

2022/23

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Your Residents' Handbook should include most of the local services, clubs and businesses you might need as a resident in your area. Keep it handy, by the phone and it can help you all year round.

When you use a service that advertises in this handbook, or on our website, make sure you say that you found them in the local Residents' Handbook

DID YOU KNOW THAT WE ALSO COVER

Caerphilly

Blackwood

Chepstow, Caldicot, Rogiet, Undy & Magor

Contact us to make sure you don't miss the next publication!

Published by

Standbrook Guides
Grooms House, Stanshawes Court
Yate, Bristol, BS37 4DZ

Tel: 01454 315774

localinfo@standbrook-guides.com



Please recycle this 'little green book' when you receive your next edition.

Emergency Helplines

Page 3

Public Services

Pages 3 - 7

Clubs & Organisations

Pages 9 - 27

Street Maps & Index

Pages 17 - 21

Local Businesses

Pages 29 - 34

FOLLOW US!

Local Events

www.standbrook-guides.com/thingstodo

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[www.Facebook.com/
TheResidentsHandbookCwmbran](http://www.Facebook.com/TheResidentsHandbookCwmbran)

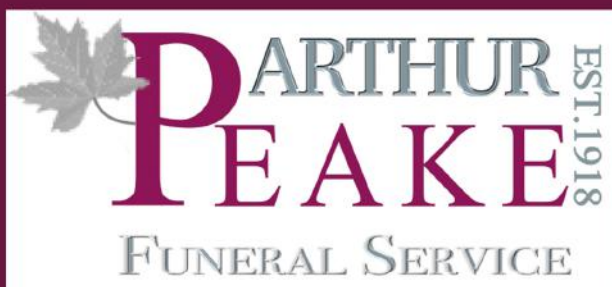
Instagram

[www.instagram.com/
theresidentshandbook](http://www.instagram.com/theresidentshandbook)

Twitter

www.twitter.com/ResidentsBook

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Memorials



Pre-Paid Funeral Plans



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Bereavement Support

Please call us for more information on
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Woodland Funeral Home, Woodland Road, Croesyceiliog, Cwmbran, NP44 2DU

www.arthurpeakefunerals.co.uk

Helplines & Utility Emergencies



ELECTRICITY

Western Power 0800 678 3105
or Call 105



GAS

Gas or CO Leak 0800 111 999
Minicom 0800 371 787



WELSH WATER - DWR CYMRU

Water 0800 052 0130
Sewerage 0800 085 3968

Childline: 24hr. childline.org.uk Freephone 0800 1111

Domestic Abuse: Live Fear Free

24/7 Advice & Support. gov.wales/live-fear-free 0808 801 0800

Floodline: 24hr. check-for-flooding.service.gov.uk 0345 988 1188

NSPCC: 24hr. Email: help@nspcc.org.uk; nspcc.org.uk 0808 800 5000

Rape Crisis: Crisis Centre Freephone 0808 802 9999

RSPCA: www.rspca.org.uk. Cruelty Line 0300 123 4999

Samaritans: Welsh Language (Not 24hr) 0808 164 0123

24hr. Freephone From Landline or Mobile 116 123

Public Services

Gwasanaethau Cyhoeddus

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on our website.

Adult Education

Adult & Community Learning. Torfaen
www.torfaen.gov.uk/en/EducationLearning
Telephone 01633 647647

Adult Learning Wales. Addysg Oedolion Cymru
adultlearning.wales 0330 058 0845

Croesyceiliog Community Education Centre
The Highway, Croesyceiliog 01633 647700

National Centre for Learning Welsh
Y Ganolfan Dysgu Cymraeg Genedlaethol
learnwelsh.cymru 0300 323 4324

The Power Station
Blenheim Road, St Dials 01633 647647

Advice

Christians Against Poverty
Debt Counselling Charity
www.capuk.org 0800 328 0006

Citizens Advice
www.citizensadvice.org.uk 0800 702 2020

Citizens Advice. Torfaen
Cwmbran Library, 45 Gwent Square
Appt Only: Mon 9.30-2.30. Call 01633 876121

Advice (cont.)

Debtline: www.nationaldebtline.org 0808 808 4000

Money Helper. Free & Impartial Advice
www.moneyhelper.org.uk 0800 138 7777

Blood Donors

NHS Blood & Transplant
www.nhsbt.nhs.uk 0300 123 2323

Welsh Blood Service: welsh-blood.org.uk ... 0800 252 266

Councils - Community

Croesyceiliog & Llanyrafon
Woodland Road Sports & Social Centre
www.croesyceiliogandllanyrafoncc.org.uk
Telephone 01633 869933

Cwmbran Community
The Council House, Ventnor Road NP44 3JY
www.cwmbran.gov.uk
Mobile: 07478 206358 01633 849070

Henllys Community. Henllys Village Hall
Find us on Facebook 07703 194263

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cwmbran@david-james.co.uk

www.david-james.co.uk



IS YOUR CLUB LISTED?

If it's not, or if your contact details have changed,
then please get in touch. It's FREE for local non-profit
organisations, so call us on **01454 315774** or
email: researchers@standbrook-guides.com

Councils - County

Torfaen County Borough
Civic Centre, Pontypool NP4 6YB
www.torfaen.gov.uk 01495 762200

Dentists

Red House Dental Practice
195 Llantarnam Road
Cwmbran, Torfaen NP44 3BG 01633 483040
Find a NHS Dentist
Aneurin Bevan Dental Helpline
www.wales.nhs.uk/ourservices/findannhsdentist
111.wales.nhs.uk 01633 744387

Doctors

Clarke Avenue Surgery
Clarke Avenue, Pontnewydd 01633 482733
Cwmbran Village Surgery
Victoria Street, Cwmbran 01633 871177
Greenmeadow Surgery
Greenmeadow Way, Cwmbran 01633 869544
Llanyrafon Surgery
Llanyrafon Way, Cwmbran 01633 833770
Maendy Square Health Clinic
West Pontnewydd, Cwmbran 01633 484419
Nant Dowlais Health Centre
Fairwater Square, Cwmbran 01633 869544
New Chapel Street Surgery
Harold Street, Pontnewydd 01633 485155
North Road Surgery
Closure Application In Progress. Further Enquiries
c/o Trosnant Lodge Surgery 01495 762709
North Road, Croesyceiliog 01633 483226
Oak Street Surgery
Oak Street, Cwmbran 01633 866719
NHS Direct Wales
24hr Non-Emergency Calls & Advice
111.wales.nhs.uk/contactus 111

Employment Centres

Bridges Into Work
Cwmbran Library, Gwent Square
www.torfaen.gov.uk/en/Libraries 01633 647676
Careers Wales
careerswales.gov.wales 0800 028 4844
Find a Job: findajob.dwp.gov.uk
Jobcentre Plus Cwmbran
42 Gwent Square, Town Centre 0800 169 0190

Fire & Rescue

South Wales Fire & Rescue Service
southwales-fire.gov.uk
All Non-Emergency Calls 01443 232000

Funerals

Arthur Peake & Sons
Woodland Funeral Home, Woodland Road
Croesyceiliog 01633 482291

Hospitals

County Hospital
Coed Y Gric Road, Griffithstown
Pontypool NP4 5YA. No A&E 01495 768768
Royal Gwent
Cardiff Road, Newport NP20 2UB
No A&E. MIU: 24hrs 7 Days 01633 234234
The Grange University
Caerleon Rd, Cwmbran NP44 8YN
Major A&E Dept. 24hrs 7 Days 01633 234234

Libraries

Cwmbran Library, Gwent Square
Mon & Tue 9-5.30. Closed Wed
Thur 8.45-7, Fri 8.45-6 & Sat 8.45-1 01633 647676

Members Of Parliament

Monmouth. David T C Davies MP
The Grange, 16 Maryport St, Usk NP15 1AB
www.david-davies.org.uk 01291 672817
Torfaen. Nick Thomas-Symonds MP
www.nickthomassymonds.uk 01495 740498

Members Of The Senedd

Senedd Cymru-Welsh Parliament
senedd.wales 0300 200 6565
Torfaen. Lynne Neagle MS
73 Upper Trosnant Street, Pontypool
NP4 8AU 01495 740022

Police

All Non-Emergency Calls
www.gwent.police.uk 101
Victim Support: victimsupport.org.uk
Advice For Anyone Affected By Crime... 0808 168 9111



Cwmbran
Residents
Handbook



The Residents
Handbook



@ResidentsBook



Here When You Need Us

Monday 09:00 – 17:00
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Thursday 09:00 – 17:00
Friday 09:00 – 15:00

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Post Office

To Find A Local Branch: postoffice.co.uk/branch-finder

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Torfaen County Borough
www.torfaen.gov.uk 01495 762200

Torfaen Household Waste Recycling Centre
 Panteg Way, New Inn, Pontypool NP4 0LS
 Open: Summer (27 Mar-30 Oct)
 Mon-Sat 8-5.45 & Sun 9-5.45
 Winter: Mon-Sun 10-3.45
 Closed: Xmas, Boxing & NY Day
 Vans & Trailers Permit Only..... 01495 762200

Registration Services

Pontypool Register Office
 Civic Centre, Pontypool. Appt Only
 Email: registrars@torfaen.gov.uk 01495 742132

Schools & Colleges

Blenheim Road Community Primary
 St Dials, Cwmbran 01633 484655
 Coed Eva Primary
 Teynes, Coed Eva, Cwmbran 01633 484131
 Croesyceiliog Comprehensive
 Turnpike Road, Cwmbran 01633 645900
 Croesyceiliog Primary
 North Road, Cwmbran 01633 624114
 Cwmbran High School
 Ty Gwyn Way, Cwmbran 01633 643950
 Greenmeadow Primary
 Graig Road, Greenmeadow 01633 484320
 Henllys CIW Primary
 Ty Canol Way, Henllys..... 01633 877796

Schools & Colleges (cont.)

