

Newport Matters

March 2014

The official newspaper of Newport City Council

£60m of investment coming to city centre

Newport City Council has been awarded £14.988 million under the Welsh Government's vibrant and viable places regeneration programme. This money will also unlock a further £45 million of external investment in key city centre projects.

Landmark buildings will get a new lease of life thanks to the money – some of the proposed projects are featured opposite.

Newport's impressive bid was one of only three to be awarded the full amount requested and in a change to previous improvement schemes, the funding for a series of projects has already been allocated and a programme drawn over the next three years.

The council will work with the private and third sector to transform some key properties, mainly converting them into new homes but there will also be space for some business start-ups.

Councillor John Richards, cabinet member for regeneration and development, praised the council's teams who put together the



Park Square car park

The façade of the car park and the neighbouring two shops in Commercial Street will be transformed to create a smart new façade with five flats above the foyer entrance.



successful bid.

“The excellence of the submission was acknowledged by the Welsh Government and the officers will now focus their considerable talents on getting these exciting projects off the ground. We have long recognised that introducing a strong residential element to the heart of the city centre is key to its regeneration.

“A healthy mix of homes, retail, business and leisure use will breathe new life into this important area.”

Regular updates will appear in future editions of Newport Matters.



Griffin Island

This property, wrapped around the corner of High Street, Skinner Street and Griffin Street, is one example of some of the stunning architecture that can be seen in the city centre if you look up. Plans are for 40 flats on the upper floors.



Cardiff Road

One of the first projects to begin will be to convert this listed building near the Royal Gwent Hospital into affordable homes. Working with the Seren Group, 15 apartments will be created in this fine old house.

Members of Chartist commission confirmed

Newport City Council is pleased to announce that three people have accepted invitations to be part of the independent Chartist commission.

The former Archbishop of

Canterbury Dr Rowan Williams; Presiding Officer of the National Assembly of Wales Dame Rosemary Butler and chairman of the Chartist anniversary committee Pat Drewett, have all accepted invitations to form a

commission to coordinate the 175th anniversary celebrations.

Leader of Newport City Council, Councillor Bob Bright, said: “I very much welcome the news that three individuals who really care about Newport and Chartism have

accepted this invitation.”

The first meeting of the commission took place recently. The council will support the commission and do what it can to help with the community-led Chartist celebrations.

Inside...



Newport to be the star of new Monopoly



Council Tax and 2014/15 budget set



Transporter Bridge reopens for summer



Food festival back for fourth year

Friars Walk to rise up

Newport's new retail and leisure scheme is set to rise from the demolition site in the John Frost Square area.

The council's development partners Queensberry Real Estate moved onto the site last month in readiness for the construction phase of the project to begin.

It has also been revealed that three more major retailers are set to join the likes of Debenhams, Next and Top Shop by taking up units in Friars Walk.

Cineworld, Nando's, Cosmo, Frankie and Benny's, Chiquitos and Prezzo have also signed up.



The Friars Walk development site is changing quickly as preparatory work progresses

Queensberry Real Estate has appointed contactors Bowmer and

Kirkland to carry out the building work.

Friars Walk is scheduled to open in November 2015.

Plan under spotlight

An independent inspector has begun examining the soundness of Newport's Local Development Plan (LDP). As part of this process, public examination hearing meetings begin on 1 April.

These round table hearings will take place in the Civic Centre over several weeks before the inspector issues his final report which is expected in the autumn.

He will only be able to hear submissions from those objecting to proposals in the LDP and who asked to be heard when responding to the consultation in June 2013. Those

people will have been informed when they need to appear.

The LDP is an important document that will shape planning decisions for the city until 2026.

Meanwhile, there is a current consultation on a number of "focussed changes" to the LDP which ends on 7 April. These proposed changes result from a correction to the legally protected route for the M4 relief road. Representations should be sent in writing to: Planning Policy Manager, Newport City Council, Civic Centre, Newport, NP20 4UR or emailed to ldp.consultation@newport.gov.uk before 5pm on Monday 7 April 2014.

New homes planned for Glan Llyn scheme

St. Modwen has submitted a planning application to build 47 new homes, under its residential brand, St. Modwen Homes, at its £1bn Glan Llyn development in Newport.

Subject to planning consent being granted, work is expected to start on site in April 2014 with a view to launching the first St. Modwen Homes properties onto the market in the summer.

When complete in the next 20 years, Glan Llyn will deliver a total of 4,000

new homes, 6,000 new jobs at the site's 100 acre Celtic Business Park and provide a range of facilities including a new local centre offering leisure and retail space supported by new education facilities all surrounded by 80 acres of extensive open parkland.

For more information on St. Modwen Homes' current sites, its house designs and how the developer can help you buy a new home, visit www.stmodwenhomes.co.uk or follow the housebuilder on Twitter (@StModwenHomes).

Admiral's new home on horizon



The new building has dramatically changed the city's skyline

Fitting out of Admiral Group plc's new seven-storey office block in Newport is well underway with the date for completion fast approaching.

Work is on track to be completed by May this year.

Lee Savage, development director at Scarborough Development Group, said: "We are delighted to be involved in the construction of a significant building for Newport and for such a major local employer as Admiral Group."

The office block is central to

the first phase of the redevelopment of the city's Cambrian Centre, which gained planning approval from the council in April 2012. Admiral Group will employ 500 staff at the new offices from May 2014.

This phase of redevelopment also includes retail and leisure space, car parking, and a public plaza, located opposite the city's recently remodelled railway station. The retail units will be available for occupation from June 2014, before final completion of this phase by August 2014.

Changing city...

Transporter Bridge gearing up for new summer season

Newport's Transporter Bridge will open for the new season on Wednesday April 2.

The Transporter Bridge in Newport is one of just six such working bridges in the world and last year more than 15,000 people visited the heritage attraction.

Last year was the first time that visitors were able to walk across the top of the bridge as part of a normal visit and nearly 5,000 people took advantage of this and climbed to the highest point of any of the Transporter Bridges worldwide.

Newport City Council cabinet member for leisure and culture, Councillor Debbie Wilcox is encouraging residents to visit the Transporter Bridge and commented:

"Last year saw a large number of people visit Newport's Transporter Bridge and this year we want to encourage even more visitors.

