

# ALL ABOUT *Magazine*

YOUR MONTHLY MAGAZINE FOR NEWPORT & THE SURROUNDING AREA

ISSUE 17 | FEBRUARY 2016

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## Easy Plants for Difficult Places

Martin Blow plants hardy geraniums, the well-loved plants that seem to have fallen out of fashion

## Peppermint Creams

Say it with handmade chocolates this Valentine's Day  
Hannah of Cookshop Newport shares her recipe

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## Welcome

At this time of year, many of you will be planning your Valentine gifts, what to buy and where to take your Valentine. There's plenty to choose from in this month's issue.

The Newport map (pages 54-55) have now been updated to show the locations of the defibrillators. Nurse Julie talks about the importance of these life-saving little boxes on page 35.

Continuing our new Business feature, in this issue we cover one element of online marketing. Thinking of having a website or just time for a revamp, then this is an essential read. See our feature on pages 20-22.

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

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

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Deadlines - March 2016 Issue

Advertising & Editorial due by: **February 5, 2016 (5pm)**

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# Growing trends...

by Mike Robin at [www.freerange-living.co.uk](http://www.freerange-living.co.uk)

Any day now, (early Jan) it'll be time to sow some seeds, such as onions, celery, tomato plants and a few first little gem mini-cos lettuces. The seeds go in pots, to be then put on top of the Welsh dresser in the day living room, the room that gets most heat. That's fine till the seeds germinate, after which they need daylight, so are then moved into a small clear plastic 'tent' in the conservatory, a small paraffin lamp providing a bit of heat if it gets cold.

It won't then be too long – early February – before the seed potatoes need to be sourced, to be then put in a greenhouse and covered with clear bubble wrap, to get them sprouting (called 'chitting').

The big potential problem with growing organic spuds is the dreaded blight disease, but on discovering that the early variety, Pentland Javelin, would bulk up to be an early maincrop, (and store reasonably well), the plan is to get this variety in early under clear plastic sheets, to then get, as last year, a reasonable crop before the blight hits.

Reading recently a book written by an 'allotment-er'



that some plants like sprouts need cast-iron stamped-on ground to thrive, reminded of the time at an 'eco' place, of accidentally standing on a raised bed, and getting sharply chastised. A raised bed was tried here but seemed to need perpetual watering, so, back to traditional growing ways. Raised beds are probably pretty good for 'heavy' ground (i.e. ground with plenty of clay in it), but 'lighter' ground (i.e. sand or loam soils) often wants a bit of 'treading in'.

## COOKSHOP Newport



### Love is in the air at Cookshop Newport

Check out our Gifts & Chocolates - Ideal for your perfect **Valentine**.

We also have a beautiful range of Glassware and China for **Mother's Day**.

Don't forget your pancake pans, Lemon Squeezers and Sugar Shakers ready for **Shrove Tuesday** on February 9th.

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(more details in store)



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## News in Brief

A selection of local news snippets. More news stories can be found online at [allaboutnewport.co.uk](http://allaboutnewport.co.uk).

### **Edgmond Village Hall**

Raised £927 for the upkeep of the village hall. A big thank you to everyone that attended.

### **Llilleshall Monumental 10k**

Newport & District Running Club proudly present the Llilleshall Monumental 10k to be held on Sunday 17 April 2016 – Fun Run starts at 10.15am; 10K race starts at 11.00am. Prizes and refreshments available. This year's event will be chip-timed for further information regarding the race visit [www.newportrunningclub.org.uk](http://www.newportrunningclub.org.uk)

### **Celebrating**

Sarah and Tosh Morase, recently celebrated their 10th Anniversary running the Wheatsheaf Pub at Chetwynd Aston. May you have many more.

### **New Parlour**

Shampoochi, in St. Mary's Street, Newport should be opening their doors to this new dog grooming parlour, early February.

### **Newport's Nova FM Needs You!!!**

Newport's community radio station Nova FM is looking to raise funds using Crowd Funding. This project aims to raise £5000.00 for essential day to day running costs which include rent, insurance, licenses to play music (PPL and PRS), equipment repairs and more.

Read the full story, watch the video and decide how much you might wish to pledge. What are the rewards for those who pledge, well there are various from a mention on our website to being a sponsor of a programme.

For those people who would be interested in pledging money to Nova FM, just visit [www.gofundme.com/novafm](http://www.gofundme.com/novafm)

### **Newport to benefit from Pride In Your High Street fund**

Telford & Wrekin Council is set to award 21 projects a share of its £1m grant fund to help boost business and attract more people to the high streets in nine key areas of the borough.

The fund is split into different pots - £800,000 for applications to the Revitalise Fund aimed at increasing the prosperity of specified High Streets and Local Centres and a £200,000 Innovation Fund for new activities and cultural events.

**Revitalise Fund:** • Newport Town Team – Innovation & Enterprise Centre. Encouraging start ups, developing tourism offer, renovation of derelict Toll House building: £88,500, • Good2Great business support package for retail traders in Newport: up to £11,500.

**Innovation Fund:** • Newport Town Team – An Eventful Town collaborative projects for community and voluntary groups: £20,000.

### **New Chairs**

New charis are starting to appear at The Barley in Newport, nice and comfy.

Post your local Job Vacancies online for FREE at [www.allaboutnewport.co.uk/jobs](http://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](mailto:editor@allaboutnewport.co.uk) by 5pm, Friday 12th February 2016**

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



## Cause for celebration

Members of the Newport Bridge Club have recently celebrated the 90th birthday of one of its members.

**Nelly Simpson** has played bridge for over 60 years and joined the Newport club shortly after it was formed. Nelly is an expert player who over the years has welcomed and helped many new members to the club.

The club was founded in 1980. It has had many homes over its 35 years and now meets at **The Hub** next to the Royal Victoria hotel, at the end of St Mary's Street in Newport.

The club meets at 7pm on Tuesdays and Thursdays and has always been friendly and inclusive. It holds regular teaching sessions and is affiliated to the EBU.

If you are interested in joining a friendly bridge club, either to play or to learn, please visit us online at [www.newport-bridge-club.co.uk](http://www.newport-bridge-club.co.uk)

We all wish Nelly a happy 90th birthday and look forward to her next 10.



## Valentines. How much do you love your family?

### Two things you might wish to consider:

1. Make a Will. ensure your life's work goes to the people you love.
2. Appoint Lasting Powers of Attorney. Have you considered what happens if a family member is unable to manage their affairs (Alzheimer's, Dementia). Do not leave it too late. The courts are expensive and time consuming.

Don't leave your affairs to chance and start 2016 in a positive way. Contact Alistair at ACW Wills and Estates Limited on

**07768 643225 or 01952 670534**

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## Bake Off winner Nadiya to headline Newport Show

The winner of the Great British Bake Off Nadiya Hussain has been unveiled as the celebrity chef headlining the next Newport Show.



The mum of three will be making her first appearance in the county at the show on July 9.

Nadiya will give demonstrations and talk about her rise to baking fame. She is expected to be a popular draw with show-goers, many whom will have seen her emotional victory on the BBC1 programme in October.

The 107th Newport Show, one of Shropshire's largest one-day events, will be held at the Chetwynd Deer Park and last year attracted a record 13,000 visitors.

Nadiya, who is now a weekly columnist for The Times magazine and is writing her first book, will headline in the show's food-related attractions, which will also feature a host of gourmet local food, wine and beer suppliers.

The show offers a vast programme of family entertainment and livestock and horse competitions. There will also be a schools marquee, a focus on horticulture, a craft fair and other stalls.

Nadiya said: "I'm very excited to be coming to Newport Show and Shropshire for the first time. I'll be demonstrating recipes from my book that will be published in June and I'm looking forward to meeting Bake Off fans."

Show President Martin Hall said: "We are over the moon to have enticed Nadiya to Shropshire for the first time and to the Newport Show."

"Her victory in the Bake Off and her amazing creative flair and open personality captured the hearts of the 15 million viewers and we are very much looking forward to her visit to the show."

To buy advance tickets go to [www.newportshow.co.uk](http://www.newportshow.co.uk) or call 0845 467 1889. Membership packages that offer additional privileges are also available.

To keep up to date with show news, like the Newport Show Facebook page or follow it on Twitter @NewportShow.



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*Handpicked*  
FROM THE HIGH STREET

2



3



1 - Silver Heart Necklace £16.95  
Daisy Chain, Newport: 01952 813584

2 - A selection of quality knives, knife blocks and sharpeners, from Stellar, Taylors Eye witness and Wusthof from £7.50

Cookshop Newport: 01952 825800

3 - Americana Decor Chalk Paint. In a range of colours £8.50

Stencils - in a range of patterns, styles and sizes from £6.45

Kitty Kraft, Newport: 01952 820940



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- Sunday 14th February 2016 -



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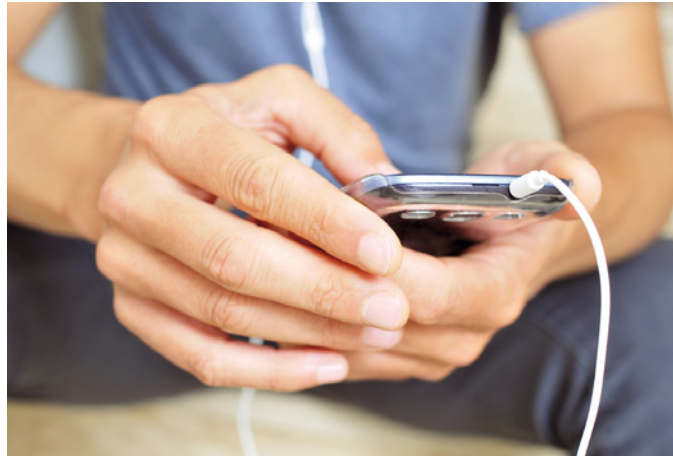
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# APPy Talking

It's February, and this month we have an extra day to enjoy. That's right, it's a leap year. So what apps can we find?

