

The newsletter can be downloaded
as a pdf from the **new** website:
www.solva.gov.wales



June 2020 No. 136



**Free Copy
Please take one**



Cwtch Boxes

The scheme was launched by Gwyn Price of Bay View Stores and Sam Ellison, of I Love Solva, to cheer people up and let them know they are appreciated. It has been a huge success. The boxes are given free of charge to nominated people in the community who may be struggling financially, tired as they're a key worker or work for the NHS, or others who may just need a little pick-me-up. Nominations can be submitted to Bay View Stores via their Facebook messenger. To date Bay View Stores, along with a dedicated team, have delivered over 250 Cwtch boxes of food to members of our community and surrounding area. But they need your help to keep it going:

- You can make a monetary donation and we will use this to buy items. (Please message on Facebook or pop into Bay View Stores)
- You can donate food items into our food pod next to the shop.
- You can nominate someone who needs/deserves a Cwtch Box.

Every donation means that we can carry on doing what we are doing and helping those who need it. A huge thank you also needs to go to Richard at Whitesands Beach House, Sam and our Tetris box packing queen Jane, plus the other companies that have been involved. Not forgetting Gwyn!



Western Telegraph

Solva Blog

If you haven't checked out the Solva Blog yet, please do so at: <https://solvastories.wixsite.com/community/blog>. There are poems, stories, photos, a quiz and ideas of activities plus Ian McDonald's "Long John Solva" pirate cartoons. Contributions are always welcome! Its all thanks to Lesley, Lena, Ania and Kelly, who set it up and run it.



STAY 2 CUTLASS LENGTHS APART !

Edge Festival

As most of you will know, the Edge Festival has been postponed until 2021. The dates for your diary are now Friday 30, Saturday 31 and Sunday 1 August 2021 and we can't wait! We have been really pleased with the support we have received for making this difficult decision but as we all now know, there was no other option. Thank you to our committee for making the decision. Thank you to all the bands and other performers for agreeing to perform at the 2021 festival and rolling over the deposits we have paid. Thank you to our major suppliers of the stage, first aid and security for doing the same. Thanks to those who bought Early Bird tickets and the stall holders. It's because of all these many people and small businesses that we will be able to have an Edge Festival in 2021. Inevitably, we have some financial challenges and although we have applied for grants, we have yet to receive anything. If you would like to make a donation to help support us, please drop us a line at info@edgefestival.co.uk



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Tuesday is Ukulele night from 8pm!
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Solva WI

Sadly, as with most clubs and societies, Solva WI is "locked down" and likely to be for some time. It was hoped to hold a meeting in July but this seems unlikely at present.

Members will be notified as soon as we have more information but a meeting in September looks more likely. On a brighter note, we hope that the present restrictions will have been reduced so that the Scarecrow Trail can happen!

Those of us that live in Solva realise how wonderful our community has been and in one way or another we are keeping "tabs" on our fellow members and friends and we send them good wishes.

Scarecrow Trail

It is still hoped to hold the scarecrow trail (2-3 August 2020), as it is outdoors and people could be encouraged to go round in family groups and keep social distancing. If you wish to build a scarecrow please contact Fran Barker with the title of your scarecrow at fran34hb@gmail.com or phone 01437 731164 or 07377 059365.

The theme is **Children's Book Titles or Characters**. Depending on the ever changing Covid-19 circumstances the event may be moved to later in August. Watch this space for updates!



St Davids & Solva Surgeries - PLEASE NOTE

Although the Surgery doors are locked, GP Practices are still open for business, and if patients have any symptoms that they are worried about, especially if it could be cancer, they should contact their GP straight away. We acknowledge that patients may be concerned about the risk of contracting COVID-19, but please be assured that we are offering mainly consultations by telephone, video or our new eConsult service during the pandemic - and patients will only be asked to attend the surgery for an appointment or test where it is necessary and where it is safe to do so. Please see the Practice websites for details of the new eConsult service. Also, Solva Surgery prescription collection times have changed to afternoon's between 2pm and 5pm. Keep Safe, Stay Home.



