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Dear Readers,



One of my favourite things about living here is our sense of community. In larger cities or towns there are pockets of that for sure, but not quite so pronounced as the community spirit right here, in my experience anyway.

A couple of weeks ago one of the planters in town was wrecked in the early hours of a Sunday morning. People posted photos of it on Abergavenny Voice; mounds of earth and floral stems strewn all over the pavement. It was a really sorry sight and I approved the post with a heavy feeling in my gut. Within the hour new photos were posted to the group. A clean up job was already underway - members of our wonderful community rallying to put right the wrong. How brilliant is that? Having seen the sorry mess, these lovely people gave up their Sunday morning for the benefit of our town. Thank you to them.



Many people think I see our town through rose tinted glasses, and maybe I do, but I see no harm in calling out the amazing and heartwarming efforts that people make for our community. It feeds into our magazine as well. Here you'll find people giving up their time to put on events, to organise fetes and fairs, all with the view of making Abergavenny the envy of many. Now that's something to celebrate! Enjoy this month's read!

Hannah

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Contents

Editorial & Contents	5
Weather Outlook	31
Puzzles	45
COMMUNITY & EVENTS	
Abergavenny FC: <i>Up The Aber!</i>	7
In the Groove with junior racers!	9
Abergavenny Food Festival: <i>Celebrating 25 Years of Fun & Feasting</i>	11
Events Calendar	15
LOCAL BUSINESS	
Dance Blast: <i>Come Fly with us as a new board member!</i>	22
Parrys: <i>When life throws a curve ball...</i>	24
Bannau Acres: <i>Have you Discovered the Taste of Local?</i>	29
The Makers at Crafts Renaissance	33
LIFESTYLE & CULTURE	
Wellbeing: <i>Stepping away from anxiety</i>	35
Book Recommendations	37
History: <i>Sermons in Stone</i>	39



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Up The Aber!

Abergavenny Town FC have a long and proud history of representing both the town and the county of Monmouthshire within the Welsh Football League pyramid, both as the current club, and as the successful Abergavenny Thursdays previously, the Thursdays' being one of the founder clubs in the inaugural League of Wales back in the early 1990's.

Based at their Pen-Y-Pound home, situated centrally in the heart of Abergavenny, the club have made significant strides, both off and on

the field over the past few seasons. Last season saw the club's First Team play in the JD Cymru South following promotion, the second tier of Welsh football, a division which they will compete in again this campaign. The Development side had a great season finishing high in their respective league, whilst the Under 19s, the future of the club, won the FAW South League Cup, beating Penydarren BGC in a nervy penalty shoot-out, after a 2-2 draw, and clinched the runners-up spot in their league. Several members of the youth team have forced their

COMMUNITY

way into First Team Manager, Nicky 'Mogsy' Morgan's squad, and will be looking to do the same again this season.

Off the field, the hardworking committee continue to grow the club, and an important part of this is engagement within the local community. Commercial Manager, Chelsea Morgan, has established a working sub-committee aimed at fostering key Commercial Partnerships with local businesses, which will underpin the club as they strive towards National League promotion.

Bringing back top-flight football would benefit the whole town and see the club re-establish itself as a local powerhouse of football within the principality, and any business or individual looking to get involved, please contact Chelsea on 07851 101144 or email chelseamorgan09@hotmail.com for more details and to discuss the wide range of benefits we offer.

Ian Hopkins

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In the Groove with junior racers!

Youngsters keeping it on track for the final round of the inaugural Scalextric championship.

One O'clock Saturday 8 July sees Abergavenny's young slot car talent complete the final round of the first, half-year series. Abergavenny Scalextric Junior Racers, hosted by Wye Valley Slot Car Club, has had a competitive six months comprised of five rounds; this weekend sees the culmination of the children's efforts to crown the summer champion!

Lead organiser, James Attridge explained; "The juniors club is a monthly hobby club for anybody to come and have a go. You don't need your own car - you can borrow kit. There is the championship to compete in too; which is open to under 16s and runs twice a year with a summer and winter champion. Everybody is welcome, even the parents try too!"

The club is the introduction into slot car racing that Phil Field, director of Wye Valley Slot Car Club, feels will help the sport grow. "The success of the juniors has been amazing! We're

COMMUNITY

nurturing future talent and maybe they'll join the adults on weekday evenings.

"Monday nights we host an 'out of the box' night, whilst Thursdays we allow more technical changes and updates. We regularly host weekend events, including national and regional championships with rally stages or Dakar trucks; not forgetting the four-lane racetrack!"

You're invited to come and cheer the competitors on this weekend, bring your little budding Lewis Hamilton and have a go yourself. You can race your car on the big club track; beginners are always welcome with cars to borrow.

The lights go green Saturday 8 July at 1pm; The Workhouse, 1 Hatherleigh Place, Abergavenny, NP7 7RL.

More information: wyevalleyslotcarclub.com, search "Wye Valley Scalextric Club Junior Racers" on Facebook, or email info@wyevalleyslotcarclub.com.

