

CITY BUZZ

casnewydd
eich lles  your newport
your wellbeing

Welcome...



The City Buzz group is now into their 2nd year of meeting bi-monthly to discuss and share projects and ideas in the city centre. There are over 70 groups, organisations and partners involved and have formed a great collaboration, sharing skills and ideas, to shape services and investment within Newport City Centre.

A representative, Mark Seymour from Gap Wales & Newport Cycle Hub also appears for us at the City Centre Regeneration Partnership Meetings, ensuring our voice is carried through from the City Centre Buzz Group.

This group is currently looking at bringing some vibrant ideas to the City Centre, watch this space it's going to be electric!!

If you belong to a group and would like to join us please contact
laura.palfrey@newportcityhomes.com



OUR CHARTIST HERITAGE



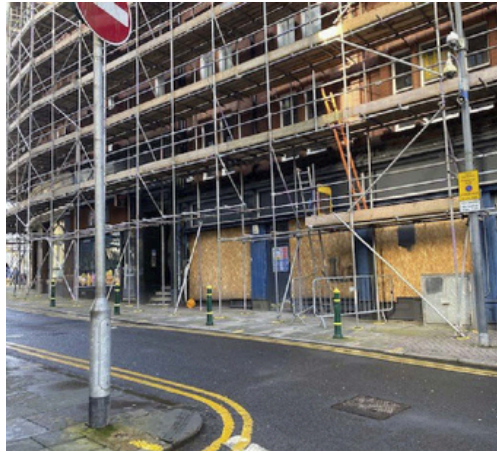
Bwrdd Iechyd Prifysgol
Aneurin Bevan
University Health Board



The Prince's
Responsible
Business Network
Cymru



NEWPORT CITY HOMES



Scan me

To check out our
walk through of the
new homes at Griffin
Island.

Griffin Island

We've nearly finished work restoring the historic building at Griffin Island which offers 20 residential units. The new ground floor shop fronts will provide additional commercial spaces in the City Centre, adding to our sensitively restored spaces on Skinner Street, Griffin Street and the High Street.

Stow Hill

We're making good progress at Stow Hill, where we're converting the former Argos building into 36 apartments and three shops. We are on track to complete this work by Spring 2025.





COMMUNITY BENEFITS

Each year, we work with contractors and businesses to improve our homes and communities.

As part of this, our contracts ask them to give something back to Newport – any 'extra' they could do to benefit the communities they're working in.

Local contractor MVR Solutions have been helping us support the communities doing fantastic work in our city centre:



Pride in Pill

We've helped support new resources and kit to help the ongoing work this amazing group does in and around the city.



Scan me

To find out all about our attendance at Pride in the Port 2024!



City Buzz Partners Uplifting Project

Skinner Street has been undergoing an 'uplifting project', to improve the look of shop fronts, clean up the area and make it more enjoyable place to shop. Just take a walk along Skinner street to see the amazing transformation of the street and enjoy the smart new shop fronts!

Meet the Neighbours

These friendly sessions have been held in collaboration with local community group Tin Shed Theatre. The sessions are designed to welcome new and existing local residents to come together and meet with each other, make new friends and feed back to us about how we can help make their community the best it can be.

Bike Spoke

We've helped upgrade the facilities at Bike Spoke to add shower facility to this amazing project.



If you would like to find out more about community benefit that is available please contact:

laura.palfrey@newportcityhomes.com



Scan me

If you are a community group, why not complete our survey today and be in with a chance to win £100 Love2Shop vouchers for your group!



the place

ART IN THE HEART OF THE CITY

The Place Newport! Set in the heart of Newport City centre. A community arts space where you can stay warm, get connected and take part in lots of activities & events.

There is an incredible amount of FREE activity taking place over the winter months such as; Wellbeing Workshops, Kids Clwb, Queer & Co, Clothes Swap, Christmas Extravaganza's, theatre and much much more, so head to our website & social media to see our programme for regular updates or pop in and say hi!

Sessions specifically for teens include the doodles and doughnuts and YAC - Youth Arts Collective! and for children there is the Kids Create Clwb.

Plus much more to discover including clothes swap, markets, Public Theatre (adults) and Hatch Theatre (kids) and Queer & Co hang outs!

Our current programme at The Place for Wellbeing activities include free regular sessions both at The Place building on Bridge Street, Newport and also our project at Coldra Road allotments, very close by to Belle Vue Park in Newport.



Did you know how much there is going on in Newport for people, teens and children of all ages and it's all for FREE!



The timetable for each month is always published on our social media pages and in a weekly newsletter email. You can also find info on our website and a paper booklet published and available in the building - the details for all of these are listed below.



Classes for adults include Yoga, Qi Gong, Mindfulness Meditation, creative writing, clay play, life drawing, Jean Geanies, walking group and allotment gathering - as well as parent and baby group and freelance fridays.