Solva Churches 100+ Club

The 2019/20 draw was by zoom video link on Good Friday. The winners:

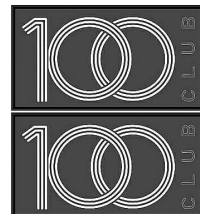
1st £70 Helen Davies (No. 93)
2nd £45 Vicky Sylvester (No. 39)
3rd £30 Lucy Vaughan (No. 105)



Parc y Capel 100+ Club

The winners of the April draw were:

1st	No. 58	£50	Peter Ashmead
2nd	No. 89	£30	Pat Rees
3rd	No. 83	£20	Mike Williams



"Smiling is infectious, You catch it like flu. When someone smiled at me today, I started smiling too!"

Spike Milligan

Slimming World

"Think slim down, not lock down"!

Our Solva Slimming World group has gone virtual and with temporarily reduced weekly fees! NHS front-line staff are also currently receiving free membership.

Visit Samara's Slimming World Solva on Facebook or call 07498322314 for more details.



Solva WI welcomes new members and visitors. We meet most months in Solva Memorial Hall on the 2nd Thursday at 2pm
Contact Kathryn:
01437 721283

A Brain Teaser... Age of uncertainty

If you add the square of Andrew's age to the age of Anne you get 62.

If you add the square of Anne's age to the age of Andrew you get 176.

How old are Andrew and Anne ?

Answer on page 7



Solva Community Cinema

Keep well
Keep Safe
See you
Soon!

St Davids & Solva Art Group - update - Summer Exhibition goes Online: Virtual 2020!

Local artists have been painting away during lock down in the hope that the Summer Exhibition in St Davids City Hall would go ahead in August. With the current uncertainty, we have decided to host "Virtual 2020 Art Exhibition" on our website www.stdavidsandsolvaartgroup.co.uk starting 1st July and running until the end of August.



We will have a Virtual 2020 gallery page on the website showing a wide range of original art work to view and purchase should you wish. Twelve artists are presenting their new work in the gallery. We'll include as much information about each - including an introduction to how the subjects have inspired the artists and how paintings have developed.

We're setting it up so that you can "click and collect" a purchase (if you are local or have contacts in Pembrokeshire) or arrange for posting. However, with the dangers / limitations of posting glass framed paintings we're also offering paintings mostly unframed without glass and therefore suitable for posting, then framing yourself. Prices will reflect these options. Hopefully "Virtual 2020" will remind you of the delights of our usual Summer Exhibition and we will look forward to seeing you for real in 2021 when we exhibit next Spring and Summer as usual....fingers crossed.

Lloyds Bank St Davids

The bank is now open 3 days a week - Monday, Wednesday and Friday, from 10am-2pm.

For essential services only. Please be aware that social distancing rules are being followed and two customers only are allowed in the branch at any one time.



LLOYDS BANK

If your transaction is not essential and can be done online or on the phone then please consider whether you really do need to visit the branch.

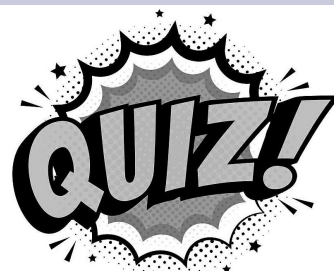
Martin Lewis, founder of Money Saving Expert, donates to St Davids and Fishguard Food Pod

The St Davids and Fishguard Food Pod is a group set up to provide food support during the Covid-19 crisis. It is one of thousands of food banks and community groups across the UK.