"The top of the bridge offers fantastic views across the Bristol Channel and beyond and are not to be missed. The bridge also stands



Newport's iconic transporter bridge opens for the summer season

on the Wales Coast Path and if anyone is planning to walk the Newport section I would encourage them to include the bridge on their journey."

There is a new pricing system for visitors with every person crossing

the bridge being charged £1 and £1.50 for a return whether on foot, cycling or in a car. Under threes are not charged.

A day ticket for adults is £2.75 while it is £1.75 for children. A day ticket allows a visitor access to the

high level walkway, access to the motor house-the heart of the bridge and unlimited trips across the river.

The opening times of the Transporter Bridge are Wednesday to Sunday, 10am to 5pm until the end of September.

Communities First in action

Communities First in Newport is made up of four clusters where teams deliver projects and activities to improve the lives of families and individuals in their areas. Some of the work being done by two of the clusters is featured here.

North Cluster

Residents and partner organisations were invited to share their views and help shape projects at a consultation meeting in Malpas Court last month.

The positive event provided a good opportunity to obtain an overview of the proposed projects while looking at the issues they were designed to tackle.

It was felt the current plans would work well in the area and provide openings for residents to take part in a range of activities around the themes of learning, health and prosperity.

Projects for the financial year will include healthy cooking, exercise sessions, health awareness workshops, work clubs and IT courses, adult

education classes, nurture support for school children and an extended sixth form provision for young people not engaged in education, employment or training.

There is still an opportunity to have a say in the projects you would like to see Communities First run in the north cluster. Contact Karen

Baverstock on 01633 414840 or email karenann.baverstock@newport.gov.uk for more information.

West Cluster

The team deliver great projects under three headings – prosperous, health and learning.

Prosperous

Working in partnership with Newport Credit Union, collection points encourage and support residents to save regularly and have access to low cost loans. There is also a junior savers scheme with school-based collection points.

Job clubs provide employment-related advice and support while

another project prepares young unemployed people for education, employment and training. Employment related training helps residents become job ready with courses such as food hygiene, first aid, employability skills, basic IT and more.

Health

A programme provides extra-curricular after school sports clubs in primary schools and community-based activity in local facilities.

Local fruit and vegetables are supplied to the community through weekly food co-ops at Gaer Community Centre, Maesglas Community Centre and Nightingale Court, Duffryn.

They also work in partnership with the Aneurin Bevan University Health Board to provide health programmes. Other activities include healthy cookery classes and providing food parcels in partnership with the King's Church.

Your garden needs you

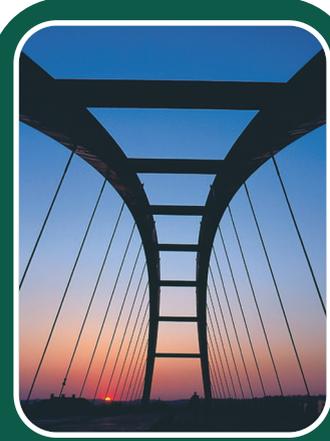
It's never too early to start planning for another wonderful summer display and the Newport In Bloom competition is open to all with a category for every type of gardener.

Categories include pots, baskets, front gardens, commercial premises, churches, schools and individual allotment.

A new category is to be introduced this year, community councils open class, which can be entered by residents in the area and is for a flower display in a garden or containers.

Each year we see an increase in gardeners entering the competition so why not join them.

Entry forms will be available in May/June from various local publications.



Newport news...

Food festival on the menu for 2014

Newport City Council has confirmed that the Newport Food Festival will take place in the city again this year.

This will be the fourth year the festival has been held in Newport, and it has now firmly established itself as a 'must visit event' for all food lovers.

Speaking about the festival, Newport City Council cabinet member for leisure and culture, Councillor Debbie Wilcox, said: "We are delighted to confirm that the fourth Newport Food Festival will take place on Saturday 4 October.

"Last year it was extremely successful with thousands of people visiting the city and we look forward to welcoming lots of

visitors to the city again this year."

At the food festival there will be tasty treats, chef demonstrations and masterclasses.

The council has also confirmed that the festive food market will also take place this year and will be held on Saturday 6 December.

Stall holders who attended either or both events should shortly receive an application form to attend this year's events.

Alternatively forms are available by visiting www.newportfoodfestival.co.uk

The Newport Food Festival is now regarded as a major food event in the south Wales events calendar, and the food festival programme will be available in early summer.



One of last year's stalls, Flapjack Nation, serving treats at the 2013 food festival

Keeping you posted

Newport City Council will soon be launching a free email update service.

A link to Keep Me Posted will appear on www.newport.gov.uk

Once you have subscribed, you will be able to choose to receive updates on topics such as sport and leisure, libraries, general news or waste and recycling. You will also be able to change your preferences whenever you want.



Home safety

Newport's safety at home scheme provides financial help towards minor adaptations in the homes of disabled or older people.

Adaptations, such as grab rails, can help a person live more independently, prevent admission to hospital or support discharge. Call 01633 656656 or visit the Info Station.

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Newport set to get own official MONOPOLY board

Newport is set to get its own official MONOPOLY customised board.

The spirit and shape of the customised edition will remain the same as the traditional MONOPOLY board game – but the London streets will take on a Newport flavour and feel. For example, Tredegar House and Park could replace Mayfair or Park Lane. Other landmarks that could appear include the Wales National Velodrome, The Riverfront, Civic Centre or Rodney Parade.

Newport's Mayor Councillor Cliff Suller said: "I am extremely pleased to learn of the news that Newport is to have its very own official version of MONOPOLY. I am sure this is something residents in Newport will support and it gives the city the chance to show the diversity it has to offer."

The board will see 22 property landmarks swapping places with the famous MONOPOLY London streets.

Also, many of the Community Chest and Chance cards will be customised, with plans for one to say: 'You are fined for visiting Cardiff!'

Dan Taylor, head of custom games at regional MONOPOLY makers Winning Moves UK, said: "We are delighted to be making this exciting announcement that Newport is 'Passing GO'. The public will be invited to vote the landmarks onto the board and we will also be doing our best to get votes from the White House and Downing Street too, as well as from other countries whose leaders are visiting Newport in September. The board will be out in October and on shop shelves in time for Christmas."