We really would love to encourage everyone to participate and join us with our programme.
We look forward to welcoming you there!



www.facebook.com/theplacenewport

www.instagram.com/theplacenewport

Website: www.theplacenewport.com

Address: The Place, 9-10 Bridge Street, Newport NP20 4AL

To be added to the newsletter please email Siwan at - meet@theplacenewport.com

You can also find out more regarding the allotment and walking group with Katie at - wellbeingroomattheplace@gmail.com



REALITY THEATRE CIC

REALITY THEATRE
Arts & Health
*Make friends, have fun,
create, build confidence & perform*

WE ARE DELIVERING A PROGRAMME OF ART WORKSHOPS FOR PEOPLE OVER 50 TO TACKLE HEALTH ISSUES LIKE:

- ISOLATION
- LONELINESS
- KEEPING BODY AND MIND ACTIVE
- MOBILITY
- LOSS OF CONFIDENCE
- LACK OF PURPOSE

IF YOU'RE OVER 50 AND WANT TO MAKE FRIENDS, HAVE FUN, CREATE, PERFORM, LEARN NEW SKILLS, THEN COME ALONG TO ANY OF OUR SESSIONS.

Mon 10:30 - 12:30	Drama & Theatre	THE CAB 22 Cambrian road NP20 4AB
Mon 1:30 - 3:30	Performance & movement	Stelvio community hall, Caerleon NP20 3EU
Wed 10:30 - 12:30	Performance & movement	Westgate Court Caerleon NP18 1NB
Wed 1:30 - 3:30	Creative Programme (mixed)	THE CAB 22 Cambrian road NP20 4AB

For more info email:
therealitytheatrecompany@gmail.com

LEVELLING UP | newport city homes | Cymdeithas Cymru Arts Council of Wales

We are a working-class community arts base, and you can find us in the Cab, Cambrian Road, Newport. We run a host of workshops and activities, working with people 55+ and young people/adults with ALN. We also run live punk music gigs, and host bands from all over the world, as well as offering a platform for local bands and musicians.

REALITY THEATRE PRESENTS
DRAMA, PERFORMANCE AND MOVEMENT
EVERY MONDAY 1:30PM - 3:30PM
ANYONE AGED 50+ WELCOME!

IMPROVE YOUR PHYSICAL, MENTAL AND SOCIAL WELL-BEING.
PERFECT FOR MEETING NEW PEOPLE & MAKING NEW FRIENDS IN YOUR LOCAL AREA.

A FUN CREATIVE DRAMA SESSION FOR ANYONE OVER THE AGE OF 50!

**LEARN NEW SKILLS
SOCIALISE
BUILD CONFIDENCE**

**STELVIO PARK COURT
STELVIO PARK AVE
NP20 3EU**

FOR MORE INFO PLEASE EMAIL:
therealitytheatrecompany@gmail.com

Cymdeithas Cymru Arts Council of Wales | REALITY THEATRE | newport city homes

As we step into autumn, Reality Theatre is thinking about the winter months and Christmas! We will be presenting our Christmas show on December 14th – a Victorian Christmas – a humorous look at how the Victorians spent their Christmas. We also aim to hold Warm Hub days again, on Tuesdays and Wednesdays – these will be much needed this year, with the heating benefits being cut for a lot of people.

REALITY THEATRE PRESENTS
THE CAB COMMUNITY THEATRE GROUP

EVERY MONDAY 10:30AM - 12:30PM
ANYONE AGED 55 PLUS WELCOME

IMPROVE YOUR PHYSICAL, MENTAL AND SOCIAL WELL-BEING.
PERFECT FOR MEETING NEW PEOPLE, MAKING NEW FRIENDS.

IT'S NEVER TOO LATE TO START SOMETHING NEW! JOIN IN AT YOUR OWN PACE IN A FUN AND SUPPORTIVE ENVIRONMENT.

**THE CAB, 22 CAMBRIAN ROAD
NEWPORT, NP20 4AB**

FOR MORE INFO PLEASE EMAIL:
therealitytheatrecompany@gmail.com

Cymdeithas Cymru Arts Council of Wales | REALITY THEATRE | newport city homes

REALITY THEATRE PRESENTS
NEW WEEKLY SESSION!
DRAMA, PERFORMANCE & MOVEMENT
EVERY WEDNESDAY 10:30AM - 12:30PM
STARTING 13TH MARCH

IMPROVE YOUR PHYSICAL, MENTAL AND SOCIAL WELLBEING.
PERFECT FOR MEETING NEW PEOPLE AND MAKING NEW FRIENDS IN YOUR LOCAL AREA.

A FUN CREATIVE DRAMA SESSION FOR ANYONE OVER 50!

**LEARN NEW SKILLS
SOCIALIZING BUILDING CONFIDENCE**

**WESTGATE COURT
CAERLEON
NP18 1NB**

FOR MORE INFORMATION EMAIL:
therealitytheatrecompany@gmail.com

Cymdeithas Cymru Arts Council of Wales | REALITY THEATRE | newport city homes

REALITY THEATRE'S
ALN SOCIAL CLUB

A FUN FILLED SOCIAL EVENING EXCLUSIVELY FOR PEOPLE WITH ADDITIONAL LEARNING NEEDS!

