



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

April 2021 No. 145



Free Copy
Please take one



Wendy Phillips

Rebecca, Rachel, Mike, Thelma and Greg would like to thank all that lined the way as Wendy left Solva. She would have been so pleased and it helped us cope with what was the hardest day ever. We would also like to thank all the family. And finally a huge thank you to everyone that donated, whether it's been via the Bro Dawel raffle, the Go fund me page or directly, we can't thank you enough for all your kindness.



Solva Memorial Hall

It is hoped the hall will be allowed to open soon - possibly by the end of this month. The committee who run and support the hall has not been able to meet or organise any fund raising events, so we need your support when it does reopen.

Sadly, two of our committee members Sian Bridge and Wendy Phillips have recently passed away. Over many years their dedication to and support of the hall was outstanding and their fund raising was relentless. They will be greatly missed. Our condolences to go out to their families. Once restrictions have been lifted the hall facilities will once again be available to our regular users and we would like to hear from any new users who would benefit from being at this "heart of the village" venue, for both large and small events/meetings/activities etc.

Please visit www.solvamemorialhall.co.uk for more information.



Scarecrows are GO!

The trail will run on Sunday 8 & Monday 9 August. The theme: **Animated Characters**. Please reserve the dates in your diary and scarecrow builders let me know as soon as possible who/what is your choice of character. As usual it will be first come first served as we do not allow any duplicates. Contact Fran Barker (Chief Scarecrow) on 01431-721164 / 07377 059265 or fran34hb@gmail.com.



Whooper swans have been spotted on the ponds of St. Davids Airfield for several weeks. Along with the nine swans several other winter visitors (including golden plovers) have been feeding in a field of cows near the main path. A kestrel has also been spotted - an increasingly rare appearance.



Welsh Blood Service



Please support the service by making an appointment at Haverfordwest Rugby Club on Thursday 8 & Friday 9 April. In under 1 hour, you could save up to 3 lives by giving blood! Please make an appointment today by visiting <https://wbs.wales/Solva> to book.

The Royal George
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Solva WI

Using Zoom, as is now the “norm”, we were joined by members of Menevia WI for our speaker, Ian Chambers, who gave us an interesting and fact-filled talk on the work of “Friends of the Pembrokeshire Coast National Park” (FPCNP). This is an independent voluntary charity, founded in 1991, to help to protect, conserve and enhance the Pembrokeshire Coast National Park for all who live, work or visit here, to enjoy both now and in the future. They are founding members of the Alliance for Welsh Designated Landscapes and the Welsh National Park Societies and also work with other groups who seek to conserve our countryside. They assist other worthwhile projects such as the restoration and running of the Pump house at St Brides. They also provide small grants for organisations working with young people for projects related to the Park and are co-ordinating the planting of thousands of new trees. They run events throughout the year: guided walks, illustrated talks and visits – which are frequently open to non-members. At the end of the talk, Menevia members left us to continue our meeting when various items of Solva WI business were discussed including amendments to governing documents, subscriptions for 2021 and the Pembrokeshire Federations Centenary Challenge for 2021. We have decided to litter-pick 100 bags of rubbish from within the local area and are doing well so far! These are photographed as proof and then discarded properly! The bunches of daffodils delivered to each member were much appreciated and gave a lot of pleasure during this strange time. The monthly Book Club continues to flourish. The speaker for our Zoom meeting on Thursday 8 April will be Linda Feagan from the Dogs Trust.