To nominate a landmark that you would like to see on the Newport version of the MONOPOLY board email newport@winningmoves.co.uk or visit www.facebook.com/newportmonopoly or write to Newport Monopoly, Winning Moves UK, 7 Praed Street,



Newport's Mayor and Mayoress pictured at Tredegar House for the launch of Newport's MONOPOLY

London W2 1NJ. Please note that the deadline is 25 March.

MONOPOLY facts:

- MONOPOLY first hit shop shelves in 1935.
- Today it is played in 111 countries - in 43 languages.

- The longest ever game lasted a staggering SEVENTY consecutive days.
- Escape maps and compasses were hidden in boards smuggled into prisoner of war camps inside Germany during World War II, with

real money for escapees slipped into packs of MONOPOLY money.

- It is estimated more than six billion green houses and two billion red hotels have been constructed since 1935.

Energy saving scheme

Homes in Bettws and Ringland are set to benefit from a scheme designed to help improve hard to insulate properties.

Newport City Council, in partnership with the South East Wales Energy Advice Agency, made a successful bid to the Welsh Government's Arbed

programme.

This was established to help "fuel-poor" and low income households in Wales while generating employment and economic opportunities for businesses.

Newport's scheme is aimed at privately-owned homes in designated areas of the Bettws

and Ringland wards where there are high levels of fuel poverty and significant numbers of hard to insulate houses.

Anyone wanting further information about the scheme can contact Newport City Council's partners the South East Wales Energy Agency on Newport 01633 223111.

Council protecting the public

An unregistered tattooist operating at home was fined a total of £1,000 and ordered to pay costs of £1,607 after an investigation by the council's environmental health officers.

Robert Hadley, of Byrde Close, Alway, was convicted in his absence at Newport magistrates court of two offences.

Illegal tattooists, also known

as scratchers, pose an increased risk to clients and residents are urged to make sure they only use registered tattooists and premises. Registered premises are subject to routine inspections to ensure they are operating in a safe and hygienic manner.

For more information or to report concerns, visit www.newport.gov.uk, email env.health@newport.gov.uk or call 01633 656656.

In other cases brought by the council, two people were convicted of selling tobacco to under 18-year-olds.

Amjid Iqbal, of Baneswell Store, pleaded guilty and was fined £350 plus costs of £518.55. Salim Badat, trading as Top Up Convenience Store, admitted the offence by letter and was convicted in his absence. He was also fined £350 with costs of £487.62.

Council website offers money advice

Newport City Council has launched a new section of its website which offers debt and money advice.

It features general information and links to organisations that provide free and confidential help and support to people struggling with money worries.

Last year the council took the decision to block access to high-interest, short-term or 'pay day' loan sites on its council and public-access computers.

In a bid to prevent households getting trapped in a dangerous cycle of unaffordable debt, users trying to visit such sites will now be redirected to this webpage.

Councillor Ray Truman, Deputy Leader of Newport City Council, said: "I understand that some people are in extremely difficult financial positions, and while a short-term loan might provide a one-off solution for those who can manage and afford it, for others it is the start of a vicious

circle of increasing debt.

"Newport City Council is committed to being a fairer and caring city, which is why we are introducing this policy of blocking access to the websites of high-interest, short-term lenders and making available more advice and support."

Councillor Tom Bond, Newport City Council's anti-poverty champion, added: "Many people who look for a loan online are often unaware that there are others ways to tackle their problems and organisations that can provide help and advice before they take out a loan.

"Despite challenging financial pressures for the council itself, we are committed to supporting communities and will continue to work with Communities First, Citizens Advice and other partners across Newport".

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

Council tax remains one of lowest in UK

Newport City Council has set its revenue budget and council tax for 2014/15.

At its full council meeting in February, a council tax increase of 4.5 per cent was agreed, meaning Newport continues to have lower council tax than our neighbouring authorities, the second lowest rate in Wales and one of the lowest in the UK.

In January cabinet met to discuss over 100 budget proposals and the results of a full public consultation. Their recommendations were then presented to full council for consideration.

Over the next four years Newport City Council needs to make savings of around £25 million including nearly £10 million in 2014/15. The council currently spends around £250 million every year, providing nearly 1,000 different services.

Councillor Bright, leader of Newport City Council, said: "There is enormous pressure on our budget both this year and looking ahead, but we are mindful of the pressures facing our residents and on individual household budgets too.

"We have to balance the need to make savings with maintaining

services and protecting jobs."

A 4.5 per cent rise represents an increase of around £38.48 a year for households in Band D properties – the equivalent of 74 pence a week. When the Police and Crime Commissioner for Gwent precept is also included, this represents a rise of 85 pence a week. Some areas will also be subject to a community council precept.

Cabinet had made some changes to the draft budget and council tax including setting a rise of 4.5 per cent rather than an original proposal of 5 per cent and setting aside £160,000 to continue the Additional Council Tax Reduction Scheme for pensioners, subject to a review and recommendation by the Fairness Commission.

They also made a commitment to allocate £75,000 from the 2013/14 underspend so that the Christmas lights could be supported for a further three years while the city centre regeneration progresses. This was a key issue raised in public feedback.

Money has also been set aside so that the council can become a living wage employer.

