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**October 2020 No. 140**

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**Solva Memorial Hall Reopening Update** – extracts from a recent zoom meeting between PAVS, WCVA, Welsh Government and WLGA.

The main topics of discussion were, what was the difference between social and charitable/voluntary activities and the interpretation of the “rule of six”, which has understandably caused some concern amongst hall committees regarding reopening plans. Things are under review, and the WCVA’s information sheet will not be updated until next week, hopefully it will provide more clarity.

Currently the legislation hasn’t changed and community facilities following all COVID-19 secure guidelines can host more than 6 people in total, but no one should visit or socialise in a group of greater than 6. But ultimately it up to the hall committee to make the decision whether they reopen now, or continue with preparations to re-open at a future date.

With this in mind and until the above clarification has been received Solva Memorial Hall will remain closed, but it is hoped it can be reopened in the next two weeks.



### Mount Farm Milk – latest delivery

The Mount Farm’s fresh milk initiative, in partnership with Solva Community Council, has caught the imagination of the village and a number of tourists too. In the short period that the Top Shop Milking Parlour has been open already a considerable saving in single use plastic cartons has been achieved - probably a skip full!

Lyndsey Richards from Mount Farm is delighted that locals are opting for a local, sustainable milk over alternatives with a huge carbon footprint - she says that this is a great example of the community working together with a local supplier to the benefit of everyone. We are making huge strides to meet the objectives of our emergency climate declaration. Keep buying the milk! It's great value at £1 per litre and, as many of the older residents of the village have said, “It’s just like milk used to be”.



### Investors in Carers Award for Shalom House

Shalom House in St Davids, Pembrokeshire has been recognised for its commitment to and support for carers and their families. Shalom House, a specialist palliative care establishment caring for people with life limiting illness and their carers has achieved the Investors in Carers Bronze Level award; a scheme which is delivered by Hywel Dda University Health Board and supported by its local authority and third sector partners in Carmarthenshire, Ceredigion and Pembrokeshire.

Elaine Lorton, Pembrokeshire County Director for the Health Board said, “It is so positive to be able to recognise the significant role our third sector partners play in supporting carers across Pembrokeshire. Shalom House is the first such organisation to attain this recognition and this demonstrates their dedication and commitment.”



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## Solva WI

On Thursday 10 September we attempted the first full meeting on Zoom. Fortunately a reasonable number of members were able to "attend". Our planned trips are being kept in abeyance but we hope to run them in 2021! Very sadly, it has been announced that Denman College, WI's educational establishment in Oxfordshire is to close but for the time being short courses are screened online for members to enjoy at home.

The Book Club is planning to meet, either by Zoom or in a member's garden.

Following the business a few members took part in a quiz organised by Kathy Davies which was fun, if slightly frustrating for some!

Due to an update in Covid regulations, the Hall has not yet been able to be reopened as planned and, as we have no idea when it may do, the alternative will be a meeting on Zoom.

## Clwb Solfach/Solva Luncheon Club

The meeting of Team Leaders regarding the restarting of Lunch Club had to be cancelled due to the latest Covid regulations which prevented us doing so and also that Village Halls could not be reopened anyway. We have been thinking of alternatives, watch this space!



## Solva and Whitchurch churches

### 100+ club

A big thank you to all those who have agreed to support us again in 2020/2021. We had our first draw of the year on Sunday 6 September in St Aidan's church.

The winners were:

1st prize	No 63	Steve Probert	£70
2nd prize	No 93	Helen Davies	£45
3rd prize	No 24	Moir Johnson	£30

## Sunny Solva Coffee Morning Update

Thankfully Thursday 3rd September was not only dry and calm but also sunny. A big thank you to all those who helped in any way to make our little venture a success... you know who you are!

There were 24 of us who attended (including one stray visitor who was looking for the Post Office) plus four very well behaved dogs. Quite possibly it will be springtime before we can do this again but at least we know how to do it safely. Thank you for your support.

## Tinny Tuesday

Our dedicated team of volunteers continues to collect over 100 tins and items of dry goods every Tuesday. The food hub based in St Davids continues to put together food parcels for the less privileged in St Davids and Solva and will so until Christmas at least. So please continue your donations and if you haven't done so to date - it's simple. Just put your offering in a visible place to be picked up after 6pm on Tuesday. We've had everything from organic artichoke hearts to baked beans, pasta and tea bags. It all helps, welcome to the Tinny club if you are just joining and thank you if you are one of our regulars.



