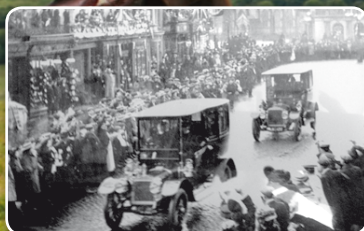
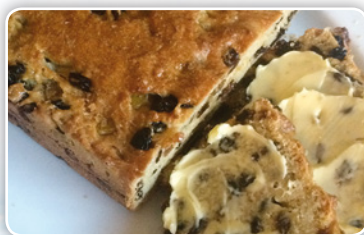


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ISSUE 12 | SEPTEMBER 2015

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6 Page High Street Feature

A fascinating look at Newport High Street,
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Prostate Cancer Awareness Event

Newport Lions and Nurse Julie Rich, will be holding
the fourth annual event at Cosy Hall

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Welcome

Doesn't time fly. One year on, and this issue celebrates the first anniversary since the launch of All About magazine.

We'd like to whole heartedly thank our advertisers, editorial contributors, distributors and readers for their continuing support and kind comments. Most appreciated.

We are continually looking to improve our print and digital magazine. Recent digital editions have included video links to support the editorial feature. Watch this space, more improvements to follow.

Please get in touch. It's the often untold, local stories from past or present, that readers are finding 'informative, educational and often entertaining'.

Once again, a big **thank you** to everyone :-)

Karen and Martin
@allaboutnewport | editor@allaboutnewport.co.uk

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All About Newport Ltd, c/o MSA Ferndale, Suite 7, Nova House, Audley Avenue Enterprise Park, Newport, Shropshire, TF10 7DW

Deadlines - October 2015 Issue

Advertising & Editorial due by: **7th September 2015 (5pm)**

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When you have finished reading your magazine, please share it with others.

Growing organically...

by Mike Robin at www.freerange-living.co.uk

'Old fashioned' organic farming and growing is still alive and well, albeit at a 'minority' level. Using the 'waste' of the system (eg. to make compost) to then provide fertility in the future no doubt attracts thrifty minds, and may yet prove to be more necessary in the future - ?

There's also the appeal that organic growing ties in with an 'innate' feeling of 'working with nature' which no doubt appeals to more than a few. Because in organic growing there's no chemical 'quick fix', the longer term approach is sought, and a mixture of 'exhaustive' crops and 'restorative' crops are needed, to ensure longer-term on-going soil fertility, and to combat crop disease.

Rotational growing is therefore required, based on centuries old patterns - the old Norfolk 'four-course rotation' - yr.1 wheat, yr.2 fallow/roots, yr.3 barley/oats, yr.4 clover/grass. This means that more of a mix of cropping/land use is needed in the organic way. On, say a 100ha's block of land, for instance, in any one year only 25% of it could be devoted to, say, wheat production, whereas with the use of chemical



fertilisers and sprays, the whole area could be put down to wheat. In practice, organic growing also generally means that grass and clover are needed as a 'restorative' crop(s), so mixed farming (crops and livestock) is generally the order of the day, also providing needed organic matter in the soil.

A recent scientific report recently identified a serious problem of top soil erosion in East Anglia, thought to be caused by cropping monoculture without livestock, and facilitated by chemical farming methods.

COOKSHOP NEWPORT

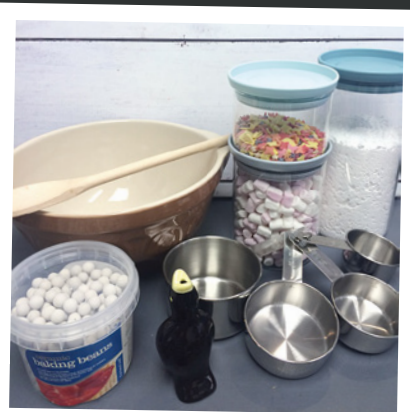


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News in Brief

A selection of local news snippets. More news stories can be found online at allaboutnewport.co.uk.

Newport Music Coach

The extensive October – March programme for Newport Music Coach has now been published. It includes five symphony concerts given by the City of Birmingham Symphony Orchestra including music by Beethoven, Tchaikovsky, Sibelius, Haydn and Brahms with Benjamin Grosvenor as soloist in Grieg's Piano Concerto.

Alan Titchmarsh is the presenter at the CBSO's Christmas Festive Favourites and Stephen Bell the conductor of a wonderfully light-hearted Viennese concert. Also included is the popular New Year's Eve Gala with the London Symphony Orchestra and a matinee performance of spectacular ballroom dancing with Anton and Erin. Rogers and Hammerstein's music from the musicals is bustin' out all over in February.

Early in October is a visit to Stratford to see Shakespeare's Henry V and next February and March outings to the ballet Romeo and Juliet and opera The Marriage of Figaro at Birmingham Hippodrome. All details of dates, prices and pick-ups from Anita Davies on 01952 813340.

Letter to the Editor

A surprise email landed on the All About desk recently from Canada. "I am planing to visit Newport in early September with my daughter and granddaughter. Can you help?"

This lady found us on the first page of Google, and contacted us from there. We answered all her questions. Her response "This will help me on my visit to Newport. Thank you ever so much".

Glad we could help.

New Owner

Syd (previous owner), now fully retired has taken himself off travelling. BooksiSell now has a new owner, Brian Stringer from Northamptonshire. Find more details in the 6 page High Street feature.

Looking Good

It seems it's time for everyone to start improving and painting the outside of the shop premises. Currently we have Sally's Flowers, Toggs and Cloggs and Clarkes Pharmacy in the process of decorating.

Many others have been completed and are looking good. With all this redecoration and the fabulous hanging baskets, planters and mini gardens around the town, Newport looks fantastic.

A Sad Loss for the Town

The Newport Advertiser has recently relocated it's office and staff to the Ketley office (Shropshire Head office). The building is due to go up for sale.

Interesting fact: It's suggested that the earliest recorded copy of the Newport Advertiser was September 5, 1837.

Building for Sale

The former Britannia/Co-op Bank premises is up for sale in Newport High Street.

Post your local Job Vacancies online for FREE at www.allaboutnewport.co.uk/jobs

Have your say in the next issue of All About Magazine

If you wish to contribute to the next issue, please tweet, post or email your comments to:

editor@allaboutnewport.co.uk by 5pm, Friday 11th September 2015

or post your comments to All About Newport Ltd, c/o MSA Ferndale, Suite 7, Nova House, Audley Avenue Enterprise Park, Newport, Shropshire, TF10 7DW

A new Pig on the block

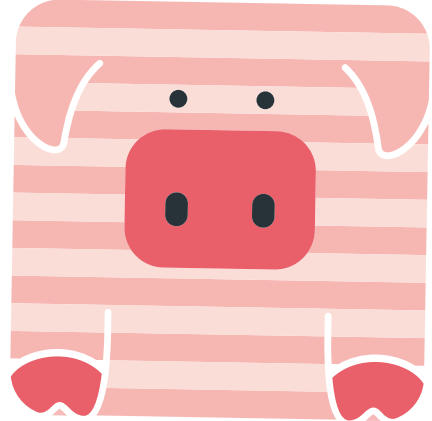
16 years after starting their first business in Newport, Steve Bellerby and Jenny Smith thought it would be good to start a new business to run alongside Smith Bellerby Ltd, and Stripey Pig Limited was born!

The new "piglet" provides simple, easy to understand communication solutions for small businesses, delivered by friendly staff who don't use jargon and won't try and baffle you with technology.

After managing large mobile phone fleets for clients like easyJet and South Staffordshire Council for the last decade or so, Steve thought that there was an opportunity to deliver tailored deals for each customer, and save them money at the same time.

"We've been handling telecommunications for large corporates for the last 16 years, but I wanted to get back to dealing with local business people in a friendly manner, with a bit of fun thrown in for good measure – hence Stripey Pig!

Please drop in to the Abbey Court offices, just off the High Street, for a coffee and a chat, or one of us can come and visit you at your place of business to understand exactly what you need"



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Well-loved boutique reopens its doors

Muse Bridal has opened its doors at 123 High Street. The windows have been framing beautiful outfits and gowns for so long that they have become somewhat of a well-loved, local landmark!

After a complete redesign in the décor, style and designer stockists the boutique exudes calm and femininity. Its the perfect place for mothers of brides or grooms to choose an exquisite outfit as well as other guests seeking something a little different to high street chains and ladies looking for a special outfit for maybe a garden party, day at the races, party/cocktail dress or an evening gown for a black tie event.

Muse is the proud stockist of Carla Ruiz, a Spanish label who aim to 'enhance female beauty and elegance'. Bernshaw evening wear grace the rails with 'glamour and sophistication' offering 'affordable recreations of designer and Hollywood looks' with Cabotine and Zeila giving 'fashionable flair and great fit'. Hats from Snoxells and designer Sarah Crozier complement the collections.

Brides are invited to take time to indulge in browsing the collections from Ronald Joyce, Victoria Jane, Benjamin Roberts and Romantica in the remodelled



bridal room and enjoy the experience of their own 'fashion show' along with personal, advice and exclusive attention.

Melanie Ridgway has launched this new venture with her experienced team having all worked together at former 'Renaissance' before the company's closure.

Passion for traditional **personal service** with modern flair await at this truly unique boutique.



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3

1

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2 - Make your own Proggy Baby Penguin kit £12.99 - Requires Proggy Tool £4.99
Kitty Kraft, Newport: 01952 820940

3 - Le Creuset Salt and Pepper mills - Mix & Match colours - (Usually £25.00 each) £35.00 for 2 while stocks last!
Cookshop Newport: 01952 825800

4 - Eva Navy Shoe £45.00 and matching Eva Navy Bag £30.00
Daisy Chain, Newport: 01952 813584



4



Click & Collect - Newport - www.allaboutnewport.co.uk/shops

Safe and Secure online shopping from these local independent retailers using Click & Collect.

The Complete Dining Experience

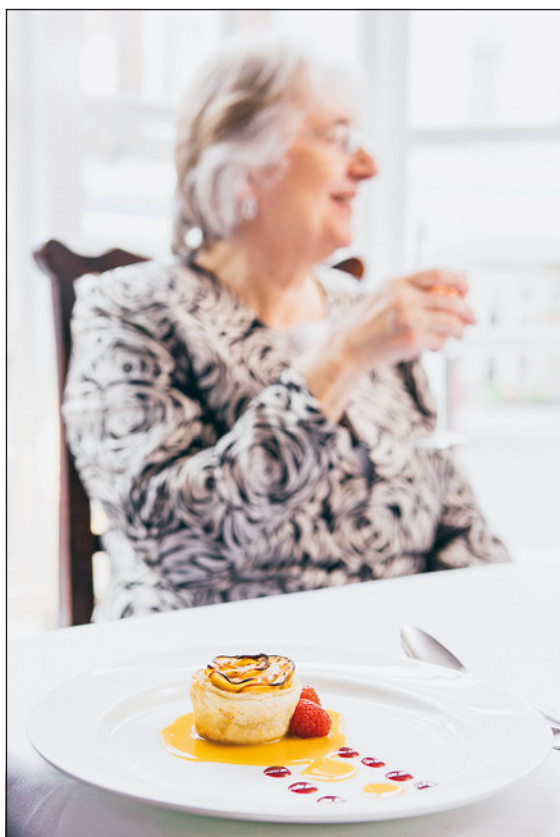
For a complete dining experience visit Newport's newest restaurant.