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



## Leaping Fish

*Free for Android devices - in-app purchases*

Do you remember Flappy Bird? No? Of course you do. Flappy Bird was an app-sensation a couple of years back. Basically, Leaping Fish replaces the eponymous star of Flappy Bird with a plump goldfish. The idea is much the same - traverse the watery background, squeezing between the maze of pipes. In the offices of All About Magazine it took us a fair while to cross the double figure number of passes through the pipe maze - but we're not as nimble as we were. If you were good at the feathered version of this game, then prepare to 'scale' new heights - or depths - with this cracking addition to your apps collection. **Great fun for a five-minute break.**



## Go Leap

*Free for Android devices - in-app purchases*

The simplest of ideas often tend to be the best. When videogames first came out at the end of the 1970s they were pretty basic - yet oh so playable. If you enjoyed the simplicity of pong, Pac-Man and Space Invaders then Go Leap should appeal. It's really easy to play. All you have to do is make the small white orb leap from one pillar to the next. The length of time you leave your finger on the screen to adjust the leap distance will depend on the gap between each pillar. It takes a bit of trial and error, but soon you will develop some level of accuracy. To double your points for each pillar, land your orb on the red marker. It's an addictive little game that will become a firm favourite. **This leap year Go Leap in with a fun little game that can kill 10 minutes in the blink of an eye.**



## Leap Sheep

*Free for Android devices - in-app purchases*

Think leap - think sheep. Okay, so it's not the immediate phrase that pops in to the mind when you think about the farmyard animal, but this is one woolly jumper you can enjoy all year round. Choose from easy, medium and hard mode (or lamb, adult and old mutton) and start to make your way from the bottom of the screen to the top. All you have to do is guide the sheep through the sky to one grass pad to another, avoiding banging your head underneath each plot of land. It's not as easy as first appears, trying to navigate your cartoon animal from one grassy island to the next. Persevere and you will soon have a sheep so high in the sky, you might even think it's a cloud. **So don't be sheepish, download the app today and help your woolly chum on his way to a baaarilliant score.**

## On stage with X Factor and Big Brother

Telford's Musical Theatre Production Company's Deborah Owen was asked to direct "Peter Pan" starring X Factor finalist Christopher Maloney and Big Brother's Nikki Graham in Northwich Cheshire this panto season.

Deborah took two leading ladies from her academy to star alongside the two celebrities. Both former Burton Borough students from Muxton played the parts of Wendy (Micheala Garrow) and Tiger Lilly (Alice Plant).

Nikki played the funny and mischievous Tinkerbell and Chris played an excellent Captain Hook. They all performed 33 performances for "Strictly Productions" run by former Thomas Telford student Ben Anderson who rose to success this pantomime season producing three pantomimes in Barrow, Northwich and Leatherhead.

All Shows played to sell out audiences and were a massive success. Deborah who also starred in the pantomime said she is "delighted to give her local students these professional experiences" and she is "proud that they rose to the occasion tremendously".

Deborah has appeared in Shrewsbury and



Oakengates Theatre pantomimes from the age of 10 and says "It important that all the MTPC students experience all aspects of performing if they wish to further their career" said Deborah. Alice and Micheala have recently acted on the set of the forthcoming new series of "Home Fires" due to air later in the year. Contact Deborah on 07576 511971 for further details.

## search: estate agents

Looking for **telephone numbers, opening times, Google™ map locations and websites** for Newport Estate Agents?

Whether you are looking to buy, sell or rent a property in or around Newport, a visit to our online property section shows that Newport has a wealth of knowledge and experience to offer.

The local businesses found in our **property directory**, can help with property valuations and maintenance, student accommodation, surveys, EPCs, lettings and commercial property.



search: **Newport Shropshire** or visit: **[bit.ly/newportproperty](http://bit.ly/newportproperty)**

# Spectre (12A)

DVD: RRP £10

The name's Craig. Daniel Craig. Yes, Bond is back and he is still reeling from the death of Judy Dench's M at the end of his most lucrative on-screen adventure, Skyfall.

Spectre's action opens in Mexico, with 007 pursuing a hit man. Many have said that this is one of the most thrilling opening sequences of all Bond's movies.

Our hero returns to England and his boss M - now played by Ralph Feinnes - is not a happy man. He informs Bond that a government man known as C is trying to shut down the 00 network and replace it with a new surveillance system, putting an end to privacy.

Directed again by Sam Mendes, Spectre is not as engaging as previous Bond flick Skyfall, yet is nonetheless a great addition to the 007 stable. It is less 'gadgets' than other outings and the lack of a 'Bond girl' might be lamented. However it does continue to flesh out Craig's more complex version of James the secret agent.

If rumours are true, this could be Craig's curtain call as 007. That being the case, he'll be remembered as the man who revitalised Ian Fleming's hero.



View the Official trailer  
in the *Tablet Edition*

At the very least, the credits at the end of Spectre promise James Bond will return, as to who will be in the dinner jacket, well that is up for debate.



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## Peppermint creams

I've made these peppermint creams in small heart shapes to send to your valentine, but you can do these at any time of the year and change the shape to match the occasion. You can also omit the peppermint flavouring and use perhaps orange or rose flavouring.



### Method

- 1 Whisk the egg white in a bowl (using an electric whisk if you have one) until it forms stiff peaks.
- 2 Slowly whisk in the lemon juice, peppermint flavouring and the icing sugar until it forms a stiff paste. If it is too wet still add a bit more icing sugar. Have a taste and this stage and make sure they are minty enough for your taste, add more if not.
- 3 Liberally dust your work surface and roll out the mixture thinly.
- 4 Use a 3cm heart (or whatever shape you wish) cookie cutter to cut out the mixture, place the hearts on a baking tray and chill in the fridge for a couple of hours.
- 5 Melt your chocolate in a heatproof bowl set over a pan of simmering water (make sure your bowl base doesn't touch the water)
- 6 Use a fork to dip the peppermint creams in the chocolate, shake them slightly over the bowl of chocolate to make sure you get any excess chocolate off.
- 7 Set aside on a baking tray, sprinkle a few of the freeze dried fruit pieces over the top of each cream and chill until set.

### Ingredients

- 1 large egg white
- 1/2 lemon, juice only
- 1 tsp peppermint flavouring
- 425g icing sugar, plus extra for dusting
- 200g dark chocolate
- A handful of freeze dried raspberry or strawberry pieces to decorate.

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\*Pub open Monday's but not serving food.



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£39.95



Black Tote Bag with  
Bow Detail  
£36.95



Heart Scarf  
£9.95



## Love from Daisy Chain

Love is in the air with Valentines day looming and here at Daisy Chain we have lots to fall in love with!

If you looking for a perfect gift for someone you love for either Valentines day or maybe a birthday or thank you then call in to see us down the cobbles of St Mary's Street and we will be very happy to help.

It's also your final chance to grab a bargain in the final weeks of our New Year Sale so pop in for a browse Monday - Saturday 9.30am to 5pm.

*Emma and Maria x*

Black June Shoe by Ruby Shoo  
£45



Navy June Shoe by Ruby Shoo  
£45



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2 - Red Heart Scarf £9.95  
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4



3 - Seasalt Roserrow Boiled Wool Jacket.  
Was £99.99 Now £50.00  
Lotties in Newport, Newport:  
01952 825825

4 - Joules Knightsbridge Bag  
Was £169.00 to £139.00  
Lotties in Newport, Newport:  
01952 825825

3





# Lottie's

## Women's & Men's Clothing & Accessories

[www.lottiesfashion.co.uk](http://www.lottiesfashion.co.uk)

We have received our first drop from **Joules** of their 2016 spring collection, the theme has beautiful vibrant prints, yet remaining very stylish. To complement this range we have a beautiful selection of **Bcharmd necklaces** made in semi precious stones, which are hand strung to be layered or twisted with other strands.

Lotties still has **further reductions** on the winter collection from Seasalt and Joules clothing for both men and women, and all winter boots and shoes are now greatly reduced.

We look forward to seeing you in the new year.

*Lottie xx*



Liza Woven Tunic Dress In Grey



Joules Andrea Woven Top In Cream And Tulip



Joules Rosamund Top



Bcharmd Earrings



Joules Woven Tunic Dress Navy



Bcharmd Necklace

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





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4



3



# Thinking of a new website or updating your old one?

Get your website wrong and it could cost time and money to put it right.

Karen Woodcock from All About Newport looks at a few of the elements that the general industry consensus feel makes a good site and the questions you should consider before and when engaging a website designer/developer or building your own:

## 1. What do you want your website to do?

Inform? Sell your product/service? Educate?  
Gather contact details? Create a community?

One, two or possibly all of the above may wish to be achieved.

Creating a visual sitemap, a layout of pages and sections you would like on your site before you start building the website. This can do wonders for your website structure.

If you know what pages you may need initially and where they will link to, you can plan the content ahead.



## 2. What are the legal requirements for your website?

You are legally required to show the following information on your website, preferable in the base section on every page, not just on one.

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# Thinking of a new website or updating your old one?

Name of the Company, full company address and contact details, company registration number and state where the company was registered. If you are VAT registered you also need to carry the VAT number, all Terms & Conditions, policies, cookies, Data Protection etc.

### 3. Logos and Branding

Ensure you keep to your corporate colours, use the same online as you do offline, keeping continuity is vital for a sustained image and to avoid a mixed message. Your logo is one of the most important aspects of your website as it's what people will recognize and hopefully remember you for. Therefore, it may be worth considering paying to have a good, memorable logo created for your brand.

### 4. Pictures, Videos and text

Pictures and now videos can play a real part in your website design; use good quality photographs that tell the story of your product/service. People or animals work well in advertising/publicity.



E.g. The brand 'Hovermower' do you remember the adverts on TV? This commercial showed a very small, slim lady in a summer skirt and T-shirt with flat, slipper like shoes using the mower. This says very easy to operate, no effort needed, light and quick. Always think about the pictures and videos you use and the stories they tell.

*Continued on page 22 ...*

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# Thinking of a new website or updating your old one?

## 5. Text and colours

Keep it simple use the same font/text style. Don't use too many colours, if you want to vary different sections of your site, try using different shades of one colour.

When in doubt, always do what works and the norm. There's a reason why certain types of websites succeed.

It's because they follow conventional practices that visitors will adapt to quickly, or have proven to be successful.