Llantarnam Community Primary
 James Prosser Way, Llantarnam..... 01633 480039
 Llanyrafon Primary
 Llanyrafon Way, Cwmbran..... 01633 867130
 Maendy Primary
 Wayfield Crescent, Northville..... 01633 483168
 Our Lady of the Angels RC Primary
 & Nursery, Victoria Street, Cwmbran.....01633 484673
 Pontnewydd Primary
 Bryn Celyn Road, Cwmbran 01633 483307
 St David's RC VA Primary
 Caldicot Way, Pontnewydd..... 01633 482580
 Woodlands Community Primary
 Thornhill Road, Upper Cwmbran 01633 647488
 Ysgol Gymraeg Cwmbran
 Henllys Way, St Dials..... 01633 483383

Social Services

Torfaen Social Care..... 01495 762200
 Out Of Hours Emergency 0800 328 4432

Transport

National Rail
www.nationalrail.co.uk
 English 0345 748 4950
 Traveline: traveline.info 0871 200 2233

Veterinary Surgeries

PDSA: www.pdsa.org.uk 0800 917 2509

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Cwmbran Residents
Handbook



TheResidentsHandbook



@ResidentsBook



CoStar is a registered charity serving Cwmbran



- **Caring**
 - **Sharing**
 - **Supporting**
 - **Helping**
- our community since 2000

Our Activities include

- ★ Food Bank (Food Co-op / Crisis bags etc.)
- ★ Community Repaint (Low cost paint)
- ★ Classes (Art, Ancestry, Crafts etc)
- ★ Lunch Clubs (twice weekly)
- ★ Breakfast and Bingo
- ★ Projects (Recycling, Community Skips)
- ★ Community Hub offering support & social activities

Opportunities to volunteer

telephone

01633879227

email

info@costarcwmbran.co.uk

Website

www.costarcwmbran.co.uk

The Threepenny Bit Community Centre, Deerbrook, Greenmeadow, Cwmbran, NP44 4SX

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Unit 36 John Baker Close, Llantarnam Park, Cwmbran NP44 3AX

Clubs & Organisations

Clybiau & Mudiadau

Advertise your club
for FREE by contacting
01454 315774

Addiction Support

Al-Anon. Support For Families & Friends
of Problem Drinkers 0800 008 6811

Alcoholics Anonymous
www.alcoholics-anonymous.org.uk..... 0800 917 7650

Barod. Alcohol & Drug Misuse Help & Support
www.barod.cymru

Drugs
Families Anon: famanon.org.uk 0207 498 4680
Talk to Frank: www.talktofrank.com
Text: 82111 or Call 0300 123 6600

Gamblers Anonymous
www.gamblersanonymous.org.uk..... 0330 094 0322

Help Me Quit. Freephone
www.helpmequit.wales 0800 085 2219

Overeaters Anonymous: www.oagb.org.uk

Smoking. NHS Smokefree
www.nhs.uk/better-health/quit-smoking

Air Cadets

2308 Squadron. Cwmbran ATC
Ty John Williams VC, Ty-Coch Way
Mon & Wed 19.00-21.30 01633 871700

Angling

Cwmbran Angling Association
www.cwmbranjanglingassociation.com
Sec: Brian Evans 07767 896561

Animals & Pets

Cwmbran Newtown Cage Bird Society
www.cwmbrancbs.co.uk
Sec: Dave Thomas 01633 875665

PDSA: www.pdsa.org.uk 0800 917 2509

Archery

Gwent Bowmen Cwmbran
www.gwentbowmen.co.uk

Llantarnam
facebook.com/groups/1451033868480998

Welsh Association
www.welsharcheryassociation.com

Armed Forces

RAF Benevolent Fund: www.rafbf.org 0300 102 1919

RAF Changi Association: www.rafchangi.com

ROCA. Royal Observer Corps Association
www.rocatwentytwelve.org

Royal Signals Association: www.royalsignals.org

SSAFA. Gwent. The Armed Forces Charity
www.facebook.com/SSAFAGwent

Army Cadet Force

ACFA Enquiries
To Join: www.armycadets.com 0207 426 8377

Gwent & Powys ACF
armycadets.com/county/gwent-and-powys-acf
Telephone 01873 813756

Arts & Crafts

Craft Club
Meet: Llantarnam Grange Arts Centre
Fortnightly 01633 483321

Crafty Chatters
CoStar Community Partnership
Threepenny Bit Community Centre..... 01633 869227

Crow Valley Woodturning Club
Beginners to Experienced
crowvalleywoodturners.org.uk

LLantarnam Grange Arts Centre
St. Davids Road, Cwmbran
Free Admission 01633 483321

Astronomy

Usk Astronomical Society
www.uskastronomicalsociety.org.uk
The Grange, 16 Maryport Street
Thur 19.15-21.15. Term Time Only
David Thomas..... 01291 673160

Athletics

Cwmbran Harriers AC. Find us on Facebook

Badminton

Fairwater Leisure Centre. Cwmbran..... 01633 627100

T's
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 f www.facebook.com/cwmbranmarketvillage
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T **01633 868 801**
 E maggiestakeaway2022@gmail.com
 f www.facebook.com/13dvictoriastreet
 13D Victoria Street, Cwmbran NP44 3JS

Bee Keeping

Gwent Beekeepers Association
www.gwentbeekeepers.co.uk
Email: secretary@gwentbeekeepers.co.uk

Bereavement

Child Death. Freephone Helpline
www.childdeathhelpline.org.uk 0800 282986

Cruse Bereavement Care
www.cruse.org.uk
Young Persons: www.hopeagain.org.uk .. 0808 808 1677

SCARD
Support & Care After Road Death & Injury
www.scard.org.uk 0345 123 5542

The Compassionate Friends
For Bereaved Parents & Families
www.tcf.org.uk 0345 123 2304

Winston's Wish. Freephone Helpline
Giving Hope to Grieving Children 0808 802 0021

Bingo

Court Farm & Oakfield Community Centre
Tue & Sun Evening
Lynne Davies 07446 615592

West Pontnewydd Community Association
Maendy Wood Rise, Cwmbran
Thur 8-9.30 01633 485955

Birds

Cwmbran Newtown Cage Bird Society
www.cwmbrancbs.co.uk
Sec: Dave Thomas 01633 875665

Blind - Visually Impaired

GBR Blind Sailing: www.gbrblindsailing.co.uk

RNIB: www.rnib.org.uk 0303 123 9999

Sensory & Communication Support Service
South East Wales. Age 0-19 01633 648888

British Red Cross

Wales: www.redcross.org.uk 029 2069 5740

Bullying

BullyingUK: www.bullying.co.uk 0808 800 2222

Camera Clubs

Cwmbran Photographic Society
Meet: Wed 7.15pm
Anthony Watkins 07823 337553

Canoeing

Wye Bother
facebook.com/Wye-Bother-Canoe-Club-67505317696

Care Support

Carers Trust Wales: carers.org
Caring for Unpaid Carers 0300 772 9702

Headway. The Brain Injury Association
headway.org.uk 0808 800 2244

Chess

Cwmbran Chess Club
Mr J Gilbert. 1st Tuesday 7pm 01633 874723

Churches & Religious Organisations

Baha'i Faith. Mr & Mrs Peter Hedges 01495 755076

Cwmbran United Reformed
Formerly Elim. Commercial Street
Sec: Mrs Diane Brain 01633 300453

Ebenezer Evangelical
Somerset Road, Cwmbran 01633 870996

Fairhill Methodist. Fairwater 01633 874127

Gospel Hall. Oakfield Road, Cwmbran 01633 875435

Holy Trinity CIW
Off Mount Pleasant Road, Pontnewydd... 01633 482300

Hope Methodist
Commercial Street, Pontnewydd 01633 874127

Llanyrafon Methodist. Llanyrafon Way 01633 874127

Our Lady of the Angels RC
Wesley Street, Cwmbran 01633 482346

Pontrhydryn Baptist
Chapel Lane, Croesyceiliog 01633 876067

Richmond Road Baptist
Richmond Road, Pontnewydd 07855 126607

Siloam Baptist
Mountain Road, Upper Cwmbran 01633 484525

St David's RC
Avondale Road, Pontnewydd 01633 482346

St Gabriel's Parish Church
Anglican. Commercial Street, Cwmbran.. 01633 482300

St Mary's. St Mary's Road, Croesyceiliog

St Michael's & All Angels
Newport Road, Llantarnam 01633 974973

St Peter's. Anglican Church, Henllys 01633 974973

The Salvation Army
Wesley Street, Cwmbran
www.salvationarmy.org.uk/Cwmbran 01633 484324

The Worship Centre
Henllys CIW School, Cwmbran
www.facebook.com/worshipcentrehenllys

Upper Cwmbran Methodist. The Square... 01633 874127



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Collectors & Model Clubs

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newportgwentphilatelic.weebly.com
Bev Davies..... 01291 625320

Community Associations & Centres

CoStar Community Partnership
Threepenny Bit Community Centre
Deerbrook, Greenmeadow..... 01633 869227