Guests will be treated to a warm welcome, a delicious variety of home cooked dishes from the seasonal menu, served with a choice of fine aromatic wines, soft music and a relaxed atmosphere.

The Orchard is the perfect place to treat someone special to an intimate meal in the cosy dining room or to celebrate larger family occasion in the conservatory.

The Orchard will be opening from 6.00pm every Wednesday through to Saturday for à la carte dining and Sundays 12.00 - 4.00pm for traditional Sunday Lunch. Chefs Peter Roberts and Charlotte Fenney have even devised a menu especially for those with dietary requirements.

The Orchard Team are now taking bookings for Christmas



The Perfect Sunday Lunch

Traditional Sunday dinner or choose from the à la carte menu



Serving from 12.00 noon - 4.00pm
Families welcome

Fine Food, Fine Wine, Fine Service.

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THE ORCHARD



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Email: info@orchard-dining.co.uk

APPy Talking

The summer break is over and it's back to school for hundreds of kids in the area. What apps does that bring to mind?

What apps could you not live without? Send your smartphone favourites to editor@allaboutnewport.co.uk



School Bus 3D

Free for Android

If you've ever wanted to get behind the wheel of a big, brash, bright yellow American school bus, then here is your chance. Gameplay is simple. Drive the bus around the planned route, picking up children as you go, aiming to safely get them to class on time.

It's great fun, with fab graphics too, as you hurry along the streets, dodging oncoming vehicles with one eye on the clock. The first run is pretty simple to fulfil, but things soon start to get really tricky and it becomes all too apparent that the designers of this game were sympathetic to the daily toil involved in transporting children.

In fact it gets so tricky, perhaps the game designer was a former bus driver with a grudge? Who knows? **Great fun from one timetable to the next.**



School Bell

Free for Android

You know the unmistakable noise of a school bell. It's the happiest 'brrrrrrriiiiiinnnnngggggg' that a child can experience at the end of a seemingly endless school lesson.

We've all been there folks. Double mathematics on a wet Tuesday afternoon, Shakespeare in English on a sunny Wednesday morning, and all you wanted to do was make that end of lesson bell chime a few minutes early, signifying time to pick up your belongings and leave the classroom.

This natty little app is perfect for pranksters everywhere. Hit the bright red bell on your screen and stand back. **Now let's be honest dear readers, this is unlikely to work in reality, but it is a nice idea nonetheless.** Ring the changes this term.



School Lunch Maker

Free for Android

It's lunchtime. Other than hometime, this is probably most kids' favourite time of the school day. In this quirky little addition to your apps library, take a tray and select food from a tempting menu.

Will you go down the healthy route with a juicy apple or mouthwatering slice of watermelon? Perhaps you will opt for a juicy burger, served with French fries?

Whatever you add to your tray, don't forget to fill all the slots for a delicious balanced (ahhhem) meal. We at All About magazine particularly liked the look of the doughnuts with chocolate and sprinkles. If only a lick of the screen was as tasty as it looked.

And once you have made your selections, don't forget to take a souvenir photo. **All very ridiculous, but a tasteful bit of fun.**

How to get your children out and about

by Joanie Koh, ramblers.org.uk



Looking for something to do with the family at the weekend? Experts from the Ramblers, Britain's leading walking charity, have offered their top tips on how to get children out and walking.

Ramblers' Director of Walking Development Simon Barnett said: "We all know that getting kids away from computer games and out of the house can be a bit of a challenge, especially as the days get shorter and the temperatures start to drop. That's why we're sharing our top tips on the easiest ways to make walking fun and appealing for your youngsters.

The **Shropshire countryside** boasts some of the most scenic walks in the country that people of all ages can appreciate, and the weekends are an ideal time for all the family to enjoy it."

To help get kids interested and involved in the great outdoors, here are some tips from the Ramblers on how to make walks more fun and educational for children.

Go out on a mission - Transform an everyday walk around your local area into a walking adventure by taking part in the **Ramblers' Big Pathwatch**. Simply download the Big Pathwatch smartphone app, walk your favourite paths together and report back on what you find. It is the perfect way for kids to learn more about the great outdoors, but more importantly your family will also be helping to protect and improve paths for generations to come.

Fun activity sheets - The Ramblers have created

fun activity sheets for kids aged 5-10 which can be downloaded from the Ramblers website (www.ramblers.org.uk/bigpathwatch) and printed off to take along on your walk. Youngsters will love the **rainbow ramble activity**, sharing funny jokes or playing walk-themed bingo.

Include a destination - Try to choose an area that takes in a rewarding site that children love: it could be a cave, a castle, sand dunes or a decent climbing tree. Tantalise your children with the prospect of visiting it, so they have a destination to get excited about.

Go on safari - Focus on the flora and fauna to keep interest levels high. There are lots of games you can play that focus on spotting wildlife. Draw up a list of animals, insects, birds, flowers and trees, and award points for each one spotted. Try to identify animal tracks in the mud, or create your own using a stick.

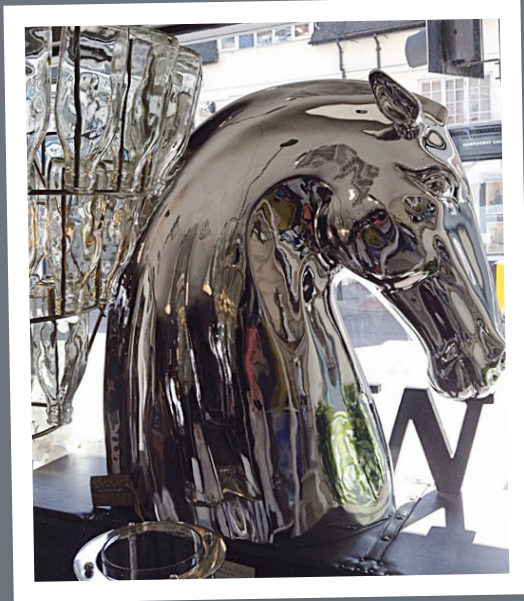
Employ diversionary tactics - Have something up your sleeve for when their energy level drops. If it's windy, pack a kite. Frisbees and tennis balls are also good. A sketchbook and pad are always handy for a rest period and sailing a Lego man in his little rowing boat is a great alternative to Pooh-sticks in a stream.

Set their sights high - Encourage your children's rugged ambitions with a bit of hill climbing. Start with a walk that takes in the highest point in your area, then move on to a bigger incline, before setting a date for a real challenge: the Wrekin or the Clee Hills!



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- *Coco Chanel*

"Minimalist rooms can be so beautiful, but I can't live in one; I love objects too much"

- *Bunny Williams (Interior Designer)*

"Decorating Golden Rule - Live with what you love" - *Unknown*

"Have nothing in your home that you don't know to be useful or believe to be beautiful" - *William Morris*



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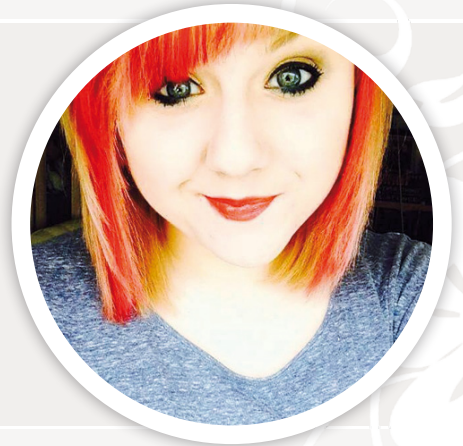
The InSpirit Hair and Beauty Salon in Smallwood Lodge, Newport can be discovered through the tea rooms and up the sweeping stairs to the first floor suite.

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Meet the Team:
(left to right): Rhiannon, Andrea and Sarah

Smallwood Lodge, Newport
Tel: 01952 820662



InSpirit Opening Times:

Monday, Tuesday, Wednesday and Friday 9am - 5pm; Thursday 11am - 7pm; Saturday 9am - 3pm

Spiced Teabread

Several readers have asked me for a recipe suitable for diabetics. Well, here it is, and it's delicious and suitable for everyone in the family too. However, as dried fruit is quite sweet it is advised that if you are diabetic you enjoy in moderation.



Method

- Grease a 2lb loaf tin (line if necessary)
 - Mix the flour, mixed spice, salt and yeast together in a larger mixing bowl and make a well in the centre.
 - In a separate bowl mix the melted butter, milk and the egg and then add to the well in the flour mixture. Then add the mixed fruit and candid peel to the bowl and mix well.
 - Pour the cake mixture into the loaf pan, cover with cling film or a clean tea towel and leave to rise in a warm place for about an hour or until doubled in size. Towards the end of the rising time pre-heat the oven to 200°C/400°F/ Gas mark 6.
 - When the dough has risen bake in the oven for 40-45 minutes or until the sides have slightly shrunk from the tin and the base sounds hollow when removed from the tin and tapped on the bottom.
 - If you wish to make a glaze for the top stir the tablespoon of sugar of sugar into 30ml of boiled water, when the sugar has dissolved brush the glaze onto the top of the loaves and pop back in the oven for another 3 minutes.
- If you don't want any sugar at all you can skip this step and just leave the loaf to cool on a cooling rack. You could also replace the sugar with a sugar substitute if you prefer.
- Serve thickly sliced and with some nice butter.

Ingredients

- 450g Plain Flour
- 115g unsalted butter, melted
- 25g mixed candid peel, chopped
- 1tsp mixed spice
- 300ml tepid milk
- 1tbsp caster sugar (optional)
- 1/2tsp salt
- 1 large egg, lightly beaten
- 375g dried mixed fruit
- 2 sachets/14g fast action yeast

Nutritional information for those with special diets

• Energy 1832kcal/7735kJ • Protein 34.1g • Carbohydrate 317.3g of which sugars 145.9g • Fat 56.4g of which saturates 32.8g • Cholesterol 227mg • Calcium 673mg • Fibre 11.7g • Sodium 580mg



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Ruby Shoo at Daisy Chain

As we come into a new season we love, all the exciting new stock that starts to arrive and nothing is more exciting than the fantastic new range of RUBY SHOO!

This quirky shoe brand is becoming more and more popular with each season and the gorgeous look of these shoes coupled with how comfortable they are make them a winner for any shoe fan!

Matching bags are also available while stocks last so why not pop in to see us down the cobbles of St Mary's Street to take a closer look at these beauties along with our fantastic range of fashion jewellery, handbags and ladies clothing.