**SOCIALISE
MAKE FRIENDS
BUILD CONFIDENCE**

**MUSIC
BOARD GAMES
ARTS & CRAFTS
PING PONG**

EVERY THURSDAY 5:00PM - 7:00PM
AGES 16+ / PARENTS & CARERS WELCOME

HOT & SOFT DRINKS | **TUCK SHOP**

**THE CAB, 22 CAMBRIAN ROAD
NEWPORT, NP20 4AB**

FOR MORE INFO EMAIL:
therealitytheatrecompany@gmail.com

Community Foundation Wales | Principality | REALITY THEATRE | Cymdeithas Cymru Arts Council of Wales

Our weekly Wednesday sessions include a range of activities, from singing to dancing to understanding Shakespeare, finishing up with some Christmas wreath-making and arts and crafts. On November 28th, we are hosting a cheese and wine evening, with acoustic music, tickets cost £10 to include food and wine, and are limited, as it is a small and intimate evening.

therealitytheatrecompany@gmail.com

07557300298

Pop into the Cab and say hello!
22 Cambrian Road, Newport, NP20 4AB

for all activities and
events, follow us on
Facebook





THE HIVE

just a place to bee

The Hive is a warm friendly space where everyone is welcome.

Laundrette | Kitchen | Community Space

Working with the community for the community we offer a range of activities around our key themes – sharing food & friendship, loving where we live, looking after our health & wellbeing, supporting digital inclusion & financial resilience.



Hotdesking

Food Provision

Activities & Events

Coffee Lounge

Puzzles, games, crafts

Free WIFI



We have a modern app enabled laundrette that can be accessed on a self serve basis during our opening hours. We also have modern kitchen, and shower facilities that can be used at set times on a referral basis.

Cooking Sessions

Advice & Information

Venue Hire



Opening hours: Tues, Wed, Fri 9.30–4.30, Thurs 12.30–4.30

Pop in for a cuppa, biscuit and chat any time!

Reservations and hire available on request.

info@thehivenewport.co.uk

07825 360 804

BUSINESS
IN THE
COMMUNITYThe Prince's
Responsible
Business Network
Cymru**BUSINESS IN THE
COMMUNITY**

A few examples of the community organisations who have benefited so far include:

Eden Gate have received support to develop a literacy programme for their guests via Dŵr Cymru Welsh Water and partial funding from Enterprise Mobility for a minibus. They are also benefiting from legal advice regarding the lease for their new training centre.

RE:MAKE Newport – is receiving marketing ideas and support from Hoop Recruitment to help them raise awareness of their organisation and reach a wider audience.

A business volunteer team from Celtic Collection beat the heat to help enhance the garden at Cyfannol Women's Aid Newport.

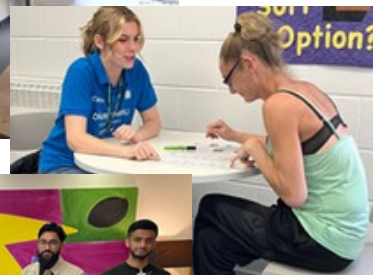
KidCare4U have been supported to develop a business plan for a new service, received office furniture, and are benefiting from ongoing mentoring support. KLA also delivered a career insight workshop to their young people, and Linklaters facilitated a career insights visit to their London office for a small group of young people.

Business in the Community's Newport Place Programme brings together businesses, Newport City Council, community organisations and other stakeholders to act collaboratively to drive long-term change for the people of Newport.

We focus on 5 key themes identified through consultation: employment & skills, cost of living, health inequalities, housing and transport.

We aim to support community organisations by matching community needs with business support. A number of community organisations have received support to date.

We partnered with Gwent Association of Voluntary Organisations (GAVO), Newport City Council, The Celtic Collection and Alway Community Centre to address food insecurity by providing 1,000 meals each month. The Collection Point serves as the hub for distributing these freshly prepared, tasty frozen meals prepared at the Celtic Manor Resort to individuals facing food insecurity and poverty throughout Newport, through GAVO's Food Network of community organisations.





RE:MAKE NEWPORT

The team over at RE:MAKE Newport would like to invite you to come and celebrate our 3rd year anniversary on
Saturday October 19th from 10am - 2pm.

In the past 3 years our incredible RE:MAKE volunteers have:

Given over
7000 hours of
volunteer time
to the
community

Fixed
over 2200
items

Supported
over 3500
borrows from
our library

Maintained
500 items in
our library of
things

Skill shared
with over 500
people

Now that's something to celebrate!



3rd year anniversary event
Come and celebrate our volunteers
& International Repair day

Saturday 19th October 2024
10-2pm

**REPAIR
DAY**
→ 19.10.24

26 Skinner Street, NP20 1HB
Free repairs throughout the day
Refreshments and cake to celebrate

3



It's a happy coincidence that our anniversary falls on International Repair Day each year (it's like we planned it!).

On the day we will have:

- Our repair café from 10-1pm
- A take apart table where you can have a go at taking apart a well-known item to see what's inside
- Celebration cakes and refreshments

We would love you to come along and celebrate with us



NEWPORT RISING

Newport Rising Hub and Festival, organised by the registered charity Our Chartist Heritage (Charity Number: 1176673), are all about celebrating Newport's rich history and vibrant present. Our mission is to preserve and share the story of the 1839 Chartist Uprising, an event that helped shape the democratic rights we enjoy today. But we also celebrate what Newport is today—its culture, its people, and its future.



