Newport's Capitol car park was demolished earlier this month to make way for the new Friars Walk.

“Big bang clears the way for Friars Walk to begin”

Newport’s Capitol car park was demolished earlier this month by a controlled explosion.

Newport City Council cabinet member for infrastructure, Councillor Ken Critchley, said: “Friars Walk has officially started with a bang with the explosion of the capitol car park. The removal of the car park represents a significant stage in the demolition programme and construction of the eagerly awaited Friars Walk.”

Cappy managing director, Mike Cuddy, was delighted that everything had gone exactly to plan, he said: “Demolition is a very serious business and safety is always the number one priority. It may only take a second or two for the building to fall but the amount of preparation and coordination that goes into an event like today is vast.

“We were keen to ensure minimal disruption for local businesses and the surrounding community and have ensured there has been ongoing consultation at every stage in our planning and preparation. I am delighted that the explosion went according to plan and that the clean down programme can now begin in earnest.”

The debris from the car park will now be cleared and construction work on Friars Walk will start shortly.

City centre regeneration projects making a big difference

Several major city centre regeneration projects were completed or took major steps forward in Newport last year and 2014 is set to see more exciting projects and developments taking shape.

Buses are now using the new bus terminus in Upper Dock Street just behind the market and it is expected that this will be used by between two and three million passengers a year.

It will eventually link with another new terminus being constructed as part of the Friars Walk development.

While work takes place on the scheme, bus services will continue to operate from temporary stops around the city centre.

Mayor Councillor Cliff Suller also officially opened the transformed High Street entrance of Newport Market.

The £1m project, funded by Newport Unlimited, refurbished the foyer and units in this part of the grade-two listed building. A new central entrance was created flanked by smart new units topped by brightly coloured canopies.

Flood scheme for 700 Newport homes

Late last year, parts of the UK experienced the worst coastal flooding for 60 years. Fortunately, improvements to flood schemes and flood warnings saved many from the devastating impacts of flooding.

Most recently, properties in Crindau were flooded by a tidal surge that came very close to affecting hundreds of homes and business in the area.

For more information on flood defence work in Newport, see the full story on page 9.
Changing face of city centre

Here are a selection of images showing work to transform the city centre in readiness for Friars Walk.

City centre businesses open

Businesses in and around John Frost Square, including shops, cafes, solicitors and banks, are trading as usual while work on the new Friars Walk shopping and leisure scheme takes place.

New jobs on the way in Newport

Work is progressing on a brand new pub and restaurant in Newport that will create 40 new jobs.

Located in the Old Town Dock area the pub and restaurant will offer quality fresh beer and value for money authentic fresh pub food. The pub is as yet unnamed but will seat 180 diners.

Newport Unlimited, Newport’s urban regeneration company, facilitated the sale of the site. Paul Tarling, head of development at Newport Unlimited, said: “We are delighted to welcome Marston’s to Newport and in particular to The Old Town Dock where the company clearly foresees a bright future.

“The area has undergone extensive regeneration over the last few years and its transformation from derelict land to an attractive investment opportunity is something of which Newport can be very proud.”

The reclamation of the Old Town Dock was one of the first projects undertaken by Newport Unlimited when it was formed in 2003. Since then, the area has been transformed with a £200 million redevelopment programme, including residential developments and a riverside park. In June, proposals were revealed by the developer Sennybridge to transform the area into a sustainable suburb including new retail, leisure and office space as well as a health centre, houses and apartments.

The pub is due for completion in May.

Laura Barnes, from Marston’s Inns and Taverns with Councillor John Richards, Newport City Council cabinet member for regeneration and development and Paul Tarling of Newport Unlimited.
Newport City Council and partners successfully delivered a coordinated plan to safeguard residents in four areas of the city that were identified to be at a high risk of flooding earlier this month.

This involved a comprehensive operation which placed the safety of clearly identified groups of Newport residents at the heart of the actions.

All affected areas were identified in advance by Floodline who alerted property owners to the flood risk and were fully supported by the council as part of a multi-agency task force activated to deal with such events.

Notice of the decision to issue this warning also triggered Newport City Council's emergency flood plan which saw specialist teams and council resources delivered directly to the affected areas.

Actions included:
- A full evacuation of 140 properties and rehousing of around 30 residents from Lighthouse Park
- Social services support team for elderly and vulnerable people
- Door-to-door evacuation visits made to all houses in the affected Crindau area
- Monitoring patrols at key points along the River Usk
- Deployment of sandbags to vulnerable locations and properties

Newport City Council has approved the final version of the revised deposit Local Development Plan (LDP) and it will now be submitted to the Welsh Government for an independent inspector to examine.

It will provide the strategy and policy framework for the development and conservation of Newport until 2026. Once adopted, the LDP will be used by the council to guide, manage and grant development and provides the basis on which planning applications are determined.

The plan provides details on a range of issues including housing, sustainability, affordable housing, environment, green belt, transport, employment, retail, gypsy and traveller sites and waste.

It identifies that housing provision will be met primarily on previously developed land. A significant proportion is met by housing commitments, i.e. sites that already have planning permission as at 1 October 2012.

To meet the affordable housing need, 86 per cent of new residential development would need to be affordable housing which would clearly not be viable so the revised LDP seeks 30 per cent affordable housing on new residential developments.

It retains the greenbelt on the boundary with Cardiff and includes a small extension to the greenbelt from the previous unitary development plan to the north to follow the existing M4.

There is a statutory requirement to identify transit and residential for Gypsy and Traveller sites so the LDP has allocated seven transit pitches in Celtic Way; 43 residential pitches on land at Hartridge Farm Road and a contingency site on the former Ringland Allotments.

Five major road schemes are included as well as proposals for a range of public transport improvements including new railway stations and the expansion of the National Cycle Route.

The public examination is likely to take place in the first half of this year and the inspector's report is expected in November before the LDP is formally adopted by the council in December.

