.COM



How to care for your houseplants while you're on holiday

Lots of us are heading off on holiday this year – some for the first time in a few years now that there is the freedom to do so, having experienced so many limitations around travel over the past couple of years. The houseplant and gardening trend that bloomed during lockdown means that plenty of us will be grappling with the problem of how to keep our plants alive while we are away.

As a general rule of thumb, most houseplants will tolerate a few days' absence without any problem, but if you're going away for more than a week, you'll need to come up with some creative measures to ensure that you're providing adequate moisture in the right quantity. Cacti and succulents can tolerate longer periods without water, so should be fine for the couple of weeks that you might be away.

Start by moving your plants to a cooler room and away from a bright window. This will help to prevent them drying out. There are a few measures you can take in order to provide a reservoir of water for the plant:

Capillary Matting

This is a thick and absorbent multi-layered material, readily available from garden centres and online. This particular method is ideal used for a group of smaller plant pots. Place a sheet of capillary matting on the kitchen sink draining board or a suitable surface next to the bath. Drape one end of the matting into the sink or bath, which is filled with water. Plants should be grouped on the wet matting, ensuring they make good contact with it by pressing them down slightly. Clay pots need a thorough watering first for them to start drawing up water from the mat.

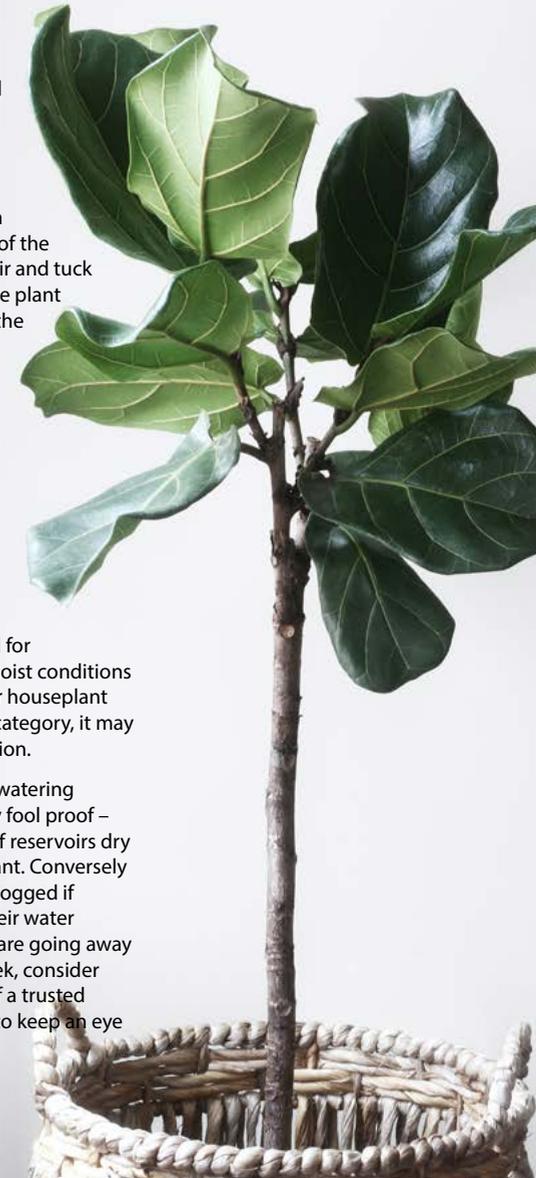
Wick Method

This method is useful for large single pot plants. Use a large container to hold water, and a piece of capillary matting as a wick. Insert one end of the wick into the reservoir and tuck the other end into the plant pot. This will enable the plant to draw on the water reserves in the reservoir.

Self Watering Containers

Consider re-potting your plants into self-watering containers that have an inbuilt reservoir system. These are best suited for plants that require moist conditions year-round, so if your houseplant doesn't fall into this category, it may not be the best solution.