Jacob Strong Greys

At Abergavenny Community Centre

Merthyr Road, NP7 5BY
www.abergavennycc.org

HOLIDAY ACTIVITIES

SUMMER '23

Outdoor Play sessions with Jo Dainty, EverydayPLAY

Tues 1, Wed 2, Thurs 3 and Fri 4 August. 10am-12noon (3-6yrs). 1-3pm (7yrs+).

Cooking with Chloe (12yrs+)

Sat 5 August. 10am-12noon.

ART workshops with Emma Prentice (7-12 yrs)

Mon 7, Tues 8, Wed 9 and Thurs 10 August. 10am-12noon.

Cooking from scratch (8yrs+)

Tue 15 (10am-12noon) and Wed 16 August.

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Photography by Tim Woodley

Celebrating 25 Years of the Abergavenny Food Festival

The Abergavenny Food Festival's 25th Anniversary programme is now live. See the line-up for 16 and 17 September and buy tickets at www.abergavennyfoodfestival.com. All tickets are to be sold in advance.

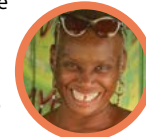
Your one-day Stroller ticket (£13.50) gives access to six venues with an amazing array of exhibitors. Check out the New Producers Market at the Priory, sponsored by Gower Cottage Brownies. And it's free entry to the Festival of course for children under sixteen if with a paying adult.

A Stroller ticket means you can also take your pick from over twenty guest performer events on each day: chef demonstrations, talks, debates, and cooking over fire. Enjoy the theatre of it all. Get tips from top culinary talent. Learn new skills and up your game in the kitchen. When you need a break from the bustle of the markets, head to the Castle and the children's entertainment on offer.

Watch fire stage hosts, The Hangfire Girls (Sam & Shauna), kick off the programme with some fabulous Pembrokeshire lamb. Pop into the Dome and meet Andi Oliver who will sharing the inspiration behind her first cookbook *The Pepperpot Diaries: Stories From My Caribbean Table*.

Grab a seat in the Market Hall and see Jürgen Krauss (*Great British Bake Off*) on the Robert Price Kitchens Stage demonstrating recipes from his childhood home in the Black Forest. Be there to support the finalists in the Abergavenny Rotary Young Chefs cook-off. The town now has a reputation for great food and they are part of it. Sign your own children up for free cookery workshops.

The Festival also has programme of individually ticketed events: Drinks Theatre, Meet the Author, Forages, and Abergavenny Baker Cookery Workshops, including a session with Franco Taruschio OBE. Full details online. It all adds up to a special weekend of fun and feasting.



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JULY EVENTS CALENDAR

1ST JULY 40TH SOUTH WALES SHIRE HORSE SHOW



A whole day of fun to enjoy Bailey Park, Abergavenny
See Page 12 for details
www.swshs.org.uk

1ST JULY CONTINENTAL CHAMPIONSHIP BOXING



7.30pm, Abergavenny Market Hall
Tickets: getthingsports@outlook.com

1ST JULY CRICKHOWELL OPEN GARDENS

A variety of gardens dotted around the town will be open to visitors. Every year the funds raised by this event are used to support local good causes. Plant Sales and refreshments will be available on the Open Gardens route at Ty Gwyn,

Brecon Road. A special thank you must be given to all the wonderful volunteers and garden owners, without whom this popular annual event would not be possible. Tickets cost £6 for adults for entry to all gardens and can be purchased on the day at the Market Hall NP8 1BW from 10am
Enquiries to: c.sheffield2@btinternet.com

4TH JULY AND EVERY TUESDAY CRAFTING 4 CANCER

Weekly crafting and support group. All welcome, free to participate 10.30am.- 1.30pm, Tithe Barn, Abergavenny

5TH JULY Book-ish Event: RUTH JONES, LOVE UNTOLD



7.30pm, Borough Theatre Abergavenny
Tickets £18 or £25 with book
www.book-ish.co.uk/events

5TH JULY
Book-ish Event:
LIZ HYDER, THE ILLUSIONS
7.30pm, Book-ish Loft, Crickhowell
Tickets £7 or £20 with book
www.book-ish.co.uk/events

8TH JULY SCALEXTRIC CHAMPIONSHIP



1pm, The Workhouse, Hatherleigh Place, Abergavenny

See article on Pg 9 for more info

10TH JULY ABERGAVENTY & CRICKHOWELL FRIENDS OF THE EARTH Free talk: *Can we have greener and warmer homes?*

Join us for a free talk and discussion with Chris Jofeh, Chair, Independent Implementation Group on the Decarbonisation of Existing Homes at Welsh Government. What can we do at a national level and individually to reduce carbon emissions from our homes while making them more energy-efficient?
7.30pm, Kings Arms, Abergavenny (rear room)