Emma and Maria x

Ashley Teal Shoes **£45**
...matching
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8 St Marys Street, Newport,
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FROM THE HIGH STREET

3



2



1

1 - A selection of Long Boot Socks with lace tops, which come in their own Gift Bag £13.99

Lotties in Newport, Newport: 01952 825825

2 - Bridget Shoes in Black £45.00 - matching bag available - see item (3)

Daisy Chain, Newport: 01952 813584

3 - Bridget Bag in Black £30.00

Daisy Chain, Newport: 01952 813584

4 - With the Rugby World Cup looming, we have the perfect Joules Men's T Shirt £24.95

Lotties in Newport, Newport: 01952 825825



4



Lottie's

Women's & Men's Clothing & Accessories

www.lottiefashion.co.uk

With autumn slowly approaching and the long nights drawing in, you may need to wrap up a little bit warmer.

Here at Lottie's we have a fantastic range of Autumn clothing from **Joules** and **Seasalt** in stock now!

Lottie xxx

Joules Keyring
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Joules Raincoat Fully water-proof and breathable **£139**



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Seasalt Bodrigan Jumper
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Seasalt Scarf

Seasalt Stoneware Jumper **£49.95**



View in Lottie's store - 6a St Mary's Street, Newport. TF10 7AB. 01952 825 825



White Stuff

seasalt

Ness indi & cold



Handpicked
FROM THE HIGH STREET

1



1 - Large Nickel Lantern (left) £140.00 and Goat Skin Stool (right) £127.00
CoCo 64, Newport: 01952 929120

2



2 - Contemporary flower pattern Fire Guard £69.00
- Please see instore for other patterns
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4



3



Local publisher celebrates 20 years

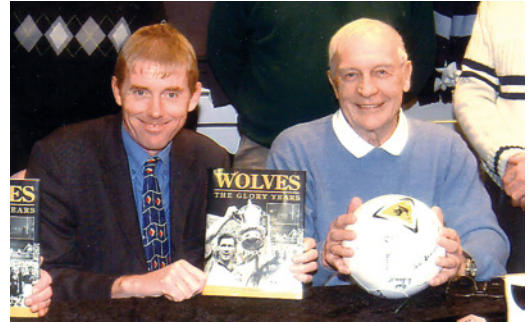
A Newport publishing company are celebrating 20 years in business - after stumbling into the field by accident.

Long-time Express & Star sports writer David Instone was content just as an author until repeated rejection over a book idea in the mid-1990s led to he and his wife Liz deciding to publish it themselves.

The 'cottage industry' has now been responsible for approaching 20 books, mainly football nostalgia and including some penned by Fleet Street writers.

"It was while visiting various publishers with the framework of a Steve Bull book in 1994-95 that we decided to do things ourselves," David said.

"Although we were being turned down, we gleaned bits of knowledge that helped convince us we should push the boat out and produce it ourselves under the name Thomas Publications - so-called because of our cocker spaniel at the time! "It sold really well, so we were up and running and we became more and more ambitious. I have never really wanted to work for other publishers since, although I have done so on occasions on special projects. We just love being our own bosses and working from home."



David (left) at the launch of 'The Glory Years'

Wolverhampton Wanderers books have provided the bulk of the couple's output, although their back catalogue also contains publications on West Bromwich Albion, Aston Villa and Matt Le Tissier.

The husband-and-wife team are now working on a coffee-table book called Wolves All Over The World that is due out in September. Further details of their work can be seen at www.thomaspublications.co.uk

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Capital Cashmere have attended Newport Show for several years now, but this year they are also holding a special **Autumn Sale** at **Cosy Hall** on **Friday 2nd and Saturday 3rd October**.

With finest quality cashmere at great prices, this is an ideal opportunity to stock up for Christmas and the winter ahead.

FIFA 16

Game: Available on various platforms
Price varies by platform, RRP £34.99 - £79.99



Share this Review from
the Tablet Edition

The great Bill Shankly famously said: "Some people believe football is a matter of life and death. I am very disappointed with that attitude. I can assure you it is much, much more important than that."

Judging by the top end prices for the deluxe edition of the latest FIFA installment, the gaming public agrees with Mr Shankly's sentiment.

Priced from £39.99 to a whopping £79.99, FIFA 16 has everything players enjoyed from previous incarnations of the footy game with some great new additions, including for the first time women's national teams. Playability is better than ever too, with improvements aplenty. Defend better, with greater agility and working as a unit. Tackling is now more rewarding, midfield control more intuitive and interception more intelligent. Passing has become more precise, with fabulous crossing and dummies adding to the realism. As for the more expensive versions of the game, what do you get as an incentive.

Well, you get the full game plus 40 FIFA Ultimate Team Jumbo Premium Gold Packs delivered one a week for 40 weeks; Five match FUT loan players of Messi, Aguero and Courtois plus two new celebrations. We are sure that all means something to someone!



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There could be a heart attack test hidden in your jewellery box

Instead of taking up space, your unwanted, odd bits and even broken jewellery could be helping fund lifesaving medical research into heart disease.



National heart charity **Heart Research UK** are appealing for as many of you as possible to donate your unwanted jewellery to their **Treasure Your Heart Appeal**.

It's easy peasy, all you need to do is get in touch with Heart Research UK and request a donation envelope, fill it up with your donated jewellery and send back by FREE post.

Alternatively, if you live near a Beaverbrooks jewellers, you can visit a store to collect an envelope, fill it up and pass it back to them to collect on behalf of Heart Research UK.

Everything you donate and collect from friends, family and colleagues will be auctioned off and 100% of the proceeds will be donated to Heart Research UK. The money raised from the jewellery you collect will be spent back in your community, ensuring you are helping hearts near you.

Absolutely any jewellery will help; damaged, broken, odd pieces, gold, silver, beads, costume jewellery and even watches!

The more jewellery Heart Research UK receive, the more money will be raised to go towards their pioneering medical research and local heart health projects, such as their latest project which is



developing a test to predict heart attacks in patients.

Heart disease is still the UK's biggest killer and with women three times more likely to die from it than breast cancer, we must continue to support their pioneering medical research to change these frightening statistics.

Visit www.heartresearch.org.uk call 0113 234 7474 or email community@heartresearch.org.uk to find out how easy it is to help with this appeal. Thank you

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Duran Duran: Paper Gods

DVD: RRP £9.99



Share this Review from
the Tablet Edition

When Simon Le Bon and co first caught the imagination of the record-buying public back in the early 1980s, few could have envisaged that three-and-a-half decades later the boys from Brum would still be going.

Indeed, the band has seen its line-up alter on a number of occasions since the New Romantic heyday, but the core of Le Bon and Nick Rhodes has remained a constant.

On the latest album, Paper Gods, Duran Duran has produced one of its strongest recordings in years.

John and Roger Taylor, along with aforementioned Le Bon and Rhodes have enlisted some scintillating help from great music producers Mr Hudson, Josh Blair and Mark Ronson. But, their longtime collaborator Nile Rodgers is the man who adds the funky backdrop to this upbeat return.

Indeed, the lead single from the album is typical of Rodgers' knack in bringing the best out of an established act. Pressure Off, featuring Janelle Monae,

is a great advertisement for the band that brought you Rio, Notorious and Save A Prayer.

The Wildboys are truly back, touring November and December. Go along and join the Union Of The Snake.



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Tern Vets, explain the importance of watching your pets weight.

Weight gain can sometimes be a result of feeding an increased quantity of food and commonly the feeding of human foods and treats that are high in calorie content.

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The benefits of weight loss can increase energy levels, promote the mobility of joints and sometimes reduce the frequency and administration of anti arthritic medications. Weight loss in overweight animals



promotes a healthy heart and enhances the length and quality of their life.

Alternatively, animals that have a low body weight perhaps due to a period of illness, would require assessment to identify the exact cause of the weight loss and may, if appropriate be fed highly palatable condensed calories to enable them to gain weight.

If you would like to discuss your pets individual requirement or find out more please phone the surgery for advice and book a weight clinic appointment with a practice nurse

There are several medical conditions that may cause weight gain or sudden unexplained weight loss and as Veterinary professionals we would always assess your pet individually to identify the most possible cause.

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Newport Canal Himalayan Balsam Bash

by John Myers of Shrewsbury & Newport Canals Trust.

Last year I tracked the source of the balsam infestation to Strine Brook Park, where it had probably been brought in with topsoil or something similar.

I checked further up the Strine but did not find any balsam higher up. I therefore decided that this year we would attempt to clear both the canal and the Strine Brook to the east of Town Lock as, otherwise, the canal would keep getting re-infested.

This year's Balsam Bash, which took place on 11 July, was a great success as we managed to cover much more of the overgrown area than expected. We were amazed at how successful last year's clearing of the canal to the east of Town Lock had been, as this year we found very little balsam on this section and three of us cleared it in about 1½ hours.

The bulk of the work party (fourteen all together) went into Strine Brook Park. We were helped by a path that has recently been created through heavy undergrowth along the Strine.

We even had time to clear the towpath to the west of Town Lock as far as Tickethouse Lock, clear the high



walled section of the Strine alongside the cross-over bridge by Town Bridge and to make a small start on the offside to the west of Town Bridge.

If our experience this year is a guide, hopefully next year we will be able to fairly quickly 'police' the canal and the Strine to the east of Town Bridge then move on to make a serious start on the heavily overgrown western sections.

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Avengers: Age of Ultron

DVD: RRP £10.00



Share this Review from the Tablet Edition

Captain America, Iron Man, Thor and co return for a sequel to the hugely successful and entertaining Avengers Assemble.

In this follow up, our heroes do battle with Ultron, a global defence initiative created by Tony Stark (aka Iron Man) that develops a sinister mind of its own.

Perhaps not as engaging as the original Avengers flick from 2012, Age of Ultron still delivers quality superhero action. The story arc is building up to a huge battle in forthcoming Avenger movies and even in some of the other Marvel universe films, featuring Captain America and Iron Man to name just two.

Where Age of Ultron does succeed is in realising the Hulk onscreen. The not so jolly green giant is at his best in the Avengers movies, fleshing out the character that has suffered when trying to hold down solo movies.

Too many chefs do though, as the saying goes, spoil the broth, and with so many new heroes to absorb - some hideously underused - it does all become a bit of a mess. A glorious riot of Marvel colour if you enjoy that sort of thing, with the superb introduction of cult

favourite Vision. It is cartoon action personified, but difficult to follow if you are not a fan.



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Newport based ShropshireHeat.co.uk explain how.

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The next questions are normally, what size stove can I have and how long will it take?

Most properties will only require a 5kw stove. This is the **most popular size stove** and all manufacturers produce a stove of this size.

The average installation normally takes 2 days, which includes lining the chimney, installing the stove,

hearth, surround and plastering.