Don't forget that no watering solution is absolutely fool proof – problems can occur if reservoirs dry up and starve the plant. Conversely plants can get waterlogged if you over estimate their water requirements. If you are going away for longer than a week, consider calling on the help of a trusted neighbour or friend to keep an eye on your plant pals.



STEP OUT OF YOUR HEAD AND INTO YOUR LIFE



Dr Giles P Croft

Feeling stuck, stressed or unhappy? Dr. Giles can guide you to achieve a naturally calm and clear state of mind so that you can feel happy, healthy and optimistic about the future.

"I can't believe the difference it's made. I'm calmer, happier, more rational, more engaged, more present and it's all so simple! Life is good again." - Nia P.

07889254987
dr@gilescroft.com
www.gilescroft.com

ABERGAVENTNY MEDITATION COMMUNITY

BUDDHIST MEDITATION FOR EVERYONE

LESS STRESS MORE KINDNESS

7:15-8:45PM
MONDAYS FROM 13/06/2022
ABERGAVENTNY COMMUNITY CENTRE
DONATION ONLY

Facebook Group - "Abergavenny Meditation Community"

Please contact ben@henriques.org / 07922848765 to book or discuss

local business
great aftercare
free quotes and fitting
special offers on the website
complete range of blinds



evergreen blinds
great designs . sensibly priced

your local manufacturers of high quality blinds

For friendly service & fast delivery call Ken or Catherine Barwise

01873 811113

w: evergreenblinds.co.uk

email: info@evergreenblinds.co.uk



A purpose built **boarding cattery**, 'Cats on Vacation' is located just outside Llanarth, between Abergavenny and Raglan with easy access from Abergavenny, Raglan, Monmouth, Usk, the Heads of the Valleys and surrounding areas. Postcode NP15 2LY.



For more information contact Ruth:
Mob: 07791 298584 Tel: 01600 780110
Email: ruthwatkins007@gmail.com
catsonvacation.com



Back to life

"A signal is only as good as your understanding of it."~
Jamie Smart

This morning I lost my temper. Unexpectedly and quite spectacularly. I experienced what my wife wryly calls a 'diary malfunction' - I learned I had accidentally arranged an important video call with a brand new client into a slot when the house (and quite likely my office) would be overrun by a gaggle of summer holiday-excited, 8 year old girls.

An easy enough mistake to make—just one overlooked check box on my calendar's booking system—but the intensity of my frustration most likely stemmed from the fact that this was the second time I'd booked a client into that very slot, and I still hadn't learned my lesson.

The air turned blue and my wife and daughter fled downstairs for cover, while I raged at my own stupidity.

Thankfully, my daughter is a miniature Zen-master, and a fearless one at that - she came running straight back upstairs, to tease me: "Dad, what are you doing?! Don't you teach people not to be angry for your job? Why are you letting this bother you?!"

Her audacity, curiosity and delightful take on 'what Dad does' made me chuckle too and gave me cause to reflect. The brief flash of anger had already passed, it wasn't a problem now, but nor was it a problem then, either, which I explained.

You see, I've learned that any feelings that arise, are ok, however strong. I'm not in control of them—I certainly wouldn't have chosen to fly off the handle like that—but I can understand them, and what they're telling me.

I experienced white hot anger in that moment, because in that moment I was very strongly attached to thought. In that moment, fantastically real-looking thoughts of inadequacy and ineptitude were being believed. In that moment, beautifully ornate future thought creations of consequences and of what other people might think of me, were being taken really seriously.

And in that very same moment, life in all its glory was waiting patiently, utterly indifferent to the war being waged in my head.

When we're lost in a thought-scape of our own making, believing it to be true, we suffer. Indeed, this is why we suffer: to point us away from thought and back to life. To wake us from our day-mare and return our attention to the Now.

Not all that long ago, I'd have stayed in those thoughts, maybe for hours, and as a consequence I'd have procrastinated on resolving the diary clash (thereby making it worse), and ruined the morning's productivity by endlessly debating my self-worth; feeling miserable the entire time.

