

Transition Chepstow June Newsletter

Festival Events

Hopefully you'll all have your Festival Programmes now and are looking forward to our festival offerings. We've got no less than FOUR events -we hope you will come along and support these events. We also need some extra help and there's lots of ways you can get involved, just an hour of your time could make a big difference. So come on and join in!

See below for more details, visit www.transitionchepstow.org.uk or join our Facebook site to learn more.

Feel free to forward this newsletter to friends and colleagues!

**'Food Inc.' Film - Friends of The Earth & Transition Chepstow
Saturday 26th June 2010, 7.30pm – 9.30pm - The Drill Hall, Lower
Church Street, Chepstow NP16 5HJ**

A film to make you think about what you eat! Watch the trailer here
<http://www.foodincmovie.com/>.

For more information contact Janet via info@chepstowfoe.org.uk. Entry on the door £2.50. Sponsored by Abbey Mill (Arts/crafts & restaurant), Wye Valley Centre

**'Looking Up In the Downturn: Sustaining Health & Happiness In
Challenging Times' - Free Event!**

**Monday 5th July 2010, 7.30pm – 9.30pm. Chepstow Rugby Club,
Western Avenue, Bulwark, Chepstow NP16 5NW**

Transition Chepstow Health & Consciousness Group is proud to announce the following talks: *Introduction* Dr Peter Evans - Transition Chepstow Health and Consciousness Group

Ageing Well Dr John Gallacher- Reader in Environmental Epidemiology, University of Cardiff

Bibliotherapy: Can Books Provide Psychological Benefit? Prof Neil Frude - Consultant Clinical Psychologist, Cardiff and Vale University Health Board

Displays - Transition Chepstow, The Chepstow Bookshop, Chepstow Rugby Football Club, Chepstow Citizens Advice Bureau, Chepstow University of the Third Age, Gwent Association of Voluntary Organisations - Expert Patients Programme, Care and Repair, Monmouthshire - Staying Healthy at Home, GP Doctor Referral Scheme, Chepstow Leisure Centre, Chepstow Library.

For more information contact Peter via

sustainablehealth@transitionchepstow.org.uk

Sponsored by 559 Bikes, Mount Pleasant Practice, Monmouthshire Active Communities

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Picnic with Wildlife – Free Event!

Saturday 10th July from 2.00pm - Danes Park - The Danes, Chepstow

Bring a hamper and join in the fun! There will be activities for all the family, plus information to help make your garden more wildlife friendly and to help you enjoy the wildlife on your doorstep. We are encouraging people to walk, cycle or take public transport to this event. If you need to drive, please be mindful of local residents when parking. The event is a short walk from the Welsh Street car park.

Would you like to get more involved with this event? In particular we need a qualified first aider and volunteers to help put up and dismantle the marquee, gazebos etc on the day of the event. Or maybe you are CRB checked and able to help supervise children's activities? Please contact Rosemary ASAP on 01291 621914 or at wildlifeintransition@transitionchepstow.org.uk

Sponsored by Monmouthshire Active Communities and County Marquees

Free Film Showing - 'In Transition' – Free Event!

Saturday 17th July 2010, 7.30pm – 9pm, The Drill Hall, Lower Church Street, Chepstow

An inspiring look at how hundreds of towns are taking action to become greener and more sustainable in the face of climate change and higher oil prices resulting from declining oil production.

For more information contact Marcus via food@transitionchepstow.org.uk

Sponsored by the Drill Hall

Other upcoming events...

Cycle Ride To HAPPA centre (Brockweir for lunch)

Saturday 26th June 2010, 10am – 5pm, The Boatman Statue, Chepstow Town Centre

Transition Chepstow Transport group present a leisurely but hilly cycle ride along quiet roads to the HAPPA centre cafe in Brockweir for lunch, approx. 30 miles. Suitable for families. Everyone is welcome. More HAPPA details here <http://www.happa.org.uk/>

This event is supported by Team Green for National Bike Week 19-27th June 2010. For more information contact Jen and Nik via transport@transitionchepstow.org.uk

The group are also organising rides on Wednesday evenings leaving at 7pm from The Boatman Statue. July 7th will be to the Boar at Aust. The destination for the 14th has yet to be decided. Ideas welcome! Leaders are needed to enable the rides to take place every week.

There are plans to run a bike maintenance workshop in August and ladies only rides. More information available soon!

Reuse & Recycling Group Meeting

Wednesday 30th June 2010, 7.30pm-9pm, Regency Room, Beaufort Hotel

Join us to plan our next Give it Away/ Take it Away reuse event in September and lay plans for the next phase of the plastic bag free Chepstow campaign. All welcome. For further info contact Janet via waste@transitionchepstow.org.uk

Chepstow In Bloom – Chepstow Town Council 'Community Gardening Competition'

Entries are invited for the following categories; Best front/back garden, Best Young Gardeners Entry, Best Vegetable Garden/Allotment. Judging will take place in the last two weeks in July. Each winner will receive a commemorative award. Note all entries must be within the Chepstow Town Council area. Entry forms available from the Town Council (The Gatehouse, High Street, Chepstow). All entries to be submitted by **9th July 2010**.

For more information on these events visit www.transitionchepstow.org.uk

Health & Consciousness Group Meeting

Thursday 19th August 2010, 7.30pm, Coach & Horses Inn, Welsh Street

Discussion on 'Resilience - survival of our civilisation in the light of what happened to the Romans!'