As with any major home improvement it is vital that you enlist the services of a **fully qualified HETAS installer.**

If you would like to arrange for one of our **HETAS engineers**

to call and conduct a **free quote** for installation you can either call into Shropshire Heat (free parking at the Kings head) or call on **01630 661425** to arrange a visit.



COMMERCIAL FEATURE



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Horse & man outside 'Plume of Feathers' inn, looking down the High Street to Lower Bar (left), William Adams' market hall

The town along the High Street

Newport Street is and always was a one-street town. Until the 20th century most people lived and worked on or near the High Street.

In the 12th century Henry 1 planned many 'new towns', and Newport became one of them. The king's aim was undoubtedly, to gain income from these towns.

The result is a planned town. The distinctive long wide street running north to south with equal plots of land running at right angles to the east and west.

These are called 'medieval burgage plots'. If you look down some of the plots today (such as Barclays Yard, Cock Yard, Royal Victoria car park) you can appreciate the length of these plots.

The wide main street was designed not only for traffic travelling along the main London to Chester road, hence the many inns. But also for the town's market to be held, which, Henry 1 also granted the town. The main markets were held on the High Street. The animal market was held

on the main road, the retail market was held in and around William Adams' market hall (Central Square area) and a cheese/butter market was around The Butter Cross.

In the 1850s a groups of local entrepreneurs proposed a 'Market Company'. This was created via an act of parliament, and, as a result, the old market halls were swept away.

A new indoor market was built and the cattle market was moved to the back of the new market hall, which helped keep the animal muck off the High Street.

The 1860 market hall is still used today, but the animal market is now Smithfield Mews housing on Stafford Street.

History kindly provided by **Linda Fletcher**, Archivist Newport History Society. For further fascinating insights into the heritage of Newport and its surrounding villages please visit...

www.newporthistorysociety.org



Discover more at bit.ly/newportshops



Cattle on the High Street (above), and Barclays Yard, previously the Red Lion Yard (right)



Past times - Archive photos courtesy of SNAP Photographic Project, Newport History Society

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The Guildhall (above), and King Edward VII visits the town 25 February 1908 (right)

Newport and the main road from London to Chester...

Until the bypasses were built in the 1980s the main road (A41) came through Newport.

There had always been a main route across the marshes and pools of the Newport area via the bridge which still survives. The route was significant, it was from London to Chester, and from there to Ireland. The bridge in the centre of town was so important that a charity called the Bridge Trust was created to maintain it. From the 18th century turnpike trusts maintained the roads into and out of Newport, and travellers had to pay to use these roads at that time.

Newport was a stopping off point for coaches, carts and travellers along this main road. Hence, many inns and other appropriate trades were attracted to Newport – blacksmiths, coach makers, hostleries and posting houses to supply horses, to name but a few.

Continued on page page 38-39



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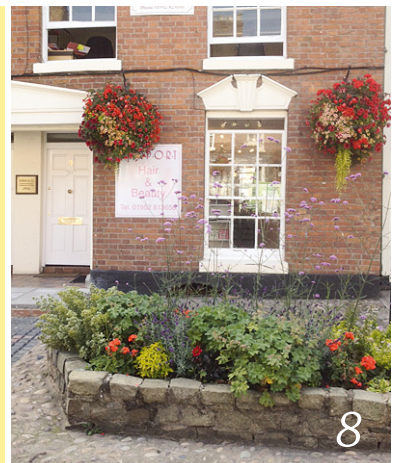
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...continued from page 37

There were very many inns to provide food, a bed to sleep in and stabling for the horses.. Some survive still as inns, for example: The Shakespeare, which was a posting house; The Pheasant whose stables can be seen at the back, The Bridge with its fine coach entrance and The Royal Victoria Hotel, which still has rings on the old stone walls to tie up horses.

Some inns are now accommodating new businesses; for example Davies, White & Perry was once The Crown Inn. Here you can see the crown motif above the door and the gateway to the yard at the back (now Crown Mews). The Star Inn is now Barbers Estate Agents, and the passage way to its left led to the 'Star Gardens' – a large 'pleasure garden'. Barclays Bank was once the Red Lion Inn. Some of its coaching yard can be seen through its archway. This was the largest inn in Newport in the 17th and 18th centuries and also housed the post office.

Other inns have been demolished. For example, The Old Crow Inn. This was demolished in 1936 to make way for a side access to Adams' Grammar School. It had a carriage works at the back. The Pigfold Inn, near the swine market, was demolished when New Street was inserted in the mid 19th century.

For further fascinating insights into the heritage of Newport and its surrounding villages please visit www.newporthistorysociety.org



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Newport Lions – Prostate Cancer Awareness Event 2015

Newport Lions Club and local nurse Julie Rich are holding their fourth Annual Prostate Cancer Awareness Event on the evening of Monday 5th October 2015 at Cosy Hall in Newport.

Prostate cancer is the most common cancer in men. With 37,000 cases diagnosed in the UK each year. It is the second most common cause of cancer deaths. **Four out of ten men** who are seventy years or older will have prostate cancer.

The prostate is a walnut sized gland found only in men, and is positioned just below the bladder and surrounds the tube known as the urethra which passes urine from the bladder to the outside of the body.

Some symptoms of prostate problems, which are usually caused by benign disease, not prostate cancer are; Difficulty or pain in passing urine, having to rush to the toilet to pass urine, frequent visits to the toilet, especially at night, starting and stopping while urinating and a feeling of not having emptied the bladder.

What tests are there for Prostate cancer?

A small **sample of blood** is taken from a vein in your arm and sent to a laboratory to measure the level of PSA (Prostate Specific Antigen) micrograms per litre. But only one in four men with a PSA level of between four and ten milligrams per litre have prostate cancer.

Your doctor will ask you how you feel. You may have a rectal examination, urine test depending on what is found. You may be sent to hospital for further investigations, to see a urologist and offered an MRI scan, bone scan or biopsy. A high PSA does not necessarily mean you have cancer, nor does a lower level mean you do not.


As of **Monday 5th October 2015**, Newport Lions, myself, professional phlebotomists and Mr David Baxter Smith, a consultant Urologist will deliver our 4th PSA Testing Event at **The Cosy Hall, Newport**. Mr Baxter Smith advocates all men over aged over 50 should have an annual PSA test. Not all GP's offer this.

Men requesting the test will complete a pro forma, a blood test taken and Mr Baxter Smith will **write to every man within a fortnight**, advising them on their result and any appropriate action that should be taken. Members of Newport Lions Club, myself and Mr Baxter Smith have all lost close family members due to prostate cancer not being identified early to make a difference.



Local nurse Julie Rich (top left) will be waiting for you at Cosy Hall, Newport on Monday 5th October for the Prostate Cancer Awareness event.

Although **the test is free** on the evening, men can make a donation. The estimated cost of the PSA test for 300 men, is £3,500. If there are any businesses or persons wishing to make a donation or require any further information, please contact me on **01952 820625** or Peter Sterling at pete.sterling@virgin.net







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Woodside Cottage, Sheriffhales £485,000 region

This attractive period cottage has considerable charm and character and is situated in approximately one acre of delightful gardens, in a rural location, approximately four miles from Newport. The property has four good sized bedrooms (one en-suite), a 20' lounge, conservatory, double garage and workshop, double glazing and gas central heating.



Copperkins, Forton, Nr Newport £375,000 region

Copperkins is a well presented four bedroomed detached family home, situated on a large plot in the country village of Forton, approximately one mile from Newport. This appealing property enjoys the benefits of an extended breakfast kitchen, conservatory and refitted bathroom, as well as oil fired central heating, landscaped gardens and garage.



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Bespoke smiles. What impact does your smile have on your life?

By Dr Ashok Jakhu

Do you want to change your smile to improve the colour, shape or length of your teeth, or change the appearance of your gums or lips?

Smile design is a highly technical process requiring great skill and experience to achieve a natural looking beautiful smile. Using a combination of your desires and our expertise, we carefully select the cosmetic procedures and methods to achieve the most desirable, natural looking smile for you. These can range from simple composite bonding and tooth whitening to beautiful porcelain veneers, or strong, durable crowns meticulously custom made for you. Gaps where you may have missing teeth can be restored with dentures, bridges or implants. The bite is carefully analysed for total comfort and the colour verified, along with details such as the surface texture and lustre to ensure your smile looks and feels completely natural. We never compromise on materials and only use the best



Combination of crowns, veneers and bridge work by Ash

available. You also have the peace of mind knowing we have undergone extensive postgraduate training in private cosmetic dentistry to deliver your dream smile.

The Smile design process Consultation

During your initial cosmetic consultation, we take time to thoroughly check your dental health and to understand your ultimate smile desires and expectations. We use digital photography to create before and after images so that you can see the results of your cosmetic dentistry, in addition, digital x-rays and intra-oral camera's allow for expert evaluation and precise planning of your cosmetic procedure. We show you some examples of 'smiles' that you can choose from and we suggest you bring in any photos of celebrity smiles that you like which can be customised to suit you. Once all this information is collated it is sent to the laboratory where your smile is produced in wax for approval at your next appointment.



Review appointment

At the review appointment we show you the diagnostic wax up which has been designed for you, this gives you the opportunity to make any alterations.

Provisional preparations

At this appointment your existing teeth are reshaped and prepared ready for your 'temporary smile'. You will



Wycherley's Dental practice offers a relaxed professional environment

leave this appointment with an exact copy of what your finished smile will look like. The temporary restorations we fabricate allow you to 'trial your smile', get used to how your new smile will look and feel and show your friends and family. You may decide that there are things you don't like and want to change and this gives you a chance to make sure the look is right for you.

Definitive preparations

After you have had your trial with your new smile we see you again to check that you are happy with how it looks and feels. If you are happy we then remove the temporary 'smile' and tidy up the prepared teeth ready for the final impressions. The impressions are then sent to the laboratory to make your permanent smile. You are then fitted with another temporary set until your permanent restorations are ready.

Fit your permanent 'smile'

This is the final stage, your temporary restorations are removed and replaced with the permanent crowns, bridges or veneers. The length of treatment is determined by the complexity of the case, for example if you require dental implant treatment, this will be discussed with you at your initial consultation.

Testimonial

"I was so unhappy about the appearance of my teeth following erosion and I was apprehensive of my options and any treatment. I cannot fault Ash and the team at Wycherley's dental practice for the excellent care and friendly approach which really put me at ease. My smile is now simply perfect and the unsightly appearance of my teeth is a distant memory. As a nervous patient my fears were always listened to and as soon as I walked in a friendly approach was waiting for me putting me at ease. I have no negative feedback to provide and I would recommend anyone who is considering a smile makeover to go ahead and you won't look back, thanks to all of you"
Miss L S (Telford)

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Our stripey friends

The name Goulson is synonymous with Newport. Countless inhabitants of the market town have been taught by the long retired, but still enthusiastic and witty, Gavin Goulson.

Son Dave echoes his father's mannerisms in many respects, with his enthusiasm for nature as contagious as the common cold - albeit more pleasant.