Court Farm & Oakfield Community Centre
Holgarth Close, Cwmbran..... 07446 615592

Greenmeadow & St Dials Community Hall
Find us on Facebook. Mandy Owen 01633 872665

Henllys Village Hall
Email: hvhsecretary@yahoo.com
www.henllysvillagehall.wales..... 07976 315166

The Community RePaint
communityrepaint.org.uk/i_need_paint/torfaen

The White Hut Community Hall
Coed Eva & Hollybush
www.facebook.com/thewhitehut

West Pontnewydd Community Association
Maendy Wood Rise, Cwmbran 01633 485955

Community Transport

Cwmbran Community Transport
32 Gwent Square, Cwmbran..... 01633 874686

Computers

Computer Sessions
Cwmbran Library, Gwent Square
www.torfaen.gov.uk/en/Libraries..... 01633 647676

Conservation & Wildlife

Bat Conservation Trust: www.bats.org.uk
Bat Helpline..... 0345 130 0228

Butterfly Conservation South Wales
www.facebook.com/bcwales..... 01792 642972

Greenmeadow Community Farm
Greenforge Way, Cwmbran
www.facebook.com/greenmeadowfarm ..01633 647662

Gwent Badger Group
www.gwentbadgergroup.org.uk
24hr Emergency Contact 07724 911582

Gwent Wildlife Trust
www.gwentwildlife.org..... 01600 740600

Torfaen Friends of the Earth
Carole Jacob..... 01633 875627

WWF Cymru: www.wwf.org.uk..... 029 2045 4970

Cribbage

Cwmbran Crib League. Find us on Facebook

Cricket

Croesyceiliog Cricket & Rugby Club
The Highway
www.croesycricketrugbyclub.com..... 01633 483583

Dancing

El Paso Country & Western
Cwmbran RFC. Thur 8.30pm-9.30pm
& 10pm-11pm
Bernard Forward..... 01633 862198

Llantarnum Dance Club (Sequence)
West Pontnewydd Community Association
Maendy Wood Rise. Friday 7-9 01633 485955

Deaf - Hearing Impaired

Relay UK. National Text Relay Service
www.relayuk.bt.com

RNID: www.rnid.org.uk..... 0808 808 0123

Sensory & Communication Support Service
South East Wales. Age 0-19..... 01633 648888

Disabilities

Ambito Cwmbran Day Opportunities
Avondale Way, Cwmbran
Day Service for Disabled Adults
www.facebook.com/ambitocwmbran 01633 482848

Disability Sport Wales
www.disabilitysportwales.com 0300 300 3115

Mencap. Learning Disability Helpline 0808 808 1111

NAS. National Autistic Society: autism.org.uk

Remap. A Free Service
Providing Custom-Made Equipment For
Disabled People: www.remap.org.uk

Scope. The Disability Equality Charity..... 0808 800 3333

Sensory & Communication Support Service
South East Wales. Age 0-19..... 01633 648888

SNAP Cymru Helpline
www.snapcymru.org 0808 801 0608

Dog Training

Ponthir Canine Society: ponthircaninesociety.co.uk

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Duke Of Edinburgh Award

Wales Office. Email: wales@DofE.org
www.facebook.com/WalesDofE..... 01874 623086

Environment

Environment Agency
gov.uk/government/organisations..... 0370 850 6506

Keep Wales Tidy. Torfaen
www.keepwalestidy.cymru
Thomas Board 07824 504818

Torfaen Canal Voluntary Group
Hugh Woodford..... 01633 862481

Zero Waste Torfaen
Redbrook Way, Southville
zerowastetorfaen.co.uk..... 07795 115676

First Aid

CB Training: www.cbtraining.org
Chris Bateman 07876 240043

Foodbank

Community Foodshare Project
CoStar Community Partnership
costarcwmbran.co.uk..... 01633 869227

Football

Croesyceiliog FC
Scott Packer 01633 865207
Mr Jones 01633 863528

Croesyceiliog FC
pithero.com/clubs/croesyceiliogfootballclub

Llanyrafon Youth AFC
Boys & Girls. Dave Powell 07505 328887

Fundraising

Muscular Dystrophy UK
Area Fundraising Manager
Charles Horton..... 07900 228575

Girlguiding

GirlGuiding Cymru
girlguidingcymru.org.uk..... 01686 688652
Trefoil Guild: trefoilguild.co.uk 0207 834 6242

Halls

Henllys Village Hall
Email: hvhsecretary@yahoo.com
www.henllysvillagehall.wales 07976 315166

Health Support

Bipolar UK: bipolaruk.org. Email: info@bipolaruk.org

Breast Cancer Care
breastcancernow.org 0808 800 6000

Breathe Easy. British Lung Foundation
blf.org.uk 0300 003 0555

Cwmbran Diabetes UK Group
Support For Anyone Affected By Diabetes
& Carers, Family, Friends
Val Carnegie 01633 872553

Cwmbran Stroke Support Group
Find us on Facebook
Peter Smith 07913 143329

Diabetes UK Helpline
Email: helpline@diabetes.org.uk
www.diabetes.org.uk..... 0345 123 2399

Epilepsy Wales: epilepsy.wales..... 0800 228 9016

Meningitis Research Foundation
www.meningitis.org. Freephone 0808 800 3344

Motor Neurone Disease
MND Connect. Info & Support
www.mndassociation.org 0808 802 6262

MS Society: www.mssociety.org.uk..... 0808 800 8000

Muscular Dystrophy UK
muscular dystrophyuk.org..... 0800 652 6352

Parkinson's UK: parkinsons.org.uk..... 0808 800 0303

Platform. For Mental Health & Social Change
www.platform.org

Sexual Health Line
www.nhs.uk/live-well/sexual-health 0300 123 7123

Tenovus Cancer Care. Support Line
www.tenovuscancercare.org.uk..... 0808 808 1010

Versus Arthritis Helpline
versusarthritis.org 0800 520 0520

History

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Cwmbran Historical Society
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CWMBRAN INDEX

Abbey Farm Lane ..F6
Abbey GreenE5
Abbey GroveF6
Abbey RoadD4
Adit WalkC2
Alon TerraceE2
Amroth WalkC4
Aran CourtB2
Archer RoadB3
Arundel CloseB3
Ash GreenE5
Ashford CloseF2
Ashford Close Nth ..F2
Ashford Close Sth ..F2
Ashleigh CourtA5
Avon PlaceE4
Avondale CloseE1
Avondale CresE1
Avondale RoadE1
Avondale WayE1

Badgers MedeB3
Bagley CourtB2
Baltic TerraceD6
Banwell CourtB2
BarnetsB3
Barnfield PlaceC2
Bath GreenF4
Beaufort CloseC4
Beaumaris DriveF4
BeddickB4
Bedford CloseB3
Beech CloseC1
Beechleigh CloseA3
Bellevue CloseC4
Bellevue RoadD4
Bellevue TerraceA5
Berkeley CourtB2
BerthinC3
Bethel LaneB1
BetwynsB4
Birch GroveB6
Blackbirds CloseC6
Blaen Bran CloseE2
Blaen-y-Cwm View ..A5
BlaenwernE1
Blenheim CourtC4
Blenheim RoadC4
Bluebell CourtA4
BowlazeB3
Brangwyn AvenueE5
Brecon WalkE3
Briers GateA5
Bristol View Close ..A3
BroadviewC2
Broadweir RoadD4
Bronllys PlaceE2
Brook StreetD1
Brooklands TerrD2
BrooksideC4
Broome PathC4
Brunel RoadB4
Bryn Celyn PlaceC2
Bryn Celyn RoadE2
Bryn EglwysC2
Bryn GarwE1
Bryn GomerE2
Bryn Henllys View ..A5
Bryn Henry GdnsB3
Bryn MilwrC5
Bryn RhedynF5
BrynglasC6
BrynhyfrydF2
Brynnonan CourtA5
Burn's LaneC4
Burton's PlaceF5
Buttercup CourtA5
Byron PlaceC4
BywaysB4

Cadoc RoadC1
Cae DerwenD5
Cae RhedynF3
Cae-yr-EbolD2
Caerleon RoadF4
Caernarvon CresE3
Caerwent RoadE1
Caldicot WayE2
Cam CourtB2
Campion CloseB6
Camrose WalkC4
Canal Side
(Cwmbran)D4
Canal Side
(Pontnewydd)D2
Canberra CloseC4
Caradoc RoadD3
Cardigan CloseE1
Cardigan CresE1
Carfax PathB5
Castle CourtA5
Cedar WalkB2
Cefn CloseF1
Cefn MilwrC5
Celandine CourtA4
Central WayC2
Ceredig CourtF4
Channel ViewC2
Chapel LaneE1
Chapel StreetD2
Charles StreetD1
CharstonC3
Chepstow CloseE1
Chepstow RiseE1
Cheriton PathB4
Cherry Tree Close ..F2
Chestnut GreenB2
Church CloseE2
Church RoadC2
Church Wood RdD2
Cilgert CienwenD1
Cilgerran CourtF4
Clark AvenueD1
CliffesB3
Clomendy RoadD4
Clos Cae NantD3
Clover CourtA5
Cocker AvenueC5
Coed GarwE1
Coed GlasD5
Coed LeeC5
CoedcaeC2
Coedeva MillC5
Coldstream CloseE2
Coleford PathC4
Coleridge GreenC4
Commercial PlaceD2
Commercial Street
(Pontnewydd)D2
Commercial Street
(Cwmbran)D4
Conway CloseD3
Conway TerraceE2
Cory ParkF6
Court Farm CloseE5
Court Farm RoadE5
Court RoadE4
Covert WalkB5
Cranham HouseB3
CroeswenE5
Crofton MedeB5
Crofts CornerC4
Crownell PlaceD2
Crown CloseC2
Crown RiseF4
Crown RoadF5
Cwm-y-Nant Fields..D4
Cwmbran DriveD2
Cwmnant VillasD4
Cwrt BlednydD5
Cwrt CelynC3
Cwrt DowlaisD5
Cwrt GlasF3