The Newport Rising Hub is a space where history comes to life through interactive exhibits and events, but it's also a lively venue for contemporary activities. From live music and film screenings to creative workshops, the Hub is a place where Newport's past and present meet.

NEWPORT RISING FESTIVAL  **185 YEARS**

JOIN THE TORCHLIT MARCH WITH JULIAN LEWIS JONES NOVEMBER 2

ADWAITH

slate **JOE KELLY & THE ROYAL PHARMACY**

GENERATION FERAL **REALITY THEATRE** 

BARRACWDA **HUMADRUZ** **wonderbrass**

+ more TBA

tickets and full line up at:

www.newportrising.co.uk

At the heart of what we do is Newport Rising Festival, a weekend of celebration and reflection held every November. The centrepiece of the festival is our iconic torchlit march, where thousands gather to walk in the footsteps of the Chartists, commemorating their fight for democratic rights. This year, on the 2nd November we'll be marking the 185th anniversary of the Newport Rising and inviting everyone to join us for this powerful event.

Alongside the march, there will be a full programme of events, including performances, talks, and community activities celebrating Newport's heritage and culture. All proceeds from the festival and our activities go directly towards supporting educational projects and maintaining the Hub. We invite everyone to be a part of this unique celebration of Newport's radical past and its thriving present. Come and join us for a weekend that honours our history while looking ahead to the future.



Newport Playgoers



Newport Playgoers, the Dolman Theatre's resident theatre group, celebrate our centenary this year with a fantastic line up of plays, musicals and pantomimes. The 100th season commenced in September with Shirley Valentine, which was met with wondrous reviews and was the perfect launch to the dazzling selection on offer this year.

October sees the spooky staging of The Haunting of Hill House, while November brings us Agatha Christie's classic mystery, The Unexpected Guest.

In late November, Playgoers Musical Company swing into the holiday season with Christmas... and all that Jazz, accompanied by The Capital City Jazz Orchestra, and then Dolman Theatreworks, the resident youth theatre group housed at the Dolman, offer the perfect festive offering in December with their family friendly pantomime, Cinderella.

The new year will see more of the same with something for everyone every month until July, so be sure to check out our website & socials.

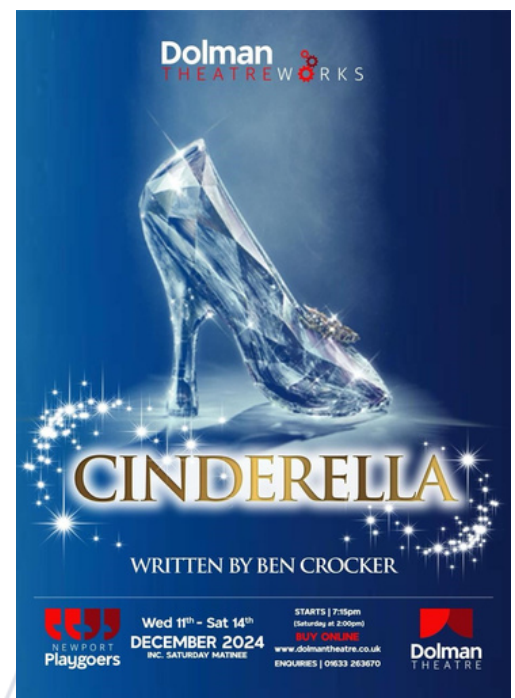


The Dolman Theatre is one of the largest community run theatres in the UK, and we are very lucky to have it here in Newport.

Running on a volunteer/membership model, Playgoers are always on the lookout for fresh talent, or, if you're the shy and retiring type, there are plenty of volunteer opportunities within the theatre, including box office, front of house, bar, backstage crew and wardrobe, plus lots more.

If you think you'd like to get involved, get in touch. We'd love to hear from you. The Dolman Theatre is also available to hire to external theatre groups, as well as community groups and organisations. We have a large array of rooms available to cover nearly every occasion.

Newport Playgoers, and The Dolman Theatre, wouldn't be here without your continued support, so a big thank you from us, and remember, support local theatre.





THE GAP. WALES

The Gap Wales is a charity committed to serving the people of Newport, South Wales and the surrounding areas.

We try to find opportunities to “fill the gap” where existing services and charities are not able to meet the needs of members of our community.



Here at The Gap – Wales, we’re passionate about working in our local communities in Newport, providing support where we can to people who find it difficult to get the help they need through existing services.

Whether refugees and asylum seekers, those homeless and vulnerably housed people who need a bed for the night or victims of human trafficking – we want to do all we can to make them feel welcome in our communities and provide them with what they need to build fruitful and fulfilling lives.

We work with other organisations, statutory bodies, schools and community groups to let people know about the issues faced by some of the most vulnerable people in our society – and how they can help.

We are also here for people who have experienced bereavement and are finding it difficult to cope.



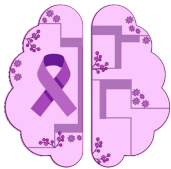
NEWPORT CITY COUNCIL



In March 2024 (2023/24 Finance year) Newport City Council ran a much smaller scale Participatory Budgeting (PB) programme than usual which was totally aimed at helping people in Newport who are affected by Dementia.