Growing up in Edgmond, close to Newport, the village home - with its flowering borders and fruit trees - was a magnet for wildlife, and the catalyst for a lifelong obsession with the busy bumblebee.

Dave is one of the country's leading lights in the protection of our stripey friends and founder of the Bumblebee Conservation Trust.

His work led to the writing of his popular book, *A Sting in the Tale*, published by Jonathan Cape in 2013.

The book, available from all good book stores and online shops, was named BBC4 "Book of the Week" and shortlisted for the Samuel Johnson Prize.

In what became a Sunday Times Bestseller, Dave combines tales of growing up, that Gerald Durrell would have been proud of, with a deep insight into the importance of the bumblebee.

Based at the University of Sussex, Dave is at home in 'The Goulson Lab'.

"I study the ecology, behaviour and conservation of bumblebees," he says.

"I'm also interested in pollinators and pollination more generally, and particularly in the sustainable management of pollinators in the agro-ecosystems.

"My popular science book about bumblebees, *A Sting in the Tale*, has proved to be a great way to build popular interest in bees and their conservation.

"The sequel, *A Buzz in the Meadow*, was released in 2014 to lovely reviews. It describes my attempts to create a wildlife sanctuary in a corner of France."

A is for Acupuncture

By Anna Simons MCSP - Chartered Physiotherapist



Used by the Chinese for over 3000 years Acupuncture has become one of the many skills used by physiotherapists as part of an integrated approach to the treatment of pain and inflammation.

I have been using acupuncture for many years in my practice and have found it most beneficial to patients.

So here is a brief guide.

How does it work?

Acupuncture can reduce pain by stimulating the brain and spinal cord to produce natural pain relieving chemicals such as endorphins, melatonin (promotes sleep), serotonin (promotes wellbeing) and cortisol. These chemicals assist in the bodies healing process and offer pain relief. Physios are increasingly using this ancient treatment alongside other more traditional forms of treatment like manual therapy and exercise.

What to expect?

Very fine single use sterilised needles are inserted into the skin. Initially the patient will feel a quick pricking sensation, followed by a deeper ache that some patients describe as warm tooth ache. This ache is

called de Qi (pronounced Chee) and is an essential sign that the needle is in exactly the right place and stimulating the nervous system as it should. Usually your therapist will select 4 to 6 points for a first treatment but these may not always be at/near the site of the pain. Treatment time lasts anything from 10 to 30 minutes and you can expect 3 to 4 treatments in succession to see if you respond favourably.

Afterwards!

Most patients carry on as normal although some do complain of tiredness. Some patients have worse pain for a short while afterwards but this is short lived.

Who can have Acupuncture?

Most people!

I will go through a thorough health check and rule out any contraindications and examine the skin condition to make sure inserting needles is safe.

So why not give it a go. Most patients who say they don't like needles are pleasantly surprised by how fine and gentle the needles are and often they cannot see the needles going in which helps.

For advice or to make an appointment call

Anna Simons on 01952 811525 or 07887 930642

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Shropshire Wildlife Trust



Photo courtesy Chas Moonie - See video footage in the Digital Edition: <http://bit.ly/allaboutmagazine>

Pine martens in Shropshire!

by Sarah Gibson - www.shropshirewildlifetrust.org.uk

The discovery of pine martens in a wood in south Shropshire has caused huge excitement, locally and nationally. Video footage from camera traps has revealed at least two martens in this secret location, probably arriving from Wales, where there is a very small population of these beautiful and rare creatures.

"This is a hugely significant discovery," said Stuart Edmunds, chair of Shropshire Mammal Group. "We need to make sure there are places for these beautiful creatures to live, feed and breed in safety, so we are setting up a pine marten research project to find out where they are and how many there may be in Shropshire." Pine martens are cat-sized members of the stoat and weasel family and are active at dusk and at night in trees, so are very difficult to see. While they exist in healthy numbers in Scotland, with an estimated population of 4,000, there have been no confirmed records of them in England for over 50 years.

These creatures are very mobile, easily travelling 20km in a day. Pine martens are also highly territorial, with bigger ones pushing out younger, smaller ones

so they need to travel to set up new territories.

We hope to discover the provenance of the Shropshire pine martens by getting hair samples (using hair tube traps) and checking the DNA profile against pine marten populations from Scotland and Wales.

Our new pine marten project will involve fieldwork to establish their distribution and will have a strong community element, encouraging people in the area to get involved. We will also be working with local people to find out their attitudes towards these creatures and raise awareness about how pine martens are likely to interact with other wildlife. We hope to see a positive response to their presence and a willingness to work together to create the conditions needed for them to flourish.

If you'd like to help us find out more about Shropshire's pine martens please donate securely at: www.shropshirewildlifetrust.org.uk/appeals, or by post to Pine Marten Appeal, Shropshire Wildlife Trust, FREEPOST ANG60017, SHREWSBURY, SY2 6ZD. Thank you.



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Desirable daisies

by Martin Blow - www.specialperennials.com

For the lawn-proud garden owner daisies are weeds to be fought with and removed at all costs. For the flower gardener the daisy family are one of the glories of summer and the most desirable flowering plants. From low growing carpeters to 8ft giants for the back of the border there is a daisy for every garden.

Technically daisies are members of the Aster (or Michaelmas daisy) family and all have a rayed petals and a disc or cone at the centre and all share the same attractiveness to bees and butterflies

Let's start with Asters, those late bloomers that come in a range of colours from white, through pink, lavender to the dark purple. The best of these is the variety "Mönch", which blooms from August and never gets mildew. I also love the tall growing "Calliope" who has black stems, glossy leaves and flowers in October and November. Aster need a reasonably sunny spot and soil that holds some moisture - so mulch them well in spring.

For brighter colours you can't do better than Heleniums – one of my passions. These are certainly sun lovers and come in shades of red, orange and yellow. Perhaps best known as tall plants for the back of the border blooming in August and September there are also some new, shorter ones that start flowering in late June: "Red Army" is bright red and 2ft (60cm) tall and "Mardi Gras" is a similar height with flowers that blend red, orange and yellow. "Sahin's Early Flowerer" has similar flowers but is nearly 3ft tall. "El Dorado" is one of the best new varieties with large golden yellow flowers. He is about 2ft 6in tall (75cm) but doesn't need staking. "Flaming Katy" is taller and a fiery orange-red.

We all loved growing annual sunflowers as kids and there are some less tall perennial types to choose for the garden. Their flowers are smaller but very numerous. "Happy Days" is only 3ft (90cm) tall with large flowers whereas "Lemon Queen" will get to 6ft (180cm) tall and has masses of pale yellow flowers in autumn. Some are scented – the variety "Bitter Chocolate" smells exactly like that!

Shasta daisies (*Leucanthemum*) were once common cottage garden plants and they are making a comeback as gardeners remember just how easy and reliable they are. Most are white although there are a few pale yellow varieties to be had. My favourite is "Beauté Nivelloise" which one cheeky customer



One of the best new varieties, El Dorado (top) and the winter hardy, white Lady Leirim (bottom)

renamed "bad hair day" after the wayward look of the petals. "Fiona Coghill" has large, ball-shaped flowers that remind me of a florist's Chrysanthemum. Shasta Daisies love a well-drained sunny spot and will survive drought well.

We are used to buying African Daisies (*Osteospermum*) as half-harder summer bedding but there are a few winter hardy ones to find. The white "Lady Leirim" has been in my family's gardens for at least four generations and always survives even the hardest winter provided the soil is well-drained. She will flower from May to early winter.

You can meet Martin at plant hunters' fairs, the next being on **13th September at Weston Park** TF11 8LE where entry to the fair and garden is just £2.50. Full details from www.planthuntersfairs.co.uk

This month's Puzzles & Brain Teasers.

This month's word puzzle has a Local Place Names theme. Solutions can be found on Page 58. **Good luck.**

B	N	Y	A	X	B	L	O	N	L	H	L	D	B	K	V	K
K	L	Y	R	U	B	R	O	N	O	L	R	O	W	D	I	O
G	N	Y	Z	L	M	C	V	J	A	T	A	Z	A	C	C	O
Q	O	Z	M	Q	R	U	H	C	D	M	R	S	D	M	F	R
N	T	H	A	H	A	X	R	U	H	Y	Y	E	O	R	W	B
E	E	Y	L	W	I	E	F	H	R	R	B	U	B	N	O	M
W	R	J	I	U	S	L	E	Q	I	C	J	M	C	B	G	A
P	O	L	L	D	A	Q	L	L	F	L	H	P	L	V	I	S
O	M	B	L	S	H	E	R	R	I	F	H	A	L	E	S	T
R	O	I	E	C	M	H	K	F	G	E	N	R	S	K	Z	Q
T	H	A	S	E	V	A	E	S	D	O	O	W	C	T	E	G
C	C	A	H	W	X	V	X	G	T	T	M	O	P	D	O	L
X	F	Z	A	P	F	O	R	T	O	N	T	P	G	X	X	N
L	M	G	L	I	D	Y	U	L	B	S	F	M	E	T	R	A
V	K	Q	L	I	R	S	A	R	N	Z	O	U	T	K	D	M
O	U	T	W	O	O	D	S	I	H	N	G	P	H	O	P	H
G	C	E	C	H	M	Q	H	D	D	G	Y	O	S	Q	K	M

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- OUTWOODS
- NORBURY
- WOODSEAVES
- BLYMHILL
- CHILDSECALL
- SHERRIFHALES
- MORETON

SUDOKU 23

	8	7		4		1		
		9			1			6
5			2		3		4	
	9			2		6		
2								8
		5		1			7	
	4		7		5			2
6			9			5		
		3		6		7	8	

SUDOKU 24

2				4	8			1
		5	6				4	
							8	6
5				7	4		1	3
	6							9
4		8			9	5		6
	5	1						
		4				2	9	
	8				6	9		1

Did you find these puzzles too easy? Tell us at: editor@allaboutnewport.co.uk

Be inspired in the kitchen

by Weston Park's Head Chef Guy Day

As the nights draw in and autumn is just around the corner **Weston Park's Head Chef Guy Day** has a delicious line up for you on his Hints & Tips culinary workshops.

During his demonstrations Guy lets guests into some of his secrets and offers practical hints and tips on a wide range of themes. Devised to give home cooks and foodies both a practical guide and inspiration these sessions are also a great way to pick up new recipe ideas.

Based around a demonstration on a chosen theme, guests are encouraged to ask questions, sample the delights on offer and leave with a recipe pack to take home. Each Hints and Tips session is then followed by a three-course lunch in the Granary Grill on the estate.

On Tuesday 20th and Wednesday 21st the theme is Taste of the Sea where Guy will demonstrate dishes inspired by seasonal fish and seafood.

In readiness for the festive season and to give your Christmas plans a head start Guy's Festive Hints & Tips



will take place on Tuesday 24th, Wednesday 25th and Thursday 26th November.