## West Wales Walking for Wellbeing

Is a new venture which has the aim of providing short, free and friendly wellbeing walks within easy reach of where people live, to help to become and stay more active. PCNPA is the lead partner in this project and we are very pleased to be working with Solva Care to develop walking opportunities in your area. If you are interested in joining us on our walks then booking is essential; contact Sam Evans on same@pembrokeshirecoast.org.uk or 07796 526 166. Or <https://westwaleswalkingforwellbeing.org.uk>

Solva WI welcomes new members and visitors. We meet via ZOOM at present, but hope to back in Solva Memorial Hall very soon.  
Contact Kathryn:  
01437 721283

## Solva Cinema

We were hoping to screen "Judy" on Thursday 1 October, but it is now a bit too soon. Thursday 8 October is a possible date if the hall is open and available then.

Pre-booking would be required and there will be a maximum number of people. Seating will be arranged at social distance and masks are required as the hall is a public place.



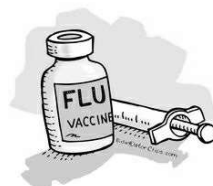
## Solva Surgery - Seasonal Flu Vaccination Clinics

Due to the ongoing Coronavirus pandemic restrictions, this year, more than ever, it is important that you are vaccinated against influenza. We need to protect the most vulnerable in our community and continue to protect our NHS.

This year we will be running Saturday Flu Vaccination Clinics here at the Surgery during October. All vaccinations are by appointment only. This will enable us to vaccinate large numbers of patients under social distancing and infection control requirements.

Are you eligible for a seasonal flu vaccination?

- Aged 65 or over (or will be before 31st of March 2021)
- Children aged two and three years on 31 August 2020 - The vaccine being used for the children is Fluenz, a nasal spray and not an injection
- People aged six months to less than 65 years in one of the at clinical risk groups:
  - Diabetes
  - Chronic respiratory disease such as Asthma (if you take regular inhaled or oral steroids) or COPD, Bronchitis and Emphysema
  - Heart Disease
  - Kidney Disease
  - Liver Disease
  - a BMI of 40 or above, aged 18 or over
  - Neurological condition for example, multiple sclerosis (MS), cerebral palsy or are suffering post-polio syndrome
  - No spleen or a problem with your spleen for example, sickle cell disease
  - Carers of an elderly or disabled person (paid or unpaid)
- Pregnant women
- Healthcare workers (including healthcare students) with direct patient contact
- live in the same household as those on the NHS Shielded Patient List (these patients will be called in at a later date)



NB: We will not be offering vaccinations to patients aged 50 to 64 years (unless you are in one of the at risk groups) until November or December 2020, and only when directed by Welsh Assembly Government.

If you are eligible for an NHS flu jab please phone Solva Surgery for an appointment on (01437) 721306. If you DO NOT wish to have the influenza vaccination this year, we would be grateful if you would ring the Practice to let us know. We can then allocate your flu vaccine to another patient and remove your name from the list so that we do not contact you again.

We really appreciate your understanding during these difficult times and would like to thank you, in advance for your co-operation

## Solva Surgery Coronavirus Update

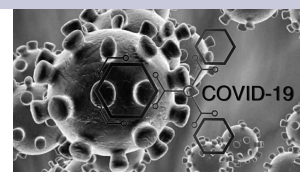
The surgery is now operating a full telephone triage service. If you have a medical query and would like to speak to a Doctor or Nurse please telephone the surgery on 01437 721306 and you will be added to their telephone list. You will be asked for the details of your query which is very important in order for us to prioritise your query.

All queries will be dealt with over the telephone. We also have facilities for video consultations.

If the doctor needs to see you in order to treat you then they will provide full instructions of when to attend the surgery and what to do when you attend the surgery.

Please do not attend the surgery without speaking to the doctor first. Patients can also contact the practice by "E-consult" which they can access via our website <https://solvasurgery.gpsurgery.net>.

This is an online consultation service that links the patient to the GP. The patient just needs to fill out a simple form to get advice and treatment by the end of the next working day. It also allows the patient to access self-care, pharmacy and can signpost to local self-referral services.





