



**MAJOR STORES**

- 115 Argos
- 176 ASDA
- 71 Boots
- 43 House of Fraser
- 108 Iceland
- 123 Marks & Spencer
- 170 Matalan
- 169 Primark
- 100 WHSmith/Post Office
- 171 Wilkos

**BOOKS, STATIONERY**

- 154 Beacon Christian Books
- 113 Ryman Stationery
- 44 The Works

**CAFES, RESTAURANTS**

- 176 ASDA
- 116 Café Venetian
- 21 Caspian Fish Restaurant
- 31 Castaways
- 160 Chans Noodle Bar
- 96 Costa Coffee
- 43 House of Fraser
- 167 KFC
- 5 McDonald's
- 123 Marks & Spencer
- 161 Mr Chippy
- 137 Nine Yards
- 19 Rabaioiti's
- 153 Millington's
- 84 Starbucks
- 6 Subway

**CHARITY**

- 7 British Heart Foundation
- 34 St David's Foundation
- 17 Shaw Trust
- 162 Tŷ Hafan

**CHILDREN'S WEAR**

- 3 Pretty Miss

**DISCOUNT**

- 36/37 Home Bargains
- 13 Poundland

**ENTERTAINMENT, LEISURE**

- 163 Betfred
- 45 Cashino
- 46 Congress Theatre
- 50 Ladbrokes
- 109 Mecca Bingo
- 32 William Hill

**ESTATE AGENTS**

- 18 Darlows
- 118 Newland Rennie Wilkins
- 35 Roberts & Co
- 9 Peter Alan Estate Agents
- 69 Sage

**FASHION: LADIES, MENS**

- 173 Bonmarché
- 62 Jack & Jones
- 174 New Look
- 107 Peacocks
- 86 River Island
- 105 Roman
- 72 Select
- 128 Suit U
- 120 The Wardrobe
- 102 Topshop/Topman
- 78 Yours Clothing

**FASHION ACCESSORIES**

- 140 Accessorize
- 98 Claire's

**FINANCIAL**

- 29 Barclays
- 52 Co-operative Bank
- 74 Halifax
- 53 HSBC
- 28 Lloyds Bank
- 59 Moneyline Cymru
- 144 Monmouthshire Bld Soc
- 77 Nationwide
- 54 NatWest
- 168 Principality Bld Soc
- 15 Santander
- 164 TSB

**GROCERIES**

- 23 Heron Foods
- 135 Douglas Willis
- 176 ASDA
- 108 Iceland
- 123 Marks & Spencer

**FOOTWEAR & REPAIRS**

- 141 Clarks
- 41 Deichmann Shoes
- 16 Shoe Zone
- 156 Spare Key Shoe Repairs
- 131 Timpsons
- 133 Bibi
- 103 tReds

**GIFTS, CARDS**

- 145 Cane & Able
- 95 Card Factory
- 104 Card Value
- 73 Clintons
- 88 Doodlebug

**HAIRDRESSING**

- 149 Cwmbran Barbers
- 61 Cwmbran Hair and Beauty Spa Express
- 111 Guy Christian
- 67 Michelle Hair Design
- 157 Noir
- 40 The Barber Shop

**HEALTH AND BEAUTY**

- 130 Bodycare
- 126 Holland & Barrett
- 22 Hollywood Nails
- 42 Superdrug
- 97 The Body Shop
- 121 The Perfume Shop
- 90 The Fragrance Shop

**HOUSE & HOME**

- 166 Shaws the Drapers
- 39 British Heart Foundation Home Store

**JEWELLERY**

- 64 F Hinds
- 138 Jeffries Fine Jewellers
- 68 Jordan Jewellery Design
- 127 H Samuel
- 92 Warren James
- 93 Pandora

**MOBILE PHONES**

- 142 Carphone Warehouse
- 129 EE
- 119 Get Connected
- 122 O2
- 89 Vodafone
- 132 Phone Matters
- Kiosk Digital Surgeons

**MUSIC, GAMES, DVDs**

- 155 Games Workshop
- 75 HMV
- 76 Game

**OPTICIANS, DENTISTS, HEARING SPECIALISTS**

- 38 Amplifon
- 83 Boots Opticians
- 26 Cwmbran Dental Care
- 172 Specsavers
- 139 The Optic Shop
- 99 Vision Express
- 158 Wysome & Parry Dentist

**PUBS**

- 1 J D Wetherspoons

**SERVICES**

- 56 Bush Healthcare
- 20 Careers Wales
- 48 Citizen's Advice Bureau
- 55 Cwmbran Library/ Torfaen Customer Care
- 24 ITEC
- 51 Jobcentre Plus
- 151 Lauleighs Creche
- 100 Post Office
- 58 David Barnes Cleaners
- 63 Shopmobility

**SPECIALIST SHOPS**

- 30 Cash Generator
- 10 CEX
- 117 Cwmbran Fancy Dress
- 82 Flying Tiger Copenhagen
- 112 Infinity Mist
- 101 Max Spielmann
- 80 Market Village
- 106 Menkind
- 27 Picture Studio
- 110 Ramsdens
- 66 Vapourlicious
- 152 420 Skatestore
- 159 K&J Crafts

**SPORTS & OUTDOORS**

- 85 JD Sports
- 124 Mountain Warehouse
- 175 Sports Direct

**TAKEAWAY FOOD**

- 160 Chan's Noodle Bar
- 134 D W Food To Go
- 2 Domino's Pizza
- 33 Greggs
- 114 Greggs
- 136 Greggs
- 49 Pizza Parlour
- 4 Papa John's

**TOYS**

- 79 The Entertainer

**TRAVEL**

- 94 eurochange
- 165 TUI
- 125 Thomas Cook
- 87 TUI

**SYMBOL KEY**

- Car parking
- Disabled parking
- Telephone
- Motorcycle parking
- Toilets
- Information
- One-way
- Bicycle parking

**OFFICES**

Organisation	Building	Floor
Cwmbran Centre Management	Powys House	1
HM Courts Services	Gwent House	2
Pendragon (Design & Build)	Pendragon House	2
Department of Works & Pensions	Glyndwr House	
Provident Personal Credit	Gwent House	4
Quality Solicitors Rubin Lewis O'Brien	Gwent House	3

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