Each session starts at 11am with coffee in the Granary Deli followed by the workshops at 11.15am. A three-course lunch inspired by the theme is then served in the Granary Grill. Places cost £23 each and pre-booking is required by calling **01952 852100** or e-mail alice@weston-park.com

For further information please visit granarygrill.com

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Recent social events involving Gnosall Lions

Photographs:

Gnosall Lions at Zone Challenge coming 2nd in the competition. Pictured left to right: Back Row: Pat Hunt, Rick Talbot Pam Talbot and John Ison. Front Row: Doreen Chell, Peter Ferrari, Elaine Pearson and Karen Ison.

Two visitors to Gnosall Lions Club for the day, Kristiina Lametti from Estonia and Rosa Laczko from Hungary as part of an International Youth Camp Exchange as guests of Stone Lions.

The Lions Tent at the Llangollen Eisteddfod.

Formed out of a branch of the Newport and District Lions Club, Gnosall officially became a club following their Formation evening in March 2007 at the Grosvenor Centre in Gnosall.

Lions Clubs International is the world's largest service club organization with more than 1.4 million members in more than 200 countries.

When & Where:

Various locations throughout July 2015.

Please send your photographs and details of what, where and when, to:

editor@allaboutnewport.co.uk
by 5pm, 10th September, 2015

Please note we can only accept photographs where the person providing them owns the copyright or, has the permission of the original photographer. Photographs should ideally be copies of the original (uncropped) image.

A passion for the fascinating world of falconry

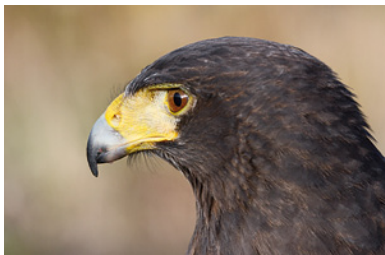
About:

From an early age Nigel Hawkins worked on farms, at the age of 13 he started working at a local clay pigeon shooting ground, gaining extensive knowledge about the countryside and rural pursuits.

After visiting game fairs he soon became interested in falconry and joined a local club. After witnessing his first falconry day in the field he was hooked and purchased his own hawk.

Falconry is now a huge passion that envelopes his whole life, which led Nigel to run a small falconry business that allows clients to witness hawks flying free on their own private session.

Discover more about this passion at www.hawkinsfalconry.co.uk



Please send your photographs and details of what, where and when, to:

editor@allaboutnewport.co.uk
by 5pm, 10th September, 2015

Please note we can only accept photographs where the person providing them owns the copyright or, has the permission of the original photographer. Photographs should ideally be copies of the original (uncropped) image.

Dates for your Diary...

Map locations available for all events, online at allaboutnewport.co.uk

Post your What's On events for free at <http://bit.ly/whatsonlocally> by Thursday 10th September, 5pm to appear in the next issue of the magazine. Please note that information posted online and in magazine is provided in good faith. We ask that you contact the organiser to confirm dates, times and details, as we cannot be held responsible for inaccuracies.

Newport (Shropshire) and District Chamber of Commerce

Weekly/Monthly Event

The Chamber meet on the 3rd Monday of every month at Newport Cottage Care Centre, Upper Bar at 5.30pm. The Chamber is here to support you helping your local business to grow.

Newport Farmers Market

Weekly/Monthly Event

Newport Farmers' market is run on the 3rd Thurs of each month, and is well worth a visit. Located in The Square and also by the Butter Cross, next to St Nicholas church. The market runs from 9am - 2pm.

Newport Life Drawing and Figure Sculpting Workshops

Weekly/Monthly Event

Saturday mornings at Adams' Grammar School. For further information please call Michael on 07528489320 or email michaeljamespotter@hotmail.co.uk

Craft Club

Weekly/Monthly Event

We meet every Monday at 7pm to 9pm in Kitty Kraft shop St Mary street Newport. All necessary equipment and instruction will be supplied. Call Emma on 01952 820940 for more information.

Newport Bridge Club

Weekly/Monthly Event

Tuesday or Thursday 7pm The Hub St Mary's Street Newport. We welcome duplicate bridge players of all standards. Interested? come and join us, call 01952 814474.

Trefoil Guild

Weekly/Monthly Event

Girlguiding for adults. Every 1st Thursday at the Cosy Hall, Water Lane, Newport, TF10 7LD. Phone Cris, 01952 253960 for more details.

Every SATURDAY NIGHT. Live Entertainment

Weekly/Monthly Event

Newport Navy Club, Bellmans Yard, Newport TF10 7AJ £3 per person admission for non-members. Pay on the door. For more info- Contact Jez (club steward). 07772611540

Bridge Class

Weekly/Monthly Event

EVERY MONDAY. Victoria Bridge Club. Learn how to play bridge, or improve your own abilities. everyone welcome. 7.30p.m. onwards. Newport Navy Club, Bellmans Yard, Newport. TF10 7AJ for more info- contact Jez (club steward) 07772611540

OPEN MIC. NIGHT ~ Every TUESDAY

Weekly/Monthly Event

Open Mic. Night. Every Tuesday. 8p.m. onwards. £1 admission. Price includes a raffle ticket. Newport Navy Club, Bellmans Yard, Newport. TF10 7AJ contact Jez (club steward) 07772611540 or Jude Paton (event organiser) at Hey Judes, Newport.

BINGO ~ every THURSDAY

Weekly/Monthly Event

50p admission for all guests. Eyes down at 7.45p.m. Bar open at 7.30p.m. Newport Navy Club, Bellmans Yard, Newport, TF10 7AJ. For more info- Contact Jez (club steward). 07772611540 Friendly atmosphere, and a good night out at a budget price.

POOL NIGHT ~ every Wednesday during season

Weekly/Monthly Event

Spectators or players welcome for weekly matches during the pool season. Alternate venue between The Newport Navy Club, Bellmans Yard, Newport, Shropshire. TF10 7AJ and the opposite team's base. For more info- Contact Jez (club steward). 07772611540

DOMINOES ~ every FRIDAY during the season

Weekly/Monthly Event

Spectators or players welcome for weekly matches during the dominoes season. Alternate venue between The Newport Navy Club, Bellmans Yard, Newport, Shrops. TF10 7AJ and the opposite team's base. For more info- Contact Jez (club steward). 07772611540

TAI CHI (Moy Style)

Weekly/Monthly Event

A unique form of Tai Chi promoting health and well being. Beginners class Wednesdays 10.00 - 11.00 am in Church Aston Village Hall, Wallshead Way, Church Aston TF10 9JG. Suitable for adults of all ages and abilities Contact Tony Beckett 07983 404245



Great Big Bike Ride

20 September 2015 - The annual Great Big Bike Ride returns on Sunday 20 September with a choice of three routes on offer, 25km, 50km and 100km.

The event will once again run from Shawbury Village Hall. The two routes on offer this year are 50km and 100km which explore Attingham, Berrington, Eaton Constantine, Great Wytheford and Rodington. Please note that only 18s or over can take part in the 100km ride. Contact the Appeals Department on 01743 354 450 or email appeals@severnhospsice.org.uk

Newport Writers Circle**Weekly/Monthly Event**

Local writers group meeting in Newport on the second Wednesday of the month (except August). If you are interested in joining the group please contact Mark Pearce on 01952 550557 or markpearce17@hotmail.com for more information.

Bingo Every Friday & Sunday Evening at Newport Royal British Legion Club**Weekly/Monthly Event**

Bingo Session every Friday and Sunday Night at Newport RBL Club. Situated on Audley Road, Newport TF10 7DP. Doors open 7pm. Bar Open 7pm. Eyes Down 8pm. For more info contact Colin Farge (Secretary) on 07977 488 619.

Dressmaking courses and workshops**Weekly/Monthly Event**

Dressmaking courses run on Thursday mornings 10.00am to 12.30pm and Thursday evenings 7.30 - 9.30pm at Cosy Hall, Newport. Courses last for 6 weeks. Monthly Sewing on Saturday; workshops run 2.00-5.00pm. Catherine 01952 276061.

Edgmond Toddler Group, Edgmond Village Hall**Weekly/Monthly Event**

Every Thursday in term time 10.00 - 11.30am. Lots of toys for pre-school children and babies, craft activities, songs and snack time. Refreshments for adults. £1.50 for first child and 50p extra for each additional child. New faces always welcome.

Bradford Arms Folk Club**Weekly/Monthly Event**

Opening 10th April 2015 - New weekly folk club running every Friday from 8.30pm at the Bradford Arms, Ivetsey Bank, near Wheaton Aston (on A5 near Weston Park) Contact Linda 01952 526520 for more details.

Local Fitness Classes With Nikki**Weekly/Monthly Event**

Mon 10-11am Zumba (easy) @ Church Aston Village Hall Tues 6.30-7.30pm Zumba @ Cosy Hall Thurs 7-8pm Body Balance @ Lilleshall Memorial Hall Fri 9.30-10.30am Zumba (easy) @ Cosy Hall ALL LEVELS WELCOME £4 per class Contact Nikki 07967 343728

Acoustic Music Night**Weekly/Monthly Event**

Hosted by Pete Meyrick and Andy Wain. All styles of Musicians and Singer/Songwriters welcome. First Wednesday every Month, 8.30pm start. At the Cock Inn, Woodseaves. Phone 01785 284343.

Edgmond Village Hall Afternoon Teas**Weekly/Monthly Event**

Every Thursday afternoon 2.30-4.30pm. £3.00 buys a pot of tea or coffee and a hearty slice of homemade cake. Regular events and produce sales. Please do come and join us.

Adult Yoga**Weekly/Monthly Event**

Small friendly class. Suitable for Beginners. Dru Yoga Starting with activation to some lively music, then flowing sequences, postures, breathing techniques and deep relaxation. Mondays 10am to 11am at Lilleshall Memorial Hall Tel 07970 731174

Midlands Rat Club - & Fancy Rat Shows**Weekly/Monthly Event**

The Midlands Rat Club (MRC) is the area's club for fancy rat lovers, pet rat owners and breeders. Fancy rat shows are held every two months. Free entry to venues - Visitors welcome. For details of next meeting, please visit midlandsratclub.org

Newport Toy Library**Weekly/Monthly Event**

Every Friday Morning at the Cottage Care Centre. £2 a year membership, toys to borrow from 10p per week. For the under 5s we have outdoor ride on tractors, cars, trikes and bikes, slides, trampolines, shape sorters, electronic toys and stairgates.