## 6. Content is king

You may have heard this expression before and it's true. If you sacrifice the quality of the content for the design of the website, your visitors may likely hit the back button in their browser and never return as a result.

Example: "Hi, Welcome to my really boring website. My name's Karen Woodcock and that's really interesting, isn't it? I know you've got a problem in

your business but before we get to that I want to tell you all about myself and how proud I am of being different and how long I have been in business.

We've been in business for over 30 years. We are a family run/owned business. I love it! I love it so much I want to tell you all about my mission and all the cool things I want to do for my business."

This is not the way to start the introduction to your website! The visitors to your site want to know what they get, how much it is, the quality and how quickly they can get it and how.

All the, what I call extra information (About us, history etc) follows when these questions have been answered.

A well thought out website can work wonders. If you would like further information on website analysis, video use or have any marketing questions why not call me on **07973 385 929** and let's have a chat?

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**Shropshire  
Wildlife Trust**



*Dog otter in the River Severn in Shrewsbury - Picture courtesy of Andrew Fusek Peters*

## **Flood woe for otters**

by Sarah Gibson - [www.shropshirewildlifetrust.org.uk](http://www.shropshirewildlifetrust.org.uk)

A young otter cub brought into Shropshire Wildlife Trust's visitor centre in Shrewsbury on 23rd December was just one of the casualties of our winter floods. Found on the Rea Brook and brought in by a concerned member of the public, we arranged for it to be collected by the RSPCA, who took her to Stapeley Grange, its specialist rehabilitation centre in Cheshire.

Limp and exhausted on arrival, she is now recovering well – along with her brother, who was separately rescued. In a few months time, when they are ready to lead independent lives, they will be released back into the river where they were found.

These are the lucky ones. Five adult otters were found dead on roads around Shrewsbury in December, killed by traffic as they left the turbulent river and attempted to cross bridges. When you consider that the total population of otters in Shropshire is estimated to be around 40 animals, you realise how significant this is – and there are very likely more road casualties that we do not know about.

They will recover, as they have from previous disasters.

Otters slowly clawed their way back from the verge of extinction across England in the mid 20th century, when organochlorine pesticides leached lethally into our rivers from farmland.

Their numbers had already been severely affected by otter hunting, which became a fashionable past-time in the 19th century. With a ban on these dangerous pesticides and the outlawing of otter hunting in 1978, these wonderfully intelligent animals have returned to every county in England.

The end of otter hunting and trapping has slowly brought a change in their behaviour. Sightings of this famously secretive, nocturnal creature in broad daylight are growing quite common.

Just last summer, an adult dog otter entertained hundreds of watchers standing on the English Bridge over the Severn – at lunchtime. The presence of this magnificent, wild creature in the heart of town is thrilling.

Let's hope the return of those two young cubs to the river will soon help bring a revival in their fortunes.







## It all started with a poem

The medieval English poet Geoffrey Chaucer, perhaps better known for his 'Canterbury Tales' may well have invented Valentine's Day.

It appears that no record exists of romantic celebrations on Valentine's Day prior to a poem, 'Parliament of Fowles' Chaucer wrote around 1375. The poem refers to February 14th as "the day birds (and humans) come together to find a mate".

Here in the UK, Valentine's Day began to be celebrated by the many, around the 17th century. By the 1750's, friends and lovers of all social classes had begun exchanging handwritten notes or small tokens of affection, and by 1900 with advancements in printing technology, printed cards had begun to replace written letters. Mass produced, 'ready-made' cards were an easy way for people to express their feelings in a time when openly expressing one's feelings was discouraged. Cheaper postage rates also contributed to an increase in the popularity of sending Valentine's Day greetings to a loved one.

By the 1840s, the notion of Valentine's Day as a day to celebrate love had taken over most of the English-speaking world. This was Cupid's golden age: The prudish Victorians adored the idea of showering each other with elaborate cards and gifts on Valentine's Day. It was this 'golden age of love' that launched Richard Cadbury, heir of a certain British chocolate manufacturing family and responsible for sales at this crucial point in his company's history.

Cadbury had recently improved its chocolate making

technique, allowing them to extract pure cocoa butter from whole beans, producing a more palatable drinking chocolate. This new process resulted in an excess amount of cocoa butter, which Cadbury used to produce many more varieties of what was then called "eating chocolate".

Richard recognized a great marketing opportunity for the new "eating chocolates" and started selling them in beautifully decorated boxes that he himself designed.

From that point, it wasn't long before images of Cupids and roses started to adorn heart-shaped boxes. Although Richard Cadbury didn't actually patent the heart-shaped box, it's generally accepted that he was the first to produce one. The boxes were marketed by Cadbury as having a dual purpose: after eating the chocolates, the box itself was so pretty that it could be used again and again to store mementos, from locks of hair to letters from a loved one. The decoration of the boxes grew increasingly elaborate until the outbreak of World War II, when sugar was rationed and Valentine's Day celebrations were scaled down.

According to a recent survey compiled by Warner Leisure Hotels, more than 35 million heart shaped boxes of chocolate will be sold here in the UK for Valentine's Day.

# George Fest: A Night To Celebrate The Music Of George Harrison

CD+Blu-ray, Special Edition, Box set RRP: £11.99

On February 25, legendary Beatle George Harrison would have celebrated his 73rd birthday. By way of tribute, BMG Rights Management releases *George Fest: A Night To Celebrate The Music Of George Harrison*.

Recorded and filmed at the The Fonda Theater in Los Angeles on September 28th, 2014, it is produced by David Zonshine and George's son, Dhani Harrison.

Dhani said: "I've always imagined a small club show where my generation of musicians could cut loose on some of the deeper tracks from his career."

The line up includes Beach Boy Brian Wilson, Nora Jones, TV chat show host Conan O'Brien, The Flaming Lips, Ben Harper, Britt Daniel from Spoon, Heart's Ann Wilson, Dhani Harrison, "Weird Al" Yankovic, The Strokes' Nick Valensi, Perry Farrell among others.

In addition to the concert footage, the DVD has interviews with musicians backstage and at rehearsals

talking about George's influence on their careers.



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# Quick QUIZ

answers on page 58

## Trivial Pursuit

1. Which King's defeat ended the War of the Roses?
2. Who is by far the most famous creation of Michael Bond?
3. At what time should clocks be put forward or back for daylight saving?
4. What nationality was Greg Rusedski before he became a British tennis player?
5. How many hurdles must be cleared in 110m hurdles?

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# Plants vs Zombies: Garden Warfare 2

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The battle for suburban garden plots has grown to new heights in Plants vs. Zombies: Garden Warfare 2. This action-packed shooter sees zombie leader Dr Zomboss return with a strengthened horde that has moulded suburbia as a zombie ideal. This time the plants are on the attack in an all-out attempt to wipe out the zombies. Play as plants in the 24-player Herbal Assault mode, or choose your side in 4-player co-op or as a solo player.

Other features include more strategic depth to this all-out botanical battle with 14 total character classes, and more than 100 playable plants and zombies from the past, present, and future.

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The struggle for suburbia has come into full bloom, with 12 maps bursting with personality and humor, Zombossified cityscapes, and crowded airspaces, all layered with hidden secrets waiting to be discovered.



View the Official trailer  
in the *Tablet Edition*



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## Newport in the Great War

Telford author Julie Phillips has always been interested in the past; particularly people, places and how their environment, national policies and sociology affected everyday life.

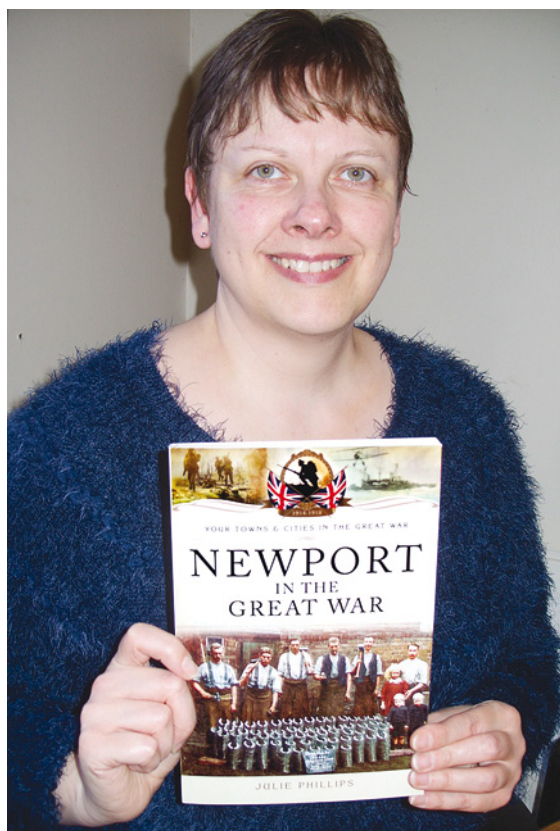
It wasn't until she read a 1918 postcard and letter by her husband's Great Uncle Fred to his sister, Gertie, that she knew she had to discover more about the people who fought in the Great War and their families who stayed behind, fighting their own battles in their own way. This has all led to Julie's latest book, *Newport in the Great War* which gives a flavour of what it was like to live in Newport and the surrounding area during one of the most turbulent times in our history.

Every part of Newport's contribution to the war effort is covered, from the men who enlisted and their stories to the civilians who knitted, sewed, auctioned and sang their way through the war while dealing with food and fuel shortages.

This show of patriotism and stoicism was made against the backdrop of a bloody and heinous war that went on far longer than anticipated. The constant threat of receiving the dreaded telegram indicating their loved one's fate was never far from the minds of Newport's civilians, yet the people of Newport kept the home fires burning brightly.

Wars affect everyone. Whether they are fought on the battlefields or on the home front, by the armed forces or civilians, sacrifices have to be made, and everyone suffers one way or another. This book gives a flavour of what it was like to live in Newport and the surrounding area during the Great War years.

Newport was proud to send its brothers, husbands, uncles and fathers to fight for King and Country, many of whom had never been far from home



before, some who came from decorated service backgrounds for whom the armed service was in their blood.

Rich or poor, farm worker, office manager or son of a wealthy estate owner, they all united to enlist and fight for their King and Country, defend their town and protect British values and way of life.