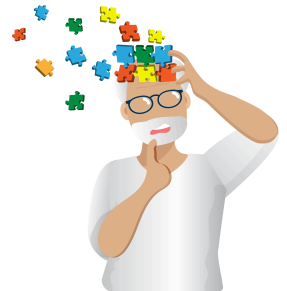
The funds for this project (£50K) were provided by the British Government, NCC and ABUHB. 11 organisations are now providing help and assistance to the people in Newport who are affected by Dementia.

A short film of the event can be found here:



English: <https://youtu.be/2BIb-bTP2Is>

Welsh: <https://youtu.be/c9Fbp94kEjw>



In June 2024 (2024/2025 Finance year) Newport City Council ran an increased scale Participatory Budgeting (PB) programme which was aimed at the wider scope of Wellbeing in the Community. There was emphasis on addressing Women's health, Children's Health and social Isolation.

22 organisations are providing 28 programmes to help women, children and those who are isolated in the community. The funds for this project (£110K) were provided by the British Government, NCC and ABUHB.

NCC provide a service where they share information from and to community groups. This information could be notice if events, free training sessions, grant opportunities or surveys to name some of the items shared. We are happy to receive your information and to add you to the circulation list if you wish. We do not share Job Advertisements.

Please email Julie.tucker@newport.gov.uk



Our Voice, Our Choice, Our City



OUR VOICE OUR CHOICE OUR CITY
EIN LLAIS EIN DEWIS EIN DINAS

Funding Stronger Communities
Ariannu Cymunedau Cryfach

If you would like to see what is going on in Newport, please check us out on our website Our Voice Our Choice Our City. This website which was opened to keep applicants informed about up-and-coming participatory budgeting has now become an information sharing focus and is a good place to find out what is going on in the community. It is also a good place for organisations to inform others what they are doing or what they need. Job advertisement can be shared in this medium.

Please like and sign up!

casnewydd
eich lles



your newport
your wellbeing

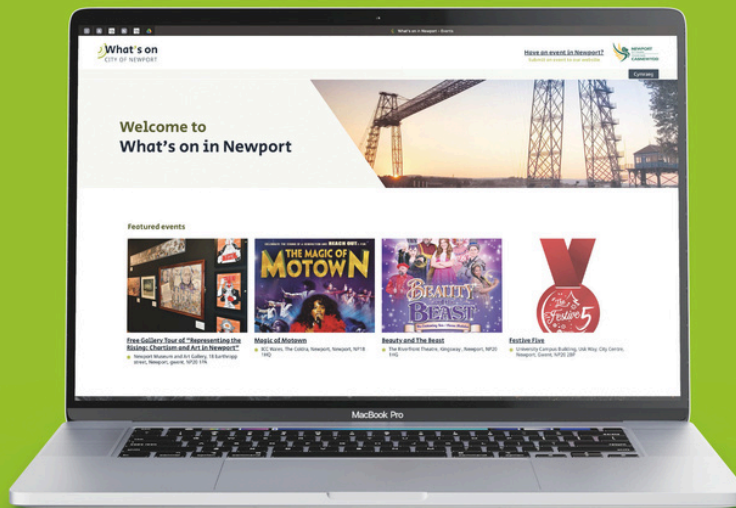
What's on

CITY OF NEWPORT

Beth sydd ymlaen
DINAS CASNEWYDD

Events Calendar for Newport

What's On City of Newport is an events portal that explores all the amazing events taking place in the city. You can browse it at your leisure, or search for what excites you most – the choice is yours!



If you are a Newport-based group or business, then make sure you add your event to it – it's so quick and easy – www.whatsoncityofnewport.co.uk



Multiply

The Multiply Housing team will work with individuals within the community either on a 1:1 basis or within a group setting. We offer support to allow individuals to gain better resilience, whilst providing them with the skills to manage their money and tenancies.

We tailor our approach to the individual we are working with ensuring that if further support is needed in areas e.g. debt relief order, referrals are completed onwards. We believe in working in partnership with other agencies to better provide the community within Newport to be empowered and become more financially resilient with the aim to help prevent homelessness.

If you know of anyone who could benefit from attending a group or a 1:1 session for any of the above, they can self-refer as well as being referred by an external agency.



We deliver workshops throughout Newport which are.

- Making money count
- Healthy Eating
- Managing your Tenancy
- Cooking on a budget
- Maximise with Multiply



We also offer engagement sessions which are 'Bingo and Coffee' morning sessions.

Every Tuesday 10am – 12pm @ Stow Park Church

Every Friday 10am – 12pm @ The Hive

First Friday of every month 10.30am – 12.30pm @ Eden Gate

What's to come:

- Coffee and Crafts Halloween Special @ The Hive
- 'Maximise with Multiply' sessions @ Local Studies Area, Central Library Museum
- Christmas Craft with Multiply



NEWPORT LIVE

Newport Live is a charitable trust dedicated to promoting the health and wellbeing of individuals in Newport and beyond through sports, leisure, and cultural activities. We aim to inspire people to lead happier and healthier lives.