The Martin Lewis fund, for which local resident Patrick Nash has been volunteering, has donated £10,000 which is going to make a huge difference to the Food Pod and its vital work throughout North Pembrokeshire. Further info at: <https://www.facebook.com/groups/247882982931288/?ref=share>

Quiz

1. Who succeeded Ed Miliband as leader of the Labour Party?
2. Falling on a Wednesday, by what is the first day of Lent typically known?
3. On the internet, what does 'LOL' stand for?
4. Oxbridge is a portmanteau of which two UK universities?
5. Which football club play its home games at Stamford Bridge?
6. Which city is closest to London? Manchester or Newcastle?
7. Which is the heavier metal, gold or silver?
8. Who is older, Theresa May or Tony Blair?
9. At a hospital, what does A & E stand for?
10. Which British street artist is known for the document 'Exit Through the Gift Shop'?
11. Which of the traditional planets of the solar system has the biggest diameter, Jupiter or Neptune?
12. Which actor plays Rocky Balboa in the boxing movie?
13. Which football club play its home games at Old Trafford?
14. Which American singer is famous for 'My Way', 'Fly Me to the Moon' and 'New York, New York'?
15. Jacques Chirac, Nicolas Sarkozy and François Hollande all served as President of which country?
16. In Science, which 'PT' is a tabular arrangement of chemical elements?
17. Which actor played James Bond in Casino Royale, Skyfall and Spectre?
18. Which US company is known for the iPhone and Watch?
19. Bono is the lead singer of which Irish rock band?
20. Budapest is the capital city of which European country?



Answers on page 7

Solva Community Council

SCC, during the current pandemic emergency, is meeting twice per month via Zoom to ensure community needs are met. Invitations to members of the local community will be available on Facebook. Members of the local community wishing to raise issues, can contact SCC Clerk Bruce Payne on 07890 987259.



Solva Business Group

It's certainly a unique season for all of us, and especially for Solva Business Group members. For so long, we've been used to the ebb and flow of visitors who are so vital to our businesses. We welcome them in the spring, and bid them farewell in autumn. Many of us do our best to persuade them to visit out of season. There may be the odd one we hope never visits again! We welcome our locals and rely on their strong foundations and goodwill. We're trying to adapt: stepping up services locally, trailing online sales, supporting key workers and getting involved with community projects. We're planning improvements, getting projects underway, and preparing for the worst whilst hoping for best. For now, we're doing what we can to keep Solva in the hearts and minds of our visitors. Our social media presence, Visit Solva, on Facebook and Instagram has begun using hashtag #SupportSolva and it would be wonderful to see this used – it's one of the ways you can help support local businesses while we are still in lock down, along with liking and sharing our posts. Visit Solva would be grateful for any photos that show off our beautiful village. Stay safe, and see you on the other side.



Community Land Trust

Despite the lock down, great progress is being made to move on this exciting project for our community. We are now registered as a Community Benefit Society and soon you will have the opportunity of becoming a member so that you too can help shape the way forward. We continue to meet regularly via Zoom and have put together a prospectus document that explains all about the Community Land Trust and what our aspirations are. Following the community engagement events which took place at the end of last year, a questionnaire was designed taking on board the comments made. Because of the pandemic, the questionnaire had to switch to an online process. So far 125 people have completed the survey with the great majority saying that they think it's a good idea to build affordable housing in the village. Over 30 people are interested in renting a home there. The full results of the survey will be available in time for the next newsletter. A big thank you to everyone that took the time to respond and share their opinions with us. If you want any more information please contact: Sue Denman, Solva CLT Chair 07817 410782, or Ifor Thomas Solva CLT Secretary 07971 038643.



Waste and recycling Centres

Pembrokeshire Waste and Recycle Centres have re-opened and strict measures are in place to ensure both health and safety at the facilities. You need to book a visit. Bookings can be made at www.pembrokeshire.gov.uk/coronavirus-advice-and-guidance/waste-and-recycling-centres-re-open or by phoning the Council's contact centre on: 01437 764551.



Have you any polystyrene boxes for seafood and old newspapers?