Daffodil CourtA4
Dale PathB4
Dan y CraigE1
Dean CourtA6
DeerbrookB4
Dinas PathC4
Dingle LaneC2
Dorallt CloseA5
Dorallt WayA5
Dorleight CourtB2
Dorstone WalkF3
Drayton CourtB3
Drybrook CloseD4
Dunraven RoadF4
Dynevor CloseF3

Earl's MeadB4
East RoadE5
East RodeinC5
EdgcoortB5
EdgehillF5
Edinburgh CloseB3
Edlogan SquareE2
Edlogan WayE2
Elan WalkC4
Ellwood PathC4
EndyngsC5
Ewyd WalkD2
Exeter CloseB3

FairhillB4
Fairhill WalkB4
Fairoak LaneF2
Fairwater CloseB4
Fairwater SquareB4
Fairwater WayB4
FallowfieldB5
FarlaysB5
Farlow WalkC4
Farm LaneD3
FernbankB4
Fetty PlaceD4
Fford Tir Brychiad ..D1
FieldingsB4
Fields AvenueD2
Fields RoadD5
Fields View RoadE2
Five Oaks LaneE2
Fivelocks CloseC1
Fivelocks RoadC1
Forest CloseB5
Forest ViewA5
ForgesideD3
Friars GardenF5

Gainsborough ClE5
Garn Wood DriveE1
Garth RoadC5
GaynorsB5
Gelli Fawr CourtA5
General Rees SqD3
Gifford CloseD5
Gilestone WalkC4
Gilwern PlaceC2
Glade CloseB5
Glan RhydB5
Glanynant CloseC5
Glaslyn CourtE2
Glen SideC2
Glen ViewC3
Gloucester CloseF3
Glyn TirionD5
Glyndwr RoadD3
Godfrey RoadD2
Goldcliffe CourtE4
Goodrich CourtF4
GordingsB4
Govilon PlaceC2
Gower GreenE1
Graig RoadB1
Grange LaneD3
Grange PathF4
Grange Road (Nth) ..E3
Grange Road (Sth) ..E4

Granston SquareB4
Green AcreD4
Green CourtE2
Green WillowsC1
Greenfield CloseE5
Greenforce WayD3
Greenhill RoadD3
Greenmeadow ClC4
Greenmeadow SqC4
Greenmeadow Way ..C4
Greenwood AveC2
Greenwood DriveA5
Grosmont PlaceE1
Grove ParkD1
Grove Park AveD1
Grove PlaceD1
Gwent SquareD3
Gwyn LynnC2

Hafod Court Road ..B2
Hafren RoadB3
Hanbury CloseD3
Hanfield PlaceE3
Hanley PathC4
Harlech CloseE1
Harold StreetD2
Hassocks LeaB5
Hawkes RidgeA4
Hawthorn CourtE2
HayswayB4
Haywarden Green
RoadF4
Hazel WalkF1
Heather CourtA5
Hendre CourtA5
Henllys Village Rd ..A5
Henllys WayC4
Hensol CloseE4
Heol NewyddC1
Heol-y-GroesC5
Heol-y-PwcaC2
Heritage CourtF6
High CloseF5
Highfield CloseF5
Highland GroveD1
Hill StreetD5
Hill TopC4
Hillside CourtD2
Hilltop GreenC2
Hinter PathB5
Hogarth CloseE5
Holly Lodge CloseF1
Holly Lodge GdnsF2
Holly Lodge GrnF2
Holly Lodge RoadF2
Hollybush CloseC5
Hollybush ViewC5
Hollybush WayD5
HolmdaleB4
Huntingdon Close ..B3

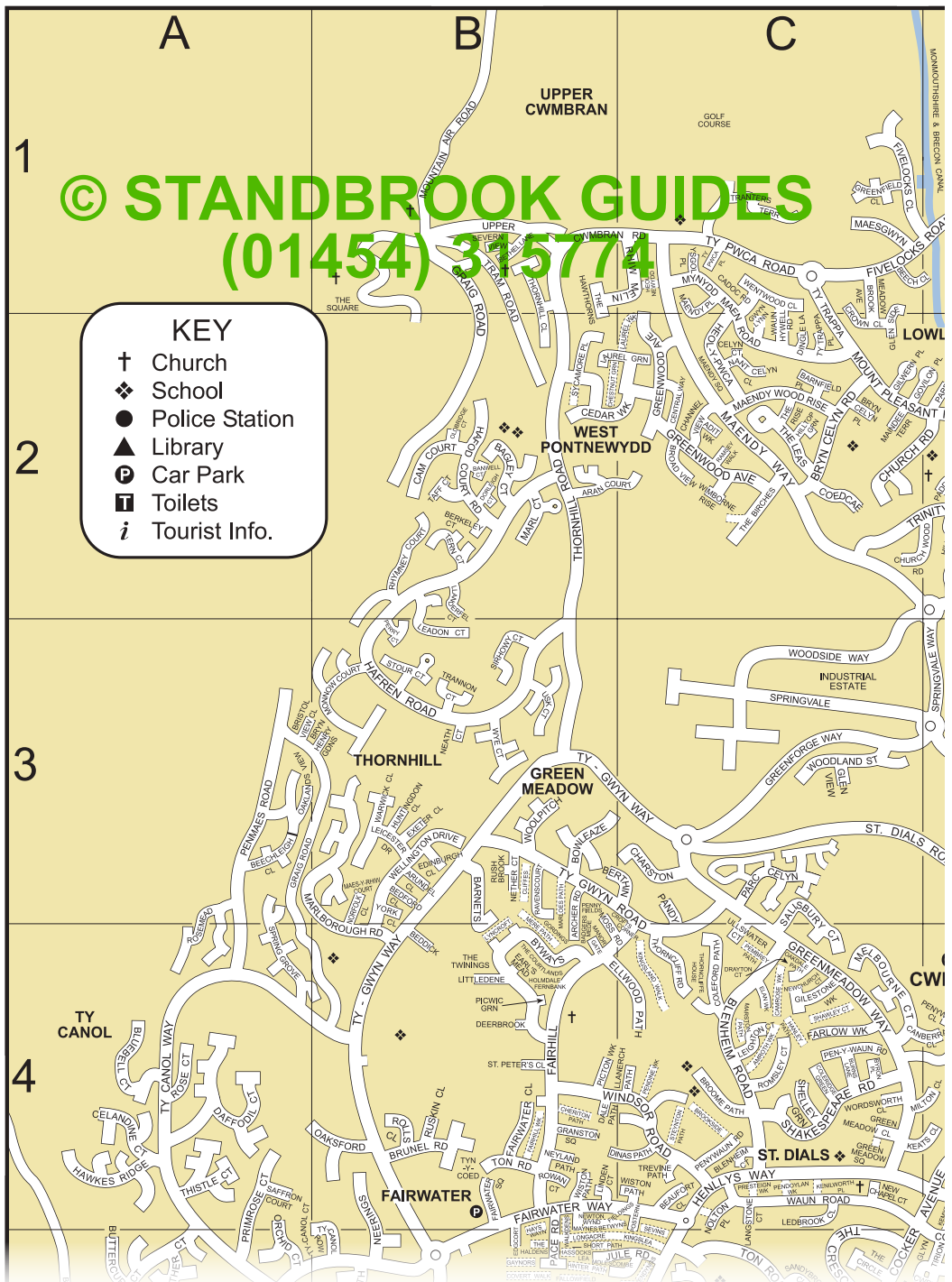
InglesC5
Isca CloseD3
James Prosser Way ..E6
Jim Crow SquareF3
John Baker CloseD6
John Field GdnsF6
Jule RoadC5
Juniper CrescentA6
Keat's CloseC4
Kemys WalkD4
Kenfig PlaceE4
Kenilworth PlaceC4
Kidwelly CloseF4
Kidwelly RoadF4
Kingsland WalkC4
KingsleaC5
Kinnock CourtE2