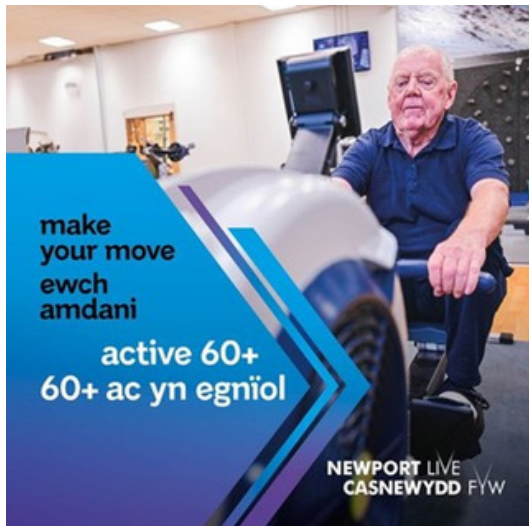
We have five gyms across the city, each equipped with a variety of cardiovascular and resistance stations, as well as free weights.

Customers can access our facilities either as a Pay and Play customer or joining as a member, enjoying a multitude of benefits including unlimited gym, swim and exercise classes as well as weekly personal 1 to 1 fitness support. Memberships start from £25 per month. To find out more visit:

www.newportlive.co.uk/memberships

STATION

Our newest gym, "Station", situated in the city centre, offers a wide range of cardiovascular and functional training equipment. It features a dedicated free weights area, a group exercise area for high and low-intensity classes, and indoor cycling. In addition to our gym facilities, we offer a diverse selection of exercise classes across all our venues. From Pound to Cardio Combat for those seeking high-intensity workouts, to Yoga and Pilates for individuals looking for a mind and body-based workout.



Everybody is welcome at our venues and we offer a fantastic range of activities for those aged 60 and over, including:

FREE swimming sessions

Range of strength and balance classes

Social racquet sports like pickleball and walking tennis

Discounted membership: Enjoy unlimited access to gym, swim, and classes, plus personalised support, health checks, and even 2-for-1 cinema tickets!

If you're managing a health condition, we provide support through the National Exercise Referral Scheme (NERS) and GoodBoost to help you regain strength and mobility.

Ready to get stronger, make friends, and enjoy a vibrant social life the come and join us!

A welcoming community
where everyone
encourages each other.



Newport Live cont'd

We have a variety of facilities, including multiple gyms, swimming pools, a tennis centre, and various other sporting amenities. This includes the Geraint Thomas National Velodrome of Wales, a national facility for track cycling which has welcomed world-renowned athletes and supports rising Welsh stars of track racing.



To find out about out more about our track cycling programme visit: www.newportlive.co.uk/cycling



THE RIVERFRONT: NEWPORT LIVE

Newport Live also run The Riverfront Theatre and Arts Centre, which is committed to supporting artists, cultivating ideas, and creating compelling work. It hosts captivating live performances, cinema screenings, engaging workshops, events and art exhibitions.

To find out what's on visit:

www.newportlive.co.uk/autumnseason



This year our festive pantomime is Dick Whittington, running from 27th November – 4th January. Join our hero Dick Whittington and his trusty cat, as they set out on an epic journey from Newport in search of fame, fortune, friendship and adventure!

This rags to riches tale promises to be full of laugh out loud gags, stunning scenery, beautiful costumes, the baddest baddies and plenty of audience participation!

Tickets start from £17 book now: www.newportlive.co.uk/dickwhittington





MOMENTWM: NEWPORT LIVE

Momentwm is an initiative aimed at inspiring Newport residents, commuters and visitors to walk, cycle and wheel for a happier and healthier city. The following opportunities are available to help support people who want to choose a more active lifestyle.

Free Adult Bike Skills sessions with qualified instructors to improve your bike skills, whatever your current skill level.

Free Fix Your Bike pop up sessions around the city to help you stay on top of common problems. No prior bike-repair knowledge is needed to get the most out of these sessions.

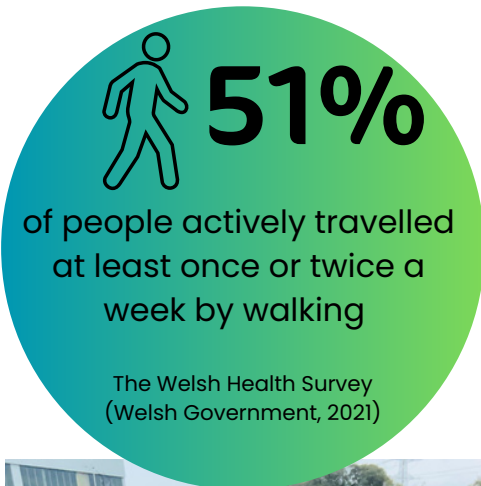


Free Walking Network groups based around community hubs across Newport, running guided walks so that you can meet like-minded people who want to do more on foot.

Station Bike Storage is a safe and secure space to store your bike in Newport City Centre located next to the entrance of Station gym in Cambrian Centre. It's the perfect place to store your bike, whether you're cycling to Station gym, visiting the Riverfront Theatre, commuting into the city for work or just meeting friends.