Jono of Solva Seafoods is looking for polystyrene boxes - without holes in (like the Donald Russell ones) plus newspaper to send off his seafood. The boxes are in short supply and becoming increasingly difficult to source, at present, so any offers would be gratefully received. Please contact jono@solva.co.uk

Basalt & Dune (St Davids)

Nicola and Gaby Schoenenberger hope to open their new shop in Maes Dyfed, St Davids when restrictions ease: in the meantime they are offering free local delivery or click and collect for online orders of gifts, cards and prints at www.basaltdune.co.uk

Basalt & Dune
HOMESTORE

4 Any changes to this will be announced on social media.



SOLVA CARE CHARITY - Registered Charity number: 1172873

Lena Dixon, Coordinator: 07805 717556,

Lesley Robertson-Steel, Project Officer: 07722 091664

Email: contact@solvacare.co.uk



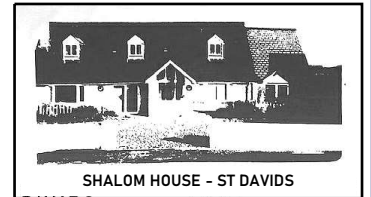
News:

Solva Care is carrying on doing what it can to support the people of Solva and the surrounding area during these strange times. Whilst we can't organise events, visit or transport people there are still some things we can do. We pick up and deliver prescriptions and other things, walk dogs and phone people. Bay View Stores is doing an amazing job with delivering food but we can also do shopping if there is anything Gwyn hasn't got: maybe materials for a hobby? Any suggestions of other things we could do, please contact Lena Dixon (details above). We have many new volunteers at the moment who we are very happy to help.

Shalom House

We are still working hard supporting people at home, as Shalom House is closed. But, please don't hesitate to contact us if you need help or someone to talk to as a patient, carer, or someone recently bereaved. You can reach one of our nurses by phoning 07508 842781. We can support people at home thanks to the superb community support we have received during lock down. A huge thank you to Emme Iles and her team – she has made scrubs & bags for the clinical staff.

Thank you also to Crymych Community Project for the visitors, so we can safely visit as required within the NHS and Government guidelines. Thank you to everyone for their help with this. Most of our income has ceased (our shops are closed etc.) so we are particularly grateful for the home-based community events raising funds for us – the Press-Up challenge at Fishguard & Goodwick RFC, head shaves, running round gardens and the current Goodwick Football Challenge walking 2,400 miles! Thank you all – this is really helping us over this difficult time. In amongst all this we were heartened to hear an application to the lottery fund made ages ago has been successful – so we have received £5,835 to redo the drive and car park. Hopefully a sign of more support to come – thank you all and please don't hesitate to contact us if you need a bit of help along the way. The Shalom Team



Life in lock down on Caehrys Organic Farm

Experiencing lock down during this pandemic on our farm, in the middle of nature is the best place to be. Crops are growing, our Welsh Black Suckler cows are giving birth and ducks are being hatched from an incubator and following the grandchildren everywhere! However, we still miss the close connection with friends, visits to The Royal George and listening to the ukulele band with the volunteers. Vegetables in the field have been slow-growing because of the dry weather, but we are committed to continuously providing good food to our members. We would love to welcome more members from Solva to join us and share our passion for the importance of local and sustainable food. Keep safe - Gerald Miles: 07879 664703 / gm@caehrys.co.uk



A hero's welcome from NHS Mum

As the nation paused to clap for carers this family from Connah's Quay in Wales have taken it one step further to thank the NHS. Mum Lynne Lakes has worked as a practice nurse for the NHS for 38 years, so her children and their partners have chosen to applaud her everyday she comes home.

Her husband Richard, sons Jon and Peter, daughter Zoe and Zoe's fiancé Joshua have even surprised her with confetti and handed her roses.

Son Peter told ITV News Wales his mum just wants to make others happy.

He said: "For all of us, she'll go out of her way to make us happy... she's just the most selfless person anyone knows."



Solva AFC

On the 27 April Solva AFC players, coaches and parents from all the club's senior and junior sides embarked on a challenge to run a total of 1,000 miles over the space of 10 days, the equivalent of running from Solva to Turin to raise money for NHS charities. The Green Army marched, jogged, sprinted (and a few probably crawled) to reach over 1,500 miles in 10 days, raising over £1,150 in the process. Thanks to all that took part and donated.