A few pockets of isolated flooding were experienced in Newport as the city braced itself for some of the highest tidal levels in recent years. Despite recording a tidal high of 8.02 metres, only a few properties in Crindau experienced water ingress and a low-lying stretch of Caerleon Road running from St Julian’s Inn to The Ship public house was closed due to surface water run-off.

Council officers have visited homes in Crindau to advise on next steps including advice on disposal of damaged property and any concerns regarding environmental health.

If you are ever concerned about flood risks in your area then you can contact Natural Resources Wales www.naturalresourceswales.gov.uk or call the Floodline on 0845 988 1188.
Riverfront start for Sport Relief mile

Newport will again host the Sainsbury’s Sport Relief Mile which will take place on Sunday 23 March and you can show your support by entering at www.sportrelief.com

Starting outside the Riverfront Theatre you can walk, jog or run (or hop, skip, jump) along the River Usk taking in the best views Newport has to offer.

As one of the UK’s biggest fundraising events, Sport Relief brings the entire nation together to get active, raise cash and change lives — so it’s time to dust off those trainers and enter.

Entrants don’t have to be sporty to take part, but can choose to complete one, three or six miles knowing that all the money raised will help to change the lives of people living unimaginably tough lives right here on our doorstep, across the rest of the UK and in some of the world’s poorest countries.

If you’d like any help in getting fitter in preparing for your challenge and have some fun along the way, Newport’s leisure facilities offer a wide range of activities to help you including swimming, fitness classes, gyms or even a round of golf.

Find out more at www.newport.gov.uk/activenewport

February half term fun

Christmas may now seem like a distant memory but don’t worry, February half term is nearly here.

There are lots of fun and exciting things to take part in.

Here’s just a taster of what you can look forward to:

• Welsh story time and crafts - Listen to stories from Wales and make your own origami daffodil or dragon in libraries across Newport. This is a free activity.
• Leeks and daffodils arts and crafts — A chance to create something to celebrate St David’s Day at The Riverfront Theatre.
• Free swim — swim for free in any of Newport’s leisure centres every day, including weekends. Please note this is for youngsters under 17 years old.
• Holiday club — childcare for children aged 5-12 years at Newport International Sports Village from 8.30am-5.30pm for just £19 a day.
• Playschemes — lots of activities including mini Eisteddfod competitions

There is something for everyone to enjoy, children, young people and families.

To find out more information and for details about other activities just keep an eye out for the February half term activity brochure, distributed to schools, leisure centres and libraries or visit www.newport.gov.uk/holidayfun or call 01633 656 757.

City half marathon

The second City of Newport half marathon will take place on Sunday 2 March and this year will be supported by Admiral.

The half marathon is a great way to start your running year, and good training for those who are training for a spring marathon. The 2014 route was not confirmed at the time Newport Matters went to press — look out for more updates in the coming weeks.

Entry costs just £24 and while the half marathon is a fundraising event supporting hospice care for everyone in the community, there is no minimum amount of sponsorship to raise. However, participants are asked that they endeavour to raise as much as they can as every penny really does count.

Please note that raising sponsorship for St David’s Hospice Care is not compulsory and you are very welcome to fund raise for any charity of your choice.

For more information visit www.stdavidshospicecare.org

JMW Turner?

A temporary exhibition showing sketches attributed to JMW Turner from the collections of Newport Museum and Art Gallery are currently on show.

In 1926 Edmund Brewer-Williams lent a collection of over 500 ink and pencil sketches to Newport Museum and Art Gallery. The sketches are recorded as being the work of British landscape painter, JMW Turner (1775-1851), and some of them carry the artist’s signature. When Edmund Brewer-Williams died in 1945, his wife donated the collection to Newport Museum and Art Gallery.

The sketches relate to places in Europe including modern-day Germany, France, Italy and the Netherlands. Some are no more than rough impressions or outline drawings; others contain handwritten annotations and meticulous detail. It is possible that they originate from a number of sketchbooks, taken apart in the past for ease of distribution or display.

18 January - 14 June 2014 Newport Museum and Art Gallery
Free admission
Kick start your new year with seven days for £7 with Active Newport

Newport City Council is currently running a special offer where you can work out in the gym, enjoy a swim or choose from more than 100 weekly fitness classes at Newport Centre, Newport International Sports Village (NISV) or Active Living Centre for seven days for just £7.

There are three council-run leisure centres in the city and all offer state-of-the-art gym facilities, fitness classes and swimming.

Try the new gyms at Newport Centre and NISV which have just undergone extensive refurbishment and been extended. They now boast the very latest Technogym equipment, Newport’s only ‘Freedom Climber’ climbing wall can be found at NISV as well as a dedicated free weights training area.

You can take part in a fitness class or have a leisurely swim as many times as you like over the seven days.

There are more than 100 fitness classes held each week and range from zumba to yoga, boxercise to aqua and spinning to kettle bells – there are classes to suit any fitness level.

To take up this great offer simply visit your nearest leisure centre. The offer will be available to purchase from 1 January until 28 February 2014 and can be used until 31 March 2014.

Please note only one voucher can be purchased per person. The £7 has to be paid up front and on one day you may use the gym, swim and attend a class.

Find out more at www.newport.gov.uk/activenewport

This offer is proving extremely popular with more than 500 people taking up seven days for £7 in the first ten days of January alone. If you are interested make sure you don’t delay – visit your nearest leisure centre to find out more.

* For full terms and conditions visit www.newport.gov.uk/activenewport
Consultation on the council’s draft budget proposals has now ended and we would like to thank everyone who responded and put forward their views and ideas.

Cabinet members and officers are now reviewing all the feedback received so that it can be fed into the next stage of the decision making process.

Council walks off with animal hero award

Newport City Council won the public sector category of the Animal Hero Awards 2013 after being nominated by Hope Rescue for its “sustained commitment to animal welfare” and its partnership with the charity.

For the last five years, Hope Rescue has taken all the stray dogs following the end of the statutory seven days in the council kennels.