Laburnum DriveB6
LadybenchB5
Lake ViewE6

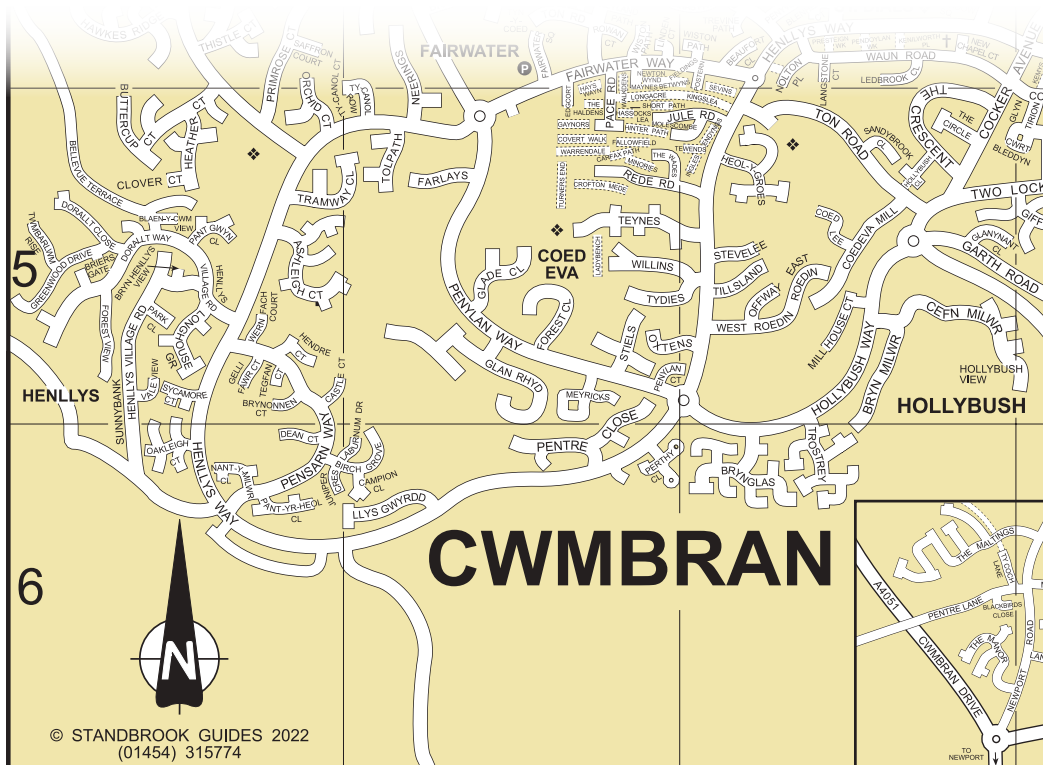
LakesideE6
Lakeside CloseE6
Langstone CourtC4
Lansdowne GdnsD6
Laurel GreenC2
Laurel WalkC2
Laybourne CloseD2
Leadon CourtB3
Ledbrook CloseC4
Leicester DriveB3
Leighton CourtC4
Linden CourtB4
Liswerry CloseF4
Liswerry DriveE4
LittledeneB4
Llan-yr-Avon SqE4
Llan-yr-Avon Way ..E3
Llandaff GreenD3
Llandegveth Close ..F2
Llandenny WalkD3
Llanderfel CourtB2
Llandowlais Street ..D5
Llanerch PathC4
Llanfrehfa WayE4
Llangattock Court ..F2
Llangorse PathF4
Llangorse RoadE4
Llantarnam CloseE4
Llantarnam GdnsF6
Llantarnam Pk Way ..E6
Llantarnam RoadE5
Llanthwy CloseF2
Llwyn CelynD5
Llwyn OnnF3
Llys GwyrddB6
Llys Wen WalkF4
Llywelyn RoadD3
Llywelyn WalkD3
Lon HelygF3
Long AcreB5
Long HollowD3
Longhouse GroveA5
Lowlands CresD1
Lowlands RoadD1
Ludlow CloseF5
LyncroftB4

Maendy PlaceC1
Maendy SquareC2
Maendy WayC2
Maendy Wood Rise ..C2
Maes-y-Rhiw Court ..B3
MaesgwynC1
Magna Porta Gdns ..F6
Maindee TerraceC2
Malpass StreetD4
Malthouse LaneD6
Manor GateB3
Manorbier DriveE4
Marl CourtB2
Marlborough Road ..B3
Marloes PathB3
Marston PathC4
MaynesB4
Mead LaneD2
Meadow Brook
AvenueC1
Meadow LaneF2
Meldbourne CourtC4
Mere PathB4
MeyricksB5
Mill House CourtC5
Mill LaneF4
Millers RideE4
Milton CloseC4
MinoriesB5
Miskin GreenE3
Mitchell CloseF4
MolescombeB5
Monmouth Square ..D3
Monmouth WalkD3
Monnow CourtB3
Montessor Court ...F6

continued on page 20







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A

Moseley TerraceE1
Moss RoadB4
Mount Pleasant Ct ..D2
Mount Pleasant Rd ..C2
Mountain Air Road..B1
Mynydd Maen Rd ..C1

Nant Celyn Close ...C2
Nant-y-Milwr Cl.....A6
Narberth Crescent..F4
Neath CourtB3
NeeringsB5
Nether CourtB3
Nevern WalkF4
New Chapel Court..C4
New Church Court..C4
New StreetD2
Newbarn PathF4
Newgale RowE4
Newnham PlaceD4
Newport RoadF6
Newton WyndB4
Neyland PathB4
Nolton PlaceC4
Norfolk CloseB3
North RoadE2
North WalkD3

Oak StreetD4
Oak Tree CourtD5
Oakdale PathC4
Oakfield MewsD5
Oakfield RoadE5

Oaklands Terrace ..D6
Oaklands ViewA3
Oakleigh CourtA6
OaksfordB4
OffwayC5
Ogmore PlaceF4
Oldbridge CourtB2
Oldbury CwrtD4
Oldbury RoadD4
Olway CloseF4
Orchard LaneD2
Orchard PlaceD4
Orchid CourtA4
OxtensC5

Pace RoadB4
Paddock CloseD2
Paddock RiseF4
PandyC3
Pant-Gwyn Close ..A5
Pant-yr-EosD2
Pant-yr-Heol Cl ..A6
Parc AvenueD1
Parc CelynC2
Parfit TerraceD2
Park CloseA5
Park Lawn Close ..D2
Park ViewD2
Parkland CloseD2
ParksideD4
Paysdam PlaceD2
Pembrey PathC4
Pembroke PlaceF4

Pen-y-Waun RdC4
Penarth CourtF5
PenbedwF3
Pencoed PlaceE1
Pendine WalkC4
Pendoylan WalkC4
Penlyn AvenueD1
Penmaes RoadA3
PennyfieldsB3
Penrice GreenF4
Pensarn WayA6
Pentre CloseB6
Pentre LaneC6
Penylan CourtB5
Penylan WayB5
PenyparcD1
Penywaun Close ..D4
Perry CourtB3
Perthy CloseB6
Pettingale RoadF2
Picton WalkB4
Picwic GreenB4
Plantation DriveF3
Plas Bryn Gomer ...E1
Plas CraigD3
Plas CwrtE5
Plas DerwenF2
Plas EbbwD2
Plas IslwynD3
Plas TrosnantD2
Plas TwynD2
Plas Ty CochE5
Pontnewydd Walk ..D2

B

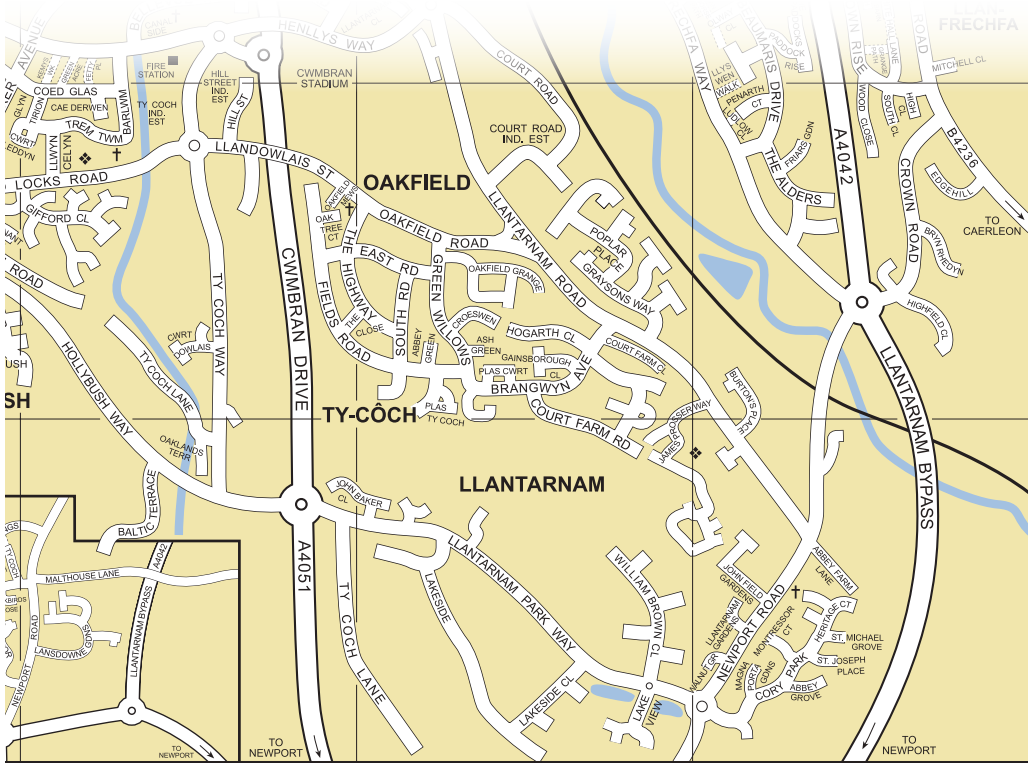
Pontrhydyrun RdD1
Poplar PlaceE5
Poplar RoadE2
Porth Mawr RoadD3
PosternC4
Prestegyn WalkC4
Primrose CourtA4
Prospect PlaceD4

Radnor WayD3
Raglan CourtE1
Ramsey WalkC2
RavenscourtB3
Redbrook WayD3
Rede RoadB5
Redwick CourtE4
Rhiw MelinC1
Rhodri PlaceF4
Rhymney CourtB2
Richmond CloseD1
Richmond PlaceD2
Richmond RoadD2
Richmond StreetD2
RiversmeadE4
Roath CourtE3
Rolls CloseB4
Romsley CourtC4
Rose CourtA4
Rose GardensF2
RosemeadA3
Rowan CourtB4
Royal Oak Green ...F2
Rumney WalkF4