Station Bike Storage is FREE for Newport Live members and only £1.10 per day for non-members. Non-members who'd like to use Station Bike Storage regularly can also save with our £18.85 Monthly DD option.

QR code for the Momentwm survey and the chance to win £250 voucher to be spent in Newport city.



'NEWPORT CYCLE HUB'

managed by The Gap Wales

Thanks to support from NCC WG and NCH, Wales' first 24/7 indoor secure bicycle storage has opened at 24 Skinner Street, a previously empty shop near to the bus station.

The established business Spokesafe runs the online booking system via an app which allows users to book a payg space for their bicycle for just £1, or pay monthly for £17.50. Toilets and a code operated locker are also included in the price.



With verified users only, monitored cctv and unique door entry codes the project will boost Active Travel into the City Centre by giving peace of mind about the very real risk of theft or damage to bikes left in the city centre. It also reduces congestion and pollution, whilst giving its users a boost to their physical and mental health

www.spokesafe.com/newport to set up an account for free.

The shop also houses a bicycle recycling scheme run by The Gap Wales in the basement, which repairs donated bikes, and gives away over 200 bikes a year to newly arrived refugees, saving the bikes from the scrap heap. The project is zero waste, recycling its tyres, inner tubes and metal.

Why not consider cycling into the city centre and storing your bike securely at the Newport Cycle Hub ?



TRAMSHED TECH



Tramshed Tech Griffin Place is just a 5-10 minute walk from Newport Train Station, occupying 12000 sq ft across 3 floors, and offers the perfect flexible office space to rent in the heart of Newport.

With almost 40 workspaces to include coworking, office space, meeting rooms, event space and a podcast studio - you've got everything you need to start and scale a business conveniently situated in Newport - the gateway to Wales.

Find us to the right of Tiny Rebel and the left of Newport Market.



Tramshed Tech is an ultra-connected community of startups built with flexibility and innovation in mind. We focus on three core elements; flexible work spaces that grow with you, startup and scale up support programmes, and business skills training.

Tramshed Tech
High Street
Newport
NP20 1FX

CONTACT: newport@tramshedtech.co.uk



VOLUNTEERING MATTERS



The Newport **Skills Share Project** is an exciting new project that operates across Newport and will be led by the needs, wants and interests of the local communities – bringing together young people and older people to **build skills**, make **meaningful connections** across generations and **reduce feelings of isolation**.

We are not only looking for people who have a skill – a life skill for example that they can share and teach, but we are looking to support groups of people in learning this skill.

Everyone has a skill that others would love to learn, and we are looking for people throughout Newport who are up for sharing theirs. Volunteering to deliver a one off session between 1-2 hours.

Once we have been through our simple induction process with you we will be on our way to supporting you in your Skills Share session. You can share your skill in a one-off session or a couple of sessions. You set the parameters and we will help you set up your session. We can pay your travel expenses, purchase any basic supplies needed and support you to help others learn something new.

Here are a few ideas to get you thinking about your session....

Confidence
building

Story
telling

Teaching
English to
beginners

Basic
hairdressing/
braiding

Financial
management

CV
writing

Basic bike
maintenance

Textiles/ art/
craft/
sewing

Beauty Care/
nail care/
how to apply
make up

Neurodiversity
& working with
an ADHD brain

How to get
the best from
your phone
camera

Join us to be part of a journey where your knowledge can help to support others in your community.

TAI PAWB'S CHAMPIONS NETWORK

Equality WEBINARS

Free, open access sessions for landlords, agents and PRS stakeholders.

Practical and applicable

- ✓ Get help with **hoarding behaviours**
- ✓ Find funding for **disability adaptations**
- ✓ Foster **antiracism** and cultural tolerance

Get support for you *and* your contract holders. See what's coming up, and book onto one of our highly rated sessions today!

SCAN TO BOOK



“ Really knowledgeable trainer and found the information extremely impactful ”

Landlord attendee, July 24





**18th October
2024**
9am - 2pm

Net Zero Newport: The Electric Experience



Don't miss this exciting opportunity to join us at the **Geraint Thomas National Velodrome of Wales** (Newport International Sports Village. NP19 4RB) and discover the benefits of electric for achieving net zero.

You will have the chance to:



Drive the latest
electric vehicles



Share your views
on electric vehicle
charging and help shape
the infrastructure
of tomorrow

