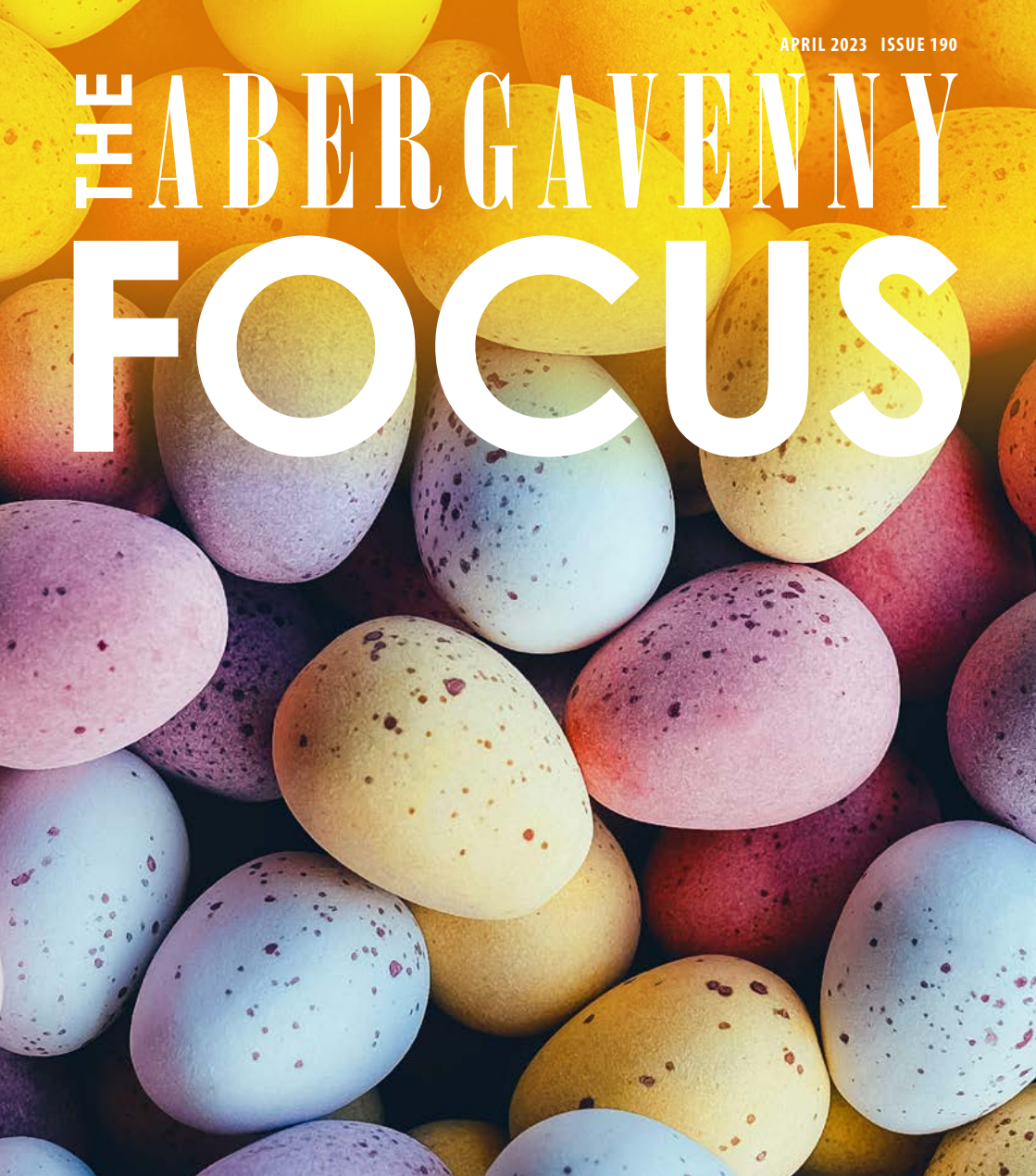


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Dear Readers,



It's been quite a month for us. As a lot of you know, Pete and I are now Admins for the Abergavenny Voice group on Facebook, which you can read all about on Pages X, so that's keeping us extremely busy!

We're also really pleased to announce our Directory Listings at the rear of the magazine which, if you're a local business is FREE to be included in. Our advertisers automatically appear highlighted in yellow, and other businesses can join by visiting www.thefocus.wales/ to submit a business listing in the directory. Very soon this will be available online as a handy and quick tool for finding trades and businesses.

There's loads going on this month, and when I was putting our events section together I was blown away by the volume and diversity of the events taking place locally. Given the vibrancy of our community it really is no wonder that the Times named Abergavenny as one of the best places to live in Wales. How lucky we are to live here!

This month sees the return of the Abergavenny Writing Festival, and you can read more about that on Page X. I'm really excited to be involved again this year and invite you to come along to a discussion with me on Friday 21st April about the use of artificial intelligence in writing and whether it spells the end of the creative writing process. I'd love to meet you and hear your thoughts about that!

Enjoy this month's read,

Hannah

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Llangynidr's Ukrainians raise funds for their homeland



Vadym at his stall at Abergavenny Market

in Powys the couple and their three children y left their Kiev home taking with them only what they could gather in a matter of minutes.

Maryna was brought up in Donetsk, the city founded by John Hughes of Merthyr Tydfil, but the annexation of the Donbas region in 2014, drove her to move to Lviv and finally to Kiev. For this reason the couple's three children were each born in different cities.

In the last year the family have become popular newcomers as they sell hand decorated items at their stall in Abergavenny Market Hall, funds from which go directly to those in need in the Ukraine. Vadym sells freshly squeezed orange juice made to passers-by from his stall outside the Market's main entrance.

The couple are very proud of their Ukrainian heritage and culture – a fact illustrated by the designs on the objects they sell. Maryna does not price individual items but just ask buyers to donate what they think is appropriate. They have been very touched by the response of their host country.

Roger Bowen

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When Maryna and Vadym Korolov sought refuge from the War in Ukraine they found a warm welcome here in our area. Since coming to Wales they have dedicated themselves to raising money for medicine and other vital necessities for those Ukrainians back home affected by the conflict.

Maryna was heavily pregnant when the Russian invasion began on February 24th 2022 and she gave birth to daughter Emmanuella in an air-raid shelter. Through the help of a British acquaintance with connections

BELOW: Maryna proudly displays the Ukrainian flag





Abergavenny Voice

© Thomas Winstone Photography.

toms206@hotmail.com

Are you a member of Abergavenny Voice on Facebook? Lots of you are. In fact, there are 30,000 members of the group and it's growing. As some of you know, in February Craig Titchener, the founder and admin of the group decided to step back from his role and hand over the reins to somebody else. That somebody else ended up being me and Pete here at the Focus. We are thrilled to be looking after it. We've been at the helm for a month now and one new feature that we have introduced is the Weekly Digest for the group – a roundup of the most popular and talked about group issues of the week. We've decided that it would be nice to include a monthly round-up here in print too so that if you're not on Facebook you too can see what have been the hot topics of the month!

Aurora Borealis

There was a lot of excitement at the beginning of March when the Northern Lights became visible in the night sky above Abergavenny. They made their appearance in the northern skies and were captured beautifully from Keepers Pond by many photographers. Lots of us headed out the following day in search of them once more but unfortunately the clouds rolled in to obscure the horizon. There was a great atmosphere, nonetheless, and a wonderful sense of community. - See *Thomas Winstone's photo above*



Photo: Jason Lee Thomas

Snow

Snow arrived in Abergavenny in early March, so the group was awash with some lovely photos of fun and frolicking in the white stuff.

Bottles

Simon Lewis treated us to a glimpse of Facey & Son Brewery bottles he found locally whilst digging. This sparked a lot of discussion about Facey & Son Brewery which was built in Market Street in 1876 and where the current Brewery Yard gets its name from! Apparently, lots of you have these types of bottles, so they must have been fairly widely strewn about town back in the day.



Photo: Simon Lewis

Second Best Place to Live

The Times newspaper published its annual list of best places to live, with Abergavenny coming in second as the best place to live in Wales, with Ruthin in Denbighshire getting the top spot. Many members of the group applauded this news, celebrating our scenery, community and restaurants. Others disagreed entirely, feeling that some aspects of our town are left wanting. What do you think?

The Flashbacks

On Fridays we share old images of Abergavenny to see who remembers the building/shop from the image. It's fun to play along. This month we enjoyed images from:



The South Wales Electricity Board, now the Angel Bakery. Lots of you remembered buying electrical appliances from there back in the day.



The Hen & Chickens pub which was once a hairdressers.



Sydney George, in Cross Street, which is now Rosemary's. Many of you remembered buying shoes and fabric from Sydney George, as well as sharing memories of those who had once worked there.



5A Monk Street, which was once Glyn Jones, selling car accessories and maps, and is now the Jewellery Shop. It was once part of the Great George Inn next door.

The Throwbacks

On Thursdays we share more general photos from Abergavenny's past with the intention of sparking conversation and sharing our memories of Abergavenny. This month we've seen:

The High Street



The photo dated from 1962. The most mentioned shops seemed to be The Ladybird Shop, Jungles and Pinches the Bakery, with lots of fond memories of Woolworths with their sweets and loose biccies. The

Ladybird Shop held lots of outfit memories for many members and Pinches was remembered for what sounds like mouth-watering pasties!

The Livestock Market



Lots of you shared memories of the market itself – the sights and sounds, with plenty of you recalling the smell of the slaughterhouse. The vibrancy of the market seems a fond memory for many, and lots of you recall how it really provided a sense of meaning and place to Abergavenny as a market town. Shops and pubs, in particular, were fit to bursting on Market days with farmers enjoying a drink and a game of cards!