More than 7,000 stray dogs are destroyed annually in the UK but since the two organisations began working together, none of the rescued animals in Newport have been put to sleep except for severe behavioural or medical reasons.

A spokeswoman for Hope Rescue said: “We are very proud of our partnership that ensures the welfare, safety and future of the stray dogs in Newport City. Having worked with a number of councils over the years, the Newport City Council stray dog service really stands out as a blueprint for how other councils could work.”

The city’s stray dogs service was also recognised earlier last year by the RSPCA with a silver community animal welfare footprints award.

Innovative housing project wins award

Newport-based MyPad was named innovation of the year at the Welsh Housing Awards 2013.

Launched in May 2012, it is a partnership between the city council, Supporting People and four social landlords (Charter Housing Association, Melin Homes, Linc-Cymru and Newport City Homes).

Housing professionals give practical pre-tenancy training to young people on the common housing register. While there is a fun element, it also teaches them about the serious responsibilities of holding a tenancy.

The judges said it was a “very successful scheme engaging difficult to reach young groups in a way they value and appreciated.”

They added: “This exceptional programme is delivering the holy grail of more sustainable tenancies – something which is crucial in the current climate.”

Budget goes for council approval

Public events were also held in December and January and some very valuable issues were raised with our senior officers.

On February 17, Cabinet will meet to again discuss every proposal on the table. They will then agree a final set of proposals that will be put before full Council at its meeting on 24 February.

At this meeting, the increase in council tax will also be decided. Council tax is collected to help pay for services, but makes up only 12 per cent of the council’s total income. Rises are effectively capped by five per cent each year but unlike England, the Welsh Government has not recommended a council tax freeze.

Newport is proud to have had one of the lowest levels of council tax in Wales and the UK for many years. During such challenging times rises are difficult to avoid but we continue to aim to deliver value to our residents.

For the latest budget information visit www.newport.gov.uk or follow us on Twitter @newportcouncil or Facebook – Newport City Council.

Pupils celebrate Tree Week

Pillgwenlly Primary School children helped to celebrate National Tree Week in Belle Vue Park by reading their work in the pavilion and watching a paper bark birch being planted.

Nine-year-old Ayesha Begum also unveiled a plaque marking the park’s status as a Queen Elizabeth II Field.

Her school took part in a writing project, supported by Literature Wales, with poet in residence Ric Hool.

Pupils from Pillgwenlly Primary celebrate National Tree Week
Changes to waste and recycling collections

This year changes to waste and recycling collections in Newport will be extended to all residents. Our aim is to improve the service on offer, increase recycling levels and reduce the amount of waste going to landfill.

Many residents are not making full use of the recycling services and we know that almost 50 per cent of the material going into the rubbish bin is easily recyclable. There is very little that can’t be recycled at the kerbside or at the household waste recycling centre and we are encouraging everyone to make that extra effort.

Recycling is a positive action that not only benefits the environment but can also save you money.

Sending waste to landfill is expensive for the council and in addition, if we do not meet the targets set by Welsh Government we are likely to be hit with costly fines.

Cardboard collections

Residents will be receiving a new sack for cardboard over the coming year. New legislation on composting means the council can no longer collect garden waste and cardboard in the same container. Please continue to use your orange lidded bin for card until you are on the new scheme.

Your new sack will be delivered with an advice leaflet and details of when the scheme will begin in your area. The bags for cardboard will be a polypropylene material (similar to bags in Ikea). They will also have a lid so that cardboard will be protected against the elements.

If you only use your orange lidded bin for cardboard, we can remove the bin when the new scheme starts if you prefer.

Smaller bins

As part of the increased recycling services we will also be rolling out 180 litre bins in replacement of the standard 240 litre bins.

The new bins are slightly narrower and do not take up as much room and, by participating in all the recycling schemes, offer ample capacity for a family’s worth of residual waste.

If you would like to have a new bin sooner please contact the council on 01633 656 656 or visit www.newport.gov.uk/recycling

Did you know...

• Many of the bins are over five years old and will go for recycling. The better quality bins will be reused for other projects such as recycling in schools.
• If you are using all the recycling services on offer there should be very little left in your rubbish bin. If your bin is still full every fortnight please contact us and we would be happy to advise.
• All the recyclables collected in Newport are sent for recycling in the UK, less than 0.1 per cent of materials collected at the kerbside cannot be recycled.
• Less than one per cent of your council tax goes to providing waste management services.
• The council has always had a no side waste policy. If bags of rubbish are placed by the side of bins you could be given a fixed penalty notice for £100 or fined up to £5,000.
• All Welsh authorities are under huge pressure to increase recycling rates not only Newport. Some councils’ are only allowing two bags of rubbish or moving to 140 litre bins with fortnightly collections. Many are charging for garden waste collections or limiting collections to peak months. Some are looking at monthly collections of rubbish and charging for all other services.
• You can take your rubbish to the Household Waste Recycling Centre but it still needs to be separated for recycling, doing this at home and using the kerbside recycling schemes will save you the journey.

For more information visit www.newport.gov.uk/recycling

Wardens help keep Newport streets cleaner

Newport City Council’s campaign against litter louts and dog fouling stepped up with two new part-time enforcement wardens patrolling the streets.

They have been issuing fixed penalty notices to irresponsible dog owners and anyone caught dropping litter in a public place.

Councillor Gail Giles, cabinet member for licensing and statutory functions, said: “Like other councillors, I regularly get complaints about dog mess and litter on our streets.

“We are tackling these problems in a number of ways including raising awareness and education. However, regrettably, a minority continue to ignore these messages and we are, therefore, taking further action through fixed penalty notices.

“We are determined to reduce this blight on our local environment and irresponsible people will risk these sanctions should they not clear up after their dogs or continue to drop litter.

Fixed penalty notices carry a £75 fine if paid straight away. There is an appeal procedure but if people choose not to pay the fine they could be fined up to £1,000 at a magistrates court. Income generated by the notices will go towards paying for the wardens service.