As it was, since having realised the innate wisdom of all such emotions, it was gone as quickly as it came; the obvious solution had been dispatched and the whole debacle was sorted, and forgotten, in minutes.

None of the feelings you experience are a problem - they're all evidence of the human operating system working perfectly. It's only ever the mind that will try and convince you otherwise... something I promise I will gently be reminding my daughter of, the next time she blows a gasket.



Dr Giles P Croft
gilescroft.com
Healing • Coaching • Speaking

If you'd like to be able to better handle your emotions, in a way that's easy, lighthearted and long-lasting, then get in touch with me via gilescroft.com/contact and we'll take it from there.

Call today to have your oven, hob, extractor or Aga professionally cleaned

Oven Wizards
We clean your oven...so you don't have to

CONTACT LEWIS FLETCHER
Tel. 07772 629281
lewisfletcher@ovenwizards.com
www.ovenwizards.com

DOMESTIC APPLIANCE REPAIRS & SALES

Quality repairs to all brands of:

- ELECTRIC COOKERS & HOBBS
- WASHING MACHINES
- TUMBLE DRYERS
- DISHWASHERS

PHIL EVANS DOMESTICS

Tel: 07572 289243
www.philevansdomestics.co.uk
Email: philevans7@gmail.com

Whirlpool Hotpoint Indesit

Find us on facebook

Sliding, Fitted Wardrobes and More Call in to Mirage and see what's in Store!



Solve your storage issues
Think Mirage

All manufactured at our Factory
here in Abergavenny
Professionally Fitted or
Supplied on a DIY Basis



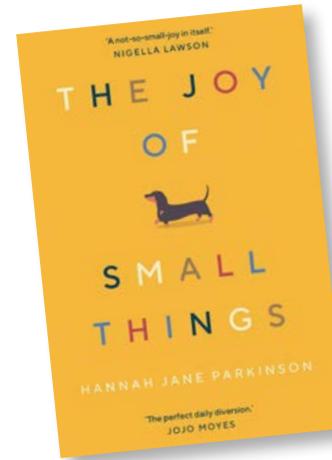
MIRAGE We Supply, Manufacture and Install
Kitchens, Bedrooms and Bathrooms

Mirage House, Mill Street, Abergavenny, Monmouthshire. NP7 5HE

T: 01873 858043 E: furnishings@miragehouse.co.uk

TO ADVERTISE CALL HANNAH ON 01873 856614 OR EMAIL HELLO@THEFOCUS.WALES

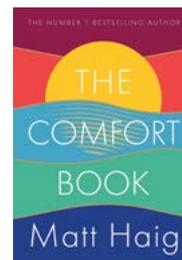
The team at Book-ish provide this month's top recommendations for 'shelf' care



The Joy of Small Things
Hannah Jane Parkinson
£8.99

Drawn from the successful Guardian column, these everyday exultations and inspirations will get you through dismal days. Hannah Jane Parkinson is a specialist in savouring the small pleasures of life. She revels in her fluffy dressing gown ('like bathing in marshmallow'), finds calm in solo cinema trips, is charmed by the personalities of fonts ('you'll never see Comic Sans on a funeral notice'), celebrates pockets and gleefully abandons a book she isn't enjoying.

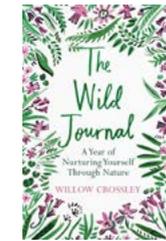
The Comfort Book
Matt Haig
£9.99



Reflections on hope, survival and the messy miracle of being alive. It is a strange paradox, that many of the clearest,

most comforting life lessons are learned while we are at our lowest. But then we never think about food more than when we are hungry and we never think about life rafts more than when we are thrown overboard. The Comfort Book is a collection of consolations learned in hard times and suggestions for making the bad days better. Drawing on maxims, memoir and the inspirational lives of others, these meditations celebrate the ever-changing wonder of living. This is for when we need the wisdom of a friend or a reminder we can always nurture inner strength and hope, even in our busy world. A book of timeless comfort for modern minds.

