

# Transition Chepstow Newsletter

## July 2009



### News & Events

**Herb Walk with Max Drake, Medical Herbalist - Thursday 30 July 2009 @ 18.30 – 20.30.** Max will be enlightening us to the traditional health uses of locally growing abundant wild plants on this pleasant short ramble through the Dell and along Chepstow riverside. £5 contribution per walker would be much appreciated to help cover Max's time and travel costs. Meeting at the top end of Chepstow Castle Dell, entrance to Welsh Street. Contact 01291 622107 or [sustainablehealth@transitionchepstow.org.uk](mailto:sustainablehealth@transitionchepstow.org.uk)

### **Plastic Bag Free Chepstow**

As you may have seen, Transition Chepstow has joined forces with local traders and the Free Press to encourage people to shop locally. As part of our campaign, we will be keeping an eye out for people shopping in Chepstow with their reusable **My Chepstow Bag**. Everyone willing to be photographed with their bag will be entered into a prize draw and could win a £10 voucher from a Chepstow shop. The winning photos are published in the Free Press every fortnight along with instructions for claiming the voucher. Help to spread the word and show your support by displaying an **"I Support Plastic Bag Free Chepstow"** sticker in your window. To obtain one send a stamped, self-addressed envelope to: Plastic Bag Free Chepstow, 14 The Paddock, Chepstow, NP16 5BW.

**Visit To Crown Hill Nurseries - Sunday 9 August @ 15.00.** This free tour will give a fascinating insight into how vegetables and flowers are grown locally on a commercial scale. We are guaranteed to learn some valuable growing tips! The tour will include seeing the outdoor growing areas so please wear sturdy footwear and bring suitable clothing depending on the weather! Meet at the nursery in Portskewett, Caldicot, NP26 5UU. [www.crownhillnursery.co.uk](http://www.crownhillnursery.co.uk)  
Can you help with car-shares or do you need a lift? Contact Marcus on 07944 468052 or via [food@transitionchepstow.org.uk](mailto:food@transitionchepstow.org.uk)

**Heart and Soul BBQ (Health & Consciousness in Transition) - Thursday 20 August 2009 @ 19.30** at 9 Hardwick Avenue, Chepstow. A celebration and community gathering for everyone! Hosted by Margaret Davis and Liz Cardash, the BBQ is a family friendly, smoking and alcohol free event. Bring a dish of food to share, musical instruments, stories or poetry, and something to sit on. Together we'll create an abundant, inspirational creative feast! Parking on Garden City Way. Email [sustainablehealth@transitionchepstow.org](mailto:sustainablehealth@transitionchepstow.org) or call 01291 621690 for more details.

**Transition Chepstow social – Friday 31<sup>st</sup> July 2009 @ 20.00 – 23.00** @ The Boat Inn, on the riverfront, Chepstow. Why not come along for an informal drink, meet TC members, share ideas and get to know others with similar interests. Contact Marcus on 07944 468052 or via [info@transitionchepstow.org.uk](mailto:info@transitionchepstow.org.uk)

### **Wye Valley Communities for Safe Cycling**

Local volunteers have been heavily involved in supporting Sustrans' local public consultations on provisional plans for the shared-use path on the derelict Wye Valley railway line from Sedbury to Tintern and Brockweir. The feedback is currently being analysed - notably, the issue of pedestrian/cycle links between Chepstow and

Sedbury/Tutshill (initiating further investigations into how the safety of the existing A48 bridge pathway can be improved for walkers and cyclists alike). Sustrans have also engaged consultants to investigate the impact of the path upon local ecology, bats and parking facilities. The formal planning application will be submitted once these reports have been completed (likely to be late 2009/early 2010). To view the provisional plans, submit comments or for further information, visit:

[www.wyevalleycycling.org.uk](http://www.wyevalleycycling.org.uk)

## **Group Meetings**

**Reuse & Recycling Group – Tuesday 28 July 2009 @ 19:00 – 20:30**, Artists Corner, Beaufort Square, Chepstow. The on-going *Plastic Bag Free Chepstow* initiative will be discussed as well as plans for a "Give It Away, Take It Away" event, run in conjunction with ComBaT (Communities of Bulwark and Thornwell).

Contact Janet at [plasticbagfree@transitionchepstow.org.uk](mailto:plasticbagfree@transitionchepstow.org.uk)

**Food Group - Thursday 6 August 2009 @ 19:30 - 21:00.**

Regency Room, Beaufort Hotel, Beaufort Square, Chepstow, NP16 5EP

Help plan and develop sustainable food supplies for Chepstow. We are currently planning more allotments and fruit tree planting in Chepstow, piloting growing with 'mums and toddlers' and visiting local veg growers. Do you have great ideas? Come along and share them over a drink or two! Contact Marcus on 07944 468052 or at

[food@transitionchepstow.org.uk](mailto:food@transitionchepstow.org.uk)

**Transition Chepstow Steering Group – Tuesday 1 September 2009 @ 19:30 - 21:30**, Regency Room, Beaufort Hotel, Beaufort Square, Chepstow. Topic: Awareness Raising. You are all welcome to join us. Contact Marcus on 07944 468052 or

[info@transitionchepstow.org.uk](mailto:info@transitionchepstow.org.uk) for more information.

**Health & Consciousness Group - every 3<sup>rd</sup> Thursday of the month.**

The group was established to address the 'heart and soul' transition we are all going through alongside the changes to our external world. Most recently there was a well attended discussion on the ethics of Fair-trade and how it encourages environmental stability and social cohesion within developing nations, as well as how it relates to our local Transition work. The next gathering is the Heart & Soul BBQ (as above).

Call 01291 621690 or email [sustainablehealth@transitionchepstow.org.uk](mailto:sustainablehealth@transitionchepstow.org.uk)

**Energy Group -** For more details of the next meeting contact Tim on 07971 566936 or email [energy@transitionchepstow.org.uk](mailto:energy@transitionchepstow.org.uk)

## **Coming up in September & October**

**The Age of Stupid film showing – Monday 7 September @ tbc - Drill Hall, Chepstow.** The film everyone's talking about and a successor to *An Inconvenient Truth*. The film showing will be followed by a climate change discussion with Gordon James, Director of Friends of the Earth Wales. Also Friends of the Earth and Transition Chepstow stalls will be on display with plenty of ways for people to get involved, demonstrating they're part in the "Not Stupid" movement!

**Hugh Fearnley Whittingstall Talk - Saturday 10 October @ 3pm** at Chepstow Leisure Centre. The acclaimed chef, smallholder, television presenter, writer, campaigner and all round good egg Hugh Fearnley Whittingstall comes to Chepstow to talk about his new book "River Cottage Everyday". We expect this event to sell out so do buy your tickets in advance. Tickets £8 each (includes £4 off the new book) available at The Chepstow Bookshop.