12TH JULY GOVILON WI: LLANFRECHFA GRANGE GARDEN WITH JAN SMITH

Learn the story of the development of this beautiful garden for, patients, relatives and staff.
Salisbury Community Hall, Merthyr Road, Govilon
Non members £2

12TH JULY Book-ish Event: DAVID ELIAS, SHAPING THE WILD

7.30pm, Melville Theatre, Abergavenny
Tickets £5 or £20 with book
www.book-ish.co.uk/events






12TH JULY THE MAKERS AT CRAFT RENAISSANCE GRAND OPENING



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See Page 33 for more info

**14TH JULY
LLANFOIST VILLAGE FILM NIGHT
– ROALD DAHL'S MATILDA, THE
MUSICAL**



Doors open 7pm, Film starts 7.30pm, Bar available. Tickets £5 adults, £3 children on the door

**15TH JULY
LLANOVER VILLAGE FETE**

A day of fun and delight for the whole family! Music, bar, BBQ, fun dog show, field games, local stalls, tea & cake tent.
1-5pm, Llanover Village Green. Cash preferred!

**15TH JULY
LLANFOIST FAWR COMMUNITY
COUNCIL – COMMUNITY
ENGAGEMENT EVENT**

A drop in engagement session for Llanfoise residents. Meet your ward councillors, understand more about how your Community Council works for you. Share your ideas about future improvements to your community
2pm-4pm, Llanfoist Village Hall Gallery Room

**15TH JULY
GWENT BACH CHOIR SUMMER
CONCERT**
Afternoon Concert of Traditional and popular Classic Songs

1 pm, St Mary's Priory Centre, Abergavenny.
Tickets £10 from Choir Members, the Tithe Barn, email gwentbachchoir@gmail.com or on the door.

**15TH JULY
FAMILY FUN DAY**

In support of Abergavenny Town FC. Bouncy Castle, football games and activities, live music, refreshments, tombola and raffle
Free Entry
1pm, Pen y Pound Stadium, Abergavenny

**15TH JULY
DANCE BLAST ANNUAL SHOWCASE**



Dance Blast presents its annual performances showcasing our community dance groups. We are very excited to be back at the Borough Theatre after 4 long years. It promises to be an exciting evening of dance, a real testament to the energy, commitment and enthusiasm of all our participants.
3pm, Borough Theatre, Abergavenny
See page 22 for more info

**17TH JULY
REPAIR CAFÉ**
11am-2pm, Abergavenny Community Centre

**22ND JULY
BUGS AND BEASTIES ON THE
MEADOW**

Join Mark Butler in this hunt around the meadows to see what lives there. Children must wear suitable clothing and be accompanied by an adult. Dogs on leads only.

Meet Byefield Lane car park 2pm

**26TH JULY
Book-ish Events:
JAMES ROBERTS, TWO LIGHTS**
7.30pm, Melville Theatre, Abergavenny
Tickets £5 or £20 with book
www.book-ish.co.uk/events

**29TH JULY – 5TH AUGUST
ABERGAVENTNY ART GROUP
ANNUAL EXHIBITION**
Join us to view the latest art work created by local artists. Free entry!
10am – 5pm, Trinity Hall, Baker Street, Abergavenny

LOOKING AHEAD

**16TH & SEPTEMBER
25TH ABERGAVENTNY FOOD
FESTIVAL**



See Page 11 for more info and ticket details

SHARE YOUR EVENTS

Go to thefocus.wales/calendar

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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13TH AUG **Absolute BOWIE** + **Bootleg BLONDIE**
17TH AUG **BACK INTO HELL** (Meatloaf) + Believe CHER
18TH AUG **MIDGE URE** Live!
19TH AUG **JASON DONOVAN** Live!
20TH AUG **THE BARRICADE BOYS** from London's West End
24TH AUG **CARDINAL BLACK** + KIRA MAC, Warner E Hodges, Phila Robin Hood
25TH AUG **MONSTERS OF ROC** (BEST AC/DC, Thin Lizzy & Kiss tributes)
26TH AUG **EMILIO SANTORO as ELVIS** (Euro & World champ!)
27TH AUG **BRONWEN LEWIS** - The Welsh Tiktok sensation
28TH AUG **HAWKWIND** + SPECIAL GUESTS PHIL CAMPBELL & THE BASTARD SONS

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carolmutlow52@hotmail.co.uk

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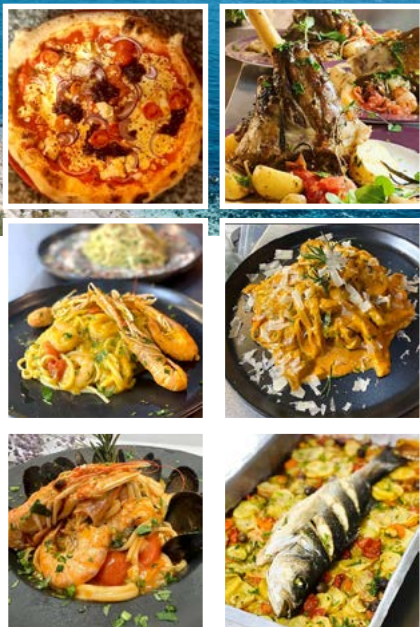
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For anyone wishing to know more about how to become a Trustee, contact Dance Blast Director Kathy Young at

kathydanceblast@gmail.com or on 07443 530127. Knowledge of accounting and fundraising would be very helpful, but not necessary.