C

RushbrookB3
Ruskin CloseB4
Russell StreetD2

Saffron CourtA4
Salisbury CourtC3
Sandybrook Close..C5
School CourtD4
Selby CloseF4
Severn ViewB1
SevinsC4
Shakespeare RdC4
Shawley CourtC4
Shelley GreenC4
Short PathB4
Sirhowy CourtB3
Smallbrook Close ..D4
Snowdon CourtE2
Soar CloseF1
Somerset RoadE2
South CloseF5
South RoadE5
South WalkD3
Spring GroveA4
Spring LaneF2
Spring ValeC3
Spring Vale Way ...D3
Springfield Close ...F1
St. Andrew's ClE1
St. Anne's Close ..D2
St. Arvan's RoadE4
St. Bride's Close ...F4
St. David's RoadE3



D

E

CONTINUED SEE INSET

F

St. Dials CourtD4
 St. Dials RoadC3
 St. Donat's Close ...F4
 St. Joseph PlaceF6
 St. Mary's RoadE2
 St. Michael Grove ..F6
 St. Peter's CloseB4
 St. Woolos Green ...D3
 Stanley PlaceD2
 Star StreetD4
 Station FarmE2
 Station RoadE2
 Station TerraceD2
 SteepfieldE2
 SteveleeC5
 Steynton PathC4
 StialsB5
 Stone PathF4
 Stonebridge Park ...E2
 Stour CourtB3
 SunnybankA5
 Sycamore CourtA5
 Sycamore PlaceB2

 Taff CourtB2
 Talgarth CloseD4
 Tegfan CourtA5
 Tenby CloseF3
 Tern CourtB2
 Tewdric CourtF2
 TewendsC5
 TeynesB5
 The AldersF5

The ArcadeD3
 The BeechesD4
 The BirchesC2
 The CircleC5
 The CloseD5
 The CourtlandsB4
 The CrescentC5
 The GarwF2
 The HaldensB5
 The HawthornsB1
 The Highway
 (Croesyceiliog) ...F2
 The Highway
 (Oakfield)D5
 The LeasC2
 The MallD3
 The MaltingsC6
 The ManorC6
 The OaksF2
 The PaddocksF4
 The ParadeD3
 The PasturesF3
 The RiseC2
 The SquareB1
 The TowerD3
 The TwinningsB4
 The WadesB5
 The WillowsE2
 Thistle CourtA4
 Thorncliff RoadC4
 Thorncliffe Court ...C4
 Thornhill CloseB1
 Thornhill RoadB2

TillislandC5
 Tintern CloseD4
 TolpathB5
 Ton Rd (Fairwater) ..B4
 Ton Rd (St. Dials) ..C5
 Tram RoadB1
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Wl. Gwent Federation: gwent.thewi.org.uk..01633 864456

Languages

National Centre for Learning Welsh
College Road, Carmarthen
learnwelsh.cymru..... 0300 323 4324

Leisure & Sports Centres

Cwmbrian Stadium
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Fairwater Leisure Centre
Ty Gwyn Way, Fairwater..... 01633 627101

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Cwmbrian Lions. Tim Kretschmer
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Lifeguard Training: www.cbtraining.org
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Boats. Cwmbrian Modelling Society
www.webster.uk.net/cwmbrianmodellingsociety
City of Newport Model Engineering Society
facebook.com/NewportModelEngineering
Hon Sec: Chris Lewis-Cooper..... 07925 223562
Glebelands Miniature Railway
facebook.com/NewportModelEngineering
Contact: Elizabeth Klinkert..... 07714 295387

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Trials Training Wales
Boys & Girls Trials Club. Age 4+
www.trialstrainingwales.co.uk

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Gwent Classic Car Club. Brian Campbell.. 07957 648213
Monmouthshire Mini's
Christopher Batten 07971 857449
The Morris Register. Aubrey Arms, Bonvilston
3rd Thur 7.30pm: morrisregister.co.uk
Sec: John Howells 01443 432542

Mountaineering

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Cwmbrian Netball Club
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Parenting

Bullying UK: www.bullying.co.uk 0808 800 2222
Change4Life: www.nhs.uk/change4life
Fun Ideas to Help Kids Stay Healthy 0300 123 4567
Families Need Fathers: www.fnf.org.uk
Because Both Parents Matter 0300 030 0363
Gingerbread: www.gingerbread.org.uk
Single Parents, Equal Families 0808 802 0925
NCT. New Parents & Parents-To-Be
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Pregnancy Choices Directory
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Torfaen Family Info Service
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Risca & District Amateur Radio Society
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Sec: Clive Jenkins 01873 269146

Railways

Railfuture Wales: railfuturewales.org.uk
WRRRC. Welsh Railways Research Circle
www.wrrc.org.uk

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Cwmbran Ambling Ramblers
Debbie Ward 07938 921580

Pontypool & District Ramblers Group
Lew Lewis: 07881 700698 or 01873 890270

South Gwent Ramblers
www.ramblers.org.uk/south-gwent
Joan 07950 296207

Royal British Legion

RBL Contact Centre
www.britishlegion.org.uk 0808 802 8080

Rugby

Croesyceiliog Cricket & Rugby Club
The Highway
www.croesyceiliogrugbyclub.com 01633 483583

Cwmbran RFC. Station Road, Pontnewydd
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Running

Griffithstown Harriers
facebook.com/groups/griffithstownharriers

Scout Association

1st Henllys: www.1sthenllysscouts.org
GSL Wilma Thomas 01633 869150

1st Pontnewydd
www.facebook.com/1stPontnewyddScouts

Glen Llwyd
torfaenscouts.org.uk/scout-groups/1st-glen-llwyd

Gwent Area Office: gwentscouts.org.uk 01291 689942

Torfaen Scout Active Support
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UK Scout Information Centre: scouts.org.uk
Email: info.centre@scouts.org.uk 0345 300 1818

Scuba Diving

Norad Sub Aqua Club: www.bsac.com

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Senior Citizens

Age Connects Torfaen
Information & Advice
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Support For Anyone Affected By Diabetes
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- The Salvation Army. Wesley Street, Cwmbran
www.salvationarmy.org.uk/Cwmbran..... 01633 484324
- The Silver Line. Age 55+. Free 24hr Helpline
www.thesilverline.org.uk 0800 470 8090
- Winter Fuel Payments
www.gov.uk/winter-fuel-payment 0800 731 0160

Social Groups

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- CoStar Community Partnership
Threepenny Bit Community Centre..... 01633 869227
- Crafty Chatters
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St John Ambulance

- SJA Get Involved: www.sja.org.uk
- St John Cymru Wales
www.sjacymru.org.uk..... 029 2044 9600

Swimming

- CB Training: www.cbtraining.org
Chris Bateman 07876 240043
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www.facebook.com/CwmbranOtters
Head Coach: Gerald Sims 07522 435591
- Cwmbran Stadium
Henllys Way. Torfaen Leisure Trust..... 01633 627101
- Fairwater Leisure Centre
Ty Gwyn Way, Fairwater..... 01633 627101

Table Tennis

- Gwent Club League: www.facebook.com/GwentTTC

U3a

- Torfaen u3a: www.u3asites.org.uk/torfaen
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Under 5's

- Baby Rhymetime
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- Cwmbran Integrated Children's Centre. Ton Road
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Under 5's (cont.)

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- Storytime. Cwmbran Library, Gwent Square
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- The Salvation Army
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www.salvationarmy.org.uk/Cwmbran..... 01633 484324
- Torfaen Family Info Service
www.torfaenfis.org.uk 0800 019 6330

Voluntary Organisations

- CoStar Community Partnership
Threepenny Bit Community Centre
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- Cwmbran Diabetes UK Group
Sec: Val Carnegie 01633 872553
- Cyfannol Women's Aid. Mentors Needed
For Boys Affected by Domestic Abuse
cyfannol.org.uk 0330 056 4456
- Parkinson's UK
South Wales Volunteer Coordinator
Rebecca Lydon 0344 225 3714
- Torfaen Voluntary Alliance
Portland Buildings, Commercial Street
Pontypool: www.tvawales.org.uk 01495 365610

Youth Centres & Clubs

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Glyndwr Road, Cwmbran..... 01633 875851
- Trials Training Wales. Boys & Girls Trials Club. Age 4+
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- Talk to Frank. Drugs: www.talktofrank.com
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- vInspired. Age 14-30. Volunteering: www.vinspired.com
- Voluntary Youth Service. CWVYS
Council for Wales. Age 11-25
www.cwvys.org.uk 029 2047 3498
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Mobile: 07779 664483 01633 863451

M.J. HARRIS BOILERS (inside front cover)

Gas Safe & OFTEC Regd. Oil, Gas & LPG
Servicing, Repair & Installs 01633 759580

Grave Tending

GRAVE GUARDIAN (page 4)

Grave Care & Maintenance. Cwmbran
Newport, Torfaen & Monmouthshire..... 07813 742665

Guttering & Fascias

REDLAND PROPERTY SERVICES (page 12)

We Specialise in all Aspects of Roofing Work
Proud Members of Checkatrade.com 07884 013048

Halls For Hire

COSTAR CWMBRAN (page 8)