Turning waste into a resource

A new facility in Cardiff is set to begin turning Newport’s waste that cannot be recycled or composted into valuable resources.

Prosiect Gwyrdd, a consortium between five south Wales councils, has recently signed a contract with Viridor to create green energy from waste.

It will save the partner authorities £1.1m in the first year of operation and £500m over the lifetime of the contract.

The Welsh Government has set challenging recycling targets which are set in law. The contract will deliver at least a further five per cent recycling by extracting any remaining metal and using the incinerator bottom ash (IBA) as aggregate for building materials. The facility will also generate 28 MW of power which is the equivalent electricity needs for 50,000 homes.

The facility is currently being built at Trident Park in Cardiff. This solution represents excellent value for money, is safe, tried and tested and is an environmentally sustainable solution for the remaining rubbish.

The partner councils will start sending waste to the facility from September 2015 with full service starting on April 1, 2016.

Visit www.prosiectgwyrdd.co.uk
Workshops (ongoing)
The Riverfront plays host to a vast range of workshops with something to suit all ages, interests and abilities.

Cinema (ongoing)
The Riverfront plays a broad range of films from around the world. We also have a selection of matinee showings and bring baby showings.

The first time machine (1 Feb)
Brothers Treays welcome you aboard their time machine for a voyage of a life time. Ages 5+. 11.30am.

Circus of Horrors (5 Feb)
The Circus of Horrors presents what is undoubtedly its greatest show to date — London after Midnight. 8pm.

Met Opera: (8 Feb, 1 Mar, 15 Mar)
The hugely popular Metropolitan Opera's Emmy Award winning series of live performance transmissions are beamed to The Riverfront direct from New York — 1 Feb: Rusalka, 1 Mar: Prince Igor, 15 Mar: Werther. 5.55pm.

Motowns greatest hits (8 Feb)
The ultimate celebration of the sweet sound of Motown — back by popular demand. 7.30pm.

Of mice and men (12, 13, 14 Feb)
Tin Shed Theatre Co. tell the story of George Milton and Lenny Small, two very different men bound together by providence. Various times.

Sherlock Holmes – The death and life (20 Feb)
The world’s greatest detective refuses to leave the stage! A wryly humorous tale, of murder, mystery and the occult... 7.45pm.

Joanna Young: Recall (21 Feb)
Four performers make their way through a shifting landscape. They transform from self to animal, from the subtle to the extreme. 7.45pm.

Andy Fairweather Low (22 Feb)
Andy Fairweather Low was born in Cardiff in 1948 and rose to prominence as front man and guitarist for chart-topping, teen idol band, Amen Corner. 7.30pm.

Mr Blue Sky: The ELO experience (28 Feb)
Forty years on, and the music of Jeff Lynne and the Electric Light Orchestra is still regularly played on radio stations throughout the world. The Official UK No 1 Tribute Show 2013. 7.30pm.

Comedy Shed (28 Feb)
The relaxed cabaret style comedy club offers three professional comedians and the chance to enjoy a drink.

Emily – The making of a militant suffragette (20 Mar)
A year after the centenary of Emily Wilding Davison’s death at the Derby, this iconic but enigmatic suffragette’s life is movingly portrayed by Elizabeth Crarer. 7.45pm.

Pop up Bowie (22 Mar)
Paul Anthony looks and sounds like David Bowie. With his own band he performs Bowie’s greatest hits. 7.30pm.

Sinfonia Cymru (23 Mar)
A celebration of Strauss’ 150th Anniversary sets the composer’s Metamorphosen alongside his buoyant Le Bourgeois Gentilhomme. 3pm.

Under Milk Wood (26, 27, 28, 29 Mar)
Under Milk Wood is a work of genius; ripe with vitality, rich in humour and populated by sublime, eccentric, enchanting characters. Clwyd Theatr Cymru. Various times.

What’s on in Newport...

Events are subject to change – visit www.newport.gov.uk/whatson for updated listings
Does your CV need something extra?

Would you like to learn a new skill?

Newport Community Learning offers a wide range of courses and qualifications for anyone over 16 throughout the year at venues across Newport.

Courses are starting in January. There is still time to enrol now!

You may be entitled to a concession on course fees.

Courses start throughout the year
What is Newport Community Learning?

Are you looking to further your learning this year? Want to add a new skill to your CV? Always fancied being fluent in French? Want to cook up a storm in the kitchen?

Take a look at what Newport Community Learning can offer you! With bite size courses available in the morning, afternoon and evening it’s easy to fit in a course around your busy schedule.

It’s never too late to learn!

Where can I study?

Charles Street Community Learning Centre  CLC16 Charles St, NP20 1JU
Rivermead Centre  Fuchsia Way Rogerstone, NP10 9LZ
St Julian’s Community Learning & Library Centre  Beaufort Road, NP19 7UB

Staff will be available to offer further information, advice and guidance.

Please note:
even though a course start date has passed there may be places available. Please call us to find out.

Contact details
Call
01633 623332

Visit
www.newport.gov.uk/communitylearning

Email
Community.learning@newport.gov.uk

How do I enrol?

You can enrol online and access the full course content information

www.newport.gov.uk/communitylearning
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**Essential Skills**

**English or Maths**

We have many courses to help you with the basics, brush up your skills or start working towards a GCSE. Go to our website or call in at a Centre for more information. We will be happy to help and give advice.