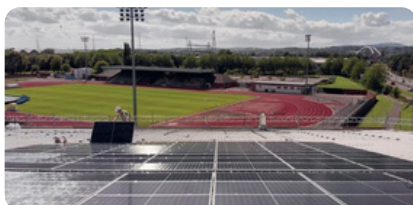


Listen to expert
panellists and learn
from their insights and
experiences



Discover the
opportunities and
benefits of reaching
net zero

**For more information
and to book a place,
scan the QR code**



**Discover what you can do to save energy and
save money for your home or business**



SERO NET
CASNEWYDD
NET ZERO
NEWPORT

NEWPORT LIVE
CASNEWYDD FYW

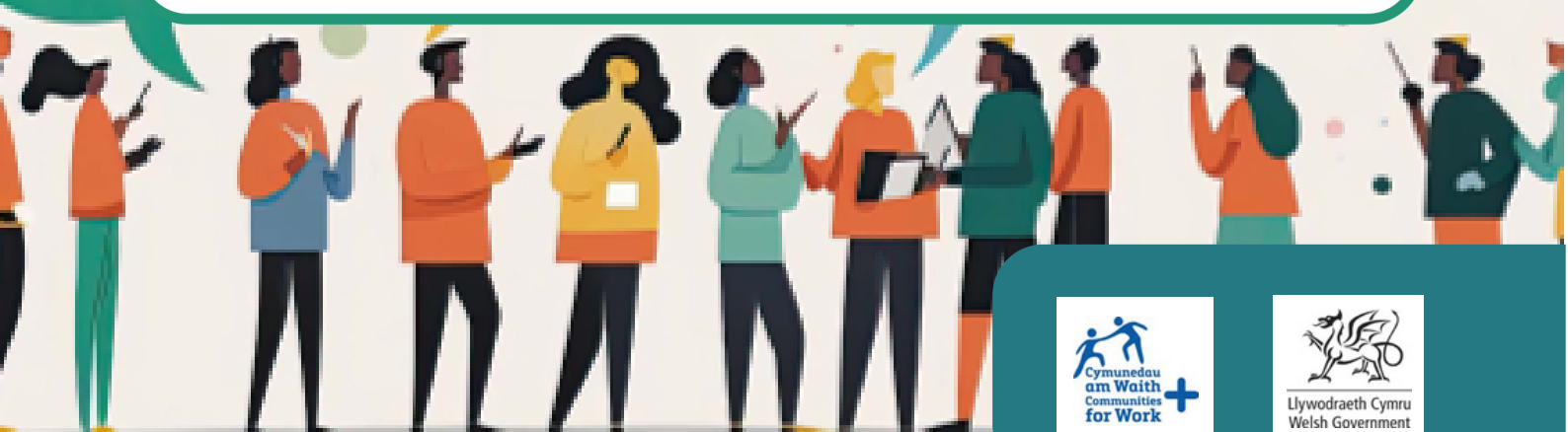


Let's Connect Newport!



Come along and access a wide variety of services providing information and advice on:

- cost of living
- partner agencies with advice and guidance around difficult finances and ways to save and get assistance
- council tax and benefits
- housing advice
- family information service
- school, preschool and adult education
- community activities for all including preschool film showing a.m. and adult film showing p.m.
- wellbeing information and advice
- employment and skills services



Riverfront Theatre, 22 October 2024, between 10am & 2pm.

For more information contact [07866 578051](tel:07866578051) / JayneB.Lewis@newport.gov.uk



ENGLISH FOR SPEAKERS OF OTHER LANGUAGES

**DO YOU WANT TO
SPEAK ENGLISH?**

Children welcome

FREE

ESOL Women's Conversation Groups

All levels

**The Riverfront
Kingsway, NP20 1HG
Wednesday 10am - 11:30am
Term time only**

*Contact Deb on Whatsapp
07305 942 728*

**NYCA Cultural Hub
4a Temple Street, NP20 2GJ
Wednesday 1pm - 2:30pm
Term time only**



Reconnections

Helping people with sight and hearing loss to enjoy their local community.

‘Reconnections’ is a new service which helps you to build social connections and reduce isolation. It is free and available to people who are living with sight and hearing loss living in Swansea, Neath, Port Talbot, Bridgend, Cardiff, Vale of Glamorgan and Newport.



If you are interested in meeting new people, joining local groups or becoming more active in your local community, contact us on:

0800 132 320

info@deafblind.org.uk

www.deafblind.org.uk



Newport

3rd Friday of the month, from 1:30pm – 3:30pm
at The Salvation Army, 1 Hill St, NP20 1LZ



Women and Girl's Health Survey

Your health needs are unique.

The Integrated Wellbeing Network in partnership with Newport City Council are looking to gather your views on women's and girl's health, to help shape the way we plan and deliver services.

"Inequalities in health outcomes exist between both men and women and between different groups of women in Wales"
(Women's Health in Wales, 2022)

Please share
with your
colleagues,
teams, family,
friends and
networks

Scan to access the
women's health survey

Available in 18
languages



e: info@yournewport.co.uk
www.yournewport.co.uk

Click [HERE](#) to access the survey



casnewydd
eich lles



your newport
your wellbeing

THE ONLINE CONNECTION TO YOUR COMMUNITY

Your Newport, Your Wellbeing.

A **free** wellbeing map to help you find
**wellbeing services, activities &
organisations** in Newport.

yournewport.co.uk

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eich lles



your newport
your wellbeing



With everything from clubs and activities, to groups and organisations, you can use this free map to find things to help you and your family enhance your health and wellbeing.

You'll find all the information you need to take part in activities or to ask for help, which you can use to start improving your well-being today!

If you are a community group or organisation and would like to be added to the online directory and interactive map, please send us an email to: **info@yournewport.co.uk**.



 info@yournewport.co.uk

www.yournewport.co.uk