The Wild Journal: A Year of Nurturing Yourself Through Nature
Willow Crossley
£10.99



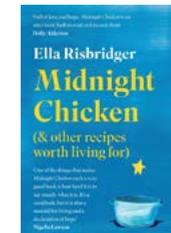
Whether you live in a house or flat, in a rural or urban environment, this beautiful book shows how to harness the natural world around us and feel more grounded and rooted in our surroundings. The simple, back-to-basics habits and small seasonal changes in the book can help everyone to counteract the unpredictability and chaos of everyday life. Wherever you live, there are simple mindful actions - from listening to birdsong instead of rushing on your commute, to collecting natural treasures such as feathers, branches, pebbles or pine cones.

Healing Trees
Ben Page
£11.99



Take a walk in the woods to find yourself. This book is intended as an easy approach to forest bathing, a concept that is now making its way into health and wellness practices. Part spiritual guide and part practitioner's handbook, this accessible, practical, positivity-rich book is designed to be taken on every walk to encourage mindfulness, contentedness, and presence in the moment.

Midnight Chicken (& Other Recipes Worth Living For)
Ella Risbridger
£9.99



Recipe guide as both self-help manual and candid biography, Midnight Chicken rejoices in those life-affirming moments when half an hour in the kitchen really does feel like emotional salvation. There are lots of ways to start a story, but this one begins with a chicken...

Happy Reading!

Book-ish
18 High Street, Crickhowell,
Powys. NP8 1BD
Tel: 01873 811256
www.book-ish.co.uk

BIG SUL

GARDEN SERVICES

Exterior Cleaning

- All Surface Pressure Washing
- Driveway & Patio Resealing & Sanding
- Gutters Cleaned using High Level Vac
- Facia & Guttering Cleaned
- Conservatory Valeting & Cleaning

FULLY INSURED / DOMESTIC & COMMERCIAL

For a Free Quote Phone Jamie

07891 358684

email: bigsulservices@aol.com

www.bigsul.com



GN CONSTRUCTION

BUILDING & ROOFING

MOBILE: 07799 720816

- Extensions
- Renovations
- Slate & Tile Roofing
- Fibreglass Flat Roofing
- Carpentry & Joinery
- Brickwork & Stonework
- Kitchen Installations
- Bathroom Installations
- Plastering
- Upvc doors and windows
- Conservatories
- Garage Conversions

www.gnconstructionabergavenny.co.uk

**ABERGAVENTNY BASED
ALL WORK GUARANTEED
25 YEARS EXPERIENCE**

Queen of Crime



LEFT: Ethel Lina White. ABOVE: Fairlea Grange, Belmont Road, Abergavenny

Ethel Lina White from Abergavenny was one of the top crime fiction writers in Britain and America in the 1930s and 1940s. Helen Morgan from Abergavenny Local History Society reports.

In her heyday she was on a par with Edgar Allan Poe, Agatha Christie and Dorothy L Sayers. One of her novels helped Alfred Hitchcock to launch his Hollywood career. Yet decades later her fame has vanished.

Born on 2 April 1876 at 36 Frogmore Street, she was one of nine children. Her father, William, was an ordinary builder but one who became wealthy after inventing a waterproof

building material. Known as the Hygeian Rock Building Composition, it revolutionised construction of the London Underground. His new prosperity enabled William to build Fairlea Grange in Belmont Road for his family. This where Ethel grew up. The 1911 census tells us that, aged 35, she was at home with her parents — by which time dozens of her poems and short stories had been published. By 1917 Ethel was working in London

which enabled her career to take off, says Alex Csurko, a PhD student at Hallam Sheffield researching Alfred Hitchcock. This might explain why she resigned her day job in 1919 although pressure to give up her job for returning servicemen might have played its part. What is certain is that she accepted a £10 advance to write short stories for newspapers. By 1927 she had her first full-length novel published, and a year later was in the West End with a play, *The Port of Yesterday*. Then, in 1938, came stardom when Hitchcock adapted her detective thriller *The Wheel Spins* about a young woman on a train and her missing companion which became his film *The Lady Vanishes*. Two more novels were adapted for the big screen but fame soon faded. It seems that she was not willing to play the publicity game. By now she was in her sixties. She was labelled "spiky", "witty" and "sarcastic", and her age would have been against her. Ethel died of ovarian cancer in 1944 and left everything to her sister Annis on condition that she paid a qualified surgeon to plunge a knife "into my heart after death". This strange stipulation reflected her fear of being buried alive — the storyline of her 1935 novel, *The First Time He Died*.