**Creative**

**Creative Studies**

**Art** (Places may still be available)

Courses for all those wishing to study painting and drawing techniques

**K0081** Tue 18:30 21:00 6 3-Jun-14 Charles Street Community Learning Centre £38.50

**Experimental Street Art**

**K0079** Thu 18:00 20:30 6 6-Mar-14 Spytty Stadium £38.50

**Oil Painting**

**K0064** Tue 13:00 15:00 10 29-Apr-14 Riverfront Arts Centre £68.87

**Watercolour Painting**

**K0067** Mon 12:30 15:00 12 28-Apr-14 St Julians Community Learning Centre £115.00

**General Education**

**Emergency First Aid**

**K0057** Wed 09:30 13:30 2 26-Mar-14 Rivermead Centre £38.90

**Researching Your Family Tree**

**Family History**

**K0059** Tue 18:00 21:00 10 29-Apr-14 St Julians Community Learning Centre £77.00

**Working with Children**

**Paediatric First Aid**

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**How much is a course?**

The full cost is listed against each course. Concessions are available.

**Please note** that conditions apply for any concessionary rate and will require proof of benefit, which must be valid on the day you enrol on a course.

A 100% concession on course tuition fees is available to those receiving Employment and Support Allowance, Income Support, Job Seekers Allowance, Guaranteed Pension Credit and Full Time Students.

A 50% concession on course tuition fees is available for people on Working Tax Credit (but not Family Tax or Child Tax Credit).

A Low Income policy applies to some courses. If your income is less than £16,000 a year, you may be eligible for a reduction in fees. Documentary proof of low income will be needed when you enrol at a learning centre.

**Please note** concessions are not available on cost recovery, non-accredited courses. Our staff will be very willing to advise you of the remaining cost of resources and accreditation for your course. Please bring documentary proof of eligibility when you register.

For more information on course concessions view the full brochure at [www.newport.gov.uk/communitylearning](http://www.newport.gov.uk/communitylearning)
Convey Law win award

Newport based conveyancing specialists Convey Law have won a Sunday Times Conveyancer of the Year Award. The judging panel at the awards recognised Convey Law as, “having an outstanding level of communication, with impeccable systems and documentation. Convey Law’s dedication to customer service and their innovative use of technology ensures that transactions progress as smoothly as possible.”

Ward meetings

Allt-yr-Yn: 18 February, 10am surgery, 10.30am meeting, Civic Centre
Caerleon: 3 February, 6pm surgery, 6.30pm meeting, Lodge Hill
Primary School
Rogerstone: 11 February, 7pm, Rogerstone & Bassaleg Social Club
Stow Hill: 6 February, 7pm, Newport Centre

Flood scheme for 700 Newport homes

In early December parts of the UK experienced the worst tidal flooding for 60 years. Fortunately, improvements to flood schemes and flood warnings saved many from the devastating impacts of flooding.

Most recently, properties in Crindau were flooded by a tidal surge that came very close to affecting hundreds of homes and business in the area.

Natural Resources Wales (NRW), with support from Newport City Council is working to reduce this risk in Crindau with continued improvements to flood schemes along the banks of the River Usk. Having completed improvements along parts of Riverside in recent years, NRW is now preparing plans for substantial improvements in the Crindau / Shaftsbury Park area.

The proposed Crindau Pill Flood Scheme aims to increase community resilience, offering flood protection to over 700 homes and businesses. The scheme would extend along the banks of the River Usk and Crindau Pill between the M4 motorway south down to the London to Cardiff railway line (see image). Provided funding is in place, construction is due to begin in 2015.

Councillor Ken Critchley, cabinet member for infrastructure, said: “I am very pleased to support the NRW’s proposed flood scheme at Crindau Pill. This area represents the biggest risk of flooding in Newport and this scheme, with a combination of reinforced concrete walls and raised earth embankments, will remove that danger to residents in the area.”

A community drop-in exhibition is being held on February 10, 2pm to 8pm at Shaftsbury Community Centre.

All local residents are encouraged to attend. NRW’s flood experts will be on hand to showcase and discuss proposals for the Crindau Pill Flood Scheme. NRW is also keen to hear from residents about any stories of past flooding, and there will be information on how everyone can better prepare and protect themselves from flooding.

The Upmarket Galleries is hosting Land and Scape (8-28 Feb)

The proposed exhibition featuring work by artists taking their immediate rural environment as inspiration in a variety of media from painting and photography to computer generated pieces and sound art.

Upstairs in the market, the exhibition is organised and curated by members of Bosch and Artopsy. Opening show from 12pm to 4pm on 8 February.

For further information, please contact Steven Jones on 07980466262 or senojnevets@hotmail.com

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Health Challenge Newport aims to help people living and working in Newport to live a healthy lifestyle. It offers advice and support about getting active plus a range of health information.

The website (address bottom of page) covers topics from healthy diet advice to facts about alcohol. It’s the place to visit for healthy living information, advice on how to stop smoking, as a place to share healthy recipes or how your family stays active in Newport. You can also sign up to an e-newsletter, sent directly to you, about different events going on in Newport.

The Eatwell Plate
Eating healthily is about eating the right amount of food for your needs.

The Eatwell Plate shows what to eat, and how much, from each food group and shows the different types of food that make up a well-balanced and healthy diet.

It’s a good idea to try to get this balance right every day, but you don’t need to do it at every meal. You might find it easier to get the balance right over a longer period, for example over a week.

In Wales, many adults and children are either overweight or obese. Many of us are eating more than we need, and should eat and drink fewer calories, in order to aim for a healthier weight. Exercise will also help to achieve a healthy weight, as well as changing the foods that you eat.

The eatwell plate
Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.

Based on the Eatwell Plate (above) try to eat:
- Plenty of fruit and vegetables
  Did you know that we should be eating at least five portions of a variety of fruit and veg every day?
- Plenty of potatoes, bread, rice, pasta and other starchy foods
  Choose wholegrain varieties whenever you can, or eat potatoes with their skins on for more fibre.
- Some meat, fish, eggs, beans and other non-dairy sources of protein
  These are important sources of protein, vitamins and minerals, and form part of a healthy balanced diet.
- Some milk and dairy foods
  Go for lower-fat milk and dairy foods. These are healthier options to help you get enough protein and calcium.
- Just a small amount of foods and drinks that are high in fat or sugar
  Cut down on fat and sugar by eating fewer sweets, cakes and biscuits, and drinking fewer sugary soft drinks.

