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**August 2020 No. 138**



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### Post Office's Local Hero Award

Huge congratulations to Postmaster Gwyn Price of Bay View Stores, Solva for being nominated for the Post Office's Local Hero Award for service to the Community. Gwyn and his team regularly put together "Cwtch Boxes" for deserving members of the community, with items donated from the local community and the shop. During these difficult times, there have been many inspiring stories of businesses going the extra mile for their community and Gwyn is a fine example of this. The Local Hero category is part of the Post Office's "We're Stronger Together" regional awards, which recognise the efforts made by postmasters to keep branches open during the Covid-19 pandemic and by serving their local community. Well done Gwyn and his team.



### Solva Duck Race - **CANCELLED for this Year**

In line with Government guidelines on social distancing and gatherings, the duck race planned for Sunday 30 August will not place this year. Refunds will be given for tickets bought.

### Solva Memorial Hall

It is hoped the Hall will be able to reopen soon. The next formal review of the shut-down regulation is due by 30 July. Please see Solva News website and facebook pages for announcements.

### Scarecrow Trail

The Scarecrow trail is scheduled for 2-3 August. The theme is "Children's book titles or characters". To participate in the trail, at your own pace and, of course, at the correct social distance you will need a trail map. These can be purchased, for a small price, either at Bay View Stores or in Solva's lower car park, on each of the two days. For info contact Fran at [fran34hb@gmail.com](mailto:fran34hb@gmail.com) or 01437 721164 / 07377 059265.



### Pembrokeshire Bus Service Changes – 25 July 2020

There are important safety instructions for passengers to follow when travelling on public transport:

- ONLY TRAVEL IF YOUR JOURNEY IS ESSENTIAL AND YOU HAVE NO ALTERNATIVE
- Avoid travelling at peak times: 7am – 9:30am and 3pm to 6pm
- You should NOT travel if you are: experiencing any coronavirus symptoms, self-isolating, clinically extremely vulnerable or shielding.
- The advised Social Distancing rules should be adhered to at all times
- Face coverings are mandatory on public transport and MUST be worn at all times.
- Wherever possible, AVOID touching any surfaces at bus shelters and within the bus
- Passengers are advised to wash their hands before and after each journey
- Please use contactless payment or correct cash change only
- IF YOU SNEEZE OR COUGH DURING YOUR JOURNEY PLEASE CATCH IT, BIN IT, KILL IT.



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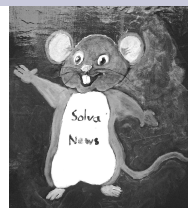
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### Solva WI

Following two successful committee “meetings” on Zoom, it was decided to try to hold a brief get-together for all our members. 15 managed to take part, some with more success than others! As we do not meet in August, a quiz using the same format is planned for September and possibly a well-spaced picnic if the weather and Covid-19 allow. Sadly, all the events we had planned have been postponed except for taking part in the Scarecrow Trail competition on 2 & 3 August. The committee had discussed ways by which to keep in touch with members and Jilly kindly took on the coaxing and cajoling to get us to write or enter something that might appeal as an article in a news-sheet. The topics covered a range of subjects including gardens, nature, hobbies, cookery and handy tips and was fronted with a colourful photo of a deserted Main Street taken during lock down! We are sure everyone is looking forward to seeing and spending “safe” time with family and friends during the summer break.

### Solva Care and the Mouse Trail

The mice have come ashore and spread out around Solva to enjoy all that there is to offer. Look closely and you'll find them fishing, swimming, sailing, dancing, singing and much more. You can find a trail map at Solva Bay Stores, Window on Wales or the shed on the green to help you find all of their hide-outs! How about adding your own mouse to the trail and make it even bigger! Let us know if you do – Chris and Ellie: csdesigns@talktalk.net or phone: 07788 583602.



### St Davids Airfield Walk

The weather was inclement on the 12 July (as mentioned in the July Solva News) so nine intrepid explorers set off on 21 July in brilliant sunshine instead. Veering off the main runway we headed towards Caerfarchell, learning from Jimmy the back story to the airfield and where and what many of the features were.