A QR point and Blue Plaque outside The Barber's Shop, 36 Frogmore Street, commemorate her life and times. History lectures resume on September 14th. For details visit: www.abergavennylocalhistorysociety.org.uk

Helen Morgan



Martin Shephard

PAINTER & DECORATOR
BESPOKE WALLPAPER HANGING

Fully Insured • Domestic & Commercial
Quality Workmanship
City & Guilds Qualified

Tel: **07971 454879**
or **01873 830943**
shepdecs1962@gmail.com

Podiatrist

Clare Johnson

Bsc (HONS) SRCh MChs PGCE

Have you got
painful feet?
A painful corn or
hard skin?
Toenail problems?
Heel pain?

01873 859800 or **07774 797242**

www.clarejohnsonpodiatrist.co.uk
Clinic at Monk Street, Abergavenny

Qualified 1993
Registered with the Health & Care Professions Council



Sundarban
kitchen

7 MONK STREET, ABERGAVENTNY, NP7 5ND
TEL: (01873) 268680 / (01873) 268220
WWW.SUNDARBON-KITCHEN.CO.UK

PLUMBING SERVICES TEAM

- WE FIT:
- Bathrooms
 - Showers
 - Kitchen
 - Toilets
 - TRV valves and thermostats
 - Power flush with chemicals
 - House appliances
 - Radiators
 - Taps & Sinks

AND
MANY
MORE!

CALL FOR FRIENDLY ADVICE AND COMPETITIVE PRICES ON

07462577555

The Most Thorough Carpet and Upholstery Cleaning Ever Seen ... *or it's FREE!*

- ✂ Fully trained and experienced technicians, fully CRB checked
- ✂ Our team are dedicated to customer satisfaction with a friendly personal service
- ✂ Rapid drying steam extraction cleaning and amazing cleaning results for your upholstery and carpets
- ✂ 100% delighted or your money back
- ✂ Amazing stain removal cleaning. You will be impressed with the results of our training and powerful equipment
- ✂ Minimum disruption for you, and we can move your furniture



Tanya and Billy Russell
owners of Billy Russell Floorcare

FREE CONSUMER GUIDE
Don't call any carpet cleaning company until you've downloaded and read our **FREE Consumer Guide: The SHOCKING truths about Carpet Cleaning**
www.billyrussellfloorcare.co.uk

Call today to book your free quotation **01873 594011**



Cuddle & Cwtch

Babies & Children's Clothing plus Gifts

Stockists of Frugi Organic cotton clothes, Kite Clothing, Emile et Rose and many more!

54A Frogmore Street, Abergavenny
Call us on 01873 850524 www.cuddleandcwtch.net

This is Sarah. She's busy cleaning her oven...



NOW OPEN COVID SAFE WORKING PROCEDURE

Sarah called the domestic oven cleaning specialists, so she could relax and enjoy a coffee while it's done!



• Ovens • Agas • Grills • Hobs • Extractors • BBQs • Microwaves •

CALL TODAY 01873 594 054

www.thecleanovenco.com



Put the sparkle back into Your kitchen today!

Clever Sarah!



C.J. COPNER

Traditional ice cream van service for Abergavenny and surrounding areas with a modern twist, weekly specials.