## 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.



### St Davids Surgery - Flu Vaccination Clinics 2020

We are running Saturday Flu Vaccination Clinics at the Surgery during Sept and Oct - (bookable appointments only). This is a new way of doing things, but it will enable us to vaccinate large numbers of patients under social distancing and infection control requirements. We will contact you to offer you an appointment as and when we have deliveries of the vaccines. The dates of the Saturday Flu Clinics are 10 October and, possibly, 17 October. We will endeavour to make alternative arrangements for those who are unable to attend one of the Saturday clinics. When you attend your appointment at a Saturday Flu Clinic, please adhere to the following instructions in order for the clinics to run as smoothly and quickly as possible:



- DO NOT ATTEND if you have any cold-like symptoms, including a temperature and/or altered taste or smell
- PLEASE ARRIVE AT YOUR APPOINTMENT TIME (not too early, nor too late) – appointment times are staggered to ensure safe queuing and flow through the building, and adequate time for PPE changes and cleaning between patients
- PLEASE OBSERVE SOCIAL DISTANCING while waiting outside
- COME ALONE unless you are a cared-for patient/ or a carer attending with a patient
- USE THE TOILET BEFORE YOU COME, as ours will only be available in an emergency
- DO NOT BRING BAGS or extra items into the Surgery – there will be nowhere to put them
- YOUR TEMPERATURE will be taken by a member of staff before you enter the premises
- HAND SANITISER will be provided and must be used upon entering the premises
- PLEASE WEAR A FACE MASK if possible – disposable masks are available at the Surgery, but are in short supply and high demand
- WE WILL OPERATE A ONE-WAY SYSTEM through the building – in through the main entrance, and out through the staff door
- PLEASE NOTE – the Saturday Flu Clinics are for flu vaccination only – they are quick in/out appointments and it will not be possible to discuss any medical problems (you would need to make a separate appointment on another day for that). In addition, we will not be taking phone calls or prescription requests on the Saturdays that we are open for flu vaccinations
- IF YOU MISS YOUR APPOINTMENT, please do not turn up later in the day – there are two different adult flu vaccines depending on a patient's age, and you will have been booked into an age-specific clinic to ensure that you receive the appropriate vaccine for your age.

If you miss your appointment, you will need to rebook by phoning reception during normal opening hours (Monday-Friday). Thank you for your co-operation. Info also at <https://stdavids.gpsurgery.net/>

### Update on Trecadwgan Farm

Following the disappointment of CBS Cymdeithas Trecadwgan not managing to secure the farm for the community, all went quiet about the issue as the pandemic started. The farm was purchased by private buyers and renovations have already started. For many of us there are questions that still need to be asked about how the sale was handled and why the CBS was so disadvantaged at every turn during the sale process.

Pembrokeshire County Council's Scrutiny Committee met on 22 September, and the sale of the Farm was on the agenda. At the meeting Councillors, with a view to learning lessons, voted in favour of setting up a working group to look in detail at how PCC handled the sale. The CBS is seeking to input into the Process. We will keep you informed.





**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)**



# We're Hiring!



Would you be interested in helping Solva Care extend its work in the local community? The Solva Care Trustees are looking for a person with good local knowledge and an interest in helping and supporting our community. We have funding to appoint an Activities Assistant to work with our Solva Care Co-ordinator on our projects. The role will also involve developing a programme of leisure and recreational activities to interest and involve people in our community. Good knowledge of IT and the ability to organise digital training will be an important part of the post.

Salary: £12 per hour ■ hours: maximum 46 hours a month ■ location: Solva ■ closing date for applications: 16 October 2020 ■ expected start date: Nov 2020

For a full job description, please contact Solva Care Finance Officer Bruce Payne by emailing [brucepayne241@gmail.com](mailto:brucepayne241@gmail.com) or calling 07890 987 259. Or, for an informal chat, contact Trustee Board Chair Mollie Roach by email on [alanmollie@btinternet.com](mailto:alanmollie@btinternet.com) or by calling 01437 729 052. For more details of Solva Care, take a look at our website: [solvacare.co.uk](http://solvacare.co.uk) and Twitter and Facebook pages.