Several botanically inclined individuals concentrated on the flowers, with an occasional bird, butterfly and a few frogs thrown in. Close scrutiny and much discussion was needed for several of the lesser known species but the haul included (amongst others) Angelica, Meadow Cranesbill, Purple Loosestrife, Hairy Tare, Betony and many more. A great walk in warm sunshine hopefully to be repeated soon. The next walk is planned for 18 August 2pm – for approximately two and a half hours. Meeting at the end of Prendergast, Lower Solva. Phone Sandra on 01437 721450 for more information.



### St Davids Pilates

After 13 years, St Davids Pilates will no longer be running classes at Solva Memorial Hall due to moving from Pembrokeshire. I would like to thank the committee for allowing me to use the hall and all the lovely people that have come to my classes over the years.



### Gateway to Walking Heaven!

Huge thanks to Ian, our Park Ranger, for getting this gateway installed opposite the new bridge over the River Solfach – lock down caused the four month delay! Happy walking around the village.

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

### Solva Cinema

We are hoping to start screening films again in September, once the hall has got clearance to reopen. There will most likely be limited numbers, so we can keep social distance, and pre-booking only. We are also thinking about doing two screenings, perhaps a matinee, depending on interest. If anyone has any suggestions of films or anything else to do with Solva Cinema, please contact Lena Dixon on 01437 721312 or Tomos Waters on 01437 721218. See you soon!





### **Solva Parc y Capel 100 Club**

As the Parc-y -Capel Fete had to be cancelled this year we are reliant on the profit from the 100 club to provide cash for expenses namely the grass mowing. Most members who usually pay in cash have sent funds direct to the club bank account, any further members who wish to continue for the 2020-2021 season or anyone who would like to become a members. Please contact the Treasurer Jonathan Higgins on 01437 720213.



### **St Davids & Solva Art Group**

The first two weeks of August are normally marked by the hugely successful St Davids & Solva Art Group Summer Exhibition, held every year at City Hall in St Davids. This year we've moved the exhibition online instead and extended its run to the end of August - which means members are exhibiting their recent work for purchase online, in the dedicated Virtual 2020 Exhibition gallery. It has enabled us to show the work of our group to a much wider audience. So please take the opportunity to have a look at our Virtual Exhibition - the exhibition runs through to 31 August. Please visit: <https://www.stdavidsartgroup.co.uk/section874123.html>



### **Duke of Edinburgh Certificate of Achievement**



One hundred and forty young people from schools, colleges and youth services across Pembrokeshire will pick up the Certificate which recognises the achievements of DofE participants during a period disrupted by the pandemic and lock down. Many young people have also joined the efforts against Covid-19 by volunteering in their communities and making a real difference. The Certificate of Achievement, introduced for this year only, formally recognises everything the participants have achieved through their Skills, Volunteering and Physical sections. PCC Leader Cllr David Simpson, an Ambassador for the DofE scheme in Wales, said: "I would like to offer my congratulations to every Pembrokeshire young person recognised, who are among the very first to receive the 2020 DofE Certificate of Achievement.

### **Behind the Scenes**

Learners returned to schools across Pembrokeshire from 29 June following a phenomenal amount of work that had been going on to ensure pupils were welcomed back, in as safe a manner as possible, and in line with Welsh Government social distancing and Covid-19 hygiene guidelines. Schools were supplied with essential items: 227 wall mounted sanitizer and soap units - 1279 wall mounted paper towel dispensers - 046 floor mounted litter bins - 530 Table top sanitiser units - Delivery of 250 x 1 gallons sanitiser - 14000 bi-lingual signs. Cllr Guy Woodham said "We are preparing for the new normal for our learners with the safety of pupils and staff at the heart of everything we have been doing".

### **New Home Support scheme launched**

Pembrokeshire County Council has launched its new Home Support Plus service. Home Support Plus (HS+) is a paid-for initiative supporting residents within the county. Services on offer include cleaning, bed changing, laundry, ironing, dog walking, shopping and food provisions. The cost is £15 per hour - minimum of two hours - with payments made through the Council's My Account system. The service will run initially Monday to Friday between 8am and 6 pm. A member of the Home Support Plus Team will provide a bespoke meeting with the potential client to discuss their unique requirements. Once agreed, the service will commence and a Home Support Plus Assistant will carry out the chosen services during the allocated time slots. For more information please contact: [homesupportplus@pembrokeshire.gov.uk](mailto:homesupportplus@pembrokeshire.gov.uk) or phone: 01437 775639. Prior to any home visit, the client will be asked some coronavirus screening questions to ensure they are fit and well. All staff making a home visit will follow the current guidance in regards to the virus. This includes: wearing PPE; observing social distancing; and other infection prevention measures.