Dance Blast nestles in its beautiful home, The Dance Centre, in Pen Y Pound. (behind the Melville) Here, from little ones to elders, you can learn to dance in its many manifestations such as contemporary, street dance, hiphop, ballroom, yoga, and other techniques. It offers opportunities to stretch, learn, leap, roll, create, and challenge yourself while making new friends and learning new skills.

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Give us a call or pop in to The Dance Centre, this could be to register for your first class with Dance Blast or to learn more about volunteering opportunities - or both!

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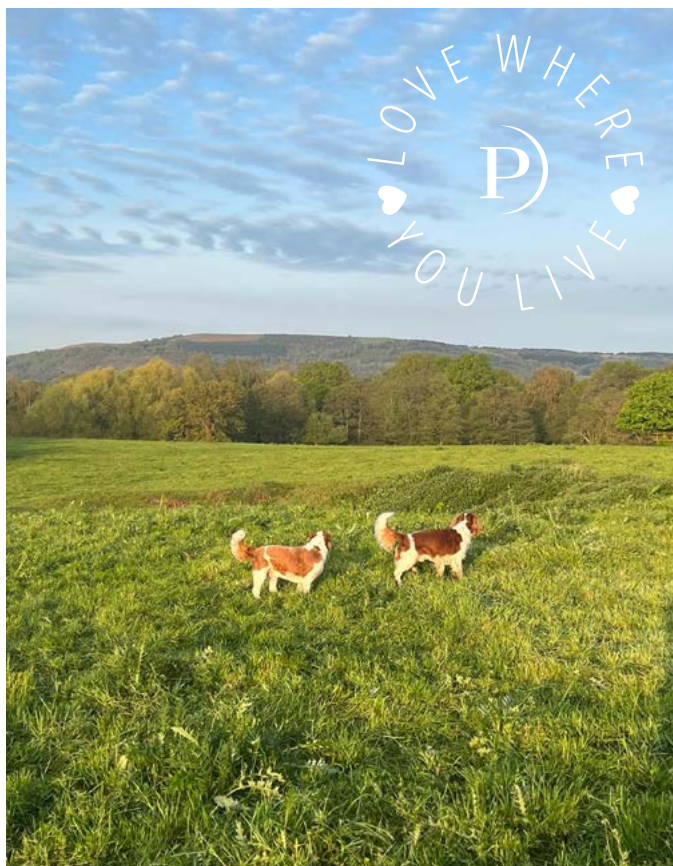
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When life throws a curve ball ...



Just when you feel you are getting on top of work, life, health, fitness and other real-life essentials, a curve ball comes along that has the potential to knock you off your feet...



June has always been a notable month for me; a month of beautiful holidays over the years, many years in Kalkan, Turkey – memories of beautiful blues seas, sunshine, discovery and enjoying evening sunsets sat in roof top restaurants serving delicious Persian and Mediterranean food.

It has been a month of sadness; the month my father died 28 years ago, passing away a few days before Father's Day.

It has been a month of change; in June 2020 we were permitted to start carrying out viewings on empty properties and the pent up demand for viewings was huge – the moment it was announced that we could start to take potential buyers around empty properties the 'phones rang off the hook. I recall we launched to the market a small cottage, with a lovely garden backing onto the canal. The cottage generated 494 enquiries. We had to give the cottage its own e-mail address to avoid the main office e-mail address being deluged with enquiries, we prepared spreadsheets of all telephone calls and e-mails and filtered them down to viewings.

From a business perspective, June has always been a 'middle of the road' month; often people without children go away on holiday beating the business of the school holidays and enjoying warm and pleasant temperatures rather than the searing heat of July and August.

And June 2023? This year June has been a challenge. I had planned for a couple of weeks where some of the team were away on holiday; a couple of the team members were leaving and there was a gap between their last working day and the start dates of the new team members. I had a busy diary in terms of business commitments outside of the working day, workshops and conferences in London and away from the business, a couple of outdoor music concerts to enjoy.

On an emotional level, my stepson in law, diagnosed with Stage 4 bowel cancer in his early 40s, was undergoing major surgery - a circa 10 hour operation with the objective of removing all traces of the disease from his body to give him the chance of life and enjoy more years with his wife and teenage daughter. My stepdaughter is an amazing woman, standing strong as a wife and as a mother trying to be open with her daughter but not frightening her ... it is at times like this when family provide the comfort, the support, the kind words.

Being an avid planner, the diary was covered and I was prepared for working long hours for a couple of weeks, the team were all happy to step up and work

additional hours, the short term pain worth it for the long term gain.