Not all memories were fond ones, however, with plenty of you harbouring harrowing memories of market days and the slaughtering of animals.

Bailey Park

We shared an image of Bailey Park from 1960, which took in a view of the Deri. We read plenty of childhood memories of the scary seesaw as well as a fire that decimated part of the oak woodland in the late fifties. So many of our members were able to identify the year of the photos by observing the absence of some of the current council houses, as well as the type of roofing material used on the pavilion. Amazing sleuthing.

If you are on Facebook and would like to be part of Abergavenny Voice, why not become a member and enjoy taking part in this vibrant online community?

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Search Excellence award for Damon of Mountain Rescue



The team has been out and about all over our patch since our last article.

The month started with us being called by Dyfed Powys police to reports of an unconscious walker near Pen Gloch y pibwr, as we had our first team making their way up the mountain the Coastguard helicopter was able to get in through the clouds and transport the casualty to the hospital to be looked after.

We then had to call outs to the Hay Bluff area, one near the trig point summit and one further towards Black Hill. The first involved a gentleman who had had a medical episode and needed urgent evacuation from the mountain, which we did by using our stretcher as a sled and sliding him down the front face while on a rope. The second was an experienced winter runner who got into difficulty in the heavy snow. Working with our colleagues

from Hereford Fire and Rescue we were able to locate the runner and walk him carefully off the hill. The team was also contacted by Gwent police to assist with an ongoing search for a high-risk missing person in the Chepstow area. We wish all the casualties a full and speedy recovery.

The big highlight of the month has been quite an honour. Back in December 2021, the team was involved in the search for a missing man in the Abergavenny area. The gentleman in question had been out walking and while taking cover from horrendous weather had had a medical incident. This incident prevented him from calling for help. On the first evening, the team was out from 10 pm till 6 am. The hill members got a few hours sleep while our search managers worked out a plan for day two. At 11 am the team started searching again on the Little Skirrid. After a couple of hours, one of our team

members, on his hands and feet, deep in the overgrowth spotted something that didn't look right, he had found the gentleman. It is hard to explain in words how amazing this find was, Damon followed very subtle clues, used his years of search experience, guidance from his search managers, and his determination to not stop until we had searched everywhere to locate this man. Thankfully he was alive and well, after initial treatment, he was able to be joined by his family. The reason I bring this up is that this month Damon was presented with an award for Search Excellence by the Police Search Governance Board. A senior officer came to our base and presented the award to Damon and we are all incredibly proud of him. What he demonstrated that day is the best of us, the skill of Mountain Rescue and the determination of the Longtown Mountain Rescue Team. Well done, Damon!

Dan Mazhindu

Why not think about learning a new skill this year?



If you enjoy textile craft and would like to tackle something new this year the Beginners Spinning Course could be a great place to start. The course takes place over 4 Thursdays, May 11th & 18th, June 8th & 15th. The course will be taught by Sarah Stacey, an experienced tutor, who will provide all materials for the course. Spinning wheels will be provided by the Guild, although you are welcome to bring your own if you wish.

For further details contact:
secretarycrickhowelgwsd@gmail.com

Sue Ballantine

The Crickhowell Guild of Weavers, Spinners and Dyers is a vibrant Guild, promoting the crafts and offering beginners weaving and spinning courses.

The Guild meets every Thursday from 10am to 3pm at Llangynidr Village Hall and has over 20 members with a range of experience and abilities, who encourage, inspire and help each other. We have a number of spinning wheels and looms that members can borrow freely, as well as a library and access to current journals on textile crafts.

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The League of Friends are there for you despite rumours that we were closing. However we are sad to hear that the R.V.S. shop is closing, we have worked for many years in harness with them to provide just a little extra comfort and wellbeing for patients, visitors and staff.



Happy customers

The League of Friends ensures that your visit to Nevill Hall as enjoyable as possible, there will always be not just a cuppa, but a friendly face, a warm smile and a cheerful word. We are pleased to report that others say that our very competitive range of snacks and sandwiches are adventurous, there is something for everyone, and our coffee range is second to none!

During "lockdown" we supported patients and staff with all sorts of goodies and essentials, which we continue to do. Once again we are using the funds we generate to provide much needed extras. Our latest project will be help and support to a fully staffed "Homeward Bound Centre" given over to those who have yet to leave hospital but are waiting on, either beds in a nursing home, or a home-care package. We see this as an essential part of our



A recent coffee morning for volunteers

remit, ensuring people in the Centre do not become institutionalised, post treatment, but are once again able to play their part in the community.

There are exciting times at Nevill Hall, the new Velindre Hospital Satellite Unit is already taking shape, the League are looking forward to extending our "welcome mat" to those using the new facilities. Since covid some of our volunteers have decided to retire, we all got out of the habit of volunteering and helping others during those dark days when we were busy looking after ourselves and ours.

We seek new members. We are sure that, in your post Covid new lives, you have a couple of hours spare on a regular monthly basis!! You are most welcome to join us to help the League in its work, You will make new friends and be safe in the knowledge that you are providing help and are an essential cog in the daily life of Nevill Hall Hospital.

We look forward to hearing from you.

Contact us, via Barbara on: 01873 737752 Or
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Community Shawl

and they will be the first audience to see the completed Shawl when we visit them.

I have also been invited to take the Shawl to Hereford College of Art and give a talk about the project.

The next stage? To now have each square carefully stitched onto the background material.

We had thought we may purchase some woollen flannel or maybe a vintage shawl for this... but then out of the blue, my mother donated my grandmother's vintage, handmade, woollen nurse's cape! My Nana was for many years, Sister of the wards at Pen Y Fal hospital in Abergavenny, retiring in 1977. Her cape was made by Doreen Rice, in the huge sewing room at the hospital.

I can't think of a better addition to the provenance of this Community shawl, and we are hearing all kinds of wonderful anecdotes from those who remember Pen Y Fal.

We have asked Cheryl at The Wool Croft to stitch the amazing work onto the cape, to transform it into the Shawl. What we would love to do is pay her a fair fee, and we wondered if you would consider donating towards this, please?

Any share, or donation, is greatly appreciated, thank you!
gogetfunding.com/community-shawl-project/

With love and gratitude...

Emma Bevan



The Community Shawl is my response to The Red Dress (created by Kirsty MacLeod) which I was very fortunate to have been able to arrange exhibitions and presentations twice in Wales, the most recent in Abergavenny in October 2022.

I have been curating the Shawl project and was joined by Ginevra from The Wool Croft last year, who offered some materials and to help manage the project.

I invited members of the public to join us in creating a fabric square, in any medium, for the creation of the

Community Shawl; each square to have an element of red.

My aim was for everyone's work to unite our communities, and the completed Shawl will be then taken to exhibitions and events, celebrating our traditions of tales, community, and friendship.

I am delighted and grateful to have received 120 squares! Each one, intricate and beautiful, tells its own story and is a little symbol of love and connection. They arrange from knitted to embroidered, lace to felted. The residents at Penpergym care home crocheted 50 squares,



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Abergavenny Music Festival – 30th April

Abergavenny Music Festival (AM Fest) is a fantastic day out for all the family! Organised by Abergavenny Round Table and held every year on the first may bank holiday, this festival is definitely an event to put in your calendar!

There will be two stages of live music all day, street food, drinks, stalls, children's entertainment, and a children's funfair! There's an amazing line up of bands and artists! This year's headlines act is Tom Jones the tribute with The Unusuals Band! Don't worry, he will be singing Delilah! There's also a Lady Gaga tribute, a Creedence Clearwater tribute, and an eighties band. There will also be some awesome rock bands and original bands! There's something for everyone!

All proceeds will go to charities and good causes in the local area.

Adults: £12.00 Kids: £6.00 Gates open at 12:00 pm. 12pm - 8pm, Abergavenny Castle Monmouthshire, NP7 5EE
 Tickets available at abergavennyroundtable.co.uk



ABERGAIVENNY ROUND TABLE PRESENTS

ABERGAIVENNY MUSIC FESTIVAL 2023

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LADY GAGA TRIBUTE LAURAN WILLIAMS	3:30 PM	CREEDENCE UK	3:00 PM
THE SPECTRUMS	4:30 PM	ANNA DAVIES & THE SINNEMEN	4:00 PM
SONIC HIGHWAY	5:40 PM	BOURBON REGRET	5:00 PM
TOM JONES TRIBUTE DEAN JONES AND THE UNUSUALS BAND	7:00 PM	FRIDAY NIGHT LIGHTS	6:00 PM

ABER Writing FEST 2023



why

CONNOR ALLEN



ALEX WHARTON



MAX LOW



HAMED AMIRI



JUDE ROGERS



LOWRI HAF



HANNAH HILL



RONA MAC

Abergavenny's Writing Festival returns on the 21st and 22nd of April to the Kings Arms, the Melville Centre for the Arts and Abergavenny Library. The Abergavenny Writing Festival is about encouraging everyone to write and express themselves, whether for mental health and wellbeing, as a way of making a living, to bring about change, to keep a record or purely for pleasure. This year's Abergavenny Writing Festival will be a celebration of writing in all its diverse and creative forms.

Expect talks, discussions, workshops and performances on an eclectic range of topics. 2023 sees the introduction of a "Writers' Hub", where

writers can come together and exchange ideas in a supportive environment. The Society of Authors and the Society of Children's Book Writers and Illustrators will be present to offer advice and information. In addition there will be some free taster sessions for young people at Abergavenny Library on Saturday 15th April, courtesy of the Abergavenny Rotary Club.