Life continued as usual for many of those on the home front, despite, amongst other things, the introduction of DORA, rationing and the loss of the labour force from the farms.

Newport was already generous in its giving to the poor but thus was taken to a whole new level with the

introduction of many national and local war charities. They knitted, sewed, auctioned and sang their way through the war - one local woman even drove one of the first tractors in Shropshire, playing no small part in the war effort.

This show of patriotism and stoicism was made against the backdrop of a bloody and heinous war that went on far longer than anticipated. The constant threat of receiving the dreaded telegram indicating their loved one's fate was never far from the minds of Newport's civilians, yet the people of Newport kept the home fires burning brightly.

Detailed and meticulously researched, this fascinating book is a must-read for anyone interested in the history of Newport during the First World War.

**The paperback contains 141 pages with 100 illustrations and is available from January for RRP: £12.99. (ISBN: 9781473828179).**



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### 21 Chancery Court, Newport £59,950 region

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### 26 The Larches, Newport £147,500 region

A two bedroomed mid-terraced house situated at the head of a quiet cul-de-sac in a pleasant residential location. This immaculately presented home has the benefit of a refitted kitchen and bathroom, a full width uPVC double glazed conservatory. Both bedrooms have built-in wardrobes, maximising storage space. The property also benefits from an enclosed rear garden and off road parking for two cars.



### 5 Granville Close, Newport £249,950 region

Situated in a favoured residential area, convenient for local schools and walking in to Newport town, 5 Granville Close is a well presented, four bedroomed detached house. The property has a master bedroom with en-suite shower, three further double bedrooms, dining room and refitted kitchen and a full width lounge with guest cloaks downstairs, enclosed garden, garage and car port.



### 67 Vineyard Road, Newport £164,995 region

This three bedroomed semi-detached house is set back from the road, in a popular residential location, and has replacement uPVC double glazed windows, gas central heating, lounge and separate dining room, one bedroom with built-in wardrobes and a bathroom with separate shower cubicle. The home also has a garage with enclosed rear garden, tandem off road parking for several cars.



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## An abandoned canal

by John Myers of the Shrewsbury & Newport Canals Trust

Shrewsbury Museum and Art Gallery is hosting a display on the history and future of the Shrewsbury and Newport Canals, 12 -17 January and 26 January to 16 April 2016.

The **Shrewsbury & Newport Canals Trust** (SNCT) has been given a 'local communities' slot in the newly re-opened Shrewsbury Museum. This is for an exhibition covering the Shrewsbury and Newport Canals from their construction in the 18th and 19th centuries through to their abandonment in 1944, what has happened to them since then and the Trust's plans for their future. The themes that run through the displays are: The coming of the canals to Shropshire (both the original Shrewsbury canal of 1797 and the Newport branch from Norbury in 1835), Working life on the canals and Canal restoration.

We have a lot of items from the last two centuries being loaned by the **National Waterways Museum**, the **Canals & River Trust** boatyards at Ellesmere and Norbury, the Saturn fly boat project and by SNCT members and other local people.



Amongst the subjects covered by the displays are: canal engineering, including the role of smithies and foundries; how tolls were collected; the use of horses as motive power; the domestic lives of boating families; and canal restoration, with particular reference to the Shrewsbury and Newport canals. The displays include maps, a timeline, 'roses and castles' painted canal ware, horse paraphernalia and a reconstruction of a forge.

For more information, please call 01743 258885 or visit [www.shrewsburymuseum.org.uk](http://www.shrewsburymuseum.org.uk)

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# A little box with life saving properties

by Nurse Julie Rich - Heart Start Shropshire Co-ordinator

Defib is short for defibrillator. A briefcase-sized box that can deliver an electrical shock to someone whose heart has stopped pumping blood around their body.

They are compact, portable and very effective, with two sticky electrode pads that stick to the casualty's bare chest and have clearly marked buttons that are designed to be used by the lay person.

This clever little machine guides the operator through the process by clear verbal instruction and visual prompts. **Defibs are safe and will not allow a shock to be given unless the heart rhythm requires it.**

By giving CPR to a patient, you will be getting much needed oxygenated blood to the heart and brain, making it more likely a shock from a defib will work. Hands-only CPR is a skill that involves pressing hard and fast on someone's chest. If given just after



someone goes into cardiac arrest it can buy invaluable time before using a defib and can more than double their chance of survival.

No exam is required to operate a defib, but with a small amount of training, you will gain confidence and understanding of its use, maintenance and learn not to be scared of it.

**Heartstart** is a free scheme that helps train new lifesavers. It takes just a couple of hours and is a British Heart Foundation (BHF) initiative, which shows you what to do in a life-threatening emergency.

It's hands-on, and teaches you the simple skills that save lives. Anyone interested in learning more about the scheme can contact me on **01952 820625** or visit the BHF website at **www.bhf.org.uk**

**Newport now has a many of these life-saving machines.** Their locations can be found on the Newport town map on **page 55**.

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## 2016 Resolution to be stronger, braver and pinker

SHROPSHIRE women are being urged to get the New Year off to a great start by signing up now to Cancer Research UK's Race for Life 2016.

The charity is calling on women of all shapes and sizes to show cancer who's boss by choosing one of their events - **Race for Life** 5k, 10k or **Pretty Muddy** – and committing to take part at Telford Town Park, The Quarry, Shrewsbury or Weston Park.

Although many see January as the perfect opportunity to start a new chapter in terms of health and fitness, motivation can slip as the cold weather drags on.

That's where Race for Life comes in. The 5k and 10k events in **Telford** take place on Sunday, May 22, the 5k event in Shrewsbury, on Wednesday, June 15, and **Pretty Muddy at Weston Park** will take place on Saturday, April 30. So women who sign up now will be creating their own compelling goal to aim for later in the year, when the warmer weather makes staying on the sofa less tempting.

Emily Thompson, Cancer Research UK's Shropshire Event Manager, said: "Signing up to take part in Race for Life is a great way for women of all ages to commit to get a little more active."

"Pledging to take part, alongside thousands of like minded women, can be a great incentive to get fitter. Planning to raise money for life-saving research could prove more of a goal to get up and get moving than the usual New Year's resolution to shift the post-Christmas pounds."

One in two people in the UK will be diagnosed with cancer at some stage in their lives, but the good news is more people are surviving the disease now than ever before. Survival rates have doubled since the early 1970s.

Cancer Research UK's Race for Life is an inspiring women-only series of 5k, 10k, **Pretty Muddy** and marathon events which raise millions of pounds every year to help beat cancer sooner.



Emily continued: "We're delighted to be able to bring **Pretty Muddy** back to Weston Park as it's a fantastic addition to our Race for Life family of events. It has all the fun and camaraderie of our much loved 5k and 10k events but with added obstacles and, of course, mud. Plus, **Weston Park** is still the country's only venue to host a 10k **Pretty Muddy** event."

"Women can complete the **Pretty Muddy** course

at their own pace, climbing, jumping, walking and laughing their way around. It's about women of all ages, shapes and sizes tackling obstacles together."

Last year, 5,193 women took part in Race for Life across Shropshire and raised a fantastic £308,421. This year, organisers hope to see the same level of support from local ladies.

Money raised through Race for Life allows Cancer Research UK's doctors, nurses and scientists to advance research which is helping to save the lives of men, women and children across England.

"Race for Life is an amazing way to celebrate everyone we love who has survived cancer. It's also an emotional and moving way to pay tribute to those dear to us whose lives have been cut short by the disease."

"Our participants make Race for Life a truly uplifting, inspiring experience. That's why we're calling on women of all ages to sign up now to their, shoulder to shoulder, on the front line against cancer. Together, we can unleash a powerful fighting spirit to stop cancer in its tracks."

Women who sign up for 5k and 10k events in January can benefit from a specially reduced fee of £10.00.

To enter Race for Life today visit **raceforlife.org** or call **0300 123 0770**.

## What makes a good DJ?

Charles MacDonald-Jones asks local DJ Tom Hall.



Tom Hall, a Newport-based DJ, has recently uploaded a new mix online after a busy festive season, which saw him play at the Buttermarket in Shrewsbury as well as Newport's Central Square, which he says is the best place he's played.

"It's not the biggest venue, but I owe a lot to the people that came to support me," he adds. "Without them, the atmosphere and vibe wouldn't have been the same and it wouldn't have been the night it was."

He first became interested in music working for a local bar. "I knew the lad who was the DJ at the time," he says. "It made me think, 'what if I could learn to DJ?'"

Since then he has shared the stage alongside DJs such as Nathan Dawe and Radio 1 Xtra's DJ Stylus. It wasn't easy at first though for Tom. "For two years I was stuck where no-one would give me chance."

But when he got his chance he took it. As well as Newport and Shrewsbury he has played at student nights at Harper Adams University and at Couture in Stafford.

His DJ sets and online mixes have featured a range of music from house to grime to R&B. So what makes a good DJ?

Tom says it's about playing the right songs at the right points. "I don't think it's the diversity that's important, it's all about your audience," he says. "If your audience wants to hear R&B all night, give them R&B. You have to interact and get a feel for the crowd, and that takes time," he adds. "It doesn't happen overnight."

You can follow Tom Hall on Twitter @DJTomHall

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# Root canal treatment has the reputation of being a really unpleasant and a painful procedure.

Actually, the procedure itself is no more painful than having a filling placed as Dr Ashok Jakhu explains ...

Usually, a local anaesthetic is used and it should feel no different to having an ordinary filling done, but if you feel nervous or anxious dental sedation can be used to help relax you during treatment.

At Wycherly's dental practice we carry out simple and complex root canal treatment although some root canal procedures may still need to be referred to an endodontic specialist.

## What is root canal treatment?

Root canal treatment is needed when the blood or nerve supply of the tooth is infected through decay or injury. In some cases, your tooth could darken in colour, you may get a bad taste or swelling in the mouth which could mean that the nerve inside the tooth has died (or is dying).