Solva Care

Hello Everyone - Spring has sprung and Easter is coming soon. Would you like to have some fun in bringing Easter to Solva? Solva Care is inviting you to get creative and decorate a window and/or your front garden to celebrate Easter - with Easter bunnies, decorative Easter Eggs, Easter paintings, Easter lights or whatever takes your fancy. There may even be prizes to win! For further information, please contact Lena on 07805 717556 or Lesley on 07722 091664 or email contact@solvacare.co.uk



Parc y Capel 100 club

Draw results for March

First	£50	Ceri Dewer	number 70
Second	£30	Caenwen Davies	number 117
Third	£20	Sam Probert	number 33

Churches of Solva and Whitchurch 100+ club

The lucky winners of the third draw this year are:

1st	(No 9)	Richard Payne	£70
2nd	(No 90)	Mair Phillips	£45
3rd	(No 10)	Myra Parkinson	£30

Solva Community Seed Share / Rhannu Hâ yn Gymunedol yn Solfach

From April, we are trialling a community seed share scheme. A box will be located in the Milking Parlour at Bay View Stores - thanks to Mount Farm for letting us squat! You'll find individual envelopes of flower and vegetable seeds that you are welcome to take away and sow.



Donations of spare seeds - no matter how few - are also needed so there will be a drop-off point there too.

Why not take the opportunity to try and grow something new!

Parc y Capel - Regretfully the Parc y Capel fête will not take place in May 2021 owing to the current and ongoing Covid-19 Pandemic situation.

Solva Cinema

We hope that community halls can re-open by the end of April, and will be planning to start screening films as soon as we can after that. Looking forward to welcoming you back!

For further updates email solvacinema@gmail.com or call

2 Tom on 01437 721218 or Lena on 07805 717556.



Solva WI

welcomes new members
& visitors

We meet via ZOOM at present, but hope to be back in Solva Memorial Hall very soon

Contact Kathryn:
01437 721283

Solva Surgery

Surgery Closure over the EASTER / MAY BANK HOLIDAYS:



Friday 2nd April (Good Friday)	CLOSED
Saturday 3rd April	CLOSED
Sunday 4th April	CLOSED
Monday 5th April (Easter Monday)	CLOSED
Monday 3rd May (May Bank Holiday)	CLOSED
Monday 31st May (Spring Bank Holiday)	CLOSED



THERE WILL ALWAYS BE A DOCTOR ON CALL WHEN THE SURGERY IS CLOSED in an EMERGENCY.

Please telephone 01437 721306

Repeat Prescription Requests

We require at least 48 hours notice to process orders for repeat prescriptions. If possible, you should re-order medication at least one week before you run out. **Please ring the prescription line only.**

Repeat prescriptions (items that are on your re-order slip) may be requested:

- Online 24/7 - by using our new service My Health Online (Ring Reception for a registration form)
- By telephone - Repeat Prescription number is 01437 720644
- Hand deliver - post your prescription re-order slip in the box provided by the front entrance.
- By post - please tick the items you require. A stamped addressed envelope will be required for script only requests

Any requests for routine Repeat Prescriptions made after 3 pm on Thursday 1 April, will not be ready for collection until after 3 pm on Thursday 8 April.

Vaccine update

We have been informed by the Hywel Dda Health Board to start the roll-out of the 2nd vaccine (Oxford Astra Zeneca) to Cohort 2 (all those 80 years or age and over) from week 11 onwards, following their first dose. Therefore, we hope to be contacting this group soon. **PLEASE DO NOT RING THE SURGERY.** We are also getting a high number of calls from patients asking why their husband/wife/neighbour etc are being called for their second vaccine and they haven't. This is because those patients in Cohort 3 (aged 75-79) attended a mass vaccination centre for their first dose of the Pfizer-BioNtech, and can expect to be contacted soon for their second dose. **The schedule for the second dose interval for the Pfizer-BioNtech DIFFERS from the Oxford-Astra Zeneca** and is administered before 12 weeks.

Please do not contact the surgery regarding this as we are unable to give you any further information. In the meantime if you or someone you know in group 1-6 has not been vaccinated please get in touch as soon as possible.

Solva Care Trustees

Are you interested in the work that Solva Care is doing? You may already be a volunteer or someone we have helped. You may be a member of the community looking for a way to contribute to the general good. We hold trustee meetings every two months and receive reports on progress and on our finances. We consider future developments and plan our strategy to achieve our aims.

Change is on its way, following the Covid Crisis and we are looking to recruit trustees to respond in a positive way to whatever the future may hold. If you would like to find out more, contact Mollie Roach 01437 721580 or Bruce Payne 07890 987259. We look forward to hearing from you.