Day one at the Kings Arms will be a day for improving skills and professional advice featuring a poetry workshop with Paul Henry: 'The Singing Page', a talk from The Society of Authors on 'How to Make a Living as a Writer' and Helen Docherty on 'Writing Picture Books for Children'. Hannah Hill will Chair a discussion on Writing and

Artificial Intelligence, posing the question: Are our Writing Days Numbered? And Gary Raymond will talk about 'How Welsh Writers Can Help Redefine our Nation.'

On Friday evening there'll be an accessible spoken-word open-mic event at The Melville Centre for the Arts. The event will be hybrid so both audience and participants are able to join either in person or via a zoom link.

Saturday 22nd April will see a whole day of events for young people at The Melville, including: Illustration with Max Low, 'Magnificent Mash-Ups' with Children's writer Claire Fayers - a wild and wacky session for seven to twelve year olds. Children's Laureate of Wales, Connor Allen, will offer a poetry session and

later that day there'll be a 'Family Singing Session' with Tanya Walker.

There will be sessions for Welsh speakers, including illustrator and cartoonist Huw Aaron for four to ten year olds (age is for guidance only) and a lunchtime talk and tasting with author and food writer Lowri Haf Cooke.

On Saturday 22nd there will also be a broad range of talks and workshops for adults ranging from a Comedy Writing session with AberLaugh to a workshop with Welsh / Canadian authors Katie Munnik and Tyler Keevil on 'Place and Landscape in Your Fiction.'

Hamed Amiri (author of The Boy With Two Hearts) will share his story of fleeing Afghanistan

and why he was driven to write about this and the subsequent adaptation of his bestselling book to theatre production.

Journalist and author Jude Rogers will run an introduction to memoir writing, with a lively hour of tips, lessons learned and short exercises to help you make your writing breathe and sing.

The winners of this year's Youth Writing Festival will be presented with their certificates from the Mayor and Mayoress of Abergavenny and take part in mentoring sessions with Rhian Edwards, Jude Rogers and Alex Wharton.

The finale evening will be jam packed with comedy, music and words! Starting with some 'Wordplay Cabaret' from Mark

Blainey; poetry, songs and stories from Alex Wharton and lo-fi alt-Indie music with Folk and Americana influences from Rona Mac.

There will be free sessions at Abergavenny Library, including poetry readings and a 'Writers' Hub', where local authors will be on hand to talk about their work and share advice and information.

The Abergavenny Writing Festival is made possible thanks to the generous support of Arts Council Wales, Abergavenny Town Council, Christie Residential, the Rotary Club of Abergavenny, the Kings Arms Hotel and Ogi.

For full event programme visit www.abergavennywritingfestival.com

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The cast in rehearsals



Abergavenny Amateur Operatic and Dramatic Society Presents

Little Shop of Horrors

AAODS is a musical theatre society based in Abergavenny with a dedicated junior section (aged 8 -18) and a senior section (aged 14- 80!).

Formed in 1911 we have a long and varied back catalogue of shows and are members of The National Operatic & Dramatic Association from which we have been recipients of several awards for our productions. Our repertoire is varied and our last seniors' production of *Oklahoma!* was a

roaring success. More recently *We Will Rock You* was performed in 2022 by our junior section and we are getting ready to present our seniors' show '*Little Shop of Horrors*' 19 - 22 April in The Clarence Hall , Crickhowell.

This deviously delicious Broadway and Hollywood sci-fi smash musical, has devoured the hearts of theatre-goers for over 30 years.

The story of meek floral assistant Seymour Krelborn sees him stumble across a new breed of plant he names "Audrey II" - after

his co-worker crush. This four-mouthed, R&B singing carnivore promises unending fame and fortune to the down and out Seymour as long as he keeps feeding it - BLOOD! Over time, though, Seymour discovers Audrey II's alien origins and her intent towards global domination!

Tickets can be purchased online www.ticketsource.co.uk/abergavenny-amateur-operatic-dramatic-society or from Cablenews and Bookish.

Jill Murray

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EVENTS CALENDAR APRIL 2023

1ST APRIL
LIONEL



Following his appearances with Lionel Richie himself on ITV's 'Sunday Night At The Palladium' and the 'Graham Norton Show' for the BBC, Malcolm Pitt delivers a powerhouse and breathtaking performance in this high octane show celebrating the music of Lionel Richie and the Commodores. This award winning five star production also features a stellar line-up of world class musicians including musical director, Jonny Miller from Talon.
7.30pm, Borough Theatre, Abergavenny
Tickets: boroughtheatreabergavenny.co.uk

2ND APRIL
EASTER SERVICE



Easter Service at Llanfoist Cemetery Chapel: All Welcome. 2.30pm

1ST APRIL
J S BACH: ST. MATTHEW PASSION



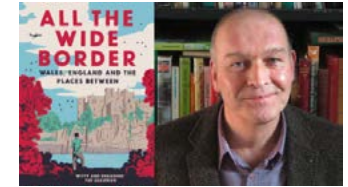
This great oratorio is a powerful setting of the story of Christ's arrest, trial, suffering and crucifixion as depicted in the Gospel of St. Matthew.
The choir will be joined by four soloists and "Musical and Amicable Society"
6.30pm, St. Mary's Priory Church, Abergavenny
Tickets: £15 at door, from choir members or gwentbachchoir@gmail.com

1ST APRIL
ABERGAVENNY PRIDE PRIZE BINGO

6pm (eyes down at 6.30pm)
Abergavenny Sports and Social Club

4TH APRIL

Book-ish Event:
MIKE PARKER: ALL THE WIDE BORDER



7.30pm, Book-ish Loft, 18 High St, Crickhowell Ticket & Book £23, Ticket only £7 Book Online: www.book-ish.co.uk/events

5TH APRIL
ABERGAVENNY 50PLUS GROUP

This month we welcome The Older People's Commissioner to chat to us about useful resources concerning rights and opportunity. Don't miss this informative talk.
2pm, Trinity Hall, Baker Street, Abergavenny. All welcome

12TH APRIL
GOVILON WI MEETING

With Paul Cable from Cable News
7.30pm-9.30pm, Salisbury Community Hall, Merthyr Rd, Govilon

13TH APRIL
TRAMLINE BLUES – AN EVENING WITH BLUESMAN HOWLIN' MAT



A BLUES musician who has performed everywhere from the Arctic Circle to the Sahara Desert. Howlin' Mat – a singer, guitarist and storyteller who travels thousands of miles a year playing the music he loves joins us in the Melville Bar on Thursday 13th April 2023.
7pm-9.30pm, Melville Centre, Penypound, Abergavenny
Tickets: melvillecentre.org.uk

SKA PARTY NIGHT WITH THE NAVARONES

The Navarones have appeared at Castell Roc - Chepstow's Friendly Festival as a support band to both The Dualers and Si Cranstoun, and they always go down a storm!

They will not be playing Castell Roc - Chepstow's Friendly Festival 2023, much to the disappointment of many, so we thought, for one night only, we would bring a little bit of 'Castell Roc magic' to the Drill Hall, just a stone's throw away from Chepstow Castle!

So grab your tickets while you can guys for the one & only... 'THE NAVARONES'!

Tickets are limited to 200 in this little, unique & intimate gem of a venue, so grab yours while you can!

At; www.castellroc.co.uk

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14TH APRIL Llanfoist Village Hall Film Night: THE LOST KING



An amateur historian defies the stodgy academic establishment in her efforts to find King Richard III's remains, which were lost for over 500 years. Doors open 7pm, film starts 7.30pm. Tickets £5 adults, £3 children. Bar available.

14TH APRIL BAT WALK ON CASTLE MEADOWS

Why do bats come out at night? Why do they hang upside down? Which is the smallest bat? What do they eat? Find out the answers to these questions and lots more! We will hopefully see bats and have a chance to use electronic bat detectors which will allow us to hear them in flight. Bring a torch and come with suitable clothing and footwear for a walk in the park in the dark! Children to be accompanied by parents. Meet in the Lower Byfield car park off Tudor Street in Abergavenny at 7.45pm. finish by 9.15pm

15TH APRIL AN EVENING OF MUSIC IN AID OF LATCH, WELSH CHILDREN'S CANCER CHARITY

Performances by Anna Prosser, Kieran Downes, Harmonize, Alys Prosse. 7pm, Our Lady & St Michaels

Church, Abergavenny Tickets £7, email alys.prosser@gmail.com

17TH APRIL (AND 3RD THURSDAY OF EACH MONTH) STORYTELLING NOW

Come along and spend some time dedicated to the ancient art of Story Telling. Whether it be infamous legends, personal histories or folk tales, this group provides a space to share techniques, methods and above all, enthusiasm for this important and re-emerging art form. 7pm - 8.30pm, Melville Centre, Penypound, Abergavenny £3 including tea and coffee. Email melvillecamanager@gmail.com to register

18TH APRIL POETRY UPSTAIRS AT THE MELVILLE CENTRE

With guest poets: David Woolley, Ann Grey, Hilary Llewellyn-Williams All sessions £5 Doors 6.30pm for 7pm start, Melville Centre, Penypound, Abergavenny To reserve your spot email melvillecamanager@gmail.com

19TH APRIL
**Book-ish Event:
EMMA FLINT: OTHER WOMEN**
7.30pm, Book-ish Loft, 18 High St, Crickhowell Ticket & Book £20, Ticket only £7 Book Online: www.book-ish.co.uk/events