All other events catered for. Email: bullseye1987@hotmail.co.uk

Stop me and buy one with these
Ice Cream Van Vouchers

ORANGE TWIRL ICE CREAM



BUBBLE GUM CRUNCH CONE



DESSERT BOX
Over 24 to choose from



ARE YOU IN THE FRAME OF MIND TO CHANGE YOUR WINDOWS, DOORS OR HAVE A NEW CONSERVATORY?

Call us today for a **FREE, no obligation** quote!



Mr James, Cwmbran

Mr Grey, Chepstow

Mr Evans, Abergavenny

Our offer this month:

We can update the front of a typical terraced house with high end REHAU frames



Mr Jones, Blaenavon

- UPVC Windows & Doors
- Composite Doors (Foam Filled & Timber)
- Bi-Fold Doors
- Leka System Warm Conservatory Roof
- Aluminium Windows & Doors
- Lantern & Roof Lights

From **£45 p/m**
NO DEPOSIT REQUIRED

"A" Rates Glass, choice of coloured handles, fire escape hinges upstairs, choice of coloured front door (composite)

High Security locking system, FENSA registered.
10 Year Guarantee & Professionally Installed by:



Why not visit our Showroom:

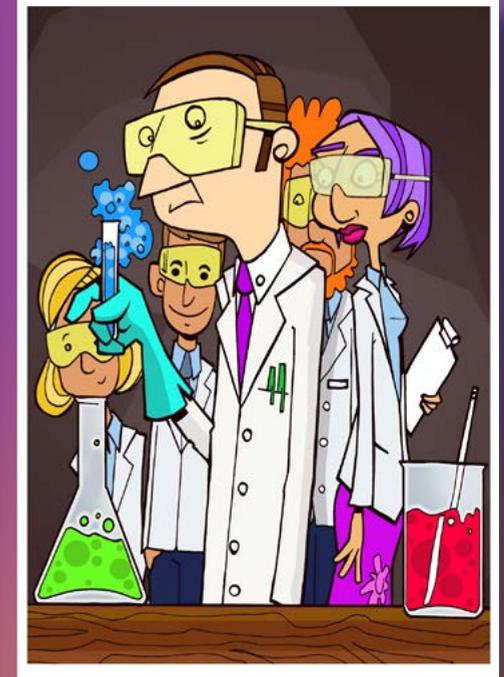
113 Springvale Industrial Estate, Cwmbran, Gwent. NP44 5BG
Opening Times: Monday to Friday 9am - 4:30pm

www.fomwindows.co.uk

Phone: 01633 287975 | Email: info@fomwindows.co.uk

*Our typical examples of our Terms & Conditions are available in writing. Contact us for further details

PUZZLES SPOT THE DIFFERENCE



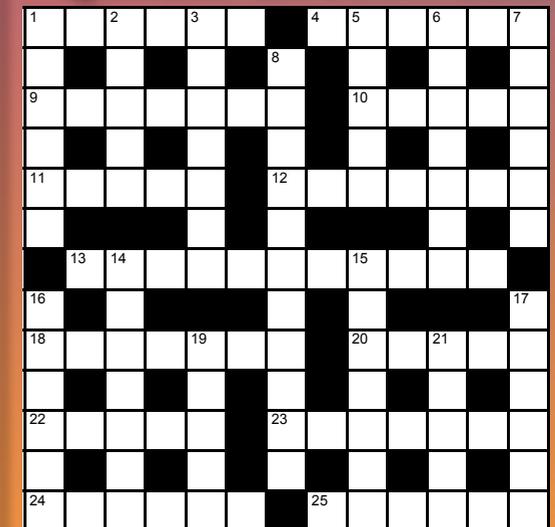
Quick Crossword

ACROSS

- 1 Make a choice (6)
- 4 Railings (6)
- 9 Enlarged (7)
- 10 Headgear (5)
- 11 Home planet (5)
- 12 Citrus fruits (7)
- 13 Rural area (11)
- 18 Leaving (7)
- 20 Answer (5)
- 22 Devoured (5)
- 23 Closest (7)
- 24 Withstand (6)
- 25 Narrow river (6)

DOWN

- 1 Remove doubt (6)
- 2 Singing group (5)
- 3 Sea mammal (7)
- 5 Surplus (5)
- 6 Altered (7)
- 7 Scarce (6)
- 8 Supporting (11)
- 14 Not included (7)
- 15 Butler or maid (7)
- 16 Remove (6)
- 17 Scheme (6)
- 19 Not outer (5)
- 21 Portion (5)



Solutions on our website: www.thefocus.wales



Ydych chi'n Landlord ag Eiddo yn Sir Fynwy?