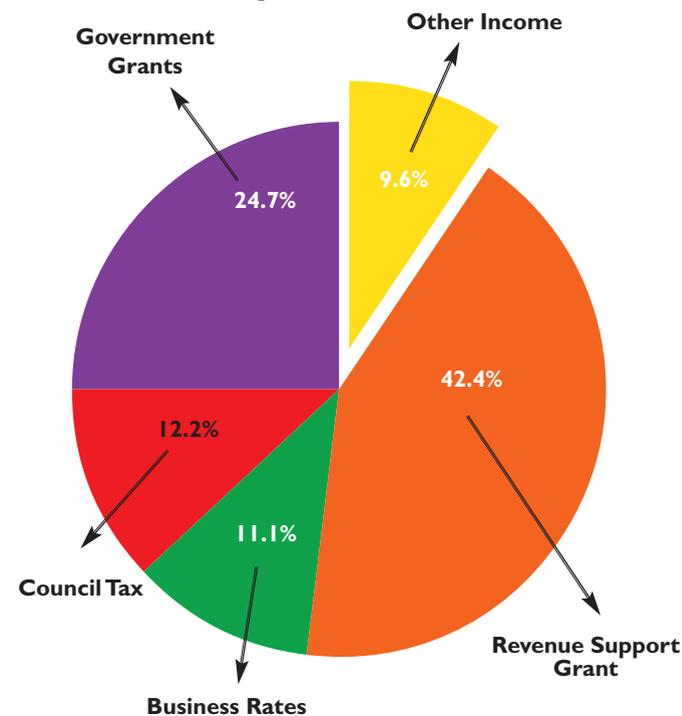
Councillor Bright added: "It is worth remembering that council tax only makes up around 12 per cent of the council's overall budget, with another eight per cent coming from fees and charges. We have looked at the figures and lowered the increase for our residents, but the cuts in other major funding such as the Welsh Government revenue grant mean there is still much that will have to change over coming years.

"We will continue to improve our efficiency and streamline the organisation however these measures alone would be insufficient. Our plans range from management efficiencies and new ways of working, to service changes, reductions and rationalisation."

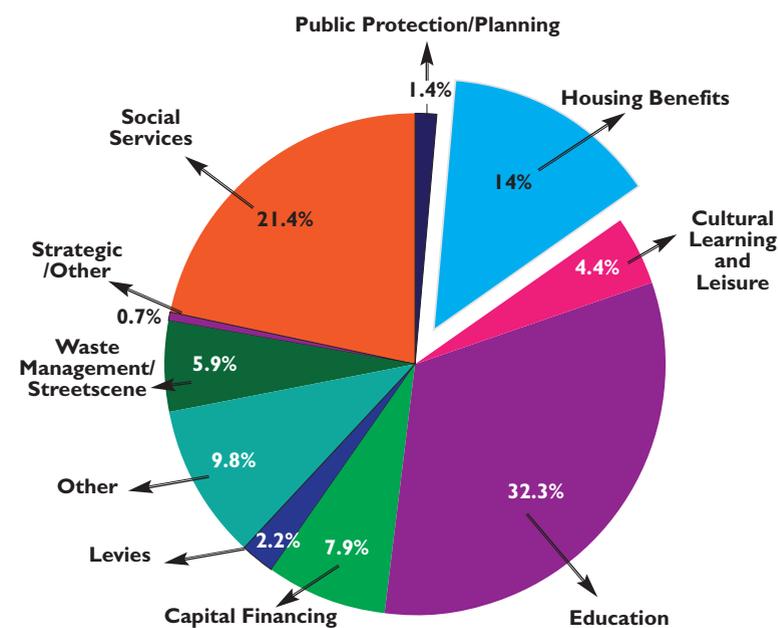
Full council was also asked to note the head of finance's recommendations that minimum general fund balances be maintained at £5million and that schools' funding is in line with the Welsh Government pledge.

For more information on council tax and to generate a virtual bill, visit www.newport.gov.uk/counciltax

Income 2014/2015



Expenditure 2014/2015



Art with character

An exhibition celebrating letterforms and other writing systems will open in the Upmarket Galleries in Newport Market from Saturday 5 April.

The launch event from 2pm to 5pm will be punctuated with presentations, performances and plonk.

For more information, visit upmarketgalleries.com or email info@upmarketgalleries.com

Dance award

Romeo a Juliet, the stunning Ballet Cymru performance staged at The Riverfront, was named the best large-scale dance production at the second annual Theatre Critics of Wales Awards.

It was another triumph for the independent company which was founded by artistic director and choreographer Darius James.

Antiques Roadshow in Newport

BBC One's popular Sunday evening programme Antiques Roadshow will be filming in the grounds of Tredegar House on Sunday 22 June.

Doors open at 9.30am and close at 4.30pm. Entry is free.

Some of Britain's leading specialists will be on hand to offer free advice and valuations so raid your attic and bring along family heirlooms and household treasures.

If you have large items send details and photographs to Antiques Roadshow, BBC, Whiteladies Road, Bristol BS8 2LR or email antiques.roadshow@bbc.co.uk www.bbc.co.uk/antiquesroadshow

Tredegar House – 01633 815880

Easter family fun (12-17 & 22-27 Apr)

Get your Easter bonnets out and join in with our Easter activities. Uncover clues and follow our spring trail and lots of family friendly activities.

Cadbury's Easter egg trail (18-21 Apr)

Hunt through the gardens to discover clues for our Cadbury's Easter egg hunt. 11am-4pm.

Talk – Five boys and a pasty (14 May)

Join the Friends of Tredegar House for an evening of humorous reminiscences of a South Wales childhood. 7.30pm.

Newport Museum and Art Gallery – 01633 656656

Art store tours (8 Apr & 20 Jun)

Venture behind the scenes of Newport Museum and Art Gallery and peek into some of the art stores. Booking essential. 11am.

Newport Ship Open days (26 Apr, 24 May, 12 Jul)

See what the ship looked like and why it is so special. Handle material that is approximately 550 years old and follow the conservation process. Free admission. 11am-4pm (last admission 3.30pm). Newport Ship Centre, Unit 22 Maesglas Industrial Estate, NP20 2NN.

Ward meetings

Beechwood: 8 April, 6pm, Beechwood House

Langstone: 25 March, 6.30pm, St Johns Hall, Penhow

Rogerstone: 14 May, 7pm, Rogerstone Library

Shaftesbury: 16 April, 6pm, All Saints Church Hall

St Julians: 27 March, 6.30pm, St Julius & Aaron Church Hall

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.

First Wednesday (2 Apr)

First Wednesday is a regular series of lunchtime recitals. A mixture of music is presented across the year. 1pm.

Met Opera: La Boheme (5 Apr); Cosi Fan Tutte (26 Apr); La Cenerentola (10 May)

The hugely popular Metropolitan Opera's Emmy Award winning live performances are beamed to The Riverfront direct from New York. 5.55pm.