19TH APRIL Conversations at the Chapel – JACKIE KAY IN CONVERSATION WITH ALASTAIR LAURENCE



Jackie Kay was born to a Scottish Mother and Nigerian Father. She was adopted as a baby by a white Scottish couple. Her first poetry collection was called The Adoption Papers. This won the Forward Prize. Ever since, Jackie has been exploring themes of identity, race, nationality, gender and sexuality in her writing. 7pm-9pm, The Art Shop & Chapel, Market St, Abergavenny Visit: artshopandgallery.co.uk

19TH-22ND APRIL AADS Presents: LITTLE SHOP OF HORRORS



A deviously delicious Broadway and Hollywood sci-fi smash musical, Little Shop Of Horrors has devoured the hearts of theatre-goers for over 30 years. Howard Ashman and Alan Menken (Disney's The Little Mermaid, Beauty And The Beast, and Aladdin) are the creative geniuses behind what has become one of the most popular shows in the world. The meek floral assistant Seymour Krelborn stumbles across a new breed of plant he names "Audrey II" – after his co-worker crush. This foul-mouthed, R&B-singing carnivore promises unending fame and fortune to the down and out Seymour as long as he keeps feeding it, BLOOD. Over time, though, Seymour discovers Audrey II's out of this world origins and intent towards global domination. 7pm (doors 6.15pm), Clarence Hall, Crickhowell. Website: aads.co.uk

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As a company, we take our responsibilities to protect the environment seriously. This is why we have been developing plans to protect the quality of the water in the river Usk. Our research, with Natural Resources Wales, shows that our assets (i.e. our treatment works, Combined Storm Overflows or CSOs) are responsible for 21%-23% of the phosphates in the river Usk, with CSOs only responsible for 1%. The remainder, is caused by other factors such as rural land use and animal faeces, urban surface water drainage, misconnected drains, as well as private septic tanks.

Our assets play a key role in protecting the local community from flooding and we cannot simply remove CSOs as this would cause significant disruption. However, we understand that this is an important matter for local residents and we are committed to playing our part to reducing our impact on the river Usk.

To find out more about what we're doing to help improve river water quality, visit dwrcymru.com/riverwaterquality



Fel cwmni, rydym yn cymryd ein cyfrifoldebau i ddiogelu'r amgylchedd o ddifri. Dyna pam ein bod ni wedi bod yn datblygu cynlluniau i ddiogelu ansawdd y dŵr yn afon Wysg. Mae ein hymchwil gyda Chyfoeth Naturiol Cymru yn dangos taw ein hasedau (h.y. ein gweithfeydd trin a'n Gorlifoedd Storm Cyfun neu CSOs) sy'n gyfrifol am 21%-23% o'r ffosffadau yn afon Wysg, a'r Gorlifoedd Storm Cyfun sy'n gyfrifol am gwa't 1% ohonynt. Ffactorau eraill, fel defnydd tir gwledig ac ysgarthion anifeiliaid, draenio dŵr wyneb trefol, draeniau sydd wedi'u cam-gysylltu, yn ogystal â thanciau septic preifat, sydd i gyfrif am y gweddill.

Mae ein hasedau'n chwarae rhan allweddol wrth amddiffyn y gymuned leol rhag llifogydd ac ni allwn gael gwared ar y CSOs am y byddai hynny'n drafferthus dros ben i bawb. Fodd bynnag, rydyn ni'n deall bod hwn yn fater pwysig i drigolion lleol, ac rydyn ni wedi ymrwymo i chwarae ein rhan i leihau ein heffaith ar afon Wysg.

I ddarganfod mwy am yr hyn rydym yn ei wneud i helpu gwella ansawdd dŵr afonydd, ewch i dwrcymru.com/riverwaterquality



20TH APRIL

**Book-ish Event:
DIVISIBLE BY ITSELF AND ONE: AN
EVENING OF POETRY WITH KAE
TEMPEST**



Divisible by Itself and One is the powerful new collection from our foremost truth-teller Kae Tempest. Ruminative, wise, with a newer, more contemplative and metaphysical note running through, it is a book engaged with the big questions and the emotional states in which we live and create. 7.30pm, Borough Theatre, Abergavenny. Tickets: boroughtheatreabergavenny.co.uk

21ST & 22ND APRIL

ABERGAVENTNY WRITING FESTIVAL



Various times and locations Visit abergavennywritingfestival.com for a full listing of events, times and booking details See our article on Page 22

27TH APRIL

**LOLFA GYMRAEG
PRACTICE YOUR WELSH**

A great chance to come together in an informal setting and practice your Welsh. Whether you are just starting or at a more advanced level, this is a space where you can get some pointers from facilitator, Joshua (Learn Welsh Gwent) and meet other speakers. Sessions are free with a suggested

donation of £1.

In association with Learn Welsh Gwent 2pm-3pm, Melville Centre, Penypound, Abergavenny

30TH APRIL

**YETII @ BLACK MOUNTAIN
JAZZ CLUB**

We welcome 'Yetii' - an acoustic jazz trio playing original compositions - to BMJ for this very special one off gig. The music combines flowing melodies with expansive group improvisations, interlocking grooves and evolving soundscapes. 8pm, Melville Centre, Penypound, Abergavenny Tickets: thelittleboxoffice.com/blackmountainjazz

30TH APRIL

ABERGAVENTNY MUSIC FESTIVAL



12pm, Abergavenny Castle See our article on Page 21

3RD MAY

ABERGAVENTNY 50PLUS GROUP

This month we welcome The Blaenavon Cheese Company to talk about their production methods. There will be tasty nibbles to enjoy! 2pm, Trinity Hall, Baker St, Abergavenny. All Welcome

6TH MAY

BIRD WALK IN CASTLE MEADOWS

Come and join us for a disabled friendly walk around the meadows. Don't forget your binoculars. 9am-11am, Meet Byefield Lane Car Park

LOOKING AHEAD

28TH & 29TH MAY

ABERGAVENTNY STEAM RALLY
See next month's Focus for all the info!

1ST JULY

**South Wales Shire Horse Society
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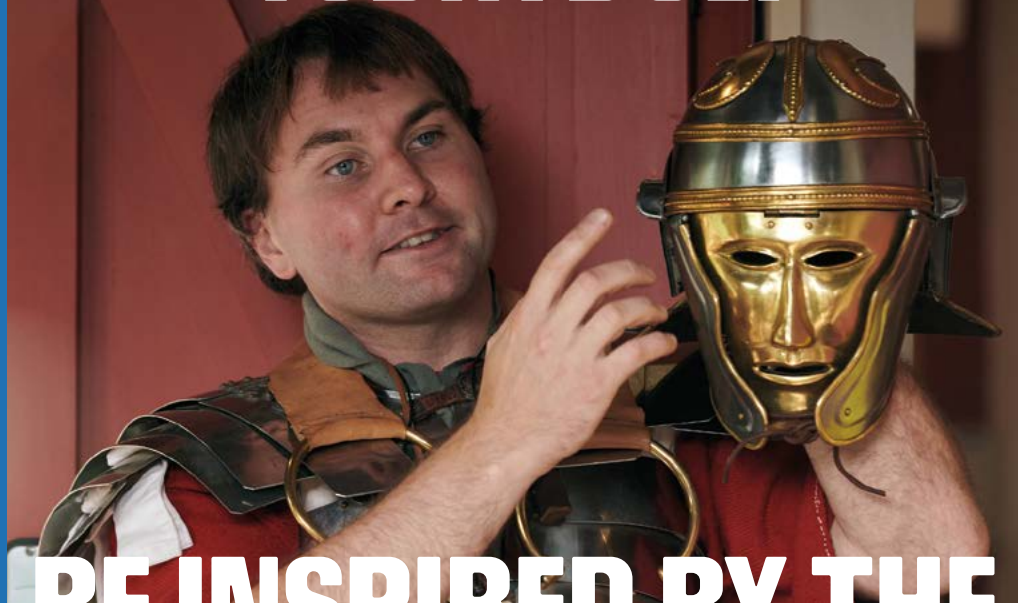
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A Note about Events

All the events listed are correct at the time of publishing. We strongly recommend double checking dates and times prior to attending an event to ensure these have not changed. Focus Magazines accepts no responsibility for errors or omissions

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CHOCK Shop

Starting off as a one-man band to now having two shops and thirteen franchise partners all trading across the UK.

Chock Shop are an artisan chocolate brownie manufacturer, with a small kiosk situated in the heart of Abergavenny, on Cibi Walk. Here you can grab an array of delicious chocolate brownies and local Llanfaes Dairy ice cream and now hot chocolates too! They have just expanded to sunny Saundersfoot, Pembrokeshire, with their second Shop opened in February 2022.

The business has been running since 2011, headed up by MD Greg Shearman, leading the way, with his small, dedicated team, creating the sensational brownies at their production hub in Mardy, Abergavenny.

You may have seen Chock Shop popping up at festivals and events near you! The company operates on an event basis, trading primarily at music festivals, food festivals, country shows, dog and horse eventing, sporting fixtures and concerts, to name a few.



Chock Shop, a local Abergavenny based company, has thrived over the last 12 years overcoming many hurdles.



Managing Director, Greg Shearman said, "When I first started Chock Shop, it was magic! Travelling all over to these incredible events selling our amazing product. This is such a fun job, most importantly something I could include my family in, taking my now, not so little boy, to music festivals, food festivals and family days out!"