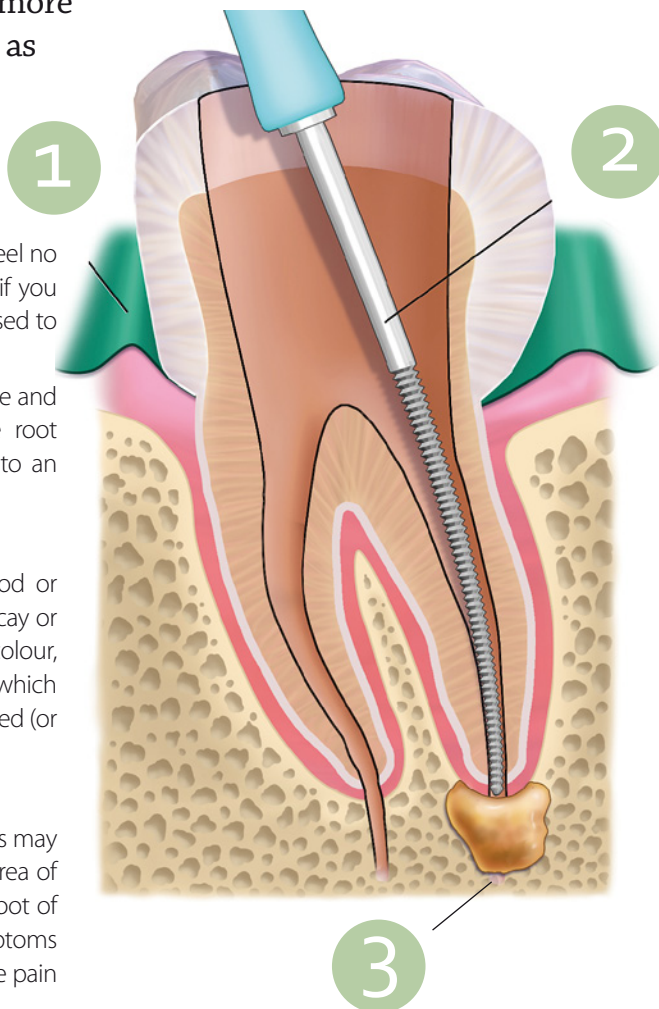
## Why is root canal treatment needed?

If the pulp inside the tooth becomes infected, this may eventually lead to an abscess. An abscess is an area of infection which can cause swelling around the root of the tooth, if left this can lead to tooth loss. The symptoms of an abscess can range from a dull ache to severe pain and the tooth may be tender when you bite.

## What does it involve?

Local anaesthetic is used to numb the tooth and a rubber dam is used to keep the tooth dry and free of saliva. A rubber dam is a piece of rubber that fits over the tooth and isolates it from the rest of the mouth. After the dentist removes all of the decay and bacteria, he will use files to clean out the canals (roots) of the tooth.

Root canal files are small instruments that increase in diameter and fit down into the canals enabling the dentist to remove the nerve. Once the tooth is clean, the dentist will fill the canals with a rubber filling material called gutta percha, a permanent filling is then placed on the top to seal the tooth.



*Rubber Dam (1), Cleaning File (2) and the Abscess (3)*

## What if my tooth is already root filled and I get another infection?

Root canal treatment is usually very successful. However, if the infection comes back, the treatment can sometimes be repeated. During retreatment, the dentist will reopen your tooth and remove the filling material that was placed in the root canals during the first procedure. The dentist then carefully examines the tooth, looking for additional canals or new infection.

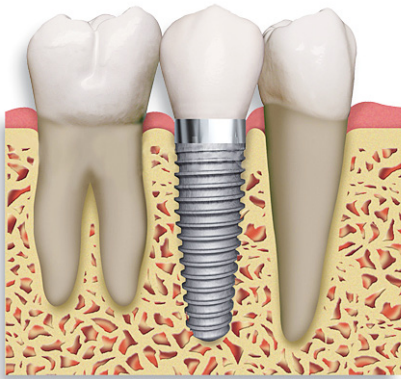
Once clean the roots are then refilled and sealed with a permanent filling.

### What if my tooth can't be retreated?

An apicectomy may be needed when an infection develops after root canal treatment, or re-root treatment. During root canal treatment, the canals are cleaned, and infected tissue is removed.

Sometimes, even after root canal treatment, infection can still remain or reoccur in the roots. In an apicectomy, the root tip, or apex, is removed along with the infected tissue. A filling is then placed to seal the end of the root.

If re-root treatment and apicectomy is not an option and the tooth needs to be extracted there are several options available to restore the space.



Dentures, Bridges and Implants are all treatment options to consider and can be discussed in detail to see which would suit you. For more advice or to book an appointment please call Wycherleys dental practice on 01952 459459.



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## Brockton Care. The caring, supporting agency

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One family said "the care you provide has enabled my mom to stay at home we are very appreciative of this, you all do a wonderful job" J from Newport.

One client said "all the carers are lovely, very patient and very caring" D from Newport.

The praise we received as an agency is testament to the hard work that the team at Brockton care puts in. If you are looking for care for yourself or a family member the process is easy. Just contact one of the team for information and prices.

Care takes many forms, ranging from a lovely wash in the mornings, or having a meal, drinks, washing and

cleaning or even a trip to the shops. We can offer it all. From as little as 30 mins to all day care or even sleeping in to be able to give peace to a client we can arrange for this.

As we have high standards we are always looking for the right carers to join us. Full training and support given and now the care certificate too! Especially looking for full time carers and seniors!

Call the team for information about care or a position with us on 01952 222 555.



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m: 07792 948949 w: [www.brocktoncareltd.co.uk](http://www.brocktoncareltd.co.uk)

e: [info@brocktoncareltd.co.uk](mailto:info@brocktoncareltd.co.uk)

COMMERCIAL FEATURE

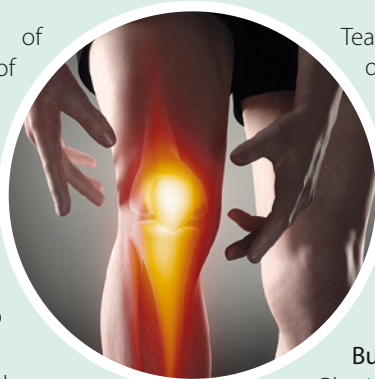
## Ski season, means knee season!

By Anna Simons MCSP - Chartered Physiotherapist

Whilst great fun, the speed of movement and unpredictability of the environment makes skiing a potentially dangerous activity. So with our ankles protected tightly bound into rigid boots and a helmet to protect our heads it is often our knees that take the brunt of any falls or collisions. **In fact knee injuries account for 30% to 40% of ALL skiing injuries!**

Our body position, (crouching with knees semi flexed) change of direction and speed all make the knee vulnerable to injury from sheering and twisting forces.

Common injuries include; Partial tear or ruptures of the Anterior Cruciate ligament- ACL, Partial tear or rupture of the Posterior Cruciate ligament-PCL.



Tears or nicks in the meniscus (cartilage), dislocation or injury to the Patella (knee cap), bruising or haematomas on the quadriceps or hamstrings from collisions.

All of these result can in; Pain, Swelling (can come on fast and be severe), Decreased range of movement, Instability or Limping Gait.

**But don't panic, help is at hand.**

Physiotherapy has many treatments to expedite a full and speedy recovery. With first line treatments like ice in elevation with compression, Ultrasound, Strapping, Massage to name but a few.

So, if you've injured your knee skiing or anything else give me a **call for friendly professional advice** and I'll get you back on track.

Contact Anna for friendly professional advice about your injury on  
**01952 811525 or Mobile 07887 930642**

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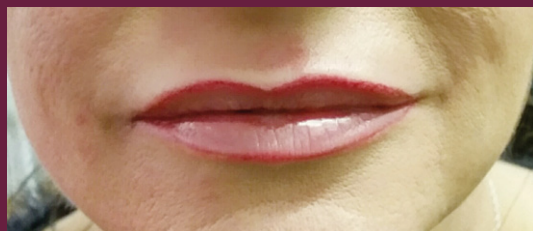


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Lips



Examples of Deborah's Work

Natural Brows



For further information contact Deborah on 07576 511971

# They say diamonds are a girls best friend

But those girls just didn't have a dog!

With Valentines Day and all things hearts approaching, we thought it a great opportunity to talk about heart health in our dogs. Signs of **heart problems** can be subtle and are something we try to rule out during routine examinations at vaccination time. Its a common scenario that when listening to your dogs heart using a stethoscope we might notice an abnormal sound called a **heart murmur**.

## What is a heart murmur?

When the heart beats, the blood is kept moving in the right direction by the actions of 2 sets of 2 valves. It is the closing of these valves that causes the classic heart beat "lub dub" sound. When one of these valves isn't working properly, it becomes leaky, allowing some blood to flow backwards.

Some heart murmurs are caused by abnormally developed valves and are present in puppies. Others are acquired later in life. Breeds such as Cavalier King Charles Spaniels, Fox Terriers, Boston Terriers, Chihuahuas, Schnauzers and Poodles are genetically predisposed to developing disease.

## My dog has a heart murmur, what does this mean?

The leaky valves and inefficient flow of blood means that circulation is impaired. The circulatory system can compensate for this for a time by making some changes. However, eventually the disease progresses past what the heart can cope with and it might start to fail. The poor circulation might leave your dog weak and unwilling to exercise. Fluid can build up either in the abdomen, or on the lungs causing breathing problems.

The extra hard working heart gets larger in size and this can cause your dog to cough. Fainting and collapse happens when the heart cannot pump enough oxygen carrying blood to the brain.

When a murmur is first found, the vet assesses your dog to see if they think the heart is coping.

We will need your input, to monitor your dogs energy levels and watching for subtle changes in breathing rate. If we feel we need to know more about the murmur, more tests may be required.

These might include: Xrays, to assess heart size and look for fluid on the lungs Echocardiogram, a special ultrasound scan that can identify the problem valve and assess blood flow and heart shape and size Electrocardiogram or ECG to assess heart rhythm and Blood tests, to identify other problems and check if certain medications are suitable.

## What can we do?

While the heart is coping, we might not start any medical treatment. Working together to monitor your dog closely we can make treatment plans that suit you and your dog at every stage.

Medical treatments can help your dogs heart function much better and alleviate clinical signs, so they can concentrate on being themselves again.

Identifying heart problems is another example of why regular check ups are important, early recognition means we can keep a close eye on your dog, making sure we can keep them fit and healthy longer.