## 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.



## Connect to Kindness - New Campaign Launched 17 July

Simple acts of kindness can make a big difference – that's the message from a new campaign launched in Pembrokeshire, Ceredigion and Carmarthenshire. The aim is to inspire people to become more active citizens and take positive action to combat loneliness in their local area. The Five Key Messages are:

1. Kindness is for everyone - Kindness is inclusive, it knows no barriers or discrimination and is for everyone!
2. Kindness is good for you - Medical research has proven that being kind and receiving kindness has a positive physical effect on us.
3. Kindness connects us - It brings us together and helps us share.
4. Kindness protects us - It has been proven that being kind and receiving kindness helps us live longer and happier lives.
5. Kindness is inspiring - When others are kind we are more likely to be kind ourselves.

And it starts with ONE person, YOU. Join us to take action and learn more about the project.

Pembrokeshire - <https://www.facebook.com/groups/259225911891678/about/>



## Solva Youth Club

There will be youth activities for over 11 year olds at Solva AFC Community Hub on Mondays 10 & 24 August. Llyr.tobin@pembrokeshire.gov.uk / 07810 681746 or Hannah White on 07423 100228

## Shalom House...

...continues to offer help and support to all residents of Pembrokeshire diagnosed with a life-limiting illness. We aim to improve quality of life and help individuals and their families/carers to live well with their condition. If you or your family/carer need help or advice please call 01437 721344 / 07508 842781 or email [info@shalomstdavids.org](mailto:info@shalomstdavids.org)

## Dog poo report plus – a report from a Solva resident

"I've been walking my dog on a daily basis (with plenty of poo bags of course!) along Llanungar Lane past the school, I then turn right to Whitchurch and back down Whitchurch road to Solva. The amount of litter on the lanes is terrible - bottles, cans and even full carrier bags full of rubbish just left on the side of the road. And, like the dog fouling, at present this can only be down to residents either walking or driving. As well as the poo bags I now also carry a bag to pick up rubbish as I go. Please keep Solva clean and don't litter our beautiful countryside".

## Wearing of Masks

We are fortunate in Solva in that there is a great deal of expertise within the community. The medical advice is that we should wear masks when in Solva. Whilst this is not mandatory in Wales, we feel the benefits outweigh any disadvantages. Wearing a mask is about being considerate of our fellow residents and visitors. Please also remember to socially distance. There is a feeling that we are past the worst of this virus, but it has still not gone away and we wish to ensure that Solva remains safe.



## Basalt & Dune (St Davids)

We are now open 5 days a week Tuesday-Saturday from 10am to 4pm. Allowing just two people in the shop at a time is working well, as it offers a more relaxing, enjoyable experience. Outside of those hours, if you'd like to book an appointment, please ring Nicola on 07712 013771 or

**Basalt & Dune**  
HOMESTORE

 email [basaltdune@gmail.com](mailto:basaltdune@gmail.com)



**SOLVA CARE CHARITY - Registered Charity number: 1172873**

**Lena Dixon, Coordinator: 07805 717556,**

**Lesley Robertson-Steel, Project Officer: 07722 091664**

**Email: [contact@solvacare.co.uk](mailto:contact@solvacare.co.uk)**



### **News:**

Solva residents responded impeccably to the original lock down.

However, social distancing is clearly not now being followed. The influx of visitors from the rest of the UK where masks are required in enclosed spaces or where there is close contact is not being observed. Wales, uniquely, has not opted for mask wearing in shops (Where is the logic? Come to Wales and don't wear a mask!).

Covid-19 remains a very serious threat, it would be wise therefore for Solva Residents to actively reduce risk by: using face-masks in shops and crowded spaces, carefully washing / sanitising hands regularly and observing the 2 metre rule.

