

Transition Chepstow Newsletter 1 – August 2008



Transition Chepstow is a community initiative that was established towards the end of 2007 by a group of local people who want to find local solutions to the global problems of climate change and rising oil prices. Like other ['Transition' communities](#) across the UK, our aim is to help Chepstow and the surrounding villages to thrive by becoming more sustainable, less reliant on oil and a more sociable place to live.

We strive to be inclusive, imaginative, practical and fun and welcome everyone in the community to take part in our initiatives. So, if you want to find practical alternatives to a fossil fuel-led lifestyle, meet interesting people, learn new skills and strengthen our community, please [contact us](#). We hope this, our first newsletter, will tell you a little more about what we have been up to and inspire you to get involved!

Plastic Bag Free Chepstow

Our first initiative is to rid Chepstow of single-use plastic carrier bags. We have designed and produced organic, fair-trade cotton bags and marked the start of [Plastic Bag Free Chepstow](#) with a showing of the film 'Message in The Waves' in June. The FREE 'Chepstow Bag' giveaway started in July. Bags are available by redeeming the voucher found in the Chepstow Festival guide. Distributor details and up-to-date project details can be found on our website, or by contacting project co-ordinator Jacqui Sullivan via plasticfreebag@transitionchepstow.org.uk

Get involved: If you want to help with this project come along **at 8.15pm on Thursday 4th September** to **The Beaufort Hotel** for the group's next meeting.

Energy Group

A working group has been formed to look at how we can reduce our energy use and tackle the issues of climate change and rising fuel bills. Our first aim is to make Chepstow the most insulated town in the UK. We've run a pilot in Garden City to raise awareness of the benefits of loft and cavity wall insulation and the grants that are available for installation, which can help to reduce energy bills.

Get involved: If you want to help with this project please contact Tim Melville via energy@transitionchepstow.org.uk.

Sustainable Health

To help form a new sustainable health group, Liz Cardash, a complementary therapist with over 10 years practical healthcare experience, has developed a ['Healthy Homes & Sustainable Wellness'](#) course. Learn about improving your home environment, health and wellbeing in an eco-friendly, holistic way.

Starting on **Thursday 11th September**, at **7:30pm** at **Equilibrium Holistic Centre**, 19 St Mary Street, the course will run for 10 weeks.

Get involved: Attend the sessions that interest you and bring your own ideas, input and activities to share with the group and enhance the atmosphere of community spirit we will be generating! A £5 contribution per session to cover costs would be appreciated. Call Liz on 01291 622107 for further information, or email her via sustainablehealth@transitionchepstow.org.uk

Food Group

We have recently formed a food group to look at local food production, working with schools and developing a community organic garden. Are you interested in getting involved or do you have other ideas?

Get involved: We'll be holding our first meeting at **7.30pm on Tuesday, 30th September in the Coach & Horses Inn**, on Welsh Street. Please come along to this very informal meeting or contact co-ordinator Glyn Parkhouse via food@transitionchepstow.org.uk for more information.

Transport Group

We need people with ideas and skills to help improve access to cleaner and sustainable transport for Chepstow and surrounding villages. Ideas we'd like to progress now include car sharing, pedestrian routes map and better public transport. Would you like to join our group?

Get involved: Our first meeting will be held on at **7.30pm on Monday 6th October in the Coach & Horses Inn**, Welsh Street, Chepstow or get in touch with Rosemary Parkhouse via transport@transitionchepstow.org.uk.

Waste & Recycling

We want to develop a working group to look at how our waste and recycling needs can be developed in Chepstow. If you have any ideas or are interested in this issue, please contact the Transition Chepstow initiative via waste@transitionchepstow.org.uk.

Transition Chepstow in the Press

Look out for free copies of Wales's first ethical and lifestyle magazine 'Green Matters Wales' or download a free copy from www.greenmatterswales.com. The first edition has a feature on Transition Towns and an interview with Patrick Holden, Soil Association President and big supporter of the Transition movement.

Other Events of Interest

Severn Barrage Meeting – 7.30pm on 24th September at The Beaufort Hotel – find out more about the energy generating options from the River Severn and give your views. Full details available from steve@alg.myzen.co.uk

POSTPONED :Transition Forest of Dean Launch - 7.30pm on 24th September

Monmouthshire Local Development Plan

Monmouthshire CC (MCC) have just produced the Issues and Vision Report for public consultation, based partly on the output from a series of workshops held throughout the County. Included in this report are the "Visions" from the Mor Hafren workshop held in Chepstow. Comments are now invited by MCC and the deadline for these is 19 September. If you would like to see the report and make comments please contact Glyn Parkhouse via glyn.parkhouse@tesco.net

Stay in touch and get involved!

If you haven't already given us your contact details and want to ensure you receive information about future Transition Chepstow events and activities, please email: info@transitionchepstow.org.uk, call Marcus on 07944 468052 or send an SAE to: Steve Rawlings, Secretary, Transition Chepstow, c/o 14 The Paddock, Chepstow, NP16 5BW, and he will send you a membership form. And don't forget to visit: www.transitionchepstow.org.uk to keep informed!