From the early days Greg could see the potential the brand had and the scalability of it, moving into a franchise model means individuals can succeed from the iconic, well practiced brand. Franchising offers people a business opportunity which has been tried and tested with guaranteed results, removing the fear factor of starting your own business and giving people the freedom and independence to take control of their working life.

Chock Shop offer a supportive, well-established brand, guaranteed to get sales rocketing, with such a close relationship with their

franchisees, Chock Shop are more of a large family than a business agreement.

Greg overcame adversity; from personal illness, Covid 19 restrictions, rising energy costs and now the cost-of-living crisis, yet Chock Shop still continues to blossom. The Artisan Brownie company, now with 13 franchises across the UK, has created a wealth of new jobs for local bakers and supported young people in securing a job learning new skills.

Watch this space as Chock Shop continues to grow and develop!



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Blown Easter Eggs



In Germany and Austria, it's traditional to celebrate Easter by hanging hollow eggs from the branches of trees known as Ostereierbaum. It's a custom that has gained popularity in recent years here in the UK, perhaps as a way of marking Easter with an alternative to gorging on chocolate eggs.

If you're interested in blowing and decorating your own eggs – especially if you have kids (good activity for the Easter Hols!) then here's our step by step guide.

1. You are best to use room temperature eggs. Chicken eggs are most commonly used, but this method will also work for duck or even tiny quail eggs. Begin by placing a piece of masking tape over each end of the egg
2. Poke a small hole through the tape and into the egg at the very top using a thumbtack. Twist the thumbtack carefully

in order to slightly widen the hole

3. Repeat this at the other end of the egg, this time making the hole slightly bigger (slightly larger than 0.5cm)
4. Insert a straightened out paperclip and give it a good wiggle around in order to break the yolk so that you can blow it out more easily. A toothpick or pin will also do the trick
5. Blow through the small hole at the top so that the liquid egg comes out of the larger hole at the bottom. If you have difficulties, shake the egg in order to break up the yolk a little more. Make sure you capture the blown liquid egg in a bowl
6. Rinse with water and a dash of vinegar and leave the shells to dry overnight. You can dry them in a low oven to speed up the process. This will help

harden the shells and won't cause them to crack or expand.

Decorate the eggs by dyeing them (120ml hot water, 1tsp vinegar, 15 drops of food colouring). Leave them submerged for at least 10 minutes or longer according to how deep you'd like the colour to be. You can mask off sections of the egg with polka dot stickers as an example, to prevent the masked area from becoming coloured, and peel them off afterwards.

Use washi tape for an alternative method of decoration. Glitter or temporary tattoos also look attractive, as does puffy paint for a textured effect.

To hang the eggs on an Easter Egg Tree or branch, you will need to use an ornament cap, which are easily found online. Fix them using strong craft glue or a glue gun to hold them in place at the top of the egg. Leave them to dry and get decorating.




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Lemony Blueberry Squares

If you're getting out and about to enjoy Nature's Glory this month, this is a lovely tray bake that can be cut into squares and packed into a lunchbox for a picnic. The squares are bursting with flavour, moist and more-ish. Blueberries are now available all year round, but can be expensive. It is about now that they start coming into season. Try this easy recipe for a tray bake with a difference.

Pauline Maddell

Ingredients:

- 250g self raising flour
- 1tsp baking powder
- 225g golden caster sugar
- 4 large eggs (beaten)
- 225g softened butter (you can use margarine if you prefer)
- 3 tbsps milk
- Grated zest of 3 lemons
- 250g blueberries

Icing:

- 200g icing sugar
- Lemon juice for mixing

Method:

1. Preheat oven to 170C/150 Fan/ Gas 3 ½
2. Line a straight sided baking tin approx 30cm x 25 cm with baking paper
3. Into a large mixing bowl add all the dry ingredients
4. Make a well in the middle, add the eggs, butter, milk and lemon zest
5. Beat with an electric mixer until smooth and combined
6. Add the blueberries
7. Spoon the mixture into the prepared tin and bake in the middle of the oven for 35 minutes or until risen and golden in colour
8. Turn out onto a wire cooling rack and leave to cool
9. Mix lemon juice to the icing sugar, a spoonful at a time – the icing should be loose enough for drizzling over the top of the sponge
10. Leave to set before cutting into squares

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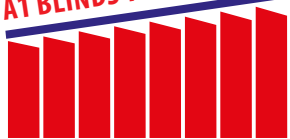
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Greyhound Rescue Wales



Greyhounds and Lurchers in the Swansea area. Over the next few years the organisation grew quickly and attracted support from many parts of Wales. Greyhound Rescue Wales became a registered charity in 1996 when it covered the whole of Wales and is the longest established Greyhound charity in Wales and the only all Wales charity dedicated to rescuing and re-homing Greyhounds and Lurchers.

Here in Abergavenny, Greyhound Rescue has a charity shop located right in the heart of town, next door to Savers on Cross Street, and they are appealing for your help.

They are looking for volunteers to help in the shop for a few hours a week and wondering if you can help? If so, why not pop in and have a chat with them about how

you might become part of their friendly team.

They are also in need of your donations and are looking for unwanted women's and men's clothing, books, bric-a-brac, handbags, shoes and belts, so if you have any of these items and would be willing to donate them, please take them along to the shop at 6 Cross Street, Abergavenny where they will be gratefully received.

www.greyhoundrescuewales.co.uk



Greyhound Rescue Wales began in 1993 with a small group of people trying to rescue



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Weather Outlook

by Jonathan Powell

Following on from a March that saw winter's reach challenge the onset of spring with snow, ice, and temperatures that struggled, April offers the opportunity for the new season to make its presence felt. However, the passage to spring will still be hindered by some unseasonable values and some not so favourable weather, with periods of rain accompanied by strong winds. However, as the evenings draw out there will be some pleasant April sunshine and with it, temperatures to mirror the time of year. All in all, a mixed month in the offing but with the expectation of potentially seeing a lean toward drier conditions rather than wetter ones. Therefore, a slightly drier than average month expected, with temperatures on or around the average.

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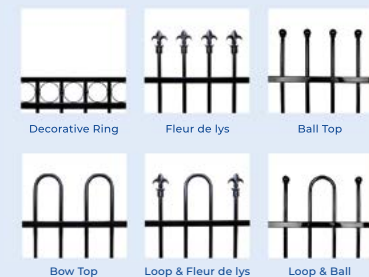


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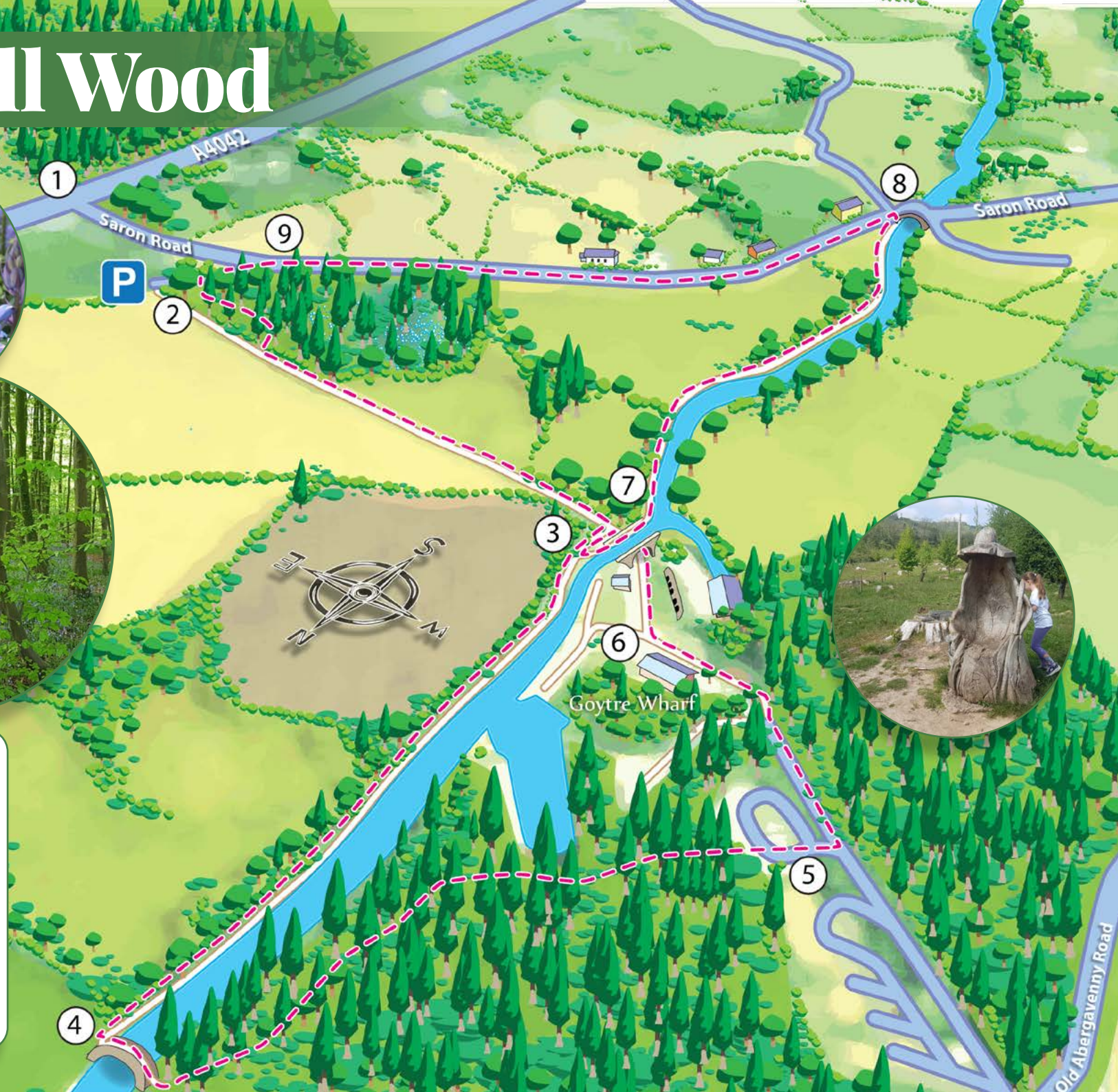


Goytre Hall Wood



It's been a few years since I drew this map, and of course, many of the trees at Goytre Wharf (between points 4 and 5) have been felled since then. However, the trees of old Goytre Hall Wood are still standing, and those woods host a wonderful display of bluebells around this time of year. Head out mid to late April and you should see them. The rest of the walk is still very pleasant, if a little more 'open'. It's only short, and there's a cafe too - so what's your excuse?