Is the Eatwell Plate for me?
The Eatwell Plate applies to most people of a healthy weight or overweight, vegetarian or meat-eaters and of any ethnic origin.

Eatwell doesn’t apply to children under the age of two because they have different nutritional needs. Between the ages of two and five, children should gradually move to eating the same foods as the rest of the family, in the proportions shown on the Eatwell plate.

Anyone with special dietary requirements or medical needs might want to check with a registered dietician whether the Eatwell Plate applies to them.

Screening Programme urges men to know their size!
Men aged 65 who live in and across Newport are being encouraged to take up the offer of a free NHS screening test which could save their life.

Launched in May 2013, the Wales Abdominal Aortic Aneurysm Screening Programme (WAAAASP) offers men a quick, painless, one-off ultrasound scan to check for a condition, if left undetected, can be life-threatening.

Screening clinics are held regularly in locations across Wales, such as community hospitals, community health facilities and GP practices. In Newport regular clinics are held in the Newport Central Clinic, Ringland Health Centre and Bettws Health Centre.

An Abdominal Aortic Aneurysm (AAA) can happen to anybody, but it is most common in men aged 65 and over who smoke, have high blood pressure, high cholesterol or have a family history of AAA. Men aged 65 will be invited for screening if they live in Wales and are registered with a GP practice.

Men who are eligible to be screened, will receive an invitation letter and information leaflet through the post, offering them an appointment at a local screening clinic. The letter will give details on where the clinic is being held.

There are around 400 deaths a year in Wales from a ruptured AAA. The programme aims to reduce the number of ruptured AAA and deaths, in the men invited for screening, by half by 2025.

For further information and for a list of clinic locations visit the website: www.aaaascreening.wales.nhs.uk

or telephone:
South East Wales
01443 235 161
West Wales
01792 453 162
North Wales
01492 863 363

Healthy eating is simple.
A diet based on the following food groups will give you all the nutrients you need:
- Starchy foods such as potatoes, rice and pasta
- Fruit and vegetables
- Protein-rich foods such as meat, fish and lentils
- Milk and dairy foods.

Balance is the key to getting a healthy diet right. Eat a wide variety of foods, in the right proportions, and consume the right amount of food and drink to become healthier.

For more information visit:
Change for life website www.nhs.uk/ChangeForLife/Pages/healthy-eating.aspx
The British Dietetic Association www.bda.uk.com/foodfacts
WeightWise www.bdadiscoverint.nl/
Chief education officer returns

Following a successful period of sharing a chief education officer, Newport City Council and Blaenau Gwent County Borough Council have agreed to end the partnership arrangement, and return to full time self-management at both authorities from 1 February 2014.

In February 2013 James Harris was appointed joint chief education officer for both councils, he will return to Newport City Council and spend 100 per cent of his time in charge of education services at the authority.

A spokesperson for Newport City Council, commented:

“The issue of collaboration is important for Welsh councils. The example set by Newport and Blaenau Gwent on how collaborative working can add value to the delivery of services is an example for others across the country.

“We have to ensure that we maintain our own education standards and in the long term feel we can only do that by having our own chief education officer in post full time.

“We will continue to support our colleagues in Blaenau Gwent through this transitional phase until the end of January 2014.”

Both councils will continue to support and participate in the South East Wales Education Achievement Service (EAS).

Youngsters celebrate their Duke of Edinburgh awards at presentation

Newport City Council’s youth service hosted a presentation evening at The Riverfront recently, with young people from across the city collecting certificates at Duke of Edinburgh bronze, silver and gold levels.

The youngsters completed their awards through their school, youth club or explorer scouts. Many councillors attended the presentation night and had the honour of presenting a total of 183 bronze awards, 48 silver and 31 gold to the young people of Newport.

To achieve a Duke of Edinburgh’s award young people aged 14 – 25 have to complete four different activities, each over a period of between three to 18 months.

As part of their volunteering section young people across Newport gave more than 6,000 hours back to the community last year by helping in charity shops, animal welfare centres, their schools and youth clubs. They also completed an hour a week of physical activity and learned many new skills.

All of the young people involved completed expeditions, travelling around the country by foot, bike or canoe. The gold award holders took part in an extra week-long residential activity in order to gain their award. They will now be invited to St James’ Palace to collect their award from the Duke of Edinburgh himself.

During the presentation evening, which was hosted by the young people themselves, the audience were given an insight into some of the activities that were undertaken through some great presentations covering all sections of the award.

Pobl ifanc yn dathlu ennill gwobrau Dug Caeredin

Cafodd gw asanaeth ieuenctid Cyngor Dinas Casnewydd noson gyflwyno yng Nglan-yr-afon yn ddiweddar, gyda phobl ifanc o bob rhain o'r ddinas yn cael tystysgrifau efydd, arian ac aur Dug Caeredin.

Cwblhaodd y bobl ifanc eu gwobrau drwy eu hysgol, eu canolfannau hamdden neu'r sgwyliaid.

Daeth nifer o gynghorweyr i'r gyflyniad, a bu'n fraint gyflywno 183 o wobrau efydd, 48 o wobrau arian a 31 o wobrau aur i bobl ifanc Casnewydd.

I gyflymiawn gwobrau Dug Caeredin, rhaid i bobl ifanc 14-25 oed gwblhau pedwar gweithgaredd gwahanol, gyda phob un yn cymryd rhwng 3 a 18 mis i'w cwblhau.

Fel rhain o u hadran w i'r foddodoli, rhoddodd pobl ifanc ar draws Casnewydd dros 6,000 o oriau'n ôl i'r gynmuned y flynedd drwy helpu mewn siopau elusen, canolfannau llei anifeiliaid, yn eu hysgolion ac yn eu canolfannau ieuenctid. Gwmaenhant hefyd gwblhau awr o weithgareddu acorfforol a dysgu nifer o osgliau newydd. Gwmaenhant yr holl bobl ifanc gwblhau alldeithiau, gan ddisio’r wld ar droed, ar feic neu mewn canw. Cymerodd delialiaid y wobrau aur ran mewn gweithgaredd preswyl wythnos ychwanegol i ennill eu gwobrau nhw. Byddant bellach yn cael eu gwahodd i Balas St lago i gael eu gwobrau gan Dug Caeredin ei hun.