Sessions open mic night & market (11 Apr)

Boutique stalls adorn the foyer from 5pm until 11pm and performance fills the air in the café from 7pm. All types of performers are welcome to come along from comedians to poets and musicians and all you need to do is turn up on the night. This event is not aimed at under 16s, acts after 9pm may be unsuitable for children.

The Searchers (11 Apr)

The Searchers remarkable career continues. Classic hits include Sweets For My Sweet; Needles and Pins and Don't Throw Your Love Away. 7.30pm.

Easter Bonanza (14-17 & 23-25 Apr)

Join us for creative fun for all the family. Try your hand at something different every day with activities including Easter bunny making, fluffy chick pompoms, Easter cards and more. 10-11am, 11.30am-12.30pm.

Newport Centre – 01633 656757

Welsh Open Tae Kwon Do Championships (6 Apr)

No Gi Championships (13 Apr)

Robot Wars (9-11 May)

Cheersport Wales (18 May)

Newport Cathedral at St Woolos

New British Winds (12 Apr)

Concert by New British Winds wind quintet at 12 noon. Admission free with leaving collection.

Only Boys Aloud (East) (May 10)

With Greater Gwent Youth Brass Ensemble and Charlie Lovell-Jones (Violin) 7pm. Tickets available from Cathedral shop, call 07712 868389 or email secretaryfncc@gmail.com.

Concert – St Woolos Players (May 18)

Concert by the St Woolos Players. Tickets available from the cathedral shop or on the door. 3pm.

Pirate Gran (17 Apr)

You'd never guess she was a pirate! With a pet crocodile under her bed and a whole raft of adventures – time with Gran is never dull! 2pm.

On The Edge: Results Night (17 Apr)

The results of the Scottish Independence referendum have been declared. A crisis or a celebration for Wales? This play may not get you voting but it will have you reeling in the aisles! 7.45pm.

An Inspector Calls (24 Apr)

An investigation into the death of a woman at a dinner party uncovers a whole lot more. 2pm & 7.45pm.

Old Macdonald had a Farm (25 Apr)

Based on the hugely popular nursery rhyme and told with a charming blend of puppetry, live action and animation. 2.30pm.

Comedy Shed (28 Feb)

The relaxed cabaret style comedy club offers three professional comedians and the chance to enjoy a drink.

On The Edge (15 May)

The War is Dead, Long Live the War: Marking the centenary of the First World War, Wilfred Owen meets a young Gulf War soldier. 7.45pm.

Formby (23 May)

Formby follows George Formby's rise from awkward stable boy to one of Britain's biggest stars. 7.30pm.

Newport Wetlands – 01633 636363

Guided walk (29 Mar & 26 Apr)

Join us on a guided walk to discover the wonderful wildlife and fascinating history of the reserve. Booking essential. 10am.

Mother's Day marvellous mums (29 Mar)

10am – 12pm Get ready for Mothering Sunday and learn about some special mums who live at the reserve. Stories and crafts for mothers and toddlers. Please note this event is aimed at 2-6 year olds. Booking essential.

Painting demonstrations (2 Apr)

Painting demonstrations by Judith James. 11am – 2pm.

Wildlife explorers club (5 Apr)

Join Wildlife Explorers and have great fun with wildlife activities at Newport Wetlands Reserve. Aimed at children aged 8-12. 10am-12pm. For more information contact david.smith@newport.ac.uk

Easter eggs-travaganza (21 Apr)

Whose egg am I? A quiz to match the egg to the mum, plus arts and crafts activities. Booking essential. 11am – 1pm.

Guided walks – 01633 656656

The council organises a series of guided walks throughout the year

Redwick to Greyhill (20 Apr)

Fourteen Locks to Twmbarlwm (4 May)

Wales Coastal Path Redwick to Nash (18 May)



What's on in Newport...

Events are subject to change – visit www.newport.gov.uk/whatson for updated listings



Easter fun in Newport

There will be plenty of fun activities for children and young people in Newport this Easter. From swimming to story telling, there is something exciting for everyone to enjoy!

You can learn to swim, improve your skills and take part in a whole range of aquatic activities at any of the city's three swimming pools.

Or, if you prefer to keep dry, why not try a sport at one of Newport's leisure centres. There will be tennis, cycling and gymnastics on offer. This is the chance to improve skills, meet new friends and develop a new hobby.

Childcare is also available at the Active Zone Holiday Club at the Newport International Sports Village for children aged 5-12 years every

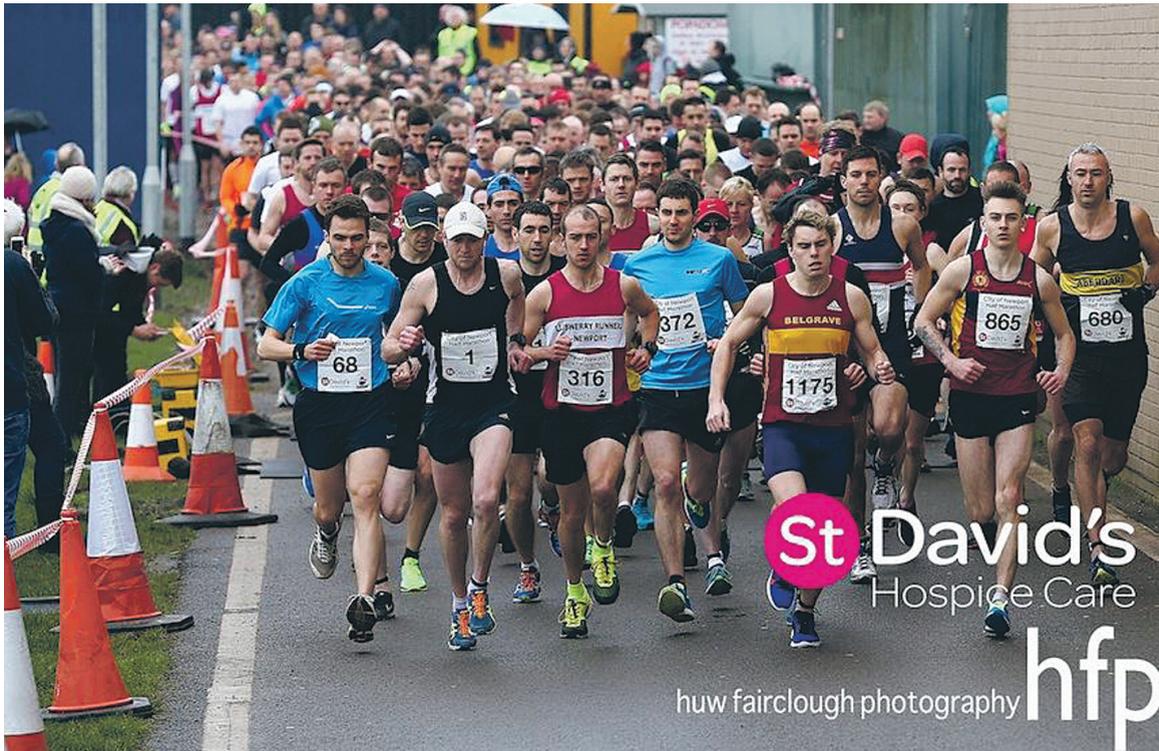
weekday of the holidays from 8.30am-5.30pm.