*Connecting our Community • Cysylltu ein Gymuned*

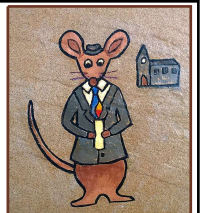
## NEWS:

Rhys Rogers, a local physiotherapist who specialises in elderly care. He offers home visits, assessments, care plans and exercise programs. With 10 years NHS and private experience, Rhys has a special interest in elderly care, using his skills to promote independence, safe functional mobility and quality of life. A Home Physiotherapy Assessment and treatment plan is £45 (£40 for over 65s), a Follow-up home physiotherapy is £35 (£30 for over 65s). Rhys is also a Martial Arts Instructor and is running a 10 week Foundations in the Healing Art of Qigong at Solva Community Hall Football Club. Please contact: 07773 143 886 or email [Qiphysio.contact@gmail.com](mailto:Qiphysio.contact@gmail.com)

Borrow a Firefox tablet from PAVS (Pembrokeshire Association of Voluntary Services) is lending out tablets for two months and giving IT support. The tablet will have relevant apps on it. Email [communityconnectors@pavs.org.uk](mailto:communityconnectors@pavs.org.uk) for more information, or contact Lena at Solva Care on 07805 717556.

## 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 View Stores, Window on Wales or the Shed on the green, but you haven't much time as the mouse trail will be taken down at the end of the month and will, hopefully, come back next year! Thank you to all who participated and made this fun trail possible. How about adding your own mouse to the trail for next year? Please contact Chris and Ellie: [csdesigns@talktalk.net](mailto:csdesigns@talktalk.net), 07788 583602. The answers to the questions on the trail sheet are: 1 Pirate Mouse - skull, 2 Harp and keyboard, 3 None, 4 Pink, 5 Crabbing



## Power Up!

Is a partnership between Western Power Distribution and Energy Saving Trust. Their aim is to provide help and support to vulnerable people across South and Mid Wales with free and impartial energy saving advice. They offer a range of support and advice to help people save money through reducing their energy bills. Through their support, people are able to stay warmer and remain healthier. They offer support if there is a power cut, they have a handyman service etc. During lock-down they helped people get priority slots at supermarkets. You can sign up to the Priority Service Register online - [www.westernpower.co.uk](http://www.westernpower.co.uk) or by calling 0808 8082274

## Wild Walks around Solva

Wild flowers, butterflies, history and stunning views from Middle Mill to Caerforiog - An overcast but warm September afternoon provided entertainment for walkers. Our first port of call was to look at centaury - the taller rarer variety of herb that Carol had previously seen at Middle Mill. Further up the hill James gave a fascinating and illuminating history of the Middle Mill Quarry dating from 1780 to present day. Near the top of Middle Mill Road we turned off to take the path to Trewellwell Laundry. From there, the upper path route followed the river through the Solva valley to Caerforiog Mill. Angelica, meadow sweet, foxgloves, hawkweed, honeysuckle, speckled wood butterflies, graced the paths whilst in the orchard at Lecha Farm, Wayfaring trees were identified along with others. At Lecha, we found a long-forgotten Cromlech. The next walk is to be advised, but a possible date is Tuesday 6 Oct: Time: 2pm, to meet at the car park at Nine Wells. Then to take an easy route west along the coastal path. Approximate time for the walking is 2 hours. Points of interest will be: Nine Wells Iron Age Fort, further along "Smugglers' steps" and an old access to a Copper Mine, wildlife, plants etc. We hope to walk through the hamlet of Trelerw cross the main Solva - St. Davids road to pick up the path (that is thought to be a continuation of the Ffos y Mynydd path that divides the peninsula) and finish at the Fachelich end of St. Davids Airfield. Transport back to Nine Wells with masks! If you would like an afternoon of safe distanced walking, fun, sharing knowledge and discovery, please contact Jim and Sandra Young on 01437 72150.



## Basalt & Dune

As Covid-19 causes more restrictions, we are offering private shopping appointments on Mondays when normally shut. Birthdays approaching? Christmas on the horizon! We can keep a Wish List of gifts for you, so your family or friends can choose something exactly right. Email [basaltdune@gmail.com](mailto:basaltdune@gmail.com)

## Customers Set for Safe Return to Libraries

The third phase of restarting the County's library service began on Monday 28 Sept. Libraries in Fishguard, Haverfordwest, Milford Haven, Pembroke Dock and Tenby have welcomed customers back to browse their shelves in person for the first time since March. However, customers are limited to a maximum of 30 minutes for their visit, to enable as many people as possible to safely enjoy the library. Access to the libraries is being carefully managed, with the maximum number at any one time varying across each library depending on its size and layout. Normal opening hours for each library is in operation, with the exception of a lunchtime closure (1pm-2pm) at Fishguard, Milford Haven, Pembroke Dock and Tenby. Between 10-10.30am each morning is reserved for Order and Collect customers only - now be extended to libraries in Narberth, Newport, Pembroke and Saundersfoot.



