

THE NARTH AND DISTRICT NEWSLETTER

March 2021

SPRING!

Blossom, daffodils, and Easter just around the corner- yes, it's Spring!

New life, new beginnings and fingers crossed for time with family and friends in the sunshine – what's not to smile about?

PRESCRIPTIONS

Following discussions with Help on the Narth volunteers and Trellech Surgery, the prescription collection service will cease on 1st April.

We will continue to collect prescriptions in an emergency if you are unable to get to the surgery. Please contact either Jane (861974) or Marilyn (860031).

VACCINATION TAXI SERVICE

Jock's Journeys Taxis in Monmouth are offering a 50% reduction in fares to any vaccination centre.

Please remember to observe government guidance by wearing a mask, and maintaining a distance by sitting in the rear of the vehicle.

To book, please phone: 07456808427



The Rotary Club would like to expand their Service activities in Monmouth and surrounding areas.

If you have a bright idea that could benefit our local community, Rotary might be able to help.

For further details please visit the website: www.monmouthrotaryclub.com or email:

community.rotarymonmouth@gmail.com

65 BUS NEWS



BUS 65
MONDAY TO FRIDAY SERVICE
F65B PROPOSALS FOR IMPROVED TIMETABLE – MARCH 2020

Chepstow Bus Station	***7.00	8.45	11.15	13.15	**15.30	17.15
Chepstow Hospital	7.10	8.48	11.18	13.18	15.33	17.18
Itton	7.10	8.55	11.25	13.25	15.40	17.25
Devauden	7.14	8.59	11.29	13.29	15.44	17.29
Cobblers Plain	7.17	9.02	11.32	13.32	15.47	17.32
Llanishen	7.21	9.06	11.36	13.36	15.51	17.36
Trellech	7.25	9.10	11.40	13.40	15.55	17.40
The Narth	7.30	9.15	11.45	13.45	16.00	17.45
Penallt	7.35	9.20	11.50	13.50	16.05	17.50
Peckett Stone	-	-	-	-	-	-
Lydart	7.38	9.23	11.53	13.53	16.08	17.53
Monmouth	7.45	9.30	12.00	14.00	16.15	18.00
Monmouth	7.45	10.30	12.30	14.30	17.30	
Lydart	7.53	10.36	12.36	14.36	17.36	
Peckett Stone	-	-	-	-	-	-
Penallt	7.58	10.41	12.41	14.41	17.41	
The Narth	8.03	10.46	12.46	14.46	17.46	
Trellech	8.08	10.51	12.51	14.51	17.51	
Llanishen	8.11	10.54	12.54	14.54	17.54	
Cobblers Plain	8.15	10.58	12.58	14.58	17.58	
Devauden	8.20	11.00	13.00	15.00	18.00	
Itton	8.23	11.03	13.03	15.03	18.03	
Chepstow Hospital	*	11.09	13.09	15.09	18.09	
Chepstow Bus Station	8.30	11.15	13.15	15.15	18.15	
*	via Chepstow Comp instead of Chepstow Hospital on schooldays					
**	From Chepstow Comp at 15.25 on schooldays					
***	via Welsh Street in Chepstow					
	Service does not run on Bank Holiday Mondays					
	Information taken from MCC 65 bus timetable – March 2020					
	F65B feedback on current Timetable – March 2020					
	Changes from current Timetable highlighted in yellow					

There is a new 65 bus service commencing on 22nd March (changes in yellow).

Many thanks go to Friends of the 65 Bus and Monmouthshire County Council. For further information visit: www.friendsofthe65bus.org.uk



The Senedd elections will take place on 6th May 2021.

The village hall will be open as a polling station, but if you could use a postal vote this year, it would make keeping everyone safe a lot easier.

For further information on postal voting phone 01633 644212 or email elections@monmouthshire.gov.uk. You have to apply by 19th April.

SHOP ON THE NARTH

Evans of Monmouth are now delivering their food boxes to the village hall.

Place your order by noon on Wednesday for delivery on Thursday.

For further details email orders@evansofmonmouth.com or telephone 01600 712005

Buy bread and cakes from **Wigmore's Bakery** (Wiggies) through the Village Hall committee combined ordering/delivery system.

Orders must be place with us, not Wiggies, by midday on Thursday for delivery on Saturday. If you have a regular order, why not pay by standing order and we can submit the order for you.

To place an order visit: ShopOnTheNarth@gmail.com . For further details visit the website: thenarthhall.org.uk/2020/04/03/wigmore-bakery-orders or phone Marilyn on 860031

100 CLUB

Fancy a flutter? Join the 100 club, The Narth's private lottery, and help raise funds for our community!