Pembrokeshire Leisure

Pembrokeshire Leisure WELLNESS Podcast launched on Monday 8 March.
The idea behind this is to bring moments of calm to your day.

Our wonderful instructing team, in partnership with PLANED, have recorded sessions to help you focus with working from home or to relieve the stress of a long day. To find out more on how to download our app, head to: <https://pembrokeshireleisure.co.uk/live-and-anytime/>



Solva Community Council

SCC meets every month via Zoom. Community Councillors also meet weekly in partnership with Solva Care to ensure community needs are met. Members of the local community wishing to raise a concern can contact the SCC Clerk Bruce Payne on 07890 987259.



Solva Clubhouse



Great news for Solva! The community now owns the building which is being run by a newly constituted Clubhouse committee, a registered charity and community benefit society.

This new facility is being run by the community for the community. Exciting developments are in the pipeline and we have already discussed architect's drawings for a complete refurbish and extension of the clubhouse. Please become a member so that you can help shape the Clubhouse's future. Membership is free if you are a member of a group that already uses the building or a nominal one pound if you do not belong to a group. Here's a link to the form to fill in and return to Bruce Payne, the secretary. <https://forms.gle/JBZcMcz2zGGdCwh36>

If you would prefer to have a paper copy please speak to Ifor: 07971 038643.

Job opportunity at Solva Clubhouse

The Role: Facility Cleaner

Pay Rate: £10 per hour - part time with variable hours.

Duration: Ongoing (subject to reviews)

An opportunity has arisen for a facility cleaner at Solva Clubhouse.

The post holder will carry out cleaning duties ensuring appropriate COVID-19 rules are strictly adhered too for cleanliness and hygiene. Cleaning duties will be required after every booked session.

Application by letter or email to brucepayne241@gmail.com or ifor.thomas@gmail.com

Closing date Friday 16 April 2021

**Job
Opening!**

Ysgol Penrhyn Dewi - Aidan Campus - Foundation Phase

We started the month celebrating St David's Day, sang Welsh songs, enjoyed Welsh folk dancing and had lots of fun making Welsh craft!

The children enjoyed dressing up and felt proud to be Welsh!

World Book Day 2021 was fantastic! The children looked excellent dressed as their favourite book characters. They enjoyed sharing their favourite books, talking about their favourite characters and making book marks.

Watch out Bay View Stores - Nursery children have been learning all about coins and I am sure they will be visiting soon to spend their parents' money!

We love our Wellie Days where we spend our time out and about in Solva. We have had great fun playing games on the football field and enjoying the park. Thank you to all who allow us to use these facilities, as well as the general public who are always so friendly to us whilst out and about!

Red Nose Day was a great success. We all dressed in red clothes and fancy dress and raised an awesome amount of money. Diolch yn fawr.



"A wandering Walrus I"

A far-wandering walrus, who made headlines in western Ireland recently, has come even closer to home, being spotted in south Pembrokeshire on Saturday 20 March. The rare marine mammal recently wowed astounded onlookers during its visit to the coast of County Kerry, and did the same at an undisclosed south Pembrokeshire beach.

It is believed the walrus, possibly the first recorded in Pembrokeshire, may have come so far south from its usual home after a snooze on a floating iceberg. The Welsh Marine Life Rescue, has so far rescued



Solva Care - Connecting our Community

Do you, or someone you know, need assistance with:

- Picking up medication from the surgery or pharmacy
- A lift to the surgery or post office
- Dog walking
- Befriending (someone to talk to on the phone)
- Shopping/picking up the paper
- Info/support to access services.



Solva Care is here to offer friendly, neighbourly support and has many local volunteers who are happy to give you a hand - just give us a call.