Threepenny Bit Community Hall
Deerbrook NP44 4SX
www.costarcwmbbran.co.uk 01633 869227

Helplines

see public services on page 3

Hospitals

see public services on page 5

Internet Services

AERIAL MAN (DAN GRACE) LTD (page 22)

Free Quotations. OAP Discounts..... 01633 837929

Kitchens

DPS CONSTRUCTION & MAINTENANCE LTD (page 14)

All Aspects of Building & Maintenance
Work Undertaken..... 07807 988634

Landscape Gardeners

DP FENCING & GARDEN SERVICES (page 26)

All Aspects of Garden & Building
Maintenance Undertaken
Mobile: 07970 205185 01633 771402

J. JONES LANDSCAPING (page 24)

All Types of Garden Maintenance
Mobile 07554 546732
Telephone: 01633 505290 or..... 01495 707593

SPECIAL BRANCH (page 25)

All Aspects of Garden Work Undertaken
Mobile: 07938 352426 01495 708570

Leaflet Distribution

MSR DISTRIBUTION SERVICES (page 4)

Reliable Leaflet Distribution
Across Wales
Email: msrdistribution@btinternet.com .. 07519 756257

Letting Agents

DAVID JAMES (page 4)

Cwmbran, Torfaen NP44 1PE
Email: cwmbran@david-james.co.uk..... 01633 868341

Libraries

see public services on page 5

Lifeguard Training

CB Training

www.cbtraining.org
Call Chris Bateman 07876 240043

Locksmiths

CWMBRAN LOCKSMITHS GWENT LTD (page 14)

Check-A-Trade. Locked Out ?
Repair or Replace. No Call Out Charge ..01633 560115

Maps

see centre pages 17-21

STANDBROOK GUIDES (inside back cover)

For Full Details How To
Download Your Street Map
www.standbrook-guides.com..... 01454 315774

Music

SOUNDWAVE MUSIC CENTRE (page 10)

46 Court Road Industrial Estate
Cwmbran NP44 3AS..... 01633 482501

Oil Fired Heating

M.J. HARRIS BOILERS (inside front cover)

OFTEC Regd. Oil Boiler Servicing
Repair & Installations..... 01633 759580

Organic Produce

ZERO WASTE TORFAEN (outside back cover)

Redbrook Way, Southville
Cwmbran NP44 3QT..... 07795 115676

Painters & Decorators

COSTAR - COMMUNITY REPAINT TORFAEN (page 8)

Threepenny Bit Community Hall
Deerbrook NP44 4SX
www.costarcwmbbran.co.uk 01633 869227

www.standbrook-guides.com

Painters & Decorators (cont.)

RE-DEC HOME MAINTENANCE SERVICES (page 14)
www.re-dec.co.uk. Email: paul@re-dec.co.uk
Mobile: 07854 781163 01633 861877

Patios

DPS CONSTRUCTION & MAINTENANCE LTD (page 14)
All Aspects of Building & Maintenance
Work Undertaken 07807 988634

J. JONES LANDSCAPING (page 24)
All Types of Garden Maintenance
Mobile 07554 546732
Telephone: 01633 505290 or 01495 707593

Pest Control

P. & P. PEST CONTROL LTD. (page 28)
Pest Control Specialists
Domestic & Commercial 01873 830204

Pet Foods

RAW FEEDING CWMBRAN (page 8)
Unit 36 John Baker Close, Cwmbran NP44 3AX
rawfeedingcwmbran.co.uk 07581 592206

Pet Services

RAW FEEDING CWMBRAN (page 8)
Unit 36 John Baker Close, Cwmbran NP44 3AX
rawfeedingcwmbran.co.uk 07581 592206

Physiotherapy

MORRELLO CLINIC (page 6)
Neuro Rehabilitation Experts
Nelson House, Langstone Business Park
Langstone NP18 2LH 01633 412211

Plumbers Merchants

AFON PLUMBING & BATHROOM (page 22)
316 Woodside Way
Springvale Industrial Est., NP44 5BR
Friendly Service & Expert Advice 01633 481486

Plumbing & Heating

AFON PLUMBING & BATHROOM (page 22)
316 Woodside Way
Springvale Industrial Est., NP44 5BR
Friendly Service & Expert Advice 01633 481486

Plumbing & Heating (cont.)

C & C PLUMBING & HEATING (page 22)
Brookwood House, Ty Trappa Road
Cwmbran NP44 1BH
Mobile: 07734 419499 01633 870000

HEATSURE HEATING & PLUMBING (page 22)
Gas Safe Regd
Mobile: 07779 664483 01633 863451

M.J. HARRIS PLUMBING & HEATING (inside front cover)
Gas Safe & OFTEC Regd.
All Aspects of Plumbing & Heating 01633 759580

Police

see public services on page 5

Pressure Washing

RE-DEC HOME MAINTENANCE SERVICES (page 14)
www.re-dec.co.uk Email: paul@re-dec.co.uk
Mobile: 07854 781163 01633 861877

Public Services

see pages 3-7

Recycling

COSTAR CWMBRAN (page 8)
Threepenny Bit Community Hall
Deerbrook NP44 4SX
www.costarcwmbran.co.uk 01633 869227

Removals & Clearance

BRIGHT MOVE CYMRU REMOVALS (page 28)
Email: brightmovecymru@gmail.com
Mobile: 07708 901768 01633 328335

Removals & Storage

BRIGHT MOVE CYMRU REMOVALS (page 28)
Email: brightmovecymru@gmail.com
Mobile: 07708 901768 01633 328335

Roofing

JJ ROOFING (page 12)
Email: john-jjroofing@outlook.com
All Aspects of Roofing: 07557 398687... 01633 329051

Roofing (cont.)

MARK A LEWIS & SONS ROOFING LTD (page 12)

Email: info@markalewisroofing.co.uk
markalewisroofing.co.uk
Mobile: 07793 155202 01633 411321

REDLAND PROPERTY SERVICES (page 12)

We Specialise in all Aspects of Roofing Work
Proud Members of Checkatrade.com 07884 013048

Satellite Television

AERIAL MAN (DAN GRACE) LTD (page 22)

Free Quotations. OAP Discounts..... 01633 837929

Schools & Colleges

for state schools see public services on page 7

Security

AERIAL MAN (DAN GRACE) LTD (page 22)

Free Quotations. OAP Discounts..... 01633 837929

PONTYPOOL GLAZING (page 14)

12 Clarence Street, Pontypool
Torfaen NP4 6LG..... 01495 764445

Storage

BRIGHT MOVE CYMRU REMOVALS (page 28)

Email: brightmovecymru@gmail.com
Mobile: 07708 901768 01633 328335

Swimming Tuition

CB Training

www.cbtraining.org
Call Chris Bateman 07876 240043

Takeaways

MAGGIE'S TAKEAWAY (page 10)

13D Victoria Street
Cwmbran NP44 3JS 01633 868801

Television Sales & Service

AERIAL MAN (DAN GRACE) LTD (page 22)

Free Quotations. OAP Discounts..... 01633 837929

Toy Shops

ZERO WASTE TORFAEN (outside back cover)

Redbrook Way, Southville
Cwmbran NP44 3QT..... 07795 115676

Tree Surgeons

LJ TREE & GARDEN SERVICES (page 24)

No Job Too Small
Mobile: 07384 730849 0800 696 5614

SPECIAL BRANCH (page 25)

All Aspects of Garden Work Undertaken
Mobile: 07938 352426 01495 708570

Upvc Products

PONTYPOOL GLAZING (page 14)

12 Clarence Street, Pontypool
Torfaen NP4 6LG..... 01495 764445

Wall Maps

STANDBROOK GUIDES (page 12)

Unique & Clear Street Maps
in Durable PVC
www.standbrook-guides.com..... 01454 315774

Washing Machine Repairs

see domestic appliances

Will Writers

Your Will Service

Estate Planning, Asset Protection
Lasting Power of Attorney
Email: yourwillservice@gmail.com 07545 672076

Wills & Probate

Your Will Service

Estate Planning, Asset Protection
Lasting Power of Attorney
Email: yourwillservice@gmail.com 07545 672076

Window & Door Repairs

PONTYPOOL GLAZING (page 14)

12 Clarence Street, Pontypool
Torfaen NP4 6LG..... 01495 764445

Windows

PONTYPOOL GLAZING (page 14)

12 Clarence Street, Pontypool
Torfaen NP4 6LG..... 01495 764445

NOTES and NUMBERS

When you call a service please tell them that you found them in The Residents' HANDBOOK.