For further details visit the website: 100club@thenarthhall.org.uk or contact Maria on 07725740474

Latest crop of lucky winners:

January: 1st prize- Pam Manfield
2nd prize- Sue Parnell
February: 1st prize – Sue Stocker
2nd prize –Derek Rainsford
March: 1st prize – Sue Stocker
2nd prize – Keith Lipscombe

ANYONE FOR CRICKET?

Outdoor sports are back on and your local cricket team, Penallt & Redbrook, are on the hunt for fresh talent (!) We are a small but very active club who play most weekends between May and the end of September at the beautiful ground next to Pelham Hall and have several enthusiastic members from the Narth. Last summer, our squad ranged in age from 14 to 74, and we welcome new players of every age, ability, experience and gender.



If you'd like to find out more, please contact Guy Adams at guyadamsmail@gmail.com or call 07825 364838.



ZOOMING LOVELY!



Many of us are taking advantage of the video conferencing platform, 'Zoom' to keep in touch with family, friends and colleagues during lockdown.

The Village Hall has a Zoom subscription account which means that group meetings are not limited to 40minutes.

If you run a Narth community group or club and would like to take advantage of the extended conference time, please contact Marilyn for further details (01600 860031)

Are You on Our Email List?

Is everyone aware of the Village Mailing List, run by the Village Hall committee? Currently Help on The Narth is using the list to get information out quickly to over half the village. It is the best method for us. Although we post important news on Facebook (and will continue to do that) we find it does not get through as well as when we send it by email. We have been distributing leaflets to people not on our email list to make sure everyone knows about Help on The Narth's services. It would help if more people were on the list, so if you aren't already, would you consider joining it, if only for the current Covid crisis? If so, please sign up using the Contact Us form on the hall web site <https://thenarthhall.org.uk/narth-hall-committee/contact-us/> THANK YOU!

NEVER A BOAR-ING MOMENT!

For those of you who missed Jane Gilliard's live footage of the Great Pig Escape escapade back in January, here are a few photos to capture the moment (if not the pigs!)



"I think they call it hide and seek, Wilbur"



"...make a run for it!"



"Okay, game's up. Time to go home"

Many thanks to everyone who helped return the beasts to their rightful owners and to Jane Gilliard for some wonderful photos for the archive.

WYE VALLEY WOMEN UPDATE

March 14th, 2020 saw the last face- to- face event held at the village hall: a WVV 'Something Different' event, when participants learned how to make a hand- tied bouquet. Since then, WVV have kept in touch with members and friends by distributing a regular monthly newsletter covering a wide range of topics.

Using the village hall 'Zoom' account, WVV host a monthly speaker on the third Tuesday of each month. April's speaker is Guy Stafford who will be sharing his tips and tricks for making sourdough bread.

If you would like to join in, please contact wyevalleywomen1@gmail.com and you will be included on their email circulation list.



PHOTO COMPETITION 2021

Following the success of last year's competition and the resulting calendar, we are once again holding a competition to find 12 pictures suitable for a 2022 calendar. This time the theme is:



Now that the weather is improving, get out there and start snapping! This year we've all learned to celebrate the smallest of events, from the first snow to the first haircut since lockdown!

For further details visit thenarthhall.org.uk/2020/12/19/photo-competition-2021 or phone Maria (869171)

THE OLDER PEOPLE'S COMMISSION: MENTAL HEALTH

Jane Gilliard has been invited, on behalf of Help on The Narth, to meet with the Older People's Commissioner and her team. Last time several people sent Jane comments to pass on to the OPC's office, who commented that they were especially pleased to hear these stories.

This time they would like to discuss **mental health issues**, and in particular the questions below. Whatever your age group, if you have any comments or examples that you want to pass on, send them to Jane please: email helponthenarth@gmail.com, or phone **861974**

How has the mental health of older people been affected by the last year?

What is needed to help older people regain, improve or maintain good mental health?

Examples of services and support that are helping older people with their mental health during lockdown

If Ageism has played its role in affecting the mental health of older people, and if it is prevalent within mental health services

...AND JUST BECAUSE...

1. 84% of people reading this will not find the the mistake in this
A,B,C,D,E,F,G,H,I,J,K,L,M,N,O,P,Q,R,S,T,U,V,
W,X,Y,Z.
2. How can you throw a ball as hard as you can and have it come back to you, even if it doesn't bounce off anything? There is nothing attached to it, and no one else catches or throws it back to you.
3. What occurs once in every minute, twice in every moment, yet never in a thousand years?

www.allprodad.com/brain-teaser-questions-and-answers