And then the curve ball came. Earlier this year, our gorgeous Welsh Springer Spaniel, Griff, was diagnosed with a deep-set prostate infection. Griff was in Langford, part of the University of Bristol Veterinary School. Griff's care was second to none. There were a couple of worrying days when he just did not seem to be improving, but after 10 days in doggy hospital he was soon back to his normal, happy and lively self.

Earlier this month, Griff didn't seem himself and went off his food. Thinking the infection had returned, we decided to contact Langford who suggested we take him in for some tests. During their investigations, the veterinary team discovered that Griff has Lymphoma. He is just 7 years old and the news was such a shock. After much discussion and research, we opted to put Griff through a chemotherapy programme. We are hoping that not only will the treatment extend his life by 6 – 8 months, he will not suffer and be his happy little self during the treatment. A wise piece of advice I received from a friend: Griff does not know he has cancer so don't treat him any differently.

Griff has just undergone the second session of chemotherapy; the first drug made him so, so poorly – he was very sick and didn't eat or drink for a couple of days, looking so pitiful. Fortunately, this only lasted 48 hours and after wolfing down a few chicken dinners, he was up and about chasing squirrels. The second drug has taken away some of his spark and energy but other than being quiet, he seems happy.

And finally, only a trival curve ball but as if to say 'here's something else to cope with', I had a minor car accident. No one was hurt, thank goodness, just crumpled metal but I admit to being a little shaken.

It is at times like these when we appreciate how our home really is our sanctuary; the place we retreat to, our safe space where we can shut out the outside world and take a deep breath. It's the place where we can sit and contemplate, cry and laugh, and be surrounded by familiarity and treasured belongings. Home is the stability in an unstable world, the security we crave when economic pressures threaten to upset the status quo.

And I understand why, during times of change, uncertainty and life throwing curve balls, it is so important to have somewhere to call home.

Heather Cook



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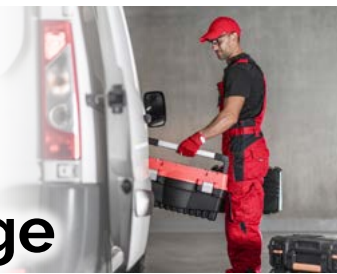
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Have you Discovered the Taste of Local?

There's a growing trend for veg box schemes selling direct from farm to fork. Chloe Masefield reveals some great reasons to buy local.

At one time in our region, every village and town had a market garden, allotments and orchards, all brimming with seasonal fruit and veg. Supermarkets changed all that. But now a new generation of small-scale fruit and veg growers is helping to put local back on the menu, with Bannau Acres (bannauacres.co.uk), a slick new website that helps people find their nearest local veg box scheme or market stall.

But what's so good about buying local fruit and veg?

1. You get fresher, tastier, more nutritious food

Most fruit and veg starts to lose nutrients as soon as they're harvested and even UK-grown produce can take several days to make its way on to supermarket shelves. But for locally grown fruit and veg sold direct from farm to fork, it's a different story. Most of what you'll find in your weekly veg box will have been harvested just

the day before – and sometimes fresh that morning. And it will have been picked at the peak of ripeness – the point when it is naturally at its most flavourful and nutritious.

2. You support the shift to planet-friendly farming

The growers in the Bannau Acres network all farm regeneratively. That means they focus on restoring soil health, fixing carbon in the soil, building biodiversity, and returning more to the environment than they take out. They believe this approach is necessary to tackle the current climate and nature emergencies.

In addition, some of the farmers have taken the extra step to become certified Organic. And some are on their way to gaining Organic status. You can refine your search accordingly on the website.

And because the produce is all sold direct, there's less packaging, fewer food miles and less food waste, which all adds up to cleaner, greener, more climate-friendly farming.

3. You help build food security

Currently in the UK we're over-reliant on imports and global food supply chains. Empty supermarket

shelves and shortages over the past few years have revealed just how fragile that system is. But by supporting local growers you play a vital part in rebuilding local food supplies, creating a fairer food system and making our communities more resilient to future food shocks.

4. You help boost the local economy

When you buy fruit and veg direct from local growers, they receive a much greater share of the profit than they would in the supermarket system. What's more, that money tends to stay local. And the more money that's spent locally, the stronger the local economy grows, which means more jobs, better facilities and more vibrant villages and towns – better for everyone.

5. Your money does good

There's a nifty bit of research by the New Economics Foundation that shows that every £1 spent on fruit and veg through box schemes or farmers' markets generates a further £3.70 in social, economic and environmental benefits – and we think that's a pretty convincing message!

• To find your nearest local grower, go to bannauacres.co.uk.