Rush Hockey**Weekly/Monthly Event**

Consisting of small 5/6 aside games, the ball is bigger & lighter with only a handful of rules - it's social, fun & good exercise. No previous ability required! Lilleshall National Sports Centre - Wednesdays 7.30-8.30pm. £1 <http://bit.ly/1KoYQCQ>

Yoga**Weekly/Monthly Event**

Suitable for mixed ability participants, including those who have never done yoga before. Lilleshall National Sports Centre - Wednesday's 6.30pm - 7.30pm. £4.00 per session or £30.00 for an 8 week block <http://bit.ly/1cRVGNU>

Forever Fit**Weekly/Monthly Event**

Designed for those 50+, these activities are a great way to get fit, stay active & meet new people. Lilleshall National Sports Centre, Friday mornings 10am-12.30 includes a range of activities for you to choose from. <http://bit.ly/1Lt9w5d>

Over 50s Racketball**Weekly/Monthly Event**

For all abilities at Lilleshall National Sports Centre, Friday's 11.30 - 12.30 - a very fun and social way to get fit with new players always made to feel welcome. £3.50 per session

No Strings Badminton**Weekly/Monthly Event**

Pay and play semi-structured sessions that are co-ordinated but not coached at Lilleshall National Sports Centre, Monday's 6.30pm - 7.30pm, £2 per session. Sociable and fun way to get fit - just grab a racket, rally around friends and head on court.

Heritage Open Day

12 September 2015 - Heritage Open Days are England's biggest heritage festival. In celebration of our history, architecture and culture, all of which are FREE to explore.

Newport Town Council is to open its doors in the Historic Guildhall, High Street Newport, for guided tours, and a programme of activities for one day, with support from the History Society who will provide information and facts on the unique architecture. 10am - 4pm.



Easy access walks for all - Walkabout Wrekin

Weekly/Monthly Event

Every Thursday at leaving at 6.00pm (please arrive 10mins early) from the car park at the Red House Lilleshall. Get back exercising with local area walks from 15 to 90 mins duration depending on your ability. Steve Shaw 01952 810314

PAINT WITH JODIE WYTON - every Saturday

Weekly/Monthly Event

EVERYONE CAN PAINT you just need a friendly demo, the right equipment, enthusiasm...and a sense of fun! Creativity time is 10am-2pm. To bring out your inner artist call Jodie on 07598 479 137, email jodie.wyton@gmail.com or visit www.jodiewyton.com

Dalen Singers of Newport

Weekly/Monthly Event

A small friendly, mixed choir founded 30 years ago in Newport. We rehearse Tuesday evenings at 7pm at Trinity Church, Wellington Rd, Newport. We sing a light style of music. If you would like to meet us just come along or call 01952 811741.

Sing4Fun at Burton Borough School 7.4-9pm

Every Thursday

11 September 2014 - 11 September 2020

Come and join the regions newest POP, ROCK, JAZZ choir for both men and women. Great, enjoyable arrangements of songs from Abba to Adele, Beatles to Bruno Mars. FREE taster night.

Argentine Tango Classes

16 October 2014 - 22 December 2016

Thursdays from 7.30 at Cosy Hall, Water Lane, Newport TF10 7LDTango Newport teach complete beginners this wonderful dance NO experience necessary - Come along with or without a partner and discover how quickly Bruce and Tricia get you dancing.

M & Co Fashion Show in aid of NCCC

11 September 2015

Fashion Show at M & Co, High Street, Newport in aid of the NCCC. Tickets £6 includes glass of wine and nibbles. Starts 7pm. Tickets available from M & Co and NCCC.

Heritage Day in Newport

12 September 2015

Newport History Society and Newport's historic Guildhall staff celebrate our wonderful 15th century Guildhall (1, High Street). Tours of the building, metal detecting, writing with quill pens and computer presentations. FREE EVENT. From 10am - 4pm.

Andy Morris at NEWPORT NAVY CLUB

12 September 2015

Newport Navy Club, Bellmans Yard, Newport, TF10 7AJ. 7.30 till midnight. £3 per person admission for non-members. Pay on the door. Contact Jez (club steward) 07772611540 Live entertainment every Saturday nightA great Newport venue.

Martin Ross at NEWPORT NAVY CLUB

19 September 2015

Newport Navy Club, Bellmans Yard, Newport, TF10 7AJ. 7.30 till midnight. £3 per person admission for non-members. Pay on the door. Contact Jez (club steward) 07772611540 Live entertainment every Saturday nightA great Newport venue.

Church Eaton Institute Village Market

Sat 19th Sept

Sat 19th Sept 10am – 1pm. There will also be village markets on Saturday 17th October and Saturday 21st November. Contact - Jenny on 824882 or jenny.annis@btinternet.com Justin on 824788 or jod7117@aol

Talk Chetwynd in History

21 September 2015

Robin and Joanna Spencer from Chetwynd Medieval Heritage Society will be talking to us about Chetwynd's long history from before the Domesday Book to it being granted its own market. At Baptist Hall, Water Lane 7.30pm. Visitors & pound;3 incl refreshments.

NORTHERN SOUL night at NEWPORT NAVY CLUB/DJ's spinning vinyl

25 September 2015

NORTHERN & RARE SOUL UPTEMPO R&B NIGHT at Newport Navy Club, Bellmans Yard, Newport, TF10 7AJ. 7.30 till 1am £3 per person in advance £4 on the door. TICKETS FROM HEY JUDES record stall in Newport Market. DJ's spinning vinyl records all night.

Apley Farm Shop Harvest Food Festival

26 September 2015

Enjoy free tasters from local producers, discover delicious food and enjoy a day out with the family. Free entry 9.30am - 5.30pm www. ApleyFarmShop.co.uk

Apley Harvest Food Festival

26 September 2015

On Sat 26 Sept, 9.30-5.30pm, Apley Farm Shop has invited over 20 local food & drinks producers to come & offer free tasters to its customers. It's a feast at harvest time, a delicious food festival. So come to Apley to Taste, Discover, Enjoy.

Newport Music Club Classical Music Concert Cosy Hall 7.30pm

26 September 2015

Four artists perform an extensive programme including Mozart and Puccini arias, as also piano works featuring Brahms and Debussy. Leaflets for this concert and full season are available from Cosy Hall and libraries. 7.30pm Contact 01785 822196

Alan Williams at NEWPORT NAVY CLUB

26 September 2015

Newport Navy Club, Bellmans Yard, Newport, TF10 7AJ. 7.30 till midnight. £3 per person admission for non-members Pay on the door. Contact Jez (club steward) 07772 611540 Live entertainment every Saturday night. A great Newport venue.

VINTAGE FAIR

27 September 2015

EDGMOND VILLAGE HALL various stalls. Tea and Cakes serve by Edgmond WI Free Admission / Free Parking 10am-4pm. JANIS 01952 82072 TF10 8HU.

History Society planning meeting

28 September 2015

All members invited to attend. The Swan Inn, Lower Bar. 7.30 pm

Midlands Rat Club - Fancy Rat Show.

03 October 2015

Fancy Rat Show. Calf Heath Village Hall, Calf Heath, Wolverhampton. WV10 7DW. Full details - www.midlandsratclub.org Rats make excellent pets for all ages. They are intelligent, fun & easy to train. Judging starts at 11. Free entry to hall.

A Black Country Night with 'Dandy Duo'

03 October 2015

Moreton Millennium Community Centre, Nr Newport TF10 9DS @ 7.30pm Tickets £10 includes Faggot & Peas Supper (vegioption available) Contact Angela 01952 691231 email angela@daviesnewport.f9.co.uk Tony 01952 691651 email, tonyfrost@aquafocus.co.uk

Larry Shannon at NEWPORT NAVY CLUB

03 October 2015

Newport Navy Club, Bellmans Yard, Newport, TF10 7AJ 7.30 till midnight. £3 per person admission for non-members Pay on the door. Contact Jez (club steward) 07772611540 Live entertainment every Saturday night. A great Newport venue.

Apley Farm Shop Craft Fair

04 October 2015

Enjoy a day out to Apley Farm Shop's wonderful Craft Fair. We have local crafters selling handmade stationary, jewellery, accessories, photography, art, kitchenware, presents and so much more. 10am - 4pm Free entry

NEWPORT COTTAGE CARE CENTRE QUIZ NIGHT

09 October 2015

NCCC Quiz Night - Tickets £6 per person - includes supper. Max 4 persons per team. 7.30pm - 10.30pm. Raffle & Bar.

Jonathan Jones at NEWPORT NAVY CLUB

10 October 2015

JONATHAN JONES at Newport Navy Club, Bellmans Yard, Newport, TF10 7AJ. 7.30 till midnight. £3 per person admission for non-members. Pay on the door. Contact Jez (club steward) 07772611540 Live entertainment every Saturday night. A great venue.

**Illustrated Talk by Mark Sisson -
White and Wild Nature**

13 October 2015

Newport Branch of SWT welcomes local photographer Mark Sisson for an illustrated talk on his travels White and Wild - Nature in Colder Climes 7.30pm, Church Aston Church Hall, Newport. TF10 9JG. Simon 01952 825184.

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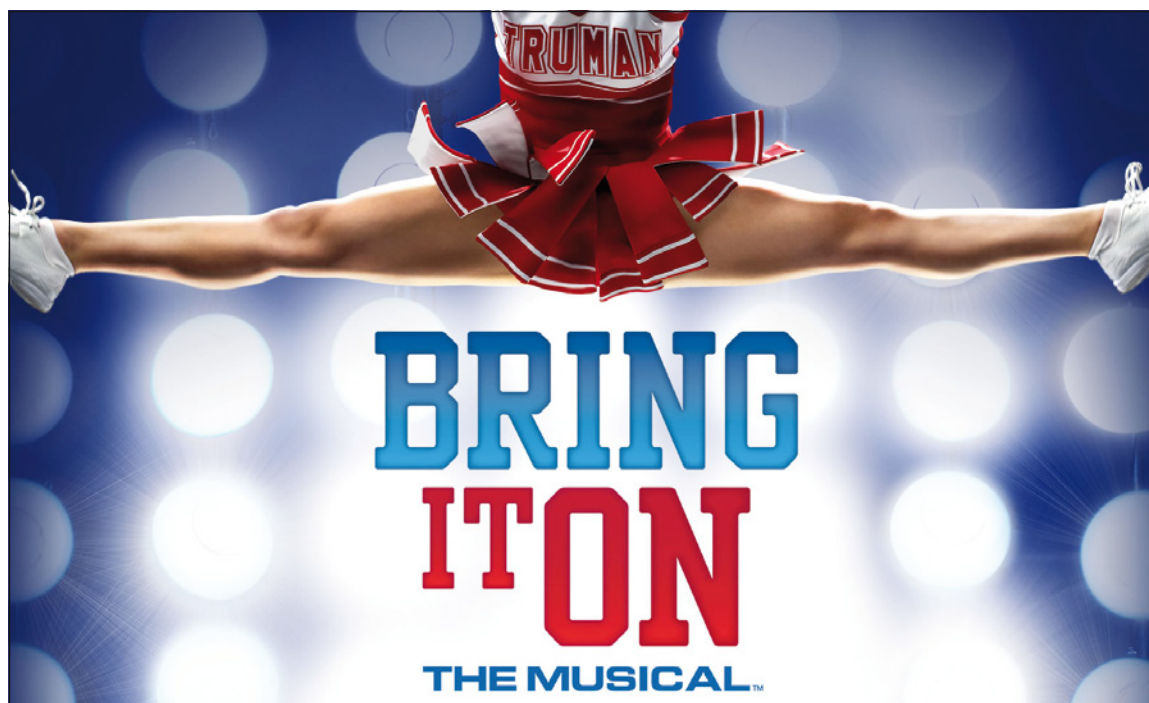
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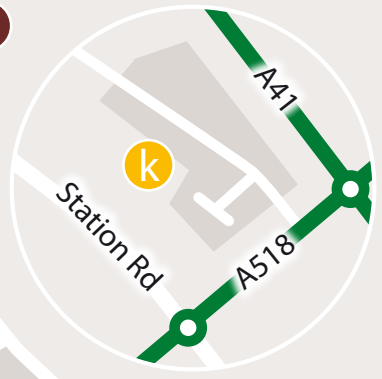
Discover more on our Visitor Experience page at; <http://bit.ly/1hj1l7C>