Directions are overleaf.



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1 Head out of Abergavenny on the A4042 to Pontypool. After Llanover, and shortly after the turning for Nant-y-derry, turn right into Saron Road. Not far down the lane, there is a right hand turn into a small car park at Goytre Hall Wood. There's only room for a few cars, but it is free.

2 Head off along the path that leads into Goytre Hall Wood. If you're doing this walk around mid to late April, there should be a fabulous display of bluebells in the woods. The path bears right to exit the wood. When you leave the wood, follow the track down the hill towards the canal aqueduct.

3 Just before the bridge, turn right up the steep but short path that leads up to the canal. Continue north along the towpath with the canal on your left. There are plenty of attractive narrow boats at the private moorings here.

4 Cross the canal when you reach the stone bridge and walk through the woods, roughly following the line of the canal. The wood is the site of Gore's Literacy Sculpture trail, so there are lots of interesting and fun things for the kids to see and discover, (look out for the crashed broomstick!) For more information about the trail see: www.forestry.gov.uk/forestry/inf-d-77leb3

5 Eventually, you will emerge into the Goytre Wharf car park. Join the road and turn left down the hill.

6 If the mood takes you, this is the place for a nice cup of tea and a sit down; refreshments are available at the café. You can investigate the historic lime kilns here, and there's a children's playground too.

7 When you're finished here, head off under the aqueduct and turn left up to the towpath again. This time, though, turn left at the top and follow the towpath south, with the canal on your right.

8 When you reach the bridge, leave the towpath and join the road, turning left (east) passing some cottages and Saron Baptist Church. Be careful on the road - it is a quiet lane, but cars do use it!

9 Turn left to return to the car park.

For more photos and resources go to;

thefocus.wales/2012/04/goytre-wharf-teashop-walk/



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Safe from Harm

*"Sticks and stones may break my bones but
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~ Children's Nursery Rhyme

I received some negative feedback recently. I'd been speaking to a group of 100 or so healthcare workers for a couple of hours, about the sorts of things we talk about here—the nature of the human experience; how our understanding of that impacts feelings of stress and wellbeing; the fact that resilience is an unchanging part of who and what we are—and I was intrigued to learn how it had landed for everybody. So I ran an online poll, with four options.

As is usually the case with us humans, responses fell on a normal distribution, or bell-shaped, curve. Towards the middle, on one side, a handful were non-plussed and a bit confused; and in the other direction, the majority of attendees were bowled over – they left the session with a renewed sense of hope, curious to learn more about this understanding.

Delightfully, at one extreme something clicked for someone so deeply that they reported their life had changed, there and then, never to be the same again. (Such is the power of insight.) And then, almost as a mirror, three were comprehensively switched off by it, and felt the content of what I'd shared was actually *detrimental* to people's wellbeing.

Now... what do you make of that? How can a group all go through *exactly* the same experience—me,

talking on a screen—and yet come away with such radically different impressions?

It's because of the way the mind works, to create our worlds out of this thing we've labelled "thought". You see, none of the participants were experiencing *me*, they were experiencing their *own* thought systems—a conglomeration of conditioning, beliefs, memory and mind-projections of meaning and future consequence—all coming to bear in their moment to moment experience of that talk.

Given these were the very facts I'd been pointing to all afternoon, one person happened to really see this, and it all fell away, to reveal the peace, love and wisdom that we all are, all the time, *beneath* that thought-experience.

Whereas to the three at the other extreme, the same message was perceived by the mind as a threat: harmful, scary, questioning its omnipotence, challenging its very existence!

All are normal, understandable reactions and none are right, or wrong (only a mind deals in *that* currency). There's simply an invitation here, to look at this, to get curious, to question what you've been told, and the assumptions that have arisen, as a result.

But know this: the mind won't help you on this journey. It can't. It's evolved to protect you from

material harm—to keep your body alive!—and in the absence of physical peril, *anything* can be perceived as a threat: the words, beliefs or behaviours of another, a memory of an event, an imagined future and yes, even an article like this.

It's your brain's job to *create* notions of risk, so it can then problem-solve them away, and it will *never* offer the kind of reassurance you seek. The mind is not your vehicle to happiness, it's the roadblock.

There's nothing you need to *do* about any of this; no mantras, practices or techniques to apply. As you read, right here and now, take a deep breath and simply observe that you are *already* safe from harm and that it's only a mind that could suggest otherwise, provoking feelings of danger, as it does so.

Relax into the boundless calm of the present moment. It's something you get to take with you, wherever you go.



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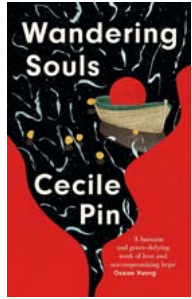
If this piece resonates with you and you'd like some relief from your own mind, then get in touch, I have a Spring-time offer on a limited number of 1:1 coaching slots: gilescroft.com/contact/

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This month's pick of the crop from the marvellous Book-ish Booksellers

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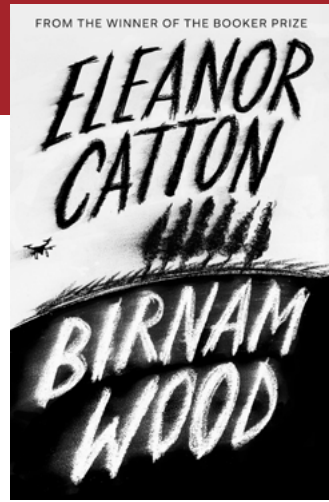


Longlisted for the Women's Prize for Fiction 2023. An extraordinary and heartbreaking debut novel about the bonds that connect people even when separated by seas or death itself. There are the goodbyes and then the fishing out of the bodies -

everything in between is speculation. One night, not long after the last American troops leave Vietnam, siblings Anh, Thanh and Minh flee their village and embark on a perilous boat journey to Hong Kong. Their parents and four younger siblings make the crossing in another vessel but as weeks go by it becomes clear that only one party has survived the voyage.

Birnam Wood

Eleanor Catton
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From the Booker Prize-winning author of The Luminaries comes a dazzling psychological thriller about a guerrilla gardening group and their compromised existence working the land of an abandoned farm, rich in profound characterisation and prescient, thought-provoking themes.

Our Wives Under The Sea

Julia Armfield
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When Leah finally returns after a deep sea mission that ended in catastrophe, her wife Miri knows that something is wrong. Whatever happened in that vessel stranded on the ocean floor, Leah has carried part of it with her, onto dry land and into their home. As Miri searches for answers to her wife's altered state, she must face the possibility that the woman she loves is slipping from her grasp.



In Memoriam

Alice Winn
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A gripping, heart-shattering love story between two soldiers in the First World War. It's 1914, and talk of war feels far away to Henry Gaunt, Sidney Ellwood and

the rest of their classmates, safely ensconced in their idyllic boarding school in the English countryside. At seventeen, they're too young to enlist, and anyway, Gaunt is fighting his own private battle - an all-consuming infatuation with his best friend, the dreamy, poetic Ellwood - not having a clue that Ellwood is in love with him, always has been. When Gaunt's German mother asks him to enlist as an officer in the British army to protect the family from anti-German attacks, Gaunt signs up immediately, relieved to escape his overwhelming feelings for Ellwood... An epic tale of both the devastating tragedies of war and the forbidden romance that blooms in its grip, In Memoriam is a breathtaking debut.



Cursed Bread

Sophie Mackintosh
£16.99

Elodie is the baker's wife. A plain, unremarkable person, largely ignored by her husband and everyone else, she burns with the secret hunger to be extraordinary, to be desired, to be seen. One day a charismatic new couple appear in town - the ambassador and his sharp-toothed wife, Violet - and Elodie quickly falls under their spell. All summer long she stalks them through the shining streets: inviting herself into their home, trying to decipher their coded conversations, longing to possess them at any cost. Meanwhile, beneath the tranquil surface of daily life, strange things are happening. Six horses are found dead in a sun-drenched field, laid out neatly on the ground like an offering. Widows see their lost husbands walking up the river in the night, coming back to claim them. A teenage boy throws himself into the bonfire at the midsummer feast. A dark intoxication is spreading through the town, and when Elodie finally understands her role in it, it will be too late to stop. Audacious and mesmerising, Cursed Bread is a fevered confession, an entry into memory's hall of mirrors, a fable of obsession and transformation. Sophie Mackintosh

spins a darkly gleaming tale of a town gripped by hysteria, envy like poison in the blood, and desire that burns and consumes.