Or, if you would consider becoming a volunteer please contact:

Lena Dixon, Coordinator: 07805 717556 Email:

St Davids Connection

If you or anyone you know would like to be interviewed for our



“Lost Stories” project, please

contact: Amanda Stone

(Solva) 07830 347639

stone.amanda5@gmail.com

or Becky Lloyd (St Davids)

07788 633719

beckylloydpmbs@gmail.com

New Plantings

Recently a row of new saplings was planted along the perimeter of the football pitch to improve the hedgerow there. Unfortunately, due to a mix up and complete lack of communication, these saplings have had to be removed. My apologies to the planting volunteers who gave up their time on a very cold Sunday morning. These trees will be planted elsewhere, where they won't be disturbed. Vicky Barker



Census 2021

cyfrifiad census 2021

The last day to complete the Census online is Tuesday 4 May, but people will still have an opportunity after this date to complete if necessary.

Every household should have received the letter inviting them to take part and we've had a great response so far. If you haven't responded, or have misplaced your letter, head online to www.census.gov.uk and request a new unique access code.

There is plenty of help available, including face-to-face assistance at local Census Support Centres.

The ONS will never share personal details and no-one, including government bodies, will be able to identify you in census statistics. Personal census records will be kept secure for 100 years, and only then can future generations view them.

For more information, including how to find a local census support centre, visit www.census.gov.uk

RNLI St Davids

Please take care and follow government Covid-19 instructions: stay local, protect the NHS and save lives. If you choose go to the coast, please #BeCoastSafe:

- Stay well back from stormy, wintery seas and cliff edges
- Take a fully-charged phone
- Check the tide times
- Dial 999 in an emergency and ask for the Coastguard



RHS Top Gardening tips for April

Expect the inevitable April showers this month but with sunny days too, when you can turn your attention to the lawn. It's an exciting month, with indoor-sown seeds well into growth, and it's also time to start sowing outdoors. Just watch out for frosts.

- Keep weeds under control
- Protect fruit blossom from late frosts
- Tie in climbing and rambling roses
- Sow hardy annuals, herbs and wild flower seed outdoors
- Increase the water given to houseplants
- Feed hungry shrubs and roses
- Sow new lawns or repair bare patches



Shake It Up Solva!

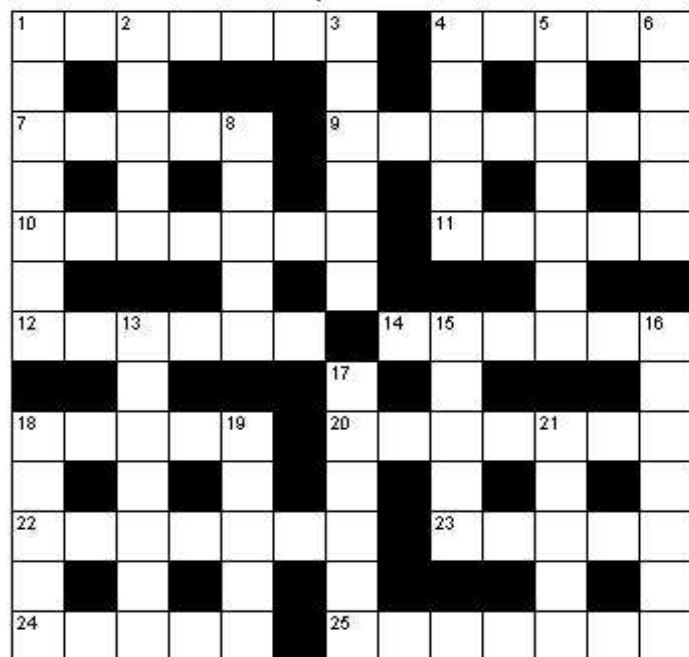
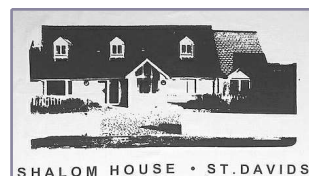
Fresh milk is available every day at Bay View Stores. It's only £1 per litre. Don't forget your glass bottle or bring a jug. There are lots of spare lids in the shop; if you need any please ask. They are free. The brilliant news is that we have saved lots and lots of plastic. So far it's about the size of a school bus! This is great for the environment and great for Solva and our surrounding communities. To add to the excitement we are now offering milkshakes: loads of great flavours and really worth a look!