There are also lots of activities at your nearest library while there are family friendly events at The Riverfront and Newport Museum and Art Gallery.

Play schemes are once again available throughout the city and free of charge. The majority are suitable

for children aged 5-12, and provide a range of play opportunities, including art and crafts, den building, face painting and various sports.

For more information, times and prices, go to www.newport.gov.uk/holidayfun or call 01633 656 757 or pick up a brochure from one of the city's leisure centres.



Runaway success

The second Admiral City of Newport half marathon took place earlier this month and more than 900 runners took part in the event which started from Rodney Parade. The route again featured the Riverfront and Caerleon cycle pathways, and the bridges of the City of Newport.

Pictured are runners starting from Rodney Parade.

Sport & Leisure...

Welsh cycle show pedals into Newport

The inaugural Welsh Cycle Show will be hosted at the home of Welsh Cycling, the Wales National Velodrome on Saturday 5 and Sunday 6 April.

The show will be full of the latest high tech products from the UK's leading cycle companies, exhibitors at the show include cycle manufacturers: Trek, Bianchi, Willier, Frondriest, Whyte, KTM, Look, Velocitie, Sabath, Pipe Dream Cycles, Paulo Querios and a host of other companies.

There will be bike demonstrations and opportunities to try the off-road test track or a guided road test around Newport. The show will also host a track racing session.

Tickets for the event are priced at

£10 for adults (over 16s) and £5 for children under 15. To book your ticket visit www.welshcycling.co.uk

You could win two tickets for the cycle show thanks to Welsh Cycling. They are asking all budding photographers to capture what cycling in Wales means to you.

Simply send your image by email to info@welshcycling.co.uk no later than Friday 28 March 2014 and include:

- Your name and contact details (including a phone number)
- The subject of the image
- The location in which the image was taken
- A description of the trip, circumstances, etc, any information that may be helpful for judges



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Pupils dance for St David's Day

Pupils at Maes Ebbw School were given a lesson in traditional Welsh clog dancing as part of their St David's Day celebrations.

Huw Clogs demonstrated the steps which were enthusiastically copied by the youngsters. They were also joined by children from

Ysgol Gymraeg Bro Teyrnion.

Maes Ebbw pupils are learning Welsh through the medium of music and dance, explained head teacher Julie Nichols.

Youngsters from the Brynglas ASD unit have joined Ysgol Gymraeg Bro Teyrnion for bilingual assemblies on special occasions.

Dawnsio ar Ddydd Gŵyl Dewi

Cafodd disgyblion Ysgol Maes Ebbw wers glocio Gymreig draddodiadol fel rhan o'u dathliadau Dydd Gŵyl Dewi.

Dangosodd Huw Clogs y camau a ddilynwyd yn frwd gan y bobl ifanc. Roedd plant o Ysgol Gymraeg Bro Teyrnion yn cymryd rhan yn y dawnio hefyd.

Mae disgyblion Ysgol Maes

Ebbw yn dysgu Cymraeg drwy gyfrwng cerddoriaeth a dawn, esboniodd y pennaeth Julie Nichols.

Mae pobl ifanc sy'n mynychu uned Brynglas i ddisgyblion ag anhwylderau'r sbectrwm awtistig wedi bod yn ymuno ag Ysgol Gymraeg Bro Teyrnion ar gyfer gwasanaethau dwyieithog ar achlysuron arbennig.

Newport schools celebrating success

Newport High, High Cross Primary and Eveswell Primary all deserve gold stars after receiving fantastic reports.

High Cross Primary was rated as excellent across the board by Estyn inspectors making it among the highest-scoring schools in Wales.

Head teacher Carl Sherlock said: "All the pupils, parents, teachers and support staff put a huge amount into High Cross and now to be highly commended by Estyn is a wonderful achievement."

Estyn inspectors also made an official visit to Newport High School

and found it was good in all aspects.

Head teacher Karyn Keane said: "The inspection report reflects the outstanding work and results we are achieving at Newport High. I know these outcomes would not have been possible without the strong links between parents, students, staff and governors and I would like to extend my thanks to all our partners for their on-going support."

Eveswell Primary received coveted and prestigious recognition from the National Association of Childhood Excellence for the work it does to promote the achievements of more able and talented pupils.



Headteacher and pupils at Newport High School

Maes Ebbw Bach opens

A new nursery for children with a range of special educational needs opened its doors earlier this year.

Maes Ebbw Bach, based in the former Eveswell Children's Centre, comes under the umbrella of Maes Ebbw School.

Head teacher Julie Nichols said: "We are very grateful to the council and particularly Lisa Savage, who worked really hard to secure the funding, and

Warren Teague, of property services, who spent a lot of time getting to know the youngsters to make sure the building was perfect for them.

"It has fantastic facilities including a completely refurbished hydro pool and provision for outside play including a road track where the children can ride bikes."

Maes Ebbw Bach has two classrooms for foundation and year one pupils.