I'm a Fan

Sheena Patel
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In I'm A Fan a single speaker uses the story of their experience in a seemingly unequal, unfaithful relationship as a prism through which to examine the complicated hold we each have on one another. With a clear and unforgiving eye, the narrator unpicks the behaviour of all involved, herself included, and makes startling connections between the power struggles at the heart of human relationships and those of the wider world, in turn offering a devastating critique of access, social media, patriarchal heteronormative relationships, and our cultural obsession with status and how that status is conveyed.



Happy Reading!

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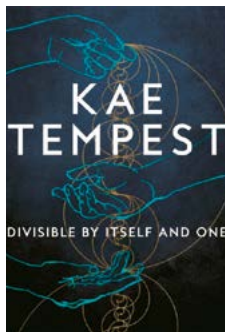
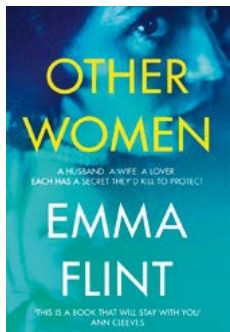
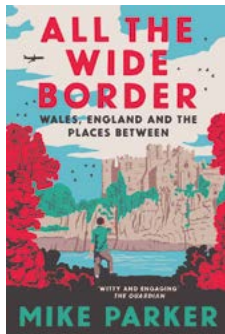
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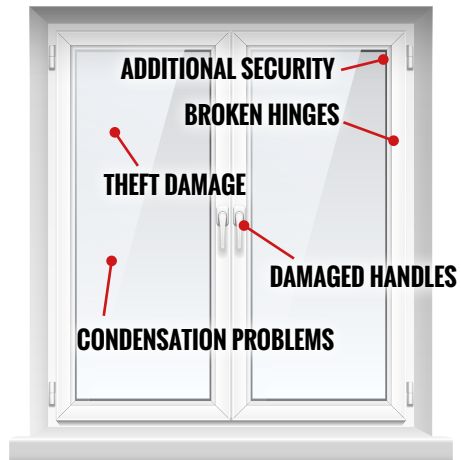
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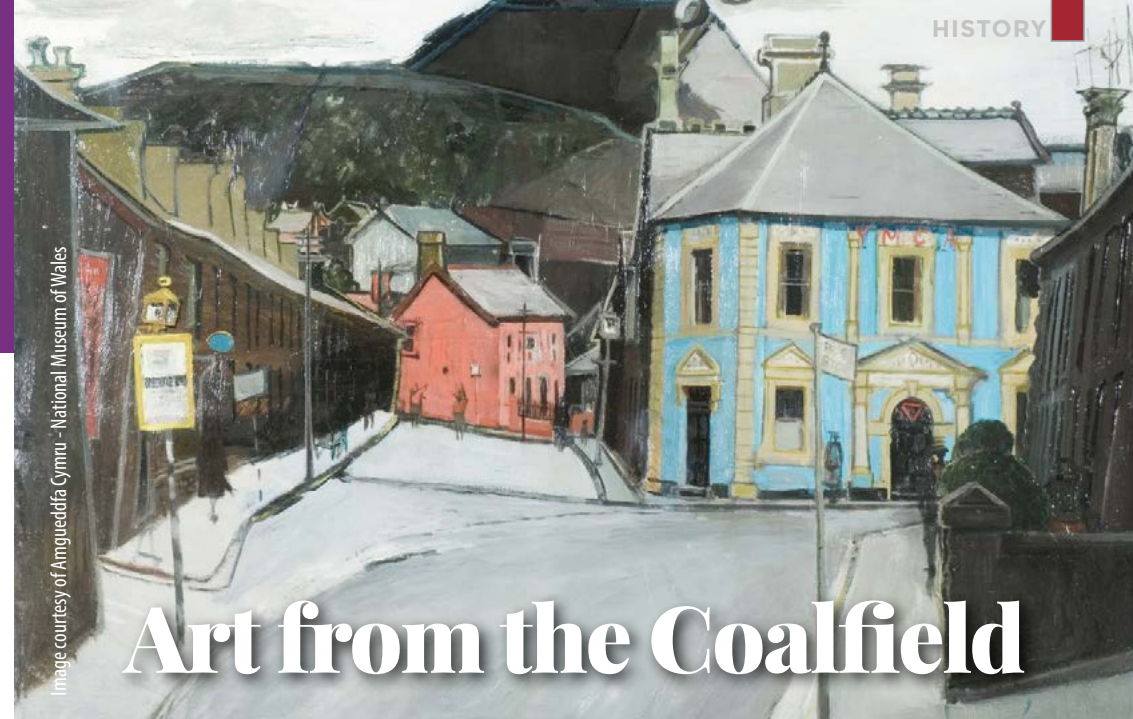
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Art from the Coalfield

Since the 18th-century artists from across the world have been drawn to South Wales. Helen Morgan from Abergavenny Local History Society reports.

The Valleys became a grand tour honeypot when the Napoleonic Wars put the Continent out of bounds. The explosion of activity and architectural wonders of the industrial revolution inspired painters such as JMW Turner and Julius Caesar Ibbotson to the furnaces in Merthyr Tydfil and Swansea.

By the early 20th century, however, it had fallen out of favour — until a group of students met on the train between the Rhondda and Cardiff College of Art. They spent their daily journey debating art and its meaning, discussing the living European masters, criticism and validation of a common subject — the Rhondda. Among them were Charles Burton, Glyn Morgan, Nigel Flower, David Mainwaring, Ernest Zobole and Robert Thomas. This group of talented Welsh artists became known as the Rhondda

Group. Unlike the 18th-century tourists they painted their birthplace, inspired by the tips and terraces, railways and pits, set in a magnificent encircling backdrop of green mountains.

From his late teens to his late 20s, Charles Burton painted his homeland with sincerity and clarity. Aged just 24, he was awarded the Gold Medal in fine art of the National Eisteddfod of Wales for his painting *Back from the Club* in which simplified figures stroll up the slope, swaying slightly from their hours in the working men's club. *Snow in Treherbert*, bought by the Arts Council in 1951, which a few years earlier would have flopped, depicts the view over miners' backyards. An exception to the scene was Denys Short from Devon who adopted Wales as his home after winning a Gold Medal at the National Eisteddfod in 1958. His *Rhondda Sculptures*

staged on the Serpentine Gallery's lawn in London used the front doors and parlour windows of the terrace houses in the mining villages to comment on aspects of life. With some, coal and coal dust overwhelm the house. The aluminium and steel pieces, he said, were a tribute "to housewives who spend their lives attempting to keep their homes bright and spotless."

Nicholas Thornton's talk in the Borough Theatre on April 19th will explore the visual culture of the South Wales coalfield with a particular focus on the collections of Amgueddfa Cymru – Museum Wales. The talk is a free-of-charge ticketed event, starting at 7.30pm, for members of Abergavenny Local History. To join, visit www.abergavennylocalhistorysociety.org.uk and download the application form. Half-yearly membership is now available at £7.50.

Helen Morgan

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ARTS

AAODS	24	07519 877210
ABERGAVENNY ART SOCIAL	6	07990309927

AUTOMOTIVE

BW Auto Services	01873 855142
LEE JOWITT AUTO REPAIRS	34 01873 859100

Moore in the Detail Valeting 07507557841

CHARITIES

NEVILLE HALL LEAGUE OF FRIENDS	15	01873 737752
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CHILDREN

Happy Hands Abergavenny happyhands.club

EQUIPMENT & REPAIRS

AF THOMAS ELECTRICAL	18	01873 854729
CELTIC COMPUTER SYSTEMS	14	01873 858111
HEULWEN BOND SEWING	6	07977 462693
PHIL EVANS DOMESTICS	62	07572 289243

ESTATE AGENTS

JAMES DEAN ESTATE AGENTS **63** **01873 777207**

MONMOUTHSHIRE COUNTY COUNCIL MLS **60** **01873 735426**

PARRYS **1** **01873 858990**

FINE & COUNTRY **64** **01873 858990**

TAYLOR & CO **2** **01873 564424**

CASTELL ROC/HANNAH'S MUSIC **28** **castellroc.co.uk**

EVENTS

SOUTH WALES SHIRE HORSE **20** **swshs.org.uk**

FOOD, DRINK & HOSPITALITY

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Marlows Place info@marlowsplace.co.uk