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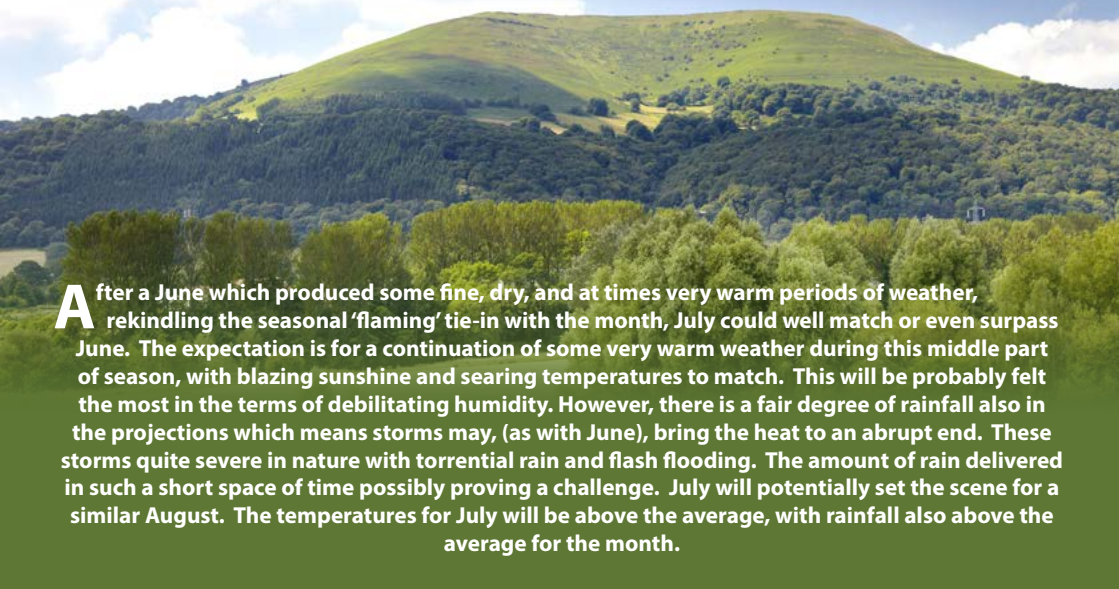
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July Weather Outlook

by Jonathan Powell



After a June which produced some fine, dry, and at times very warm periods of weather, rekindling the seasonal 'flaming' tie-in with the month, July could well match or even surpass June. The expectation is for a continuation of some very warm weather during this middle part of season, with blazing sunshine and searing temperatures to match. This will be probably felt the most in the terms of debilitating humidity. However, there is a fair degree of rainfall also in the projections which means storms may, (as with June), bring the heat to an abrupt end. These storms quite severe in nature with torrential rain and flash flooding. The amount of rain delivered in such a short space of time possibly proving a challenge. July will potentially set the scene for a similar August. The temperatures for July will be above the average, with rainfall also above the average for the month.

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The Gallery will be run as a
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To celebrate the opening, on
Wednesday 12th July and Saturday
25th July, we are offering a Welcome
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We would like to invite you to our
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Stepping away from anxiety

"I've lived through some terrible things in my life, some of which actually happened."

~ Mark Twain



Anxiety is a big deal, with recent statistics suggesting that around 15% of the population qualify for an anxiety disorder. Of course that number pales next to the feeling of anxiety that we all experience from time to time; me too. These days, you don't have to look very far to find a lot to be anxious about!

Nobody really likes being anxious — for that 15% it's debilitating — so let's look at some simple steps you can take to deal with it.

1. Understand where it comes from

This is the most important, and on its own, affords a fresh perspective on the experience that might just change it forever. Because, while it looks like your anxious feelings come from situations or people, that's technically not possible. Anxiety is not a contagious disease. It's not transmissible.

The source of anxious feelings is anxious thought. Full stop. There is no other way to experience it, which explains why some people just aren't bothered by something that might be panic-inducing in another. If anxiety came from the situation, we'd all be equally worried by it.

2. Observe what the mind is doing

I said, above, that we can find a lot to be anxious about, and it's helpful to realise that this process

of 'finding' has nothing to do with reality, and everything to do with the mind's narrative.

When encountering any fluctuation in your energy, or feeling state, its first job is to label it - *Oh, I know this feeling, it's anxiety!* - then try and figure out what must be causing it, using the data it has, to do so. Sabre-tooth tigers haven't really been a safety zone, and it's where you've not in imminent physical danger, it looks instead to everything you've consumed in the media, or been told you should fear by your parents and peers... hence, the never-ending list of things. Squash one, and another will pop up in its place.

The mind is a pattern-matching machine that thinks it's keeping you safe by predicting the future (badly), guessing how you're likely to feel in those situations (even more badly) and then getting itself in a right tizz when it realises it has zero control over any of that uncertainty. Hello, anxiety!

3. Accurately locate your safety zone

What are we to do, then? Stop thinking? Try only thinking non-anxious thoughts? (I'm betting you've tried both of those - they don't really work, do they?)

No, it's much easier than that. We just leave it be. We see its nature - a harmless script from the computer mind, that is not who we are - and

we stop listening to it. Stripped of its power, it settles, naturally; a process encapsulated beautifully in the words of Sri Yuktेशwar, the 19th Century Yogi, who said, "An ignored guest quickly leaves."