Pupils enjoying the new Maes Ebbw Bach play area

Young people look to city's future

Pupils from Newport's secondary schools put forward their ideas for improving life in their home city during a debate hosted by Mayor Councillor Cliff Suller. Guests, including Simon Gibson, of ReNewport and chief executive of Wesley Clover; cabinet members Councillor John Richards and Deb Davies and the president of Newport Chamber of Trade, Alan Edwards, were impressed by the quality of the discussion.

Mr Gibson said: "We were all impressed by the participants analysis of the issues in their home city and the interesting and credible ideas they put forward to enhance the regeneration work that is underway in

Newport. Each school can be proud of the teams that participated in the debate."

Councillor Suller said: "It is incredibly important that we involve young people in discussions about the future of the city because it is their city as well and they will inherit the changes that are being made now and in the next few years

"Many of them will continue to live and work here as well as bring up their own families in Newport. Discussions about the revitalisation and regeneration of Newport are taking place in a number of ways and places – encouraging our young people to add their voices to the debate will hopefully help them to feel positive and proud about the place they call home."



Schools & Learning...

Clearing up fly-tipping

Newport City Council is committed to actively clearing fly-tipped waste which ruins the environment.

Household waste makes up the biggest proportion of fly-tipped waste. Everyone has a responsibility to dispose of waste properly and safely and it should not be passed onto an unlicensed trader.

Pill clean up event

As part of a community initiative with local volunteers,

Newport City Council, Gwent Police, Newport City Homes and Keep Wales Tidy joined forces in January to tackle two problem areas in Pillgwenlly.

Representatives of each organisation were joined by members of the community as well as Pillgwenlly ward members Councillor Omar Ali and Councillor Ibrahim Hayatt for the big clean-up.

They helped to clear litter from the former Kwik Save car

park area in Commercial Road and cleared shrubbery overhanging a footpath in Mendalgief Road alongside a car park used by NHS staff.

About half a tonne of rubbish was picked up and safely disposed of and the pavement is now clear for pedestrians.

Councillor Ken Critchley, cabinet member for infrastructure, said: "We all need to take responsibility for keeping our environment clean.

"Pill is undergoing a major regeneration and buildings in Commercial Road have been transformed. I hope this will inspire the community to take pride in where they live and continue to help keeping the area tidy."

If you would like to become a litter champion in your area email rethink.rubbish@newport.gov.uk

Pupils' festive boost for recycling efforts

A grand total of 470,000 Christmas cards were collected for recycling by schools across Newport.

The four schools with the most cards per pupil each received a voucher prize. In first place was Ysgol Gymraeg Bro Teyrnion

while Millbrook Primary was second, Ysgol Gymraeg Ifor Hael third and Caerleon Endowed Infants runners-up.

A big thank you to all the schools that entered and contributed to the city's recycling drive.

CCTV volunteers

As part of its contribution towards reducing crime and disorder in conjunction with the One Newport Partnership, the council provides a CCTV monitoring service based mainly in the city centre.

Volunteers are being sought to work alongside the full time staff,

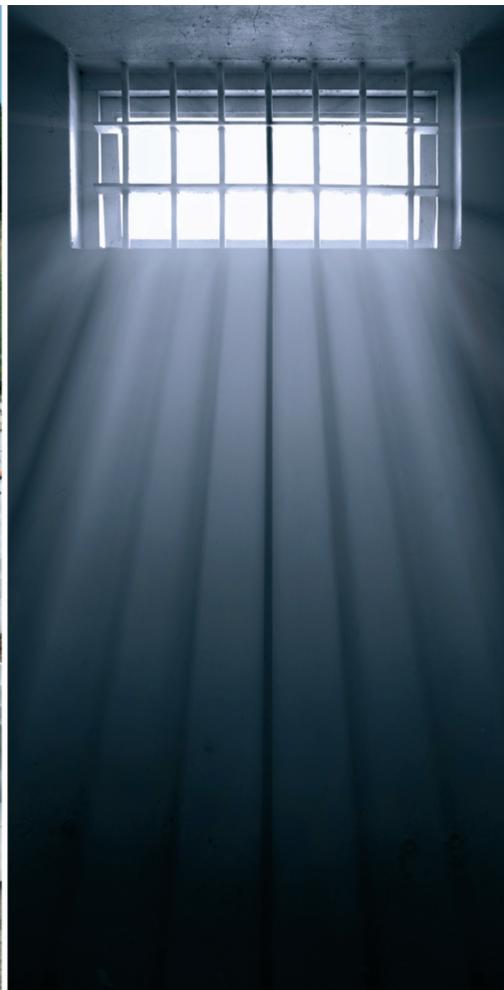
supporting them to monitor the CCTV system and answer telephone calls.

If you would like to be considered or would like to find out more then please contact S Hodgetts, 8 Corn Street, Newport, Gwent, NP20 1DJ or call 01633 656656.

Green scene...



IF THEY SPOIL OUR VIEW



HELP US SPOIL THEIR VIEW

IF YOU FLY-TIP YOU COULD RECEIVE A £20,000 FINE AND UP TO 6 MONTHS IN PRISON.

Every household and business in Newport must legally dispose of their rubbish in the correct way.

If you have your rubbish removed and it ends up fly-tipped, **you** could be held responsible and fined.

REPORT FLY-TIPPING

01633 656 656 or online www.newport.gov.uk/streetscene

 Report it



DON'T SPOIL NEWPORT

Get your business super-connected

Newport City Council has secured £6 million in funding from the Super Connected Cities programme to provide world class internet access in Newport.

Super Connected Newport will improve high speed wireless access in key areas of the city and there is up to £4 million of funding available to help businesses to move to superfast or ultrafast broadband connections.

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.

Any Newport-based small business, social enterprise or community organisation with charity status can apply for a voucher of up to £3,000 to help them get connected.

Businesses can apply throughout 2014 and help with the application process is also available, so make sure you get in touch.

Come summer 2014, BT aim to have completed their local Newport

exchange update programme which will also mean more choice of superfast products and suppliers.

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

Businesses already benefiting

UK Plumbing Supplies

Newport based UK Plumbing Supplies provides tools and materials to plumbers across the UK.

Managing Director Chris Barnbrook is managing the company's development with a combination of online ordering, improved online information and social media.

For busy tradesmen like plumbers, the convenience of online ordering isn't just something that's nice to have, it's essential to letting them get on and get the job done.