Red hart 07966433360

Tasty Tattoes 07814381232

THE CHOCK SHOP **33** **chockshop.co.uk**

HAIR & BEAUTY

Dayna Melia Beauty 07443436669

Georgie Games boutique salon 07534919559

LESLEY MORGAN MOBILE HAIR CARE **26** **01873 832201**

New look beauty care 07507496655

HEALTH & THERAPIES

Acuphysio 07931 890133

BeeMindful Therapies 07908643119

BEN HENRIQUES: MEDITATION **50** **7922848765**

Bethcar dental and aesthetics Enquiries@bethcardental.co.uk

CLARE JOHNSON - PODIATRIST **4** **01873 859800**

Fulgoni Opticians Reception@fulgoni.co.uk

Hannah Young Yoga hannahyoungyoga@gmail.com

HB FOOTCARE **23** **01873 268640**

MINDSET HYPNOTHERAPY **24** **01873 739143**

MIRANDA SEYMOUR-SMITH **22** **07463 780292**

Parry Hypnotherapy 07742834568

Rebel Heart Movement hello@rebelheartmovement.com

REFLEX MASSAGE **6** **07939675630**

ROOM 2 07496 83817

Voyage of Hope Therapy Services admin@vohts.co.uk

HOME & GARDEN

ABERGAVENNY FUELS **14** **01873 - 854 781**

ACCESS4LOFTS **39** **01633 376 748**

GAROLLA **42** **garolla.co.uk**

WELSH WATER **30**

Whisky Barrel Brothers 07463516259

BUILDING AND MAINTENANCE

Abergavenny Decorating Salewis275@gmail.com

AC PUDDLE **62** **01495 755820**

Anthony A Davies Ltd 01873 855886

BILL DOMI PLUMBING SERVICES **43** **7462577555**

D2 PROPERTY SERVICES **22** **7809441439**

GN CONSTRUCTION **28** **07799 720816**

GREEN PARK POWER **62** **01873 269031**

HANDY TEAM (THE) **62** **07860 857990**

MARTIN SHEPHERD DECORATOR **16** **01873 830943**

RPB BUILDING & MAINTENANCE **38** **7946103696**

The Chimney Guy 2 07846384202

Top Notch Carpentry tncarpentry@hotmail.co.uk

GLAZING

TORFAEN GLAZING **54** **01633 863060**

CLEANING

BILLY RUSSELL FLOOR CARE **16** **01873 594011**

CLEAN OVEN COMPANY **42** **01873 594054**

SRP CLEANING SERVICES **43**

SUPADUPA CLEANING **16** **0796 9972468**

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A1 BLINDS TREDEGAR **38** **0800 197 7545**

CASTLE BATHROOM & TILE CENTRE **36** **castleshoweroom.com**

Cosy Throws cosythrows.co.uk

DREAM DOORS **11** **01633 526077**

EVERGREEN BLINDS **4** **01873 811113**

MIRAGE FURNISHINGS **44** **01873 858043**

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BIG SUL GARDEN SERVICES **28** **07891 358684**

COLOURFENCE **31** **01633 211860**

CWMBRAN GATES **39** **01633 482758**

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B2Gether Fitness 07834951339

Dance Attack Collection danceattackcollection@gmail.com

En-Core 07939355103

Govilon Tang Soo Do 07796873378

KickFit for All 07717665322

Little Dinos Role Play Centre, Usk help.littledinos@gmail.com

MUSEUM WALES - BIG PIT **3** **amgueddfa.cymru**

MUSEUM WALES - ROMANS **32** **amgueddfa.cymru**

St Arvans and Llanfoist Taekwon-Do radfordtkd@gmail.com

MISCELLANEOUS

Abergavenny Move & Store Ltd 07896 018826

DYNAMITE BRANDING **12** **01873 860844**

LUDDOM STORAGE/GYM **40** **07763 586553**

Mig Monkey Welding & Fabrication 07840339103

Y Fenni Memorials 07568158570

PETS

CANINE CONNECTIONS **43** **07735 401076**

CATS ON VACATION **4** **01600 780110**

PROFESSIONAL SERVICES

CATHERINE A WILLIAMS ACCOUNTANTS **26** **01873 810285**

FR BALL INSURANCE **50** **01873 857533**

Funding School Rosiecribb@fundingassist.co.uk

GILES P CROFT **50** **gilespcroft.com**

IAM FINANCIAL **48** **07979 157259**

Kasia Ociepa Photographer kasiaociepaphotographer@gmail.com

Lyn Jones 07747326131

New Junction Music Room 01873855429

PETE HILL WEB DESIGN **01873 856614**

PETER JONES WILL WRITING **01873 850 974**

Seymour Mortgage Solutions rachel@seymourmortgagesolutions.co.uk

Steffi Andrews Photography steffi@steffianandrewsphotography.co.uk

Tania Miller Photography taniamillerphotography.com

TUITION

Chapel Cottage Studio info@chapelcottagestudio.co.uk

CRICKHOWELL GUILD OF WEAVERS, SPINNERS AND DYERS **14** **01874 731023**

SHOPPING

Black Mountain Fabric blackmountainfabric.co.uk

Bloomify Floristry 07715944291

BOOKISH **52** **01873 811256**

CUDDLE & CWTCH **26** **01873 850524**

O'Connell's Bakery christopheroconnell@me.com

THE MAKERS CRAFT GALLERY **24** **themakerscraftgallery.co.uk**

COMMUNITY

ABERGAVENNY COMMUNITY CENTRE **4** **01873 856925**

Moment of Calm

Rise

Today start your day with a smile,
calmness of mind, coolness of emotions,
and a heart filled with gratitude.



HELP I OSOD EICH EIDDO



Mae Gwasanaeth Gosod Sir Fynwy'n cynnig ffordd wahanol a chost effeithiol o rentu eich eiddo.

Ein nod yw gwneud rheoli a gosod eich eiddo'n broses syml a rhwydd, a gweithio gyda chi ar reoli a hysbysebu eich eiddo yn ogystal â dod o hyd i denantiaid wedi'u fetio ar gyfer:

Cynlluniau Rhentu Preifat

Cynlluniau Lesio Preifat

Gyda chymorth ac arweiniad gan ein tîm, cyfeillgar, profiadol a phroffesiynol.

Mae Gwasanaeth Gosod Sir Fynwy'n cynnig cynlluniau gosod tymor byr a hirdymor. At hyn, mae gennym lesoedd hirdymor, rhwng pump ac ugain mlynedd, ar gael drwy 'Gynllun Lesio Cymru' a ariennir gan Lywodraeth Cymru ac a reolir gan Wasanaeth Lesio Sir Fynwy.

Mae grantiau ar gael i helpu dod â chartrefi gwag yn ôl i gael eu defnyddio.

Os oes diddordeb gennych mewn gosod eich eiddo, neu os hoffech fwy o fanylion ynglŷn â'r gwasanaeth a'r hyn yr ydym yn ei gynnig, cysylltwch â Clare Hamer

HELP TO RENT OUT YOUR PROPERTY



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:

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Monmouthshire Letting Service offer short and long-term leasing schemes. Additionally, with 'Leasing Scheme Wales' funded by the Welsh Government and managed by Monmouthshire Letting Service, we have long term leases available for between five and twenty years.

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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



Rhif ffôn/ Telephone: 01873 735426

E-bost/ Email: MLS@monmouthshire.gov.uk

Gwefan Website: www.monmouthshire.gov.uk/MLS

Gwefan/Website: www.gov.wales/leasing-scheme-wales-guidance



PUZZLES SPOT THE DIFFERENCE



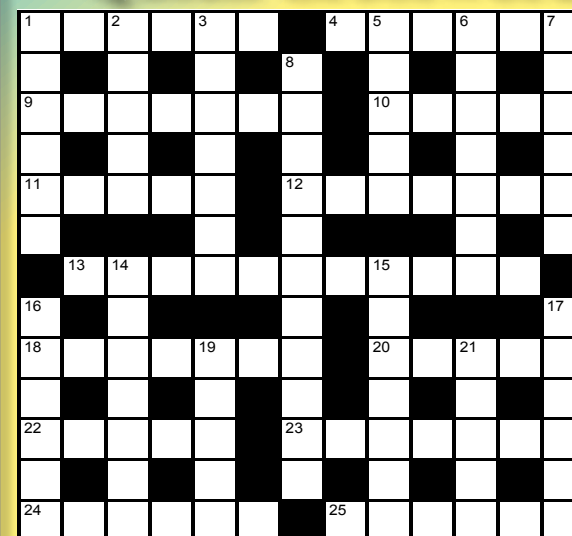
ACROSS

- 1 Not private (6)
- 4 One belonging to a club (6)
- 9 Endure (7)
- 10 Book of maps (5)
- 11 Surplus (5)
- 12 Design (7)
- 13 Discontinued (11)
- 18 Withdraw (7)
- 20 Living (5)
- 22 Concerning (5)
- 23 Outside light (7)
- 24 Removing (6)
- 25 Two wheeled vehicles (6)

DOWN

- 1 Mailed (6)
- 2 Destroyed by fire (5)
- 3 Copy (7)
- 5 Precise (5)
- 6 Accept as true (7)
- 7 Climbing up (6)
- 8 Frantically (11)
- 14 Interconnected system (7)
- 15 Clearly (7)
- 16 Chicken meat (6)
- 17 Racket game (6)
- 19 Consumed (5)
- 21 Perfect (5)

Quick Crossword



Solutions on our website: www.thefocus.wales

A.C. PUDDLE

fires - fireplaces - stoves



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Whirlpool Hotpoint INDESIT

OLIVER IS RUNNING THE LONDON MARATHON!



I'm doing it. I'm running the London Marathon in April 2023 for Unique (Rare Chromosome Disorder Support Group), a charity close to my family.

My nephew, Isaac, has Trisomy 9P syndrome and the support Unique have provided for my family has been invaluable. Isaac is our ray of sunshine - determined, resilient and inspirational. Keep being you, Champ, this is for you. We love you.

Unique provides much needed help and information to those caring for a family member with a rare chromosome disorder. These lifelong disorders affect 1 in 200 live-born babies and those affected are often

sick and severely disabled, unable to walk or talk. For more information see www.rarechromo.org.

I hope by running the London marathon, I am able to raise awareness about rare chromosome disorders, raise some money for this great charity so they can continue their hard work and complete the run in under four hours.

Please visit their website and donate if you can.



Use this QR code to visit Oliver's Just Giving page



JAMES DEAN

THE ESTATE AGENTS

Brecon Office
01874 624757
brecon@jamesdean.co.uk

Abergavenny Office
01873 777207
abergavenny@jamesdean.co.uk

Builth Wells
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