Yn ystod y noson gyflwyno, a gynhaliwyd gan y bobl ifanc eu hunain, cafodd y gyntaf ddefodwch ar rai o'r gweithgarededu a gynhaliwyd drwy gwyliadau gychwyn nhw a soniodd am bob agweddi ar y wobra.
Can I park for FREE in Newport?

YES for 2 hours at Kingsway Centre Car Park!*

*Mon-Sat, 7am-6pm Sunday & Bank Holiday £1
Putting Communities First

Communities First – the Welsh Government’s flagship programme aimed at tackling deprivation – was re-launched last year and the council won the bid to deliver the programme in the city.

It will provide external funding of £5.5 million over two years and support 50 full-time equivalent posts.

Three new themes have been identified for the programme – prosperous communities, learning communities and healthier communities.

Four new clusters were established – north (Bettws, Malpas and Shaftesbury); central (Maindee, Pill and Stow Hill); west (Gaer, Maesglas and Tredegar Park) and east (Alway, Beechwood/Old Barn, Lliswerry, Ringland and Somerton).

North cluster

The team delivers a range of projects and support throughout the cluster designed to develop more prosperous, learning and healthier communities as can be seen in the examples below.

Health and well-being: courses including healthy cooking, exercise and nutrition advice and promoting health and well-being.

Education and learning: extended sixth form provision runs every weekday in the Bettws Civil Service Building with a focus on sport and leisure as well as the opportunity to take various qualifications while adult education courses in first aid, food hygiene, confidence building and other topics began this month.

Prosperity: work placements, employment advice/support and social enterprise training are available throughout the cluster.

Central cluster

A big part of the central team’s programme is helping people get back to work through their job clubs.

One of the busier sessions takes place at Community House, Eton Road, delivered in partnership with Careers Wales, Jobcentre Plus, Save Time Online and Maindee Action Group.

Help is also offered to local people who want to start a business or groups who want to set up a social enterprise.

Three health promotion events were held last year and the last one in October, in Community House, attracted more than 300 residents. Similar events are promised this year.

A project to support and keep young people aged between 14 and 16 in education is being run in conjunction with Coleg Gwent with NVQ modules in fabrication and welding and vehicle mechanics.

In addition, through partnership work with Families First, additional accreditation opportunities within schools including the Duke of Edinburgh Awards.

Citizens Advice Bureau drop-in sessions are held in Bettws, Malpas and Shaftesbury. Call 01633 222622 for further details.

They are held on Thursdays between 1pm and 4pm.

Other sessions are held at Pill Mill Centre on Wednesdays from 1pm-3pm and on Thursdays from 9.30am-12pm as well as the SHARE Centre on Stow Hill each Thursday between 1pm and 3pm.
Newport gets super-connected

Newport is one step closer to becoming a super-connected city with the launch of Super-connected Newport.

Superfast and ultrafast broadband are going to change everything we do – from shopping to healthcare – and Newport’s programme is leading the way in delivering the change.

£4 million of funding is available to local businesses through a voucher scheme which will help them get improved broadband connections.

Cllr Bob Bright, leader of Newport City Council, said: “The council and colleagues in Newport Unlimited have worked hard to bring this important project to Newport. The fact that it is now going live is a great moment for local businesses and I urge them to take advantage of the support available.”

Communications minister Ed Vaizey, said: “The broadband market is moving at an incredible pace. Today, businesses expect and demand faster and faster broadband to compete in the global race. Connection vouchers will be an important tool for cities in helping to address that demand, and government has now allocated up to £100 million to provide a digital boost to superconnected cities like Newport.”

Already the project is working with a wide range of companies that hope to benefit from improved broadband access – companies including the Ashton Park Care Home that hope to improve video calling for residents, the NSP Gaming Centre bringing a sense of community back to online gaming, and Newport based UK Plumbing Supplies providing online ordering for plumbers across the UK.

For more information visit www.newport.gov.uk/superfast, call 01633 656656 or follow @ConnectNewport on Twitter.

Work on-track for rail electrification

Network Rail Wales is working closely with Welsh Government, the Department for Transport, train operating companies and key stakeholders to deliver a better railway for South Wales.

This investment will bring benefits for passengers, while supporting the growth of the local economy.

In July 2012, the secretary of state for transport announced the decision to electrify the Great Western Main Line (GWML) between London and Swansea, with the aim for the network to Cardiff to be electrified by 2017 and to Swansea by 2018.

In order to facilitate electrification, essential preparatory works are required and will begin in 2014. In Wales, a number of bridges are too low to accommodate the new infrastructure and overhead electrical lines. Work on such bridges is expected to begin in late 2014 and continue until 2016.

Overgrown vegetation will also have to be cleared and maintained to prevent encroachment on the electrified lines. Following this, foundation works will begin.

As project plans develop, a number of public information events will be held – details will be published in Newport Matters, online and in the press when available.

An electrified rail network will mean faster, greener, quieter and more reliable journeys for tens of thousands of rail passengers. It is more economical to operate and maintain. The enhanced infrastructure will also give the provision for smoother train journeys for passengers as well as helping to deliver a quieter railway for line-side neighbours.

The electrification of the GWML is a vital aspect of the government’s strategy to provide a safe, reliable and efficient railway for the 21st Century.

For more information visit www.networkrail.co.uk/greatwesternelectrification

International summit

World leaders will be coming to Newport this year when a major international summit comes to our city.

A summit of the North Atlantic Treaty Organisation (NATO) is to meet at the Celtic Manor Resort in September.