Bay View Stores has been brilliant. They provide hand sanitisers but sadly compliance is low.

As a doctor, I think we should: "Keep Solva Safe and Covid-19 Free: Observe 2 metre Social Distancing, wear a Face mask when in shops and use Hand Cleanser when out and about. Regular Hand Cleaning is essential". If we protect ourselves and our community we can avoid the risk of a second wave and a further lock down or catching a potentially fatal infection and we can actively protect our Community from harm now and in the future, while operating and sustaining businesses and facilities at minimum risk. Covid-19 remains a real threat. It has not gone away and international experience shows the risk. Keep safe, be wise to Covid-19. Dr Iain Robertson-Steel.

If you start to feel ill, stay at home and follow the Government guideline from the Internet or phone 911 to ask about a test. Your surgery will also be able to help. For up to date advice and information:

<https://www.gov.uk/coronavirus> or <https://www.nhs.uk/conditions/coronavirus-covid-19/>

Remember, the Solva Care number is 07805 717556 if you need help.

**Project Hope** is a project by young people for young people. Three times a week the project gets together on Zoom, where they engage in everything from game nights to language lessons and virtual tea breaks. Get involved...

Are you aged 13-25? Get in touch with Project Hope at [youthloneliness@outlook.com](mailto:youthloneliness@outlook.com) and follow their social media @ylprojecthope for daily encouraging and fun interactive posts. Also, don't hesitate to join one of their gatherings, there is something there for everyone!

At last, summer is here and we can begin to relax a bit. But, and there **IS** a but, the Corona Virus is still around. There is still a risk. We still need to take care.

### **Dementia care**

We just wanted to let you all know that we are still here, offering a "Dementia Connect" advisory and information service to people affected by dementia, whether they have a diagnosis or are caring for a spouse or other loved one. We can offer information, welfare calls on a regular basis, companion calls for a weekly chat to people who may be lonely or isolated, and access to online Music and Memories sessions twice weekly via Zoom!

The Dementia Connect number is 0333 150 3456 or 03300 947 400 for Welsh speakers.

Heather and I are both still working from home, full time, and we welcome any new referrals to the service, whether or not someone has a diagnosis, concerns about memory issues or mild cognitive impairment - all come under our remit! We look forward to hearing from you. Cofion cynnes/ Kind regards and keep safe Maxine Ford and Heather Harrison (Dementia Advisers) Alzheimers Society.

Solva Care keeps a list of local carers and trades people (handymen, gardeners, carpenters, painters etc.) so we can signpost people. If you would like to be on the list, please contact Lena Dixon (see contact details above).

### **Solva Harbour Society**

Not all the boats have been lifted in, consequently parking on both Trinity Quay and the Sand quay is limited. Boat owners and members are politely requested, if possible, to refrain from parking on these - especially if going to sea for long periods. Also please consider our older members. Space beyond the clubhouse is essential for emergency vehicles to turn. We still come under the Welsh devolved government guide lines of 2 meter social distancing and please remind any visitors of that fact. The toilets on the quay will remain closed at present.

Due to the present COVID - 19 situation St Davids Lifeboat will not be visiting Solva on the 19 August. They have also decided to cancel their open day on the 29 August. Many thanks- Stay Safe.



### **Pembrokeshire cycling and walking infrastructure.**

Pembrokeshire County Council has been awarded a £1.2 million active travel grant from the Welsh Government to improve cycling and walking infrastructure.

The successful grant application by Pembrokeshire County Council means that it will be easier for people to use active travel in their day-to-day lives.

Active travel means walking and cycling (including the use of mobility scooters and electric wheelchairs) for everyday journeys, such as going to work or the shops, or to access services.



### **Slimming World**

Exciting news! We're hoping to be back in our physical group in the coming weeks!

Until then, our fun and friendly group is still running virtually and you're more than

welcome to join us. For more information call Samara on 07498 322314 or check out Samara's Slimming World on Facebook.



### **Solva AFC - preparing for the 2020/21 season**

As the lock down measures continue to ease, sports teams have been given the green light to resume training as long as stringent guidelines are followed. As such, Solva AFC will be

resuming training on Wednesday and Thursday evenings from the week commencing 27 July. All sessions will follow the guidelines set out by the Welsh Government and FAW.