Mae Gwasanaeth Gosod Sir Fynwy yn cynnig ffordd amgen a chost effeithiol i rentu eich eiddo.

Ein nod yw gwneud rheoli a gosod eich eiddo yn broses syml a hawdd, gan weithio gyda chi i reoli a hysbysebu eich eiddo yn ogystal â dod o hyd i denantiaid sydd wedi'u fetio ar gyfer

CYNLLUNIAU RHENTU PREIFAT

CYNLLUNIAU PRYDLESU PREIFAT

gyda chymorth ac arweiniad gan ein Tim cyfeillgar, profiadol a Phroffesiynol.

Am gyfnod cyfyngedig rydym yn cynnig i Landlordiaid Newydd

'Groeso Aur'.

Os oes gennych chi ddiddordeb mewn gosod eich llety neu i gael rhagor o fanylion am y gwasanaeth a'r hyn rydym yn ei gynnig, cysylltwch, os gwelwch yn dda, â Clare Hamer

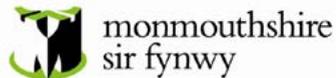
Ffôn : 01873 735426

E-bost: MLS@monmouthshire.gov.uk Website: www.monmouthshire.gov.uk/mls



EMAIL: MLS@MONMOUTHSHIRE.GOV.UK

WEBSITE: WWW.MONMOUTHSHIRE.GOV.UK/MLS



Are you a Landlord with a Property in Monmouthshire?

Monmouthshire Letting Service offer an alternative and cost effective way to rent your property.

We aim to make managing and letting your property a simple and easy process, working with you to manage and advertise your property as well as finding you vetted tenants, for

PRIVATE RENTAL SCHEMES

PRIVATE LEASING SCHEMES

with the help and guidance from our friendly, experienced and Professional Team.

For a limited time we are offering New Landlords a

'Golden Welcome'

If you are interested in letting your accommodation or to find out more details about the service and what we offer, please contact Clare Hamer.

Telephone : 01873 735426

Email: MLS@monmouthshire.gov.uk Website: www.monmouthshire.gov.uk/mls



JAMES·DEAN
THE ESTATE AGENTS

LANDLORDS

Renting your property can be a nice little earner, however, it can also prove a minefield if you don't know the ins and outs. This is where we come in. We have a fantastic lettings department with experienced members of staff who will help you find the right tenant and most importantly look after you and your property.

**MANAGED: £300 PLUS VAT
AND 10% PLUS VAT OF THE RENTAL INCOME**

NON-MANAGED: £350 PLUS VAT

Call our Abergavenny office today



Oliver James
Partner



Hywel James
Valuer/Negotiator



Mollie-Mae Hutchinson
Negotiator

01873 777207
59 Frogmore St,
Abergavenny,
NP7 5AR



RICS

Zoopla.co.uk

rightmove

OnTheMarket.com

If you have signed a sole agreement with another agent, we would advise you to contact us, so the terms of these conditions can be reviewed.

jamesdean.co.uk | abergavenny@jamesdean.co.uk

ABERGAVENTNY
01873 777207

BRECON
01874 624757

BUILTH WELLS
01982 552537

LONDON
020 7629 4141



Find your space...

Monmouthshire, South Powys and Herefordshire.
A beautiful environment in which to work, live and love.



ben.watkins@parrys.com



heather.cook@parrys.com



Ahead of the curve

abergavenny@parrys.com Sales 01873 858990 Lettings 01873 859237



www.parrys.com #LoveWhereYouLive