"The difference between our company and the other companies out there is everything can be done on your phone, on your tablet, your

laptop, or on your normal computer at home" said Chris.

"If you're a plumber on site, you can just pick up your phone and in 10 minutes you can order £100 of materials, and in half an hour we can have it ready to pick up."

The internet is far more than a quick to use conventional catalogue. Videos are already an important part of online content, and this will be increasingly important as superfast broadband becomes more common.

UK Plumbing Supplies already concentrates on videos as a part of their sales process.

"People like to see what they're buying. We've recently done a video of a particular gas boiler which shows the inner workings, the company history, reliability, etc. Instead of just buying a white box, they're now buying something which they know quite a bit about because they've seen the video."

Ashton Park care home

Ashton Park care home provides residential care for the elderly in Newport.

Manager Helen Hughes ensures residents receive the best care to allow them to fulfil their lives and maintain their individuality within the care

home. Going into a home is a big step in people's lives, and residents can become isolated from friends and family if they cannot maintain contact.

Ashton Park already allows residents to use Skype video calls to contact friends and family around the world.

"Many more residents now have family living in various parts of the UK and the world. The internet gives the opportunity to keep in contact and actually see them, rather than just speaking on the phone" said Helen.

"The internet is incredibly important; I for one couldn't live without it. The next generation of residents coming into the home will have been used to the technology at home and then to suddenly move into a care home that doesn't have the facility, it could be very disabling for them."

Superfast broadband might also extend the way the home operates. The improved communication that superfast broadband can offer can allow care homes to extend their service to provide remote care to other people in need of support in their area, supporting those who may not yet be ready for full residential care.

Need help to grow your business in Newport?

Contact Newport City Council for:

- Low-interest Loans
- Start-up grants
- Vouchers for superfast broadband
- Help locating suitable premises
- Expert advice



Tel: 01633 656656
business.services@newport.gov.uk
www.newport.gov.uk/business



Newport Market up for top award

A Newport City Council project which transformed the High Street entrance and façade of Newport Market has been shortlisted for a prestigious award.

It is one of the impressive new and regenerated building projects which will go head-to-head in the RICS Wales Awards, sponsored by Redrow.

Councillor Bob Bright, leader of Newport City Council, said: "This is great news and another boost for our historic market which has been

revitalised since the completion of the revamp in the autumn.

"We have been receiving positive feedback about the new-look market from both businesses and shoppers and we believe that, together with the new bus terminus in Upper Dock Street, it has helped people to rediscover the market and its excellent independent traders."

Eight category winners and a project of the year will be selected from the shortlisted entries in May. They will then go on to represent Wales in the national awards in October.

Market units to rent

Newport Market has stalls available for rent from as little as £50 per week.

For more information email property.services@newport.gov.uk

Applications can also be made online at www.newport.gov.uk/market

To view a stall contact the market manager on (01633) 656 656.



Business city...

Advice on giving up smoking



Why should you quit smoking?

Everybody has their own personal reason for wanting to give up smoking. Some people give up as part of a larger lifestyle change, for example to be healthier, to get fit, or to save money. For some, it's more about how their smoking affects the people around them, e.g. their family and friends.

Whatever your reason for wanting to give up, thinking carefully about your motivation and keeping a reminder in key places is a really helpful tool to keep you going through the tough times.

What are the benefits of stopping smoking?

Health benefits

Smoking is one of the biggest preventable causes of premature death in the UK. It is linked to a range of serious and often fatal conditions; including heart disease and lung cancer.

However, the good news is that no matter what your age or how long you have been smoking, almost as soon as you quit the health benefits begin to show. For example, after...

- **20 minutes** your heart rate and blood pressure return to normal.
- **8 hours** nicotine and carbon monoxide start to leave your body and oxygen levels return to normal.
- **24 hours** your lungs start to clear out mucus and other smoking debris.
- **48 hours** nicotine has been eliminated from your body and your sense of smell and taste both improve.
- **2-12 weeks** exercise becomes easier and your breathing improves.
- **3-9 months** any coughs, wheezing and breathing problems are reduced as your lungs repair.
- **1 year** your risk of coronary heart disease is now half that of a smoker.

Financial benefits

Quitting smoking doesn't have to be about losing something - it's about getting something back too. Currently a packet of 20 cigarettes costs around

£8, so giving up will give a 20-a-day smoker an extra £56 a week.

You will also save money in other ways. Life and home insurance can all be cheaper when you're a non-smoker. The benefits of stopping smoking soon start to add up. For example, for a 20-a-day smoker:

- **After... 1 day** you will have enough money to rent a movie or buy a few magazines.
- **After... 1 month** you could save enough for a shopping spree or premiership football tickets, or even a day rally driving.
- **After... 6 months** you'll have saved enough for a football season ticket, a family holiday, your own home cinema, or a top of the range bicycle
- **After... 1 year** you'll be able to afford a new kitchen, jewellery, a car or a luxury leather sofa suite

What is in a cigarette?

Each cigarette contains around 4,000 chemicals, as well as nicotine, many of which are known to be toxic. Below are just a few of the chemicals you inhale in every puff of a cigarette:

- **Acetone** widely used as a solvent, for example in nail polish remover.
- **Ammonia** found in cleaning fluids.
- **Arsenic** a deadly poison, used in insecticides.
- **Benzene** used as a solvent in fuel and chemical production.

- **Carbon monoxide** an odourless, tasteless and poisonous gas which makes breathing more difficult as it combines with the blood that carries oxygen around the body. Up to 15 per cent of a smoker's blood may be carrying carbon monoxide instead of oxygen thus making the heart work harder and can potentially lead to coronary heart disease and circulation problems.
- **Cyanide** a deadly poison.
- **Shellac** which becomes a wood varnish when mixed with a form of alcohol.
- **Tar** a mixture of chemicals (including formaldehyde, arsenic and cyanide). About 70 per cent of the tar is left in smokers' lungs causing a range of serious lung conditions.

For more information on how to quit visit www.stopsmokingwales.com or phone Stop Smoking Wales on 0800 085 2219.



Why not visit the website?
www.newport.gov.uk/healthchallenge