Prime Minister David Cameron announced late last year that Britain would host the summit for the first time since Margaret Thatcher welcomed NATO leaders at the end of the cold war in 1990.

Set up in 1949, NATO’s essential purpose is to safeguard the freedom and security of its 28 member countries through political and military means.

Welsh Government announced late last year that they will provide match funding for the initial stage of a project to create a world-class convention centre facility in Newport.

The match funding will allow Celtic Manor management to submit the Wales International Convention Centre scheme, which would provide the largest convention facility of its kind in Wales or the south west of England, for outline planning consent this year.

The project includes a state-of-the-art new auditorium, exhibition hall and complementary facilities.
Two innovative projects providing unemployed people with opportunities to improve their job prospects have been officially launched.

Newport City Council, together with its One Newport partners, has established a Work Based Learning Academy (WBLA) which offers paid and unpaid work experience to young people, graduates, apprentices and the long-term unemployed.

It is also collaborating with Jobcentre Plus at the Information Station to give expert support and advice in personal development, skills, vocational qualifications and work experience.

Councillor Deborah Davies, cabinet member for skills and work, launched the WBLA at Malpas Court last month.

"The council, and our One Newport partners, want to put this important work at the heart of our business. Opening up opportunities to help people find permanent employment is important for the individual but also has an economic benefit for the city.

"Recent developments in Newport - including the new Admiral offices in the city centre which are due to open next year, the announcement that an international conference centre is to be created at the Celtic Manor and with construction of Friars Walk beginning early next year - signal a renewed confidence in the city.

"We want to ensure that local people have the best skills and opportunities so they can be part of Newport’s future growth."

Councillor Davies was joined by Newport East MP Jessica Morden for the launch of the co-location project which is one strand of the work programme in the city which is delivered by the council in partnership with Working Links under contract by the DWP (Department of Work and Pensions).

From October 2012 to November 2013, the council has supported 960 people in looking for employment and, as a result, 52 per cent found work.

In the last year, the teams have excelled in two particular areas:

Working with 156 young people aged between 18 and 24 claiming job seekers allowance, they helped 75 per cent of them to find work.

Of 385 job seeker allowance claimants aged 25 plus, 57 per cent found employment.

The WBLA at Malpas Court last month.

Nest offers home improvements at cavity wall or solid wall insulation, or energy bills. These may include a new property warmer and save money on energy bills. These may include a new property warmer and save money on energy bills. These may include a new property warmer and save money on energy bills. These may include a new property warmer and save money on energy bills.

If you are on a means tested benefit, a Nest assessor will recommend a tailor made package of improvements to help make the property warmer and save money on energy bills.

More than 350 households across Newport saved an average of £500 per year after being referred for free home energy improvements last year from a Welsh Government’s fuel poverty scheme.

Nest offers home improvements at no cost to applicants who own or privately rent their home, live in a property that is very energy inefficient and receive a means tested state benefit.

Following a home visit to check eligibility, a Nest assessor will recommend a tailored package of improvements to help make the property warmer and save money on energy bills. These may include a new central heating boiler, loft insulation, cavity wall or solid wall insulation, or renewable energy technologies.

The Nest scheme, which is managed by British Gas, also supports applicants through the process with advice via a free phone number.

If you are on a means tested benefit, and your home is hard to heat, please contact Nest on Freephone 0800 808 2244 to see if you are eligible for a home energy improvement package, or visit www.nestwales.org.uk for more information.

Fly-tipping is a serious problem in England and Wales. Dealing with the problem can cost taxpayers and private landowners in the region of £100-£150 million every year.

Fly-tipping poses a threat to humans and wildlife, damages our environment, and spoils our enjoyment of our towns and countryside. The blight in fly-tipping hot spots can even reduce property prices in the area and local businesses may suffer as people stay away.

It also undermines legitimate waste businesses where illegal operators undercut those abiding by the law. At the same time, the reputation of legal operators is undermined by rogue traders.

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Take pride in your neighbourhood

Did you know that if you are caught fly tipping you could receive a £20,000 fine or imprisonment?

Competition

To tackle fly tipping the council’s waste management team are calling for residents of Newport to nominate areas that are victim to fly tipping.

If you have problems with fly tipping you can put your area forward to receive support from the council to clean it up.

To enter email rethink.rubbish@newport.gov.uk or phone Christine Thomas on 01633 656656. The closing date for entries is Friday 14 February 2014.

Together we can clean up our communities and help make Newport free from fly-tipping.

Fairness Commission reports findings of its research

A year on from its launch the Fairness Commission, the first in Wales, has published a detailed report on the council’s budget setting and decision making processes.

The Labour Administration elected in 2012 decided that issues relating to fairness needed to remain high on the council’s agenda. To do this an independent body made up of representatives from local groups and organisations with an interest in fairness, equalities and social inclusion was set up.

The fairness commission immediately began work on building a clearer understanding of what fairness means and how it applies to council policies and decisions. It has also looked at how it could stimulate wider public debate on such issues and a public consultation exercise was carried out in summer 2013.

The report explores a range of questions including; when is it fair to treat people the same, and when is it fair to treat people differently? What groups have priority in Newport and why?

It also asks how the council ensures that decision-making is fair, consistent and transparent and how the exchange of views is facilitated between Newport City Council and citizens.

Councillor Bob Bright, leader of the council, said “We very much welcome this report from the fairness commission. As a party, one of our key promises was that we would stand up for Newport and make it a fairer city, a place where everyone feels included. The commission and this report will assist the council in its aim of narrowing the gap between the most disadvantaged and the most affluent areas of Newport and ensure local people feel part of the decision-making that affects their lives.”

Professor Steve Smith, chair of the commission, commented: “It is commendable that Newport is leading the way in Wales by setting-up a fairness commission. Our aim is to provide policy-makers with a ‘critical lens’ for viewing fairness, and to encourage public debate which takes important political, economic, and social goal.”

For more information on the commission and to view the full report visit www.newportfairnesscommission.org
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