Shalom House

Our clinical staff has done a fantastic job in offering continuation of care throughout the pandemic and lock downs. We have carried on to support our patients either in their homes, virtually or seeing them at the day centre (one person at a time) when necessary. All staff have now received both COVID vaccines and we see this as a huge step into returning to some form of normality.

In January we purchased a wheelchair adapted vehicle and we have leased a new shop in Fishguard (by the car park) which will sell solely furniture. We will be receiving donations from the 1st May. We are also appealing for any volunteers to help run the shop. Smaller donations, such as clothes, books, bric a brac can be left at our usual shop in Fishguard every Wednesday or Thursday. If you would like to support what we do please donate through our website www.shalomstdavids.org. We appreciate any help offered.



Across

1. Seafarer (7)
4. Attain (5)
7. Catlike mammal (5)
9. Type of rock (7)
10. Respire (7)
11. Gaze (5)
12. Resembling a horse (6)
14. Unit of time (6)
18. Pandemonium (5)
20. Melodious (7)
22. Elusive (7)
23. Fibbing (5)
24. Foe (5)
25. Distinguished (7)

Down

1. Gruesome (7)
2. Variety show (5)
3. Elevated (6)
4. Parts of a ladder (5)
5. Fruit (7)
6. Precipitance (5)
8. Colossus (5)
13. Unwitting (7)
15. Tripod (5)
16. Joy (7)
17. Hinder (6)
18. Pancake (5)
19. Glossy (5)
21. Percussion instrument (5)

Solva Heritage Society

Is busy collecting information behind the scenes. Any stories or photographs would be welcome for the archives.



Dates and names of people and places are needed for accurate historical recording but all stories help create a picture / tapestry of our local heritage. Your contributions are appreciated and will help to build a resource for the growing interest in family history and future exhibitions. Please email: solvaheritagesociety62@gmail.com or 07739158024.

1Gbps Fibre broadband for Solva?

Local IT Consultancy & Web Design business webzer.co.uk are coordinating a campaign to bring fibre to Solva via the Department for Digital, Culture, Media & Sport Gigabit Broadband Voucher Scheme. WeFibre (part of Telcom) has won an initial bid for installing 1Gbps in Solva, now they require as many people as possible to claim a voucher for their property. This is a grant funded system that relies on enough local people reserving a voucher in order to receive the required amount of funding, so please spread the word! For more information please go to the link:

www.solva.co.uk/fibre/



Sue Denman and Mollie Roach opened the St Davids Festival of Ideas on 12 March talking about Together for Change and

6 Solva Care - view them at: <https://bit.ly/2QhWntj>

Solva Amateur Football Club - Solva says goodbye to one of its colourful characters

David Henry Llewellyn Evans (Dai), affectionately known as Dai the Bomb, passed away peacefully on 11 February 2021 aged 83, having been involved with Solva AFC from the early 1970s though to the 1990s and an active member of the community for much of his life. It is for his involvement with Solva AFC that he will be most fondly remembered by many, as well as being an elected parish Councillor. He was known to raise thousands of pounds for Solva AFC through selling weekly Tote tickets.



His most cherished contribution to Solva AFC began with his stewardship of the u15s team in 1971. Dai was not a football coach or manager but more a facilitator. Those early teams formed the nucleus of what would become the team to make it to the final of the West Wales Youth Cup in 1974, coming up against none other than Swansea City!

There are very few characters like Dai left and as times have changed it is unlikely there will be again. His passion for his work, his community and his local football club revolved around his love for talking to people! Dai's contribution to the Solva community will not be forgotten, and plans to install a bench in his honour at Solva AFC are already in motion. (Dai pictured far right, above)

Age Cymru

Our experienced and friendly team in Haverfordwest, offers information and advice on a wide range of topics for people aged over 50, their families or carers, including:

- Bereavement and death, divorce, separation and relationship breakdown.
- Access