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# Easy plants for difficult places

by Martin Blow - [www.specialperennials.com](http://www.specialperennials.com)

The hardy geraniums are well-loved plants that seem to have fallen out of fashion with garden trend-setters over recent years. I can't understand why: they're easy to grow, give great value in the garden and there are varieties that do well in the most difficult spots.

Commonly called Cranesbills (due to the shape of their seed pods) they are completely different to the half-hardy bedding plants many gardeners call Geraniums – these are really Pelargoniums.

Cranesbills come in many shapes and sizes from tiny alpiners to large bushy monsters 3-4ft tall and wide. Some, but by no means all, are quite invasive – I sincerely regret planting *Geranium malviflorum* after 5 years of trying to irradiate it. However, most Geraniums are well-behaved and easy to care for. Here are some of my favourites for different locations.

For dry, sunny spots you can't do better than the Bloodroot Geraniums (*G. sanguineum*) which are prostrate plants with a mat of ground-hugging stems with small slug-resistant leaves. The flowers are large in relation to the height of plants and come in many shades of pink as well as white. One of the best is "Elke" with very large silver-edged pink flowers. I'd also recommend *Striatum* (veined pinked flowers), *Glenluce* (lavender pink) and *Album* (pure white). You can cut these plants hard back after the first flowering (May – July) and they will respond with more flowers in August or September.

For shady but not too dry spots the Mourning Widow (*Geranium phaeum*) makes a good link between spring and summer with flowers from late April through to early July. She gets her name from the mournful, maroon flowers of the wild types, however there are showier varieties to choose from. My favourite is *Geranium phaeum Album* with masses of pure white flowers to brighten up a dark spot.

For really shady, dry places *Geranium Czakor* will provide ground covering, aromatic leaves and brilliant magenta flowering in early summer. This really is a tough customer succeeding where most plants would fail.

My favourite for more open sunny borders is the lovely, but fairly tall Meadow Cranesbill – *Geranium pratense*. These flower in mid-summer and often repeat in autumn. The best of these is Mrs. Kendall Clark who has pearly-blue flowers and grows to 2ft 6in – 3ft tall.

Blue geraniums are also very popular, the best being the low growing Johnson's Blue but I prefer *Gravetye* or *Irish Blue* as they flower for so much longer. The



*Gravetye or Irish Blue (top), and the superstar of blue Geraniums, Rozanne (bottom)*

double *Geranium himalayense* *Flore Plenum* is also very attractive and low growing. The superstar of blue Geraniums must be *Rozanne* – she was voted plant of Centenary by The Royal Horticultural Society for very good reason. Here large white-centred blue flowers smoothen the trailing stems of the plant from June to October and she grows well in partial shade. I find she makes a lovely container plant as well.

Geraniums can all be cut back after flowering and some will rebloom but all will grow fresh, attractive leaves. It's worth dividing them every few years after flowering to keep them vigorous. They will benefit from your normal garden feeding programme – I feed with Growmore in spring and blood, fish and bone in summer.





## Llandudno Lions Boxing Day Dip 2105

### About:

Rick Tablot, District Officer for Gnosall Lions, set out in a moment of madness to raise both awareness and money for a rare condition called HAE (Hereditary Angio Oedema). A condition that has affected myself and my family over the years and to which my granddaughter had also recently been diagnosed.

After driving the 105 miles to Llandudno, 'The day itself was wonderful given that the weather was vile' says Rick. It was then 'into the hotel, booked in with the organisers, Llandudno Lions, a quick change into my Lion Suit a quick coffee, joining the parade of fellow dippers parading around the hotel meeting up with our fellow Lion friends from North Wales, including 2nd Vice DG Theresa Nickson and supporters from Buckley and Mold Lions en route'.

'As the result of my endeavours I should like to thank all fellow Lions Clubs, fellow Lions and friends and family for their support as up to present I have raised an amazing £1800 for HAEUK' said Rick.

### When & Where:

Boxing Day, 2015 at Llandudno.

To see your local event in the next issue, please send your photographs and details of what, where and when, to:

**editor@allaboutnewport.co.uk**  
by 5pm, Friday 12 February  
2016

# Sporting stars to inspire young people

A group of Shropshire sporting stars are seeking to inspire young people by taking part in an exciting educational initiative for local schools and youth groups.

The stars, who have all competed at the highest level, are part of the **Champion Programme** organised by Energize, the sports partnership for **Shropshire and Telford & Wrekin**.

The aim of the scheme is to deliver motivational messages to local youngsters from people who have 'been there and done it' by competing at the top level, with the world's best.

"This is not just about sport – our Champion Programme is aimed at giving young people the inspiration to succeed at whatever they do," explained Energize chief executive Chris Child.

The *Magnificent Seven* are:

- **Alison Williamson MBE** - Britain's leading archer and veteran of six Olympic Games, winning Olympic, World and Commonwealth medals.
- **Danielle Brown MBE** - A double Paralympic gold medallist, three times World Champion and multiple world record holding archer, from Telford.
- **Kelly Edwards** - Born in Telford, she competed for Great Britain in Judo at the London 2012 Olympic Games and for England at the 2014 Commonwealth Games, winning a silver medal.
- **Bethan Partridge** - Athlete and high jumper, from Bridgnorth, who was selected to represent England at the 2014 Commonwealth Games.
- **Mel Clarke** - Overcame adversity to represent England at Paralympic archery, winning bronze at Beijing 2008 and silver at London 2012.
- **Kelda Wood** - Brim-full of enthusiasm having seen first-hand the benefits personally of sport rehabilitation, she has her sights set on para-canoeing for Team GB at Rio 2016.
- **Finn McCann** - An athlete specialising in a wide range of mountain sports including rock climbing, speedflying, slacklining and alpine mountaineering.

The Champion Programme has its origins back in 2013 when archer Alison Williamson, who grew up in Church Stretton, joined forces with Energize to help spread the London 2012 legacy.

Alison said: "I am very excited to be working with Energize to promote this campaign. We hope we can inspire the next generation to get involved in sport



The *Magnificent 7* above, are; Mel Clarke (1), Bethan Partridge (2), Finn McCann (3), Kelda Wood (4), Alison Williamson MBE (5), Danielle Brown MBE (6) and Kelly Edwards (7)

and help to fulfil the dreams of young people."

The Champion Programme promotes positive and active lifestyle messages which dovetail with other Energize initiatives such as Sportivate which is **designed to help 14-25 year olds become more active**.

Anyone wishing to arrange a Champions Programme visit should contact **Helen Madden** at **Energize** on 01743 297191 or go to [www.energizestw.org.uk](http://www.energizestw.org.uk)



# This month's Puzzles & Brain Teasers.

This month's word puzzle has a Bird theme to test your observation skills. Solutions can be found on Page 58. **Good luck.**

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

AVIARY  
BARN OWL  
BIRDCAGE  
BLACKBIRD  
CANADAGOOSE  
CUCKOO  
EIDER  
FEATHER  
GOLDENEAGLE  
HUMMINGBIRD  
JACKDAW  
KESTREL  
MAGPIE  
MOCKINGBIRD  
ORNITHOLOGY  
PENGUIN  
REDWING  
SHEARWATER

SUDOKU 33

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

SUDOKU 34

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

Did you find these puzzles too easy? Tell us at: [editor@allaboutnewport.co.uk](mailto:editor@allaboutnewport.co.uk)



## Valentine's in the Granary Grill

Head Chef Guy Day and his brigade will prepare a delicious Valentines feast for you and your loved one to be enjoyed by candlelight in the romantic setting of the Granary Grill at Weston Park.

Guy has selected ingredients traditionally associated with romance and that may even have aphrodisiac qualities including seafood, asparagus, strawberries and chocolate.

For those so inclined there will be dishes especially designed for sharing; starting with a sumptuous seafood platter of oysters, mussels, king prawns, home cured gravadlax and cray fish served with aioli and homemade sourdough bread.

The main event includes sirloin steak two ways; wrapped in bay leaves and slow roasted and simply grilled, served with dauphinoise potatoes, caramelised shallots and garlic and a creamy cep sauce.

For pudding couples can share a strawberry and white chocolate mille feuille; flaky caramelised puff pastry layered with vanilla cream, fresh strawberries, white chocolate mousse and strawberry sauce.



Valentines in the Granary Grill is £35 per person and will be served on **Friday 12th and Saturday 13th February**. Reservations are essential by calling **01952 852107** or **book on-line**. To view the complete Valentine's menu please visit [granarygrill.com](http://granarygrill.com)



**"eating shopping relaxing"**

**Valentines in the Grill - £35 per person**  
**Friday 12th and Saturday 13th February**

**Sample Sharing Dishes**

**Seafood platter of oysters, mussels, king prawns, home cured gravadlax and cray fish with aioli and sourdough bread**

**Sirloin steak two ways - slow roasted and grilled with dauphinoise potatoes, caramelised shallots and garlic, cep sauce**

**Strawberry and white chocolate mille-feuille; light crisp pastry layers with vanilla cream, white chocolate mousse, fresh strawberries and strawberry sauce**

**To view the full Valentines menu please visit [granarygrill.com](http://granarygrill.com)**



**The Granary Grill & Deli, Weston Park, Weston-under-Lizard,  
 Nr Shifnal, Shropshire TF11 8LE | 01952 852107**

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# Dates for your Diary...

Map locations available for all events, online at [www.allaboutnewport.co.uk](http://www.allaboutnewport.co.uk)

Post your **What's On** events for free at <http://bit.ly/whatsonlocally> by Friday 12 February, 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 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](mailto: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.

## Sing4Fun at Burton Borough School

### Weekly/Monthly Event

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. Every Thursday 7.4-9pm.

## 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). 07772 611540

## 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

## 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, Newport at 5.30pm. The Chamber is here to support you by addressing any business issues or concerns you may have, helping your local business to grow.