Calendar 2022-2023

2022

 Bank Holidays

July					August					September							
Mon		4	11	18	25	Mon	1	8	15	22	29	Mon		5	12	19	26
Tues		5	12	19	26	Tues	2	9	16	23	30	Tues		6	13	20	27
Wed		6	13	20	27	Wed	3	10	17	24	31	Wed		7	14	21	28
Thur		7	14	21	28	Thur	4	11	18	25		Thur	1	8	15	22	29
Fri	1	8	15	22	29	Fri	5	12	19	26		Fri	2	9	16	23	30
Sat	2	9	16	23	30	Sat	6	13	20	27		Sat	3	10	17	24	
Sun	3	10	17	24	31	Sun	7	14	21	28		Sun	4	11	18	25	

October					November					December								
Mon		3	10	17	24	31	Mon		7	14	21	28	Mon		5	12	19	26
Tues		4	11	18	25		Tues	1	8	15	22	29	Tues		6	13	20	27
Wed		5	12	19	26		Wed	2	9	16	23	30	Wed		7	14	21	28
Thur		6	13	20	27		Thur	3	10	17	24		Thur	1	8	15	22	29
Fri		7	14	21	28		Fri	4	11	18	25		Fri	2	9	16	23	30
Sat	1	8	15	22	29		Sat	5	12	19	26		Sat	3	10	17	24	31
Sun	2	9	16	23	30		Sun	6	13	20	27		Sun	4	11	18	25	

October							November							December						
Mon	3	10	17	24	31		Mon	7	14	21	28			Mon	5	12	19	26		
Tues	4	11	18	25			Tues	1	8	15	22	29		Tues	6	13	20	27		
Wed	5	12	19	26			Wed	2	9	16	23	30		Wed	7	14	21	28		
Thur	6	13	20	27			Thur	3	10	17	24			Thur	1	8	15	22	29	
Fri	7	14	21	28			Fri	4	11	18	25			Fri	2	9	16	23	30	
Sat	1	8	15	22	29		Sat	5	12	19	26			Sat	3	10	17	24	31	
Sun	2	9	16	23	30		Sun	6	13	20	27			Sun	4	11	18	25		

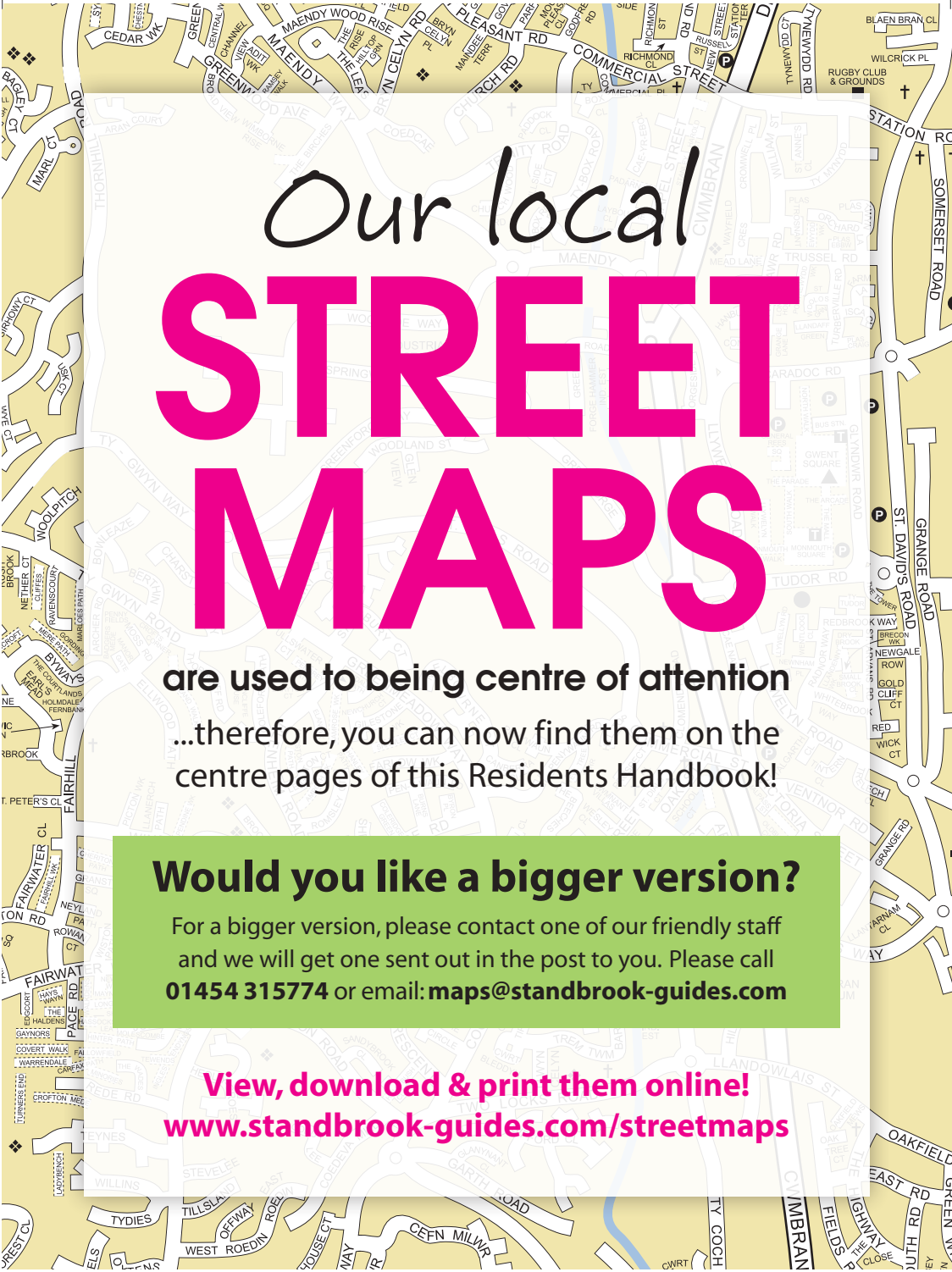
2023

January							February							March						
Mon	2	9	16	23	30		Mon		6	13	20	27		Mon		6	13	20	27	
Tues	3	10	17	24	31		Tues		7	14	21	28		Tues		7	14	21	28	
Wed	4	11	18	25			Wed	1	8	15	22		Wed	1	8	15	22	29		
Thur	5	12	19	26			Thur	2	9	16	23		Thur	2	9	16	23	30		
Fri	6	13	20	27			Fri	3	10	17	24		Fri	3	10	17	24	31		
Sat	7	14	21	28			Sat	4	11	18	25		Sat	4	11	18	25			
Sun	1	8	15	22	29		Sun	5	12	19	26		Sun	5	12	19	26			

April							May							June						
Mon	3	10	17	24			Mon	1	8	15	22	29		Mon		5	12	19	26	
Tues	4	11	18	25			Tues	2	9	16	23	30		Tues		6	13	20	27	
Wed	5	12	19	26			Wed	3	10	17	24	31		Wed		7	14	21	28	
Thur	6	13	20	27			Thur	4	11	18	25		Thur	1	8	15	22	29		
Fri	7	14	21	28			Fri	5	12	19	26		Fri	2	9	16	23	30		
Sat	1	8	15	22	29		Sat	6	13	20	27		Sat	3	10	17	24			
Sun	2	9	16	23	30		Sun	7	14	21	28		Sun	4	11	18	25			

April					May					June						
Mon	3	10	17	24	Mon	1	8	15	22	29	Mon	5	12	19	26	
Tues	4	11	18	25	Tues	2	9	16	23	30	Tues	6	13	20	27	
Wed	5	12	19	26	Wed	3	10	17	24	31	Wed	7	14	21	28	
Thur	6	13	20	27	Thur	4	11	18	25		Thur	1	8	15	22	29
Fri	7	14	21	28	Fri	5	12	19	26		Fri	2	9	16	23	30
Sat	1	8	15	22	29	Sat	6	13	20	27	Sat	3	10	17	24	
Sun	2	9	16	23	30	Sun	7	14	21	28	Sun	4	11	18	25	

July							August							September						
Mon		3	10	17	24	31	Mon		7	14	21	28	Mon		4	11	18	25		
Tues		4	11	18	25		Tues	1	8	15	22	29	Tues		5	12	19	26		
Wed		5	12	19	26		Wed	2	9	16	23	30	Wed		6	13	20	27		
Thur		6	13	20	27		Thur	3	10	17	24	31	Thur		7	14	21	28		
Fri		7	14	21	28		Fri	4	11	18	25		Fri	1	8	15	22	29		
Sat	1	8	15	22	29		Sat	5	12	19	26		Sat	2	9	16	23	30		
Sun	2	9	16	23	30		Sun	6	13	20	27		Sun	3	10	17	24			

A detailed street map of the Standbrook area in Bristol, showing various roads like Commercial Street, Maendy Road, and others. The map is yellow and white with black text for street names.

Our local STREET MAPS

are used to being centre of attention
...therefore, you can now find them on the
centre pages of this Residents Handbook!

Would you like a bigger version?

For a bigger version, please contact one of our friendly staff
and we will get one sent out in the post to you. Please call
01454 315774 or email: **maps@standbrook-guides.com**

View, download & print them online!
www.standbrook-guides.com/streetmaps

Your local zero waste/refill store in the heart of Cwmbran

Monday CLOSED

Tuesday 8am - 2:30pm

Wednesday 9:30am - 2:30pm

Thursday 9:30am - 7pm

Friday 9:30am - 2:30pm

Saturday 9:30am - 2:30pm

Sunday 11am - 2pm

We are located in the old tattoo shop at the base of The Tower just on the outskirts of the town centre.
Park at Redbrook Way, Southville, Cwmbran, NP44 3QT for a step free access or the car park at
The Tower, NP44 3QY and walk up the steps to the shop.

Are you looking to make changes to reduce single use plastic in your home?

We have a huge range of food and household products available to refill from washing up liquid & fabric conditioner to pasta, rice, herbs & spices, oils, and even freshly ground peanut butter.

Choose to reduce,
reuse, and refill.
Shop small, shop local.
Shop sustainable.
Pop in and see us!

Bring your own empty containers, bottles, jars, produce bags, tupperware, or choose from the selection available here.

Follow us on social media



Zero Waste Torfaen



zero.waste.torfaen



Full stock list at:

www.zerowastetorfaen.co.uk

Lauren@zerowastetorfaen.co.uk

07795115676