If you would like to donate you can still do so via: <https://www.gofundme.com/f/from-solva-to-turin/>

The football season:

The Football Association of Wales (FAW) have confirmed the curtailment of the 2019/20 football season for all adult and children's teams, as a result of the ongoing COVID-19 pandemic and in accordance with Welsh Government's lock down guidelines and measures. League standings have been determined by an unweighted points per game method but the FAW are yet to decide on promotion and relegation between Leagues. As a result, Solva's 1st team will remain in Division 2 but the 2nds await news of whether they will play on Division 4 or 5 next season.

Solva Harbour Society (formally SBOA)

- After a long drawn out period and commitment by the committee on the 29 April 2020 the SBOA became the SOLVA HARBOUR SOCIETY Ltd.
- As we are aware, we must abide by the Welsh devolved Government laws and rules under the present lock down, the travel restrictions and social distancing regulations, always staying Safe and saving lives.



The lift-in is not likely to go ahead until late July, at the earliest, and probably not even then.

The problem is if all the boats were lifted in and there is a second Covid-19 spike the boats could have to remain in the water over the winter. The present restrictions dictate that there should be no boats on the water besides fishermen (i.e. No pleasure boating). If the restrictions are lifted completely and it's not very likely, members should ensure that their moorings are fit and safe before their use and some of them are not fit for purpose!

- We have heard rumours that people want to launch boats/kayaks from lower Solva car park. The car park remains closed and pleasure boating is not permitted under the present restrictions.

Non-essential travel is also not permitted.

Always stay safe and well and think of others.

Bug Farm

It's a strange and difficult time at the moment, so we've made a little video on our brand new YouTube channel https://www.youtube.com/watch?v=q6Y6_cpgXWs&feature=youtu.be. It's also full of tips for how (if you'd like to) you can help us remain viable. We hope to welcome you all back to The Bug Farm, with social distancing measures in place, once it is safe to do so. Thank you Dr Sarah Beynon FRES

The RHS top tips for your garden in June

1. Hoe borders regularly to keep down weeds
 2. Be water-wise, especially in drought-affected areas
 3. Pinch out side shoots on tomatoes
 4. Harvest lettuce, radish, other salads and early potatoes
 5. Position summer hanging baskets and containers outside
 6. Mow lawns at least once a week
 7. Plant out summer bedding
 8. Stake tall or floppy plants
 9. Prune many spring-flowering shrubs
 10. Shade greenhouses to keep them cool and prevent scorch
- More details at <https://www.rhs.org.uk/advice/in-month/june>



Gardening Humour...

- What kind of socks does a gardener wear? - Garden hose.
- What do you get if you divide the circumference of a pumpkin by its diameter? - Pumpkin pi.
- Why are husbands like lawn mowers? - They are difficult to get started, emit foul smells, and don't work half the time.

Cheers!

Solva Gin continues to benefit from fantastic community support. This financial year we have managed to repay the people who kindly made loans to help the company start up in 2018, donated 60 small Solva Gin bottles to Solva's Cwtch Boxes (over £500 worth) and last week donated £100 to the St. Davids and Fishguard Food Pod. The good news is that Solva Gin has had a great year up to February and will donate all of its profits to the Edge Festival 2021.