## 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) 07772 611540 or Jude Paton (event organiser) at Hey Judes, Newport 07949 793738

## 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). 07772 611540 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). 07772 611540

## 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). 07772 611540

# Post it for FREE

All these **Dates for your Diary** were posted online for FREE! That's Date, Description, Contact Details and Google map. Make sure your Club, Gig or Event gets the exposure it deserves.

search: **What's on Guide Newport Shropshire**

**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

**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.

**Edmond Toddler Group, Edmond 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.

**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.

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

Mon 10-11am Zumba (easy) @ Church Aston Village Hall Newport, Mon 6.15-7.15pm Body Blitz & 7.30-8.30pm Clubbercise @ Burton Borough School Hall Newport, Tues 6.30-7.30pm Zumba @ Cosy Hall Newport, Thurs 7-8pm Zumba @ Shifnal Scout Hut, Fri 9.30-10.30am Zumba (easy) @ Cosy Hall Newport ALL LEVELS WELCOME Contact Nikki 07967 343728.

**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. For details of next meeting please see [www.midlandsratclub.org](http://www.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/1KoYQCg>

**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.

**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

**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.

**Church Aston Table Top Sale****Weekly/Monthly Event**

Held 2nd Sunday monthly 11am-1pm at Church Aston Village Hall. Tables £6 Proceeds to Church Aston Infants School. Amanda 07905 528438 to book. Please note that November sale will be on 15th November to allow for Remembrance Sunday.



## Newport Photographic Club

### Weekly/Monthly Event

Meets every Tuesday evening 7.45pm Baptist Church Hall, Water Lane, Newport Workshops, talks, competitions, tuition and social events for anyone interested in photography at all levels. Detail on Newportphotoclub.com or phone Ellie on 01630 661336

## Medau Movement And Dance Exercise Classes

### Weekly/Monthly Event

Get fit with flowing, whole body movement, adapted to suit all ages/abilities. Weds. 9.45-11.00 Grosvenor Centre, Gnosall, Thurs. 9.45-11.00 Church Aston Village Hall. \*NEW class starts Tues 2nd Feb.2.00-3.15 Gnosall . Phone Rosemary 01785 822442

## PILATES

### Weekly/Monthly Event

Friendly classes for adults of mixed abilities & fitness. Mon - 10.45am Newport Cosy Hall 7.15pm Edgmond Methodist Hall. Wed - 10.15am Tibberton Village Hall 7.15pm Cosy Hall. Thurs 9.30am Edg Meth Hall 6.15pm Cosy Hall. Contact Liz 07889 313631.

## Argentine Tango Classes

16 October 2014 - 22 December 2016

Thursdays from 730 at Cosy Hall, Water Lane, Newport TF10 7LDTango Newport teach complete beginners this wonderful dance NO experience necessary - Just come along with or without a partner and discover how quickly Bruce and Tricia get you dancing.

## The Wild Wood - an illustrated talk from Newport Branch SWT

09 February 2016

Keith Offord, professional wildlife photographer and wildlife expert, talks about a 13-acre woodland in Shropshire. 7.30pm Church Aston Members £2, Non members £3 - All welcome refreshments provided

## Lost the Plot Visit Edgmond Village Hall

13 February 2016

Lost the Plot, Local Band from Newport perform again at Edgmond Village Hall. Entertaining us with music from the 70s,80s. Tickets £4 per person Bar & Food available. Please contact Denise Bishop 01952 812850 email denise.c.bishop@btinternet.com

## Valentines Dinner/Dance

13 February 2016

Jubilee Hall, Childs Ercall Sat 13th February 7.30 'til midnight £12.50 per head to include meal and music Tickets available from Judy Warrilow tel 01952 541059

## Vintage Valentines Day Afternoon Tea

13 February 2016 - 14 February 2016

Join us for decadent sandwiches, petit fours, scones with clotted cream and strawberry jam, chocolate truffles, and lashings of hot tea served in vintage china. £14.95 per person pre booking only. Lilys Secret Vintage Tearoom - 07964038546

## Clicker Kids Photography Workshop

15 February 2016

Join Amanda White Photography at Lilys Secret Vintage Tearoom for a half day kids workshop. Learn new skills, meet friends, and enjoy yummy refreshments. more info at [www.facebook.com/lilysvintagetearoomnewport](http://www.facebook.com/lilysvintagetearoomnewport) course fee applies. 07964038546

## Childrens Jewellery Making Workshop at Lilys

15 February 2016

Join tutor Angela Smith for a fun morning of beading to create your own piece of jewellery to take home. various colours to choose, lots of fun and yummy refreshments. course fee applies. to book contact Lilys on 07964038546 or pop in any day.

## Childrens Mosaics at Lilys Secret Vintage Tearoom

16 February 2016

Join tutor Barbara Meek for a fun packed session creating your own mosaic piece to take home. learn a new skill, meet friends and enjoy yummy refreshments. lots of designs and colours to choose to personalise your creation. to book 07964038546

## Exclusive kids Illustration with Sallie at Lilys Tearoom

17 February 2016

Join us for a morning at Lilys Secret Vintage Tearoom with tutor Sallie Humphreys. Learn from her skills and techniques to create your own masterpiece to take home. Homemade Refreshments Included. To Book on contact 07964038546 or pop in. fee applies

## Adults Illustration - Learn how to draw like an illustrator

20 February 2016

Join tutor Sallie Humphreys for a fun Saturday morning art session. \nShe will guide you through her own techniques and skills to create a unique piece. your work will be mounted at the end of the session. \nhome-made refreshments included. 07964038546

## Gnosall Players present Robinson Crusoe & The Pirates

20 February 2016 - 21 February 2016

In Gnosall Memorial Village Hall On Saturday 20th & Sunday 21st February 2016 230PM Performance on both days 730PM Performance on Saturday Adults £6 Children £3 Tickets on sale in Gnosall from The Bakery, the Post Office and Sylvia on 07925 011

## Charles 11 and the Legacy of the Royal Oak

22 February 2016

Talk by Alan Lewis for Newport History Society at Newport Baptist Hall, Water Lane, Newport TF10 7LD. At 7.30pm. Visitors welcome £3 includes refreshments. Members of the public made very welcome - you dont have to be a member to come to our talks!

## Newport Cottage Care Centre Quiz Night

26 February 2016

Ever popular NCCC Quiz Night. Tickets £6 per person - includes supper. Max of 4 persons per team. Bar & raffle. Starts 7.30pm - 10.30pm. Please book early. Contact Celia on 01952 820893 - NCCC, Upper Bar, Newport. [www.newport-care.org](http://www.newport-care.org).

## Trio Severn (Piano Trio) at Newport Music Club 7.30pm

27 February 2016

Trio Severn comprises a violinist & cellist from CBSO & a Birmingham Conservatoire pianist. They bring two Beethoven Piano Trios & an Arensky Trio to the intimate setting of Cosy Hall. Tickets £11 from Guildhall, Courtyard, Hey Jude or on door.

## Basic Jewellery Making and Creative Beading

27 February 2016

Enjoy some 'me' time with Angela Smith Bespoke Handmade Jewellery. half day or full day session. Home made refreshments included. to book contact Lilys Secret Vintage Tearoom on 07964038546 or pop in any day to book tickets. workshop fee applies.

## Crucifixus - Beaumaris Singers Easter Concert @ Church Aston

5 March 2016

Join us for a celebration of Easter and Springtime at St Andrews Church, Church Aston. We will be performing a wide range of Easter themed pieces starting at 7pm. Cost £8 adults, £4 students, Free for under 16s. See <http://www.beaumarissingers.org>

### Craft With Ruth at Lilys Secret Vintage Tearoom

04 March 2016

Monthly Craft Club held at Lilys Secret Vintage Tearoom. Bring your own Crafts or buy a kit. Hot Drinks Included. Small Charge applies. To book contact 07964038546 or pop into the tearooms any day before 330pm

### Mothering Sunday Vintage Afternoon Tea

05 March 2016 - 06 March 2016

Join us for decadent sandwiches, petit fours, scones with clotted cream and strawberry jam, chocolate truffles, and lashings of hot tea served in vintage china. £14.95 per person pre booking only. Lilys Secret Vintage Tearoom - 07964038546

### Grand Auction In Aid Of Newport Cottage Care Centre Art Room Appeal

11 March 2016

Grand Auction to be held at Newport Rugby Club. Tickets £8.50 includes supper and a sparkling wine reception. Contact Celia on 01952 820893 - NCCC, Upper Bar, Newport. [www.newport-care.org](http://www.newport-care.org) Please book early.

### Gelli Print Making with Brabara Meek at Lilys Tearoom

23 March 2016

Join us for a creative session of gelli print making at Lilys Secret Vintage Tearoom. Tutor Barbara Meek will guide you through the process. course fee applies. refreshments included. to book 07964038546

### Learn to Ride

29 March 2016

An interactive session for children who want to make the transition from stabilisers or balance bikes to a 2 wheeled bike! Please note that parents are required to stay for the session. Prebooking is essential at [www.telford.gov.uk/cyclingactivities](http://www.telford.gov.uk/cyclingactivities)

### Childrens Jewellery Making Workshop at Lilys

29 March 2016

Join us for a creative morning creating your own unique jewellery piece to take home. homemade yummy refreshments included. Tutor Angela Smith will guide and assist throughout the workshop. workshop fee applies. to book contact 07964038546

### Park Discovery Ride

30 March 2016

An exciting bike ride and picnic through Telford Town Park with activity pack and goodies for children. Parents are not required to stay for the ride. Booking is essential via [www.telford.gov.uk/cyclingactivities](http://www.telford.gov.uk/cyclingactivities)

### Bike Club

31 March 2016

A fun filled day of cycling activities, games and competitions for children of all abilities. Based at Adams Grammar School. Booking is essential via [www.telford.gov.uk/cyclingactivities](http://www.telford.gov.uk/cyclingactivities)

### Basic Jewellery Making and Creative Beading at Lilys

02 April 2016

Join us for a full or half day workshop with tutor Angela Smith guiding you with her skills and expertise. large selection of beads and designs to choose. Home-made refreshments included. workshop fee applies. to book contact 07964038546

## Can you Spot the 7 Differences?

No prizes, just for fun. Answers on Page 58.



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# Welcome to Newport

Newport is a beautiful market town with notable historical buildings, landmarks, fantastic independent shops and boutiques, traditional pubs, cafes and more.