We ask that members of the public keep away from the pitch areas, if a session is in Progress, in the interest of safety.

If any players wish to join the club, they will need to register before joining in any sessions. Players are required for the two senior teams (16+) and the under 11s and under 14s teams. If you are interested in joining please contact Club Secretary Medi George via 07854241589 or solvaafc@gmail.com



### **Supporting Young People and Families over the summer holidays**

Pembrokeshire County Council is delighted to announce a fun and comprehensive programme of activities to support young people and families this summer. The activities, spread throughout the County, will ensure young

people continue to have safe care, an opportunity to hang out safely with friends and take part in activities they may have missed during Lock down. The programme will help young people re-engage with their peers over the summer and help prepare for returning to school in September.

The Council will be supporting the opening of Youth Clubs at The Tanyard (Pembroke), The Hive (Haverfordwest), The POINT (Fishguard) and Milford Youth Matters (Milford Haven).

There will also be restricted openings at Letterston, Neyland and pop-up youth work sessions in Solva. Operating hours at each setting will differ so please check the website

[www.pembrokeshire.gov.uk/summer-programme](http://www.pembrokeshire.gov.uk/summer-programme) for details of what's on in your area.

They will also be offering online advice and support in conjunction with Citizens Advice on money matters, benefits and support for uniform. For further information and advice on what's available for





## Community Hub

The Community Hub/ AFC clubhouse is now Covid compliant with automatic hand sanitisers installed, signage erected and a full deep clean having been undertaken. We have a dedicated cleaner who will clean after each user and we have a fogger to complete the disinfecting process. Already PCC has booked a series of meetings.

Inevitably costs have to be increased to cover the additional expense but we hope users will understand the need to maintain the building in a safe condition. If you, or your organisation want to hire the Hub, please contact Bruce. It is essential that all bookings for the space are done formally so that we know when the Hub is being used and can clean appropriately.



## Beach Clean - Stewards required

EcoDewi is recruiting a team of volunteers to help keep our amazing beaches clean this summer. Can you spend a few hours over the summer to be a friendly welcoming face and help encourage visitors to take their litter home or use the bins available.

Please visit Peninsula Beach Stewards 2020 on facebook / email

beachstewards@ecodewi.org.uk or call Sam on 07734 088047 for more info and to volunteer.

Full training will be given.



## St Davids RNLI

RNLI lifeguards cannot be everywhere this summer.

That's why we're encouraging you to be "beach smart" and think about your family's safety.

If you can, please visit a life-guarded beach.

Keep a close eye on your family, both on the beach and in the water - Do not use inflatables.

And if you see someone in difficulty, call 999 and ask for the Coastguard.

## Rescue report

Saturday 18 July at 15:04, the St Davids RNLI volunteer crew were paged to reports of four people stranded on rocks at Porthclais.

St Davids RNLI All-Weather Lifeboat and Inshore Lifeboat were launched to the four adults whose open canoe had capsized, and who had managed to climb onto a rock outside of the harbour. They were picked up by the Inshore Lifeboat and transferred safely to Porthclais slipway while the All-Weather Lifeboat stood by. The capsized canoe was then retrieved and returned to them.

HM Coastguard St Davids were on also on scene.



## Welsh Assembly Government Consultation

What needs to change? Does the current system really deliver what we need?

WAG is seeking your views on what lessons we might learn from the Covid

Crisis. Does the system need to change? How? Which sections? What changes

are needed and what difference would it make? Has Covid exposed some of the fault lines?

Contact ourfuturewales@gov.wales with your ideas and comments.



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## Solution to July's crossword

P	O	R	T		E	D	U	C	A	T	E	S
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## Top Gardening Tips for August from the RHS

- Prune Wisteria
- Don't delay summer pruning fruits trained as restricted forms
- Deadhead flowering plants regularly
- Watering! - particularly containers and new plants
- Collect seed from garden plants
- Harvest sweetcorn and other vegetables as they become ready
- Continue cutting out old fruited canes on raspberries
- Lift and pot up rooted strawberry runners
- Feed the soil with green manures



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