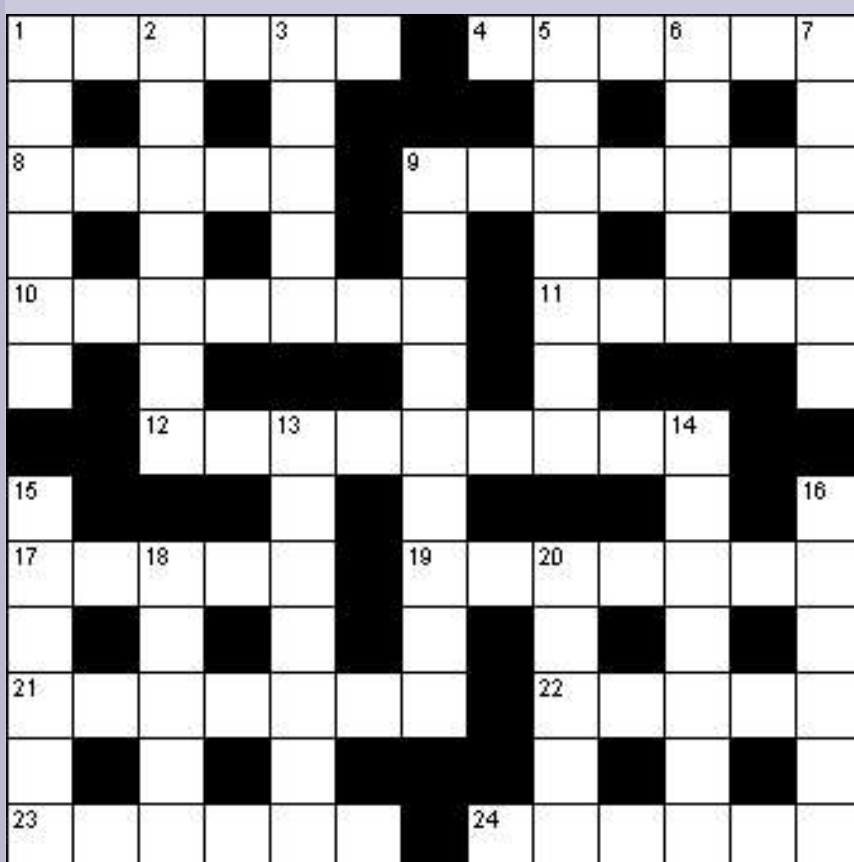
Solva Duck Race

It is still on the cards for the world-famous race to take place on Sunday 30 August, starting at 3pm when the ducks are encouraged to enter Solva river. Obviously, due to current circumstances nothing is final, so please look out for further updates.



Solva Open Gardens

Unfortunately, due to the on-going Covid-19 situation the Solva Open Gardens event is cancelled for this year. Hopeful it will happen in 2021. Many thanks Lynne Heyes



Down

- 1 Vagrants given transport to outskirts of Paris (6)
- 2 College meal for fabulous beast (7)
- 3 Girl found in mainline station (5)
- 5 Bad driver had changed into jumper? Good! (4,3)
- 6 Difficulties putting horse in ship (5)
- 7 Traps laid for tin god (6)
- 9 Heavenly spirit in Russian port (9)
- 13 American uncle criticises boats in the Far East (7)
- 14 Finally full of energy if nothing else (2,5)
- 15 Duke seen by family members is intimidating (6)
- 16 Elegant groom, last in vestry (6)
- 18 Fight in Somerset town (3-2)
- 20 Locks keeping son in clergyman's house (5)

Solution: next newsletter!

Across

- | | |
|---|--|
| 1 One doesn't appear to be educated (6) | 17 A service revolution in part of India (5) |
| 4 Flowers one picks up (6) | 19 Good stroll by river getting better (7) |
| 8 Novelist gets start of story wrong (5) | 21 Two things needed for tennis or other sport (7) |
| 9 A monk with a bishop in a US state (7) | 22 Heads of network excited as radio star approaches (5) |
| 10 Dull experts backing agency (7) | 23 Small company to employ Liverpoolian (6) |
| 11 Hot seat abandoned in a hurry (5) | 24 Bobbie who sang for uncommon people? (6) |
| 12 Hopelessly lost again in yearning for the past (9) | |

Brain Teaser answer: Andrew is 7 and Anne is 13.

Answers to the Quiz: 1. Jeremy Corbyn (also accept Harriet Harman – acting leader) 2. Ash Wednesday 3. Laugh Out Loud 4. Oxford and Cambridge 5. Chelsea 6. Manchester 7. Gold 8. Tony Blair 9. Accident & Emergency 10. Banksy 11. Jupiter 12. Sylvester Stallone 13. Manchester United 14. Frank Sinatra 15. France 16. Periodic Table 17. Daniel Craig 18. Apple 19. U2 20. Hungary

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