When the focus of our attention is no longer on a load of useless mind-rubbish, there's really only one place it can be: here and now. *This* is your safety zone, and it's where you've been built to thrive. Clear-minded and fully present, you can - and do! - handle whatever comes your way. It's how we're designed, all of us!

Even if the mind strikes lucky and perfectly predicts a terrible scenario you must endure... when you're in the thick of it, truly present and dealing with it, all future uncertainty has been removed, and along with it, any anxiety. That's when you hear yourself saying, sheepishly, "Oh it wasn't half as bad as I'd expected."

Armed with this knowledge, you are free to skip the anxious thinking and just live your life, one moment at a time.



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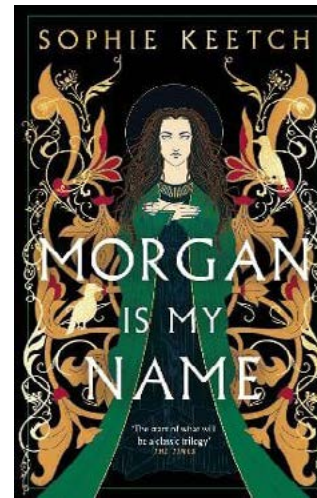
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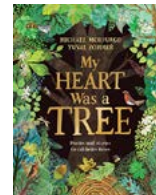
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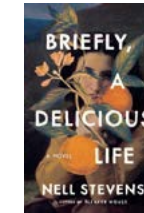
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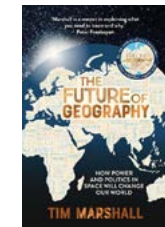


A girl grows up in the north-east of England amid scarcity, fearing her own desires and feeling undeserving of love.

Years later, living in tiny rented rooms and working in noisy bars across London and Paris, she meets someone who offers her a new way to experience the world. But when he invites her to join

him in Barcelona, the promise of care makes her uneasy. In the shimmering Mediterranean heat, she is faced with both pleasure and shame, and must find out if she is able to change.

NON-FICTION
The Future of Geography
Tim Marshall
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The bestselling author of Prisoners of Geography and The Power of Geography turns his attention to the geopolitical space race, analysing the cosmic strides Russia, China and the United States have made and what it means for the rest of us down here on Earth.

YOUNG ADULT FICTION
This is How You Fall in Love
Anika Hussain
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Zara is a superfan of all things love, from 90s romcom movies to sweeping romance novels, and dreams of her own big love story. Could her moment have arrived when she and best friend, Adnan, agree to pretend to be a couple? The fake dating scenario may be familiar but this delightful romantic comedy takes a thoughtful look at romance tropes and expectations, full of heart and candour.

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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 our rivers.

Our research with Natural Resources Wales shows that our assets (i.e. our treatment works, Combined Storm Overflows or CSOs) are responsible for around 21% 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.

We have permits in place at our wastewater treatment works to protect the river. These permits are set by our environmental regulators and can be changed by them when needed, to reflect the changing needs of the river, or when new evidence is found. When this happens, we work with our regulators to improve and upgrade our treatment works.

We understand that river water quality is an important matter for local residents and we are committed to playing our part to reducing our impact on the river Usk and the wider environment. To find out more visit dwrcymru.com/environment or scan this handy QR code.



Fel cwmni, rydyn ni'n cymryd ein cyfrifoldebau dros amddiffyn yr amgylchedd o ddifri. Dyma pam ein bod ni wedi bod yn datblygu cynlluniau i wella'r dŵr yn ein hafonydd.

Mae ein gwaith ymchwil gyda Chyfoeth Naturiol Cymru'n dangos bod ein hasedau (fel ein gweithfeydd trin, o'n Gorlifoedd Storm Cyfun neu CSOs) yn gyfrifol am tua 21% o'r ffosffadâu yn afon Wysg, o'r CSOs sy'n gyfrifol am gwa 1%. Mae'r gweddill yn cael ei achosi gan ffactorau eraill fel defnydd tir gwledig a bow anifeiliaid, dŵr yn draenio oddi ar wynebau trefol, draeniau sydd wedi eu cam-gysylltu, a thanciau septig preifat.

Mae trwyddedau mewn grym yn ein gweithfeydd trin dŵr gwasttraff i amddiffyn yr afon. Ein rheoleiddwyr amgylcheddol sy'n pennu'r trwyddedau hyn, a gallant eu newid pan fo angen i adlewyrchu anghenion newidiol yr afon, neu pan fo tystiolaeth newydd yn codi. Pan fo hynny'n digwydd, rydyn ni'n gweithio gyda'r rheoleiddwyr i wella ac uwchraddio ein gweithfeydd trin.