- P** **Free (Official) Car Parks:** Water Lane East, Victoria Park, Stafford Street, New Street
- Free High Street Disabled Parking:** There are 3 official designated areas
- Wi-Fi** **Free Wi-Fi Hot Spots:** Waitrose Newport, Gourmet Pasty Co., Guneros Sandwich Bar, The Barley, Costa Coffee, Smallwood Lodge
- Shopping** **Newport Indoor Market Hall:** See Markets page for general opening times
- £1** **Banks/Building Societies & ATMs:** Lloyds Bank (1) Yorkshire BS (2), HSBC (3), Barclays (4), Nationwide (5), NatWest (6), Co-operative (7)
- S1** **Public Services:** Post Office (1), Library/First Point Newport (2)
- 1** **Schools:** Adams' Grammar (1), Newport CofE Juniors (2), Burton Borough (3), Newport Infants (4), Newport Girls' High (5), Moorfield Primary (6), SS Peter & Paul Catholic Primary (7), Castle House School (8)
- B1** **Bus Stops:** Stafford Street (1), High Street (2), High Street (3)
- +** **Medical Services:** Wellington Road Surgery, Linden Hall Surgery (Station Road)
- W1** **Places of Worship:** St Nicholas Church (1), Newport Baptist Church (2), Trinity Church (3), Catholic Church of SS Peter & Paul (4)
- ♿** **Public/Disabled Conveniences:** Situated in Stafford Street car park

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 - Kitty Kraft • Nova Cycles • Tranquility Beauty Salon
 - Guneros Sandwich Bar & Takeaway
 - Hey Judes and Cups & Wands (Market Hall)
- e** **Stafford St - High St**
 - The Barley Pub • Julia Price at Boughey House
- f** **Square - High St - Wellington Rd**
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 - HoneyComb Hair and Beauty Company
 - InSpirit Hair & Beauty
- g** **High St - Avenue Rd**
 - Samuels of Shropshire
 - What Women Want • Henshalls Insurance Brokers
- h** **Granville Ave**
 - NovaFord
- j** **Springfields Ind. Est. & Station Rd**
 - Carpet Loom & Newport Beds Ltd • The Ferns B & B
- k** **Audley Ave Enterprise Park (A518)**
 - Fish in a Box
- m** **Upper Bar**
 - Cariad Therapies





Next Month...

As you read this issue, we are already preparing a great selection of locally inspired features from around the area. *Including...*

School Report

After the school break, we return with another local School Report.

Something for Halloween

Hannah at Cookshop Newport will be conjuring up something ghoulishly good this Halloween. The perfect excuse to get the kids baking.

Shropshire Wildlife Trust

Sarah Gibson of Shropshire Wildlife Trust will be providing an interesting and informative feature.

Reviews

Our monthly selection of product and app reviews. Covering new releases, technology and locally available products.

Dates for your Diary

Plan your month with our diary of local meetings, courses, gigs and specialist events.

Keeping it Local

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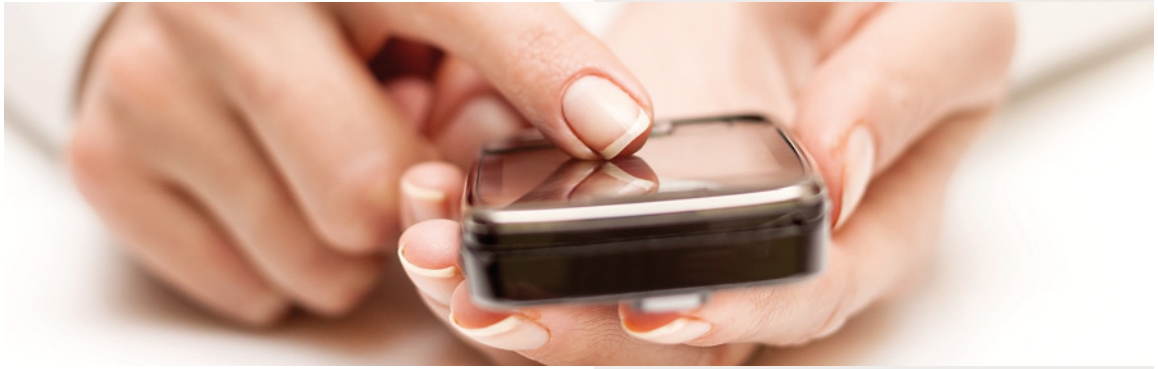
All About Magazine prints 15,000 copies, delivers over 13,000 door-to-door with the remaining dropped at selected pick-up points such as Waitrose Newport.

<http://bit.ly/allaboutmagazine>

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Recent studies suggest the top cited information searched for on local businesses were; products/services, phone numbers, location and opening times. **That's why all our Businesses get Google Maps, Opening Times and space for their Products/Services.**

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Shropshire Council (std rate).....	0345 678 9000
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Gas (Emergency).....	0800 111 999
Severn Trent Water (Emergency)	0800 783 4444
Shrop Doc	0844 406 8888
The Princess Royal Hospital.....	01952 641222
The Shropshire Nuffield Hospital.....	01743 282500
NHS Direct (Calls are Free).....	111
Newport Cottage Care Centre	01952 820893
Childs Ercall Jubilee Hall.....	01942 840572
Adams' Grammar School.....	01952 386300
Burton Borough School.....	01952 386500
Castle House School.....	01952 811035
CHerubS Nursery	01952 811035
Church Aston Infant School.....	01952 386390
Church Eaton Endowed (VA) Primary Sch	01785 823089
Edgmond Hall.....	01952 810799
Gnosall St Lawrence CoFE Primary School....	01785 822391
Harper Adams University.....	01952 820280
Haughton St Giles CoFE Primary School.....	01785 780511
Lilleshall Primary School.....	01952 388430
Moorfield Primary School.....	01952 386470
Muxton Primary School.....	01952 387690
Newport CoFE Junior School.....	01952 386600
Newport Girls' High School	01952 797550
Newport Infant School.....	01952 386610
Sheriffhales Primary School.....	01952 460204
SS Peter & Paul Catholic Primary School	01952 386450
St Peter's CoFE Primary Edgmond.....	01952 811692
St Marys CoFE First School & Nursery	01785 841463
Tibberton CoFE Primary School.....	01952 387790

Opening Times

Newport Town Council (The Guildhall Offices)

Monday - Friday 10am - 3pm, Sunday CLOSED

Newport Library

Monday 10am - 4pm, Tuesday 10am - 5pm,
Wednesday 10am - 6pm, Thursday CLOSED,
Friday 9.30am - 5pm, Saturday 9.30am - 4pm

The Linden Hall Surgery (Station Road)

Monday- Friday: 8am to 6pm,
Tuesday evening: 6.30pm - 8.20pm
Wed evening: 6.30pm - 8.20pm

Wellington Road Surgery

Monday - Friday 8am - 6.30pm
(Phone lines available 8.30am - 6pm)

Newport Post Office

Monday - Friday 9am - 5.30pm,
Saturday 9am - 12.30pm, Sunday CLOSED

Newport Heritage Centre

Saturday 10am - 2pm, Monday - Friday
and Sunday CLOSED

Granville Community Recycling Centre

Grange Lane, Red Hill TF2 9PB

March - October: Monday 8am - 4.30pm,

Tuesday 8am - 4.30pm

Wednesday - Thursday CLOSED,

Friday 8am - 4.30pm

Saturday 8am - 4.30pm, Sunday 8am - 4.30pm

Bank Holidays 8am - 4.30pm

November - February: Monday 8am - 4.30pm,

Tuesday 8am - 4.30pm,

Wednesday - Thursday CLOSED,

Friday 8am - 4.30pm, Saturday 10am - 3.30pm,

Sunday 10am - 3.30pm

Bank Holidays - 10am - 3.30pm

Telford Council Bin Days - <http://bit.ly/mybinday>

Staffs Council Bin Days - <http://bit.ly/staffsbinday>

This month's Solutions and Answers are...

B - - - - - N L - L - - - - K
 - L Y R U B R O N O L - - - - O
 - N Y - - - C - - A T A - - - O
 - O - M - - - H C - - R S - - - R
 N T - - H - - R U - - - E O - - B
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 R - I E - - - - - N - S K - -
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 - - - L - - S - - N - O - - -
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3	8	7	5	4	6	1	2	9
4	2	9	8	7	1	3	5	6
5	1	6	2	9	3	8	4	7
7	9	4	3	2	8	6	1	5
2	3	1	6	5	7	4	9	8
8	6	5	4	1	9	2	7	3
1	4	8	7	3	5	9	6	2
6	7	2	9	8	4	5	3	1
9	5	3	1	6	2	7	8	4

2	9	6	4	8	3	7	1	5
8	7	5	6	2	1	4	3	9
1	4	3	9	5	7	8	6	2
5	2	9	7	4	6	1	8	3
3	6	7	2	1	8	5	9	4
4	1	8	3	9	5	2	7	6
9	5	1	8	3	4	6	2	7
6	3	4	1	7	2	9	5	8
7	8	2	5	6	9	3	4	1

SUDOKU 23

SUDOKU 24

There were **8 Differences** this month. Did you find them all?





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- › Carpet Loom and Newport Beds Ltd
- › Cookshop Newport
- › Cups and Wands
- › Daisy Chain
- › Duignan Phelps Optometrists
- › Fish in a Box
- › Guneros Sandwich Bar & Takeaway
- › Henshalls Insurance Brokers
- › Hey Judes
- › HoneyComb Hair and Beauty Company
- › InSpirit Hair & Beauty
- › Julia Price at Boughey House
- › Kitty Kraft
- › Newport Complementary Health Clinic
- › Nova Cycles
- › NovaFord
- › Samuels of Shropshire
- › Shropshire Heat
- › Smileworks
- › The Barley
- › The Ferns B & B
- › The Orchard
- › Tranquility Beauty Salon
- › What Women Want
- › Wycherleys Dental Practice



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