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



**Free (Official) Car Parks:** Water Lane East, Victoria Park, Stafford Street, New Street



**Free High Street Disabled Parking:**

There are 3 official designated areas



**Free Wi-Fi Hot Spots:** Waitrose Newport, Gourmet Pasty Co., Guneros Sandwich Bar, The Barley, Costa Coffee, Smallwood Lodge



**Defibrillators** - Cosy Hall (1), Swimming Pool (2), The Barley (outside wall) (3), Burton Borough School (4), Newport Cottage Care Centre (5)



**Newport Indoor Market Hall:** Search online for **Newport Indoor Market**



**Medical Services:** Wellington Road Surgery, Linden Hall Surgery (Station Road)



**Bus Stops:** Stafford Street (1), High Street (2), High Street (3)



**Places of Worship:** St Nicholas Church (1), Newport Baptist Church (2), Trinity Church (3), Catholic Church of SS Peter & Paul (4)



**Banks/Building Societies & ATMs:**

Lloyds Bank (1) Yorkshire BS (2), HSBC (3), Barclays (4), Nationwide (5), NatWest (6), Co-operative (7)



**Public Services:** Post Office (1), Library/First Point Newport (2), Swimming Pool (3)



**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)



**Public/Disabled Conveniences:** Situated in Stafford Street car park

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b

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- Ace Computer Systems

c

### New St - High St - Square

- Cookshop Newport
- Newport Complementary Health Clinic

d

### St Marys St & Indoor Market Hall

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- Tranquility Beauty Salon
- Guneros Sandwich Bar & Takeaway
- The Orchard
- Hey Jude's and Cups & Wands (Market Hall)

e

### Stafford St - High St

- The Barley Pub • Julia Price at Boughy House
- Trend Accessories

f

### Square - High St - Wellington Rd

- Wycherleys Dental Practice
- 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

Chetwynd Road  
leading to Edgmond Rd & A41

7

Forton Road  
leading to A41







## Next Month...

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

### Gifts for Mother's Day

*We will be carrying a fabulous collection of handpicked gifts and fashion, all available on the High Street of Newport.*

### Recipe

*Hannah at Cookshop Newport shares her recipe for a traditional favourite, hot-cross buns.*

### 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

From Click & Collect to Local Discount Card to Local Jobs just visit [allaboutnewport.co.uk](http://allaboutnewport.co.uk)



### Shop Online with Local Retailers

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### Shop & Save in Newport

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### Local Jobs Directory

Full and Part-Time Vacancies from around the local area. Businesses, it's **Quick, Simple and Free** to post your job vacancies online.

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### Your Business in Print & Online

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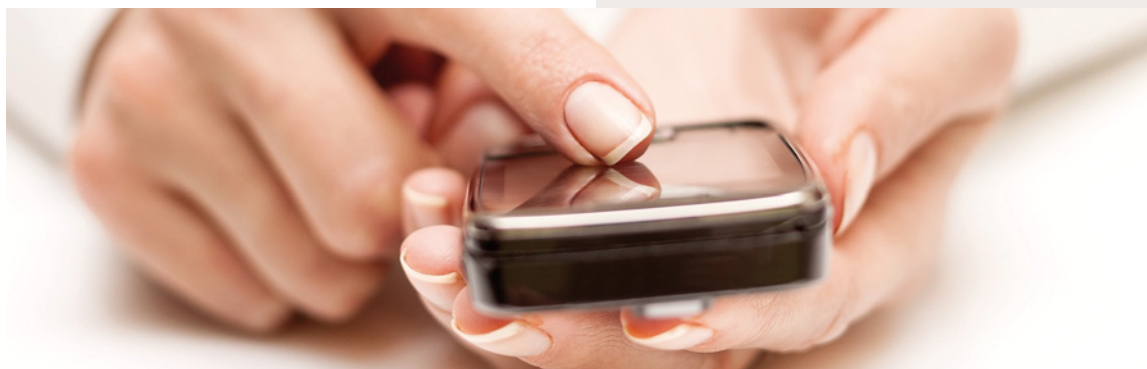
All About Magazine prints 15,000 copies, delivers over 13,000 door-to-door with the remaining dropped at selected pick-up points such as Waitrose Newport.

<http://bit.ly/allaboutmagazine>

### Online Advertising £10 p/yr

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.

<http://bit.ly/advertisingworks>



## Useful Numbers

Newport Town Council.....	<b>01952 814338</b>
Newport Town Library.....	<b>01952 382965</b>
Telford & Wrekin Council.....	<b>01952 380000</b>
Recycling, Rubbish and Litter .....	<b>01952 384384</b>
Planning Department.....	<b>01952 380380</b>
Council Tax and Benefits.....	<b>01952 383838</b>
Shropshire Council (std rate).....	<b>0345 678 9000</b>
Inland Revenue Helpline.....	<b>0845 900 0444</b>
Tax Credits Helpline.....	<b>0845 300 3900</b>
Police, Fire, Ambulance.....	<b>999</b>
Police (Non-emergency calls) .....	<b>101</b>
Electricity (Emergency).....	<b>0800 052 0400</b>
Gas (Emergency).....	<b>0800 111 999</b>
Severn Trent Water (Emergency) .....	<b>0800 783 4444</b>
Shrop Doc .....	<b>0333 222 6655</b>
The Princess Royal Hospital.....	<b>01952 641222</b>
The Shropshire Nuffield Hospital.....	<b>01743 282500</b>
NHS Direct (Calls are Free).....	<b>111</b>
Newport Cottage Care Centre .....	<b>01952 820893</b>
Childs Ercall Jubilee Hall.....	<b>01942 840572</b>
Adams' Grammar School.....	<b>01952 386300</b>
Burton Borough School.....	<b>01952 386500</b>
Castle House School.....	<b>01952 811035</b>
CHerubS Nursery .....	<b>01952 811035</b>
Church Aston Infant School.....	<b>01952 386390</b>
Church Eaton Endowed (VA) Primary Sch .....	<b>01785 823089</b>
Edgmond Hall.....	<b>01952 810799</b>
Gnosall St Lawrence CoFE Primary School....	<b>01785 822391</b>
Harper Adams University.....	<b>01952 820280</b>
Haughton St Giles CoFE Primary School.....	<b>01785 780511</b>
Lilleshall Primary School.....	<b>01952 388430</b>
Moorfield Primary School.....	<b>01952 386470</b>
Muxton Primary School.....	<b>01952 387690</b>
Newport CoFE Junior School.....	<b>01952 386600</b>
Newport Girls' High School .....	<b>01952 797550</b>
Newport Infant School.....	<b>01952 386610</b>
Sheriffhales Primary School.....	<b>01952 460204</b>
SS Peter & Paul Catholic Primary School .....	<b>01952 386450</b>
St Peter's CoFE Primary Edgmond.....	<b>01952 811692</b>
St Marys CoFE First School & Nursery .....	<b>01785 841463</b>
Tibberton CoFE Primary School.....	<b>01952 387790</b>

## Opening Times

### **Newport Town Council (The Guildhall Offices)**

Monday - Friday 10am - 3pm, CLOSED Weekend

### **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: 8.30am - 6pm - 01952 811677)

### **Newport Post Office**

Monday - Friday 7am - 5.30pm,  
Saturday 7am - 5pm, Sunday: 7.30am - 12noon

### **Newport Heritage Centre**

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

### **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...

1. Richard III's, 2. Paddington Bear, 3. 2 am, 4. Canadian, 5. Ten



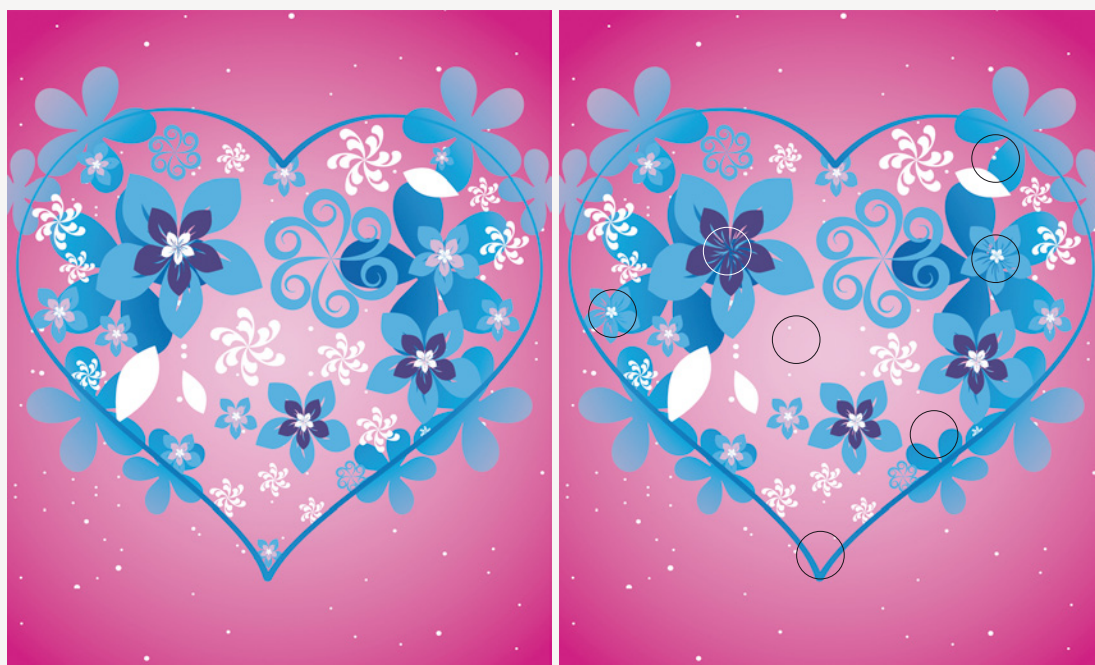
2	5	1	4	3	9	7	8	6
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9	7	3	8	6	2	4	5	1
4	2	9	7	8	1	6	3	5
3	1	8	5	9	6	2	4	7
5	6	7	2	4	3	1	9	8
7	8	4	6	2	5	3	1	9
6	9	2	3	1	8	5	7	4
1	3	5	9	7	4	8	6	2

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

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There were **7 Differences** this month. Did you find them all?







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