Transition Chepstow Newsletter May 2009

There is a lot going on over the next few weeks and we'd love you to get involved with our Transition initiatives. If you have energy, ideas or enthusiasm for making Chepstow a more sustainable and sociable place to live, please get in touch; we'd love to work with you. Keep up to date by visiting our website: **www.transitionchepstow.org.uk**

Workshops & Events

Pilates and Back Care Workshop *with Hannah Modget.* **Saturday 23 May 2009 @ 14:00 - 16:00**, Equilibrium Holistic Centre, 19 St Mary St. Chepstow, NP16 5EW. Discover simple, effective techniques for core strength, body shape, postoperative healing and injury prevention. £5. For more details email **sustainablehealth@transitionchepstow.org.uk**

Plastic Bag Amnesty at the Creative Cultivators Market - Saturday 30 May 2009 @ 10:00 - 16:00. The Plastic Bag Free Chepstow group are organising a plastic bag amnesty on Chepstow High Street as part of the Creative Cultivators market. Get your own 'We Support Plastic Bag Free Chepstow' window sticker, learn about other exciting Transition projects and meet locals involved with these projects. Don't forget to bring your 'My Chepstow Bag' to help take home a selection of the fantastic local food, drink and arts that will be on offer! **www.creative-cultivators.co.uk**

Make Your Own Soap and Laundry Detergent Workshop *with Liz Cardash and Chris Saunders.* **Saturday 6 June 2009 @ 13:00 - 16:00**, Equilibrium Holistic Centre, 19 St Mary St. Chepstow. Create your own natural, degradable clothes cleaner and soap from traditional methods you can easily learn, and take home what you have made. £15. For more details email **sustainablehealth@transitionchepstow.org.uk**

Group Meetings

Food Group - Thursday 21 May 2009 @ 19:30 - 21:00
Regency Room, Beaufort Hotel, Beaufort Square, Chepstow, NP16 5EP
Help develop sustainable food plans for Chepstow. Current ideas include visits to local producers and allotments, encouraging mums and toddlers to grow things, tree planting and helping bees! Have you got other great ideas? Come along and share them! Contact Marcus at **food@transitionchepstow.org.uk**

Health & Consciousness Group - Thursday 21 May 2009 @ 19:30 - 21:00 at 9 Hardwick Avenue, Chepstow. The theme for the night is "The Spirit of Transition", exploring how we can evolve within to help meet challenges in our external world. For more details call 01291 637422 or email **sustainablehealth@transitionchepstow.org.uk**

Plastic Bag Free Chepstow Group - Wednesday 27 May 2009 @ 19:00 - 21:00, Artists Corner, Beaufort Square, Chepstow. Help rid Chepstow of single use plastic bags and reduce its waste in other ways. New participants welcome! Contact Janet at **plasticbagfree@transitionchepstow.org.uk**

Energy Group - Wednesday 27 May 2009 @ 19:30, venue tbc.
Help to make Chepstow the UK's most insulated town! The group will be giving an update on how this is going and how you can get involved and discussing current cost meters and micro generation. For more details call Tim on 07971 566936 or email **energy@transitionchepstow.org.uk**

Steering Group – Tuesday 7 July 2009 @ 19:30 - 21:30, Regency Room, Beaufort Hotel, Beaufort Square, Chepstow. You are all welcome to join us at our next general meeting. Contact us at **info@transitionchepstow.org.uk**

Steering Group Vacancies

Communications Help!

We want to be able to involve more Chepstow residents in Transition activities and let people know what is happening. Beth-Marie looks after the steering group communications and this newsletter but is taking a break from September to have her first baby. If you can help out in the short term please contact **info@transitionchepstow.org.uk**

Transport Group Coordinator

Rosemary Parkhouse helped to establish the Transport working group looking at improving access to cleaner and sustainable travel for Chepstow and the surrounding villages. Rose is now taking a more active role in another working group so we need a fresh face to coordinate the transport group. If you are interested in car sharing, pedestrian routes and better public transport, please contact **transport@transitionchepstow.org.uk** to find out more.

Other news & events

'In-Transition' – A film about Transition – Online Web Premiere.

Saturday 23 May, 13:45 This film shows Transition communities in action around the world. Rob Hopkins, Transition Founder comments "For those of you who felt the Age of Stupid only told one half of the story, here is the other half. It tells the story of the generation that looked peak oil and climate change square in the face, and responded with creativity, compassion and genius". To see the trailer go to **www.transitionculture.org/2009/05/04/coming-soon-the-international-premiere-of-in-transition/**

Wye Valley Railway path consultation

Sustrans will be staging local consultations for the proposed 'shared-use' route along the Wye Valley Railway path (for cyclists, walkers, runners, wheelchair and pram users) on the following dates and times: Saturday 20 June 10:00 – 16:00 Mackenzie Hall, Brockweir, Saturday 27 June 10:00 – 16:00 Tintern Village Hall, and **Saturday 4 July 10:00–17:00** Methodist Church Hall, Albion Square, Chepstow. Visit **www.wyevalleycycling.org.uk** for more details.

Channel 4/River Cottage NEW' Land-share' Scheme

Been waiting for ages on the local allotment list? Need space to grow fruit and veg? Or maybe you have land to offer or skills to share. This new website is a way to match people in the community who need or have land. Transition Chepstow is supporting the initiative locally – so if we can help, please let us know via **food@transitionchepstow.org.uk**. For more details go to **http://landshare.channel4.com/**

Events at Chepstow Drill Hall

There are lots of great events happening each week at the Drill Hall in Lower Church Street, Chepstow, including: film screenings, history lectures, gardening talks, poetry and book readings, musical soirees, plays and workshops. To find out more, sign up for the regular Drill Hall events bulletin by sending a blank e-mail to **drillhallevent@aol.com**

Compost Bin offer

Monmouthshire County Council is offering local residents the opportunity to buy subsidised compost bins from £5. For more information please visit: **www.monmouthshire.gov.uk/downloads/compost_bin_offer.pdf**

Low Carbon Communities Meeting - Abergavenny

Friends of the Earth have organised a public meeting entitled low Carbon Communities?" to take place on **Friday 22 May 2009** at Mulberry House, Pen Y Pound Abergavenny, 19:00 for 19:30. Matters for debate include, how we can transform communities into low carbon ones, what role local authorities and the Welsh Assembly have, and how we can harness the job opportunities offered by 'green business'. Speakers include Jane Davidson, Welsh Assembly Minister for Sustainability and Juliet Davenport, founder of Good Energy. Contact Bleddyn Lake on 02920 229577 or email **bleddyn.lake@foe.co.uk**

Transition Forest of Dean present… How to Save Your Own Seeds

In the good old days gardeners didn't buy seeds, they grew their own. So why don't we now? Find out how to save money and grow better plants at this talk by Tyll van der Voost. **Tuesday 2 June 2009 @ 20:00**, The Lower George, Newnham, Forest of Dean. For more info: **www.transitionforest.org.uk**

Transition Monmouth and Churches Together present…

Mark Dowd (broadcaster) and 'Climate Change; too late or grounds for hope?' followed by discussion. **Wednesday 3 June 2009 @19:00**, Monmouth Baptist Church. £2 donation. For information contact Ali Green 01600 715538.

Coming up

The Big Lunch!!! - Sunday 19 July 2009 @ 09:00 - 17:00

A UK wide series of street parties coordinated by the Eden Centre, aimed at strengthening communities. This is a wonderful opportunity to sit down and have lunch together with neighbours and local friends. Interested in helping to coordinate Chepstow events? Contact **food@transitionchepstow.org.uk**
More details visit **www.thebiglunch.com**