Rydyn ni'n deall bod ansawdd dŵr afonol yn fater pwysig i drigolion lleol ac rydyn ni wedi ymrwymo i chwarae ein rhan wrth leihau ein heffaith ar afon Wysg a'r amgylchedd ehangach. I gael rhagor o fanylion, ewch i dwrcymru.com/amgylchedd neu sganwch y cod QR hwylus.



Ivor Thomas was born in Cwmbran in 1905 into a working class family. His father's job was in the brickworks and his mother was a domestic servant. He was, however, bright enough to go to West Monmouthshire school in Pontypool from where he won a scholarship to Oxford University, graduating with a first-class degree.

He went on to become a distinguished journalist and prolific author before embarking on a short-lived career as a Labour MP in 1942. He was also a layman of the Church of England — despite having been brought up as a strict Baptist — and changed his name to Bulmer-Thomas in 1952 after marrying Margaret Bulmer, scion of the cider dynasty.

Most outstandingly he was the inspiration behind the Friends of Friendless Churches supported by John Betjeman, TS Eliot and others campaigning to save historic buildings. Established on

3rd July 1957 in Committee Room 13 of the House of Commons, they fought for a formal church- and-state-led structure to protect redundant chapels and churches as “sermons in stone”.

Of the many hopeless or lost causes that he championed were quite a number in south-east Wales including St Mary's in Llanfair Kilgeddin. Its medieval fabric survives in its chancel roof, stained glass and font. Its chancel screen is 15th century and quoins in the west gable are dated 1634 and 1664.

Within the transept is a symphonic series of colourful sgraffito panels from the Arts & Crafts period. They are the work of John Dando Sedding who applied five differently coloured plaster layers to the wall, each at a different depth, and left them to dry over night. The next day fresh plaster was applied that was then cut away to reveal the desired colours.

Sermons in Stone

The man who founded the campaign to save redundant places of worship was a local boy of humble origins who went far. Helen Morgan from Abergavenny Local History Society reports.

In 1982, however, the church was condemned as unsafe. It was then declared redundant. The diocese proposed to raze it to the ground — until Bulmer-Thomas and the Friends, supported by the Victorian Society came to the rescue.

Cadw funded essential repairs making St Mary's wind and water-tight. The church is now listed Grade I and is friendless no more. The church is normally locked but directions to find the key are in the porch. The churchyard, too, is of interest with gravestones belonging to the Crawshays, some of whom lived near by.

History lectures resume on September 20th. For details visit abergavennylocalhistorysociety.org.uk



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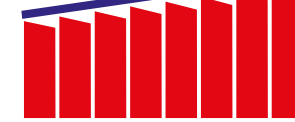


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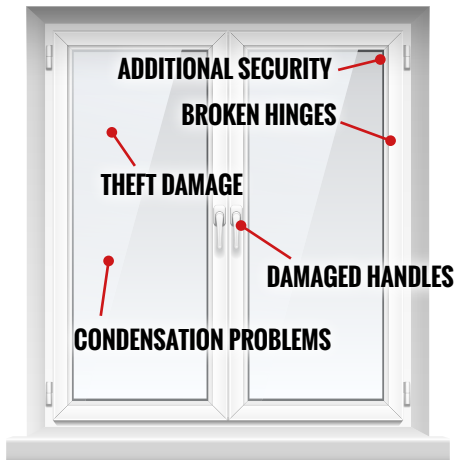
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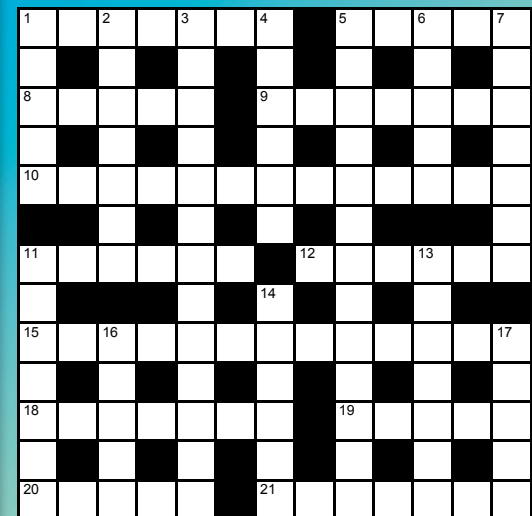
ACROSS

- 1 Closed forcefully (7)
- 5 Keen (5)
- 8 Ceremonies (5)
- 9 Brutal (7)
- 10 At right angles (13)
- 11 Violin (6)
- 12 Beverage (6)
- 15 Exhibition (13)
- 18 Return to original state (7)
- 19 Affected by alcohol (5)
- 20 Registers (5)
- 21 Found on the shoreline (7)

DOWN

- 1 Strip of leather (5)
- 2 Changed (7)
- 3 Assorted items (13)
- 4 Split up (6)
- 5 Book of information (13)
- 6 Low animal noise (5)
- 7 Hold back (7)
- 11 Of a league or alliance (7)
- 13 Lack of success (7)
- 14 Speaks (6)
- 16 Poles supporting sails (5)
- 17 Nude (5)

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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

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