Check opening hours at <https://www.pembrokeshire.gov.uk/libraries-and-culture>

When entering a library, customers must adhere to the following guidelines:

On arrival, you will be asked to sanitise your hands + 2 metres social distancing must be observed at all times + A protective face covering must be worn for the duration of your visit, in line with WAG guidance + Children must be supervised at all times.

Do not visit a library if you or a member of your family is displaying Covid-19 symptoms.

The Order and Collect service and public access to PCs for one hour pre-booked slots are still in operation, and customers can continue to book online or over the phone.

See <https://www.pembrokeshire.gov.uk/coronavirus-advice-and-guidance/libraries-re-opening>

6

More information, contact your local library.

## Penalty Charge Notice SCAM

Dyfed-Powys Police have had several reports of residents being targeted in this way.

HM Courts & Tribunals Service are NOT sending out these notices - IT is a SCAM

Do not click on the (click here to pay) box.

Do not phone the telephone number.

Delete email and tell your family and friends.

The more people know the fewer victims there will be.



Heddlu Police

**DYFED-POWYS**



### **Gamlin Playpark**

The play park in Lower Solva has been a place where generations of children have played. Parents have found it to be a useful dropping off point whilst they shop or use the pubs and cafes in the area. There are ambitious long term plans to completely revamp the equipment and redesign the area but in the mean time the community council is charged with the responsibility of maintenance. Unfortunately one item has come to the end of its life and has to be removed. To replace it will cost £14000 and a campaign to fund a replacement has started. We have £6000 in the kitty. If you would like to donate to this fund then please let Bruce know. Any donations large or small, will be gratefully received. After the long lock down children will be desperate for outdoor play. Let's help them by getting this play park fully operational again.



### **Solva Community Land Trust**

This unique project to build approximately 18 affordable homes in Solva which will be leased to tenants to provide local homes for local people is progressing well.



The next step is the consultation with the community over the change of use of the football field to a housing site, this will take place in October. It is very important that we get as many members as possible, already over 50 people have signed up to have a say in this running of the Trust. We aim to have at least 100 members. It only costs a notional one pound, so please think about becoming a part of the first Community Land Trust in Pembrokeshire. Forms are available at Bay View Stores.

### **Solva AFC Community Clubhouse**

Plans to renovate and reinvigorate the AFC clubhouse are proceeding apace. A new committee has been elected - Ifor Thomas, chair; Ben Davies vice-chair, Bruce Payne treasurer and temporary secretary. The facility has been renamed Solva AFC Community Clubhouse. The new name came out of a consultation with the Football Club members that resulted in a shortlist from which the new name was unanimously selected.



The next steps are to achieve charitable status and then proceed with the purchase. If charitable status cannot be achieved then the purchase of the Clubhouse will have to be reviewed, as it would become liable for rates in the order of £4000 per year, a charge we could not afford. Already the Clubhouse is getting use with the Youth Club meeting there and other users are making enquiries. The Clubhouse is completely Covid compliant and provides a safe space, so it's good to go!

If your organisation is interested please get in touch with Bruce. A scale of charges has been agreed with non-profit organisations receiving a significant rebate.

### **Solva AFC**

PLAYERS WANTED FOR THE UPCOMING SEASON 2020/21

We currently have 4 teams: Senior 1st Team, Senior 2nd Team, Under 14's and Under 12's Training has already begun in-line with FAW COVID-19 Guidelines. If you or your child are interested contact [solvaafc@gmail.com](mailto:solvaafc@gmail.com) or message through Facebook or Twitter



### **Solva Youth Club**

The club reopened on Monday 21 September at Solva Community Hub. There are still spaces available for a limited number of young people aged 11+. Strict measures are in place that comply with Covid-19 regulations and social distancing guidelines. Young people are encouraged to wear face coverings.

Parents/carers must make a booking for a young person to attend the youth club by contacting: Sian Phillips on 07920 702425 or email: [sian\\_phillips@pembrokeshire.gov.uk](mailto:sian_phillips@pembrokeshire.gov.uk). We would also like to say a huge 'THANK YOU' to Bay View Stores for their kind donation, it is very much appreciated.

### **Span Arts Online Workshops**

Span Arts is running eight week online workshops in Welsh folk singing, Dance and Wellbeing, Poetry and Puppetry. For more information look at [www.span-arts.org.uk](http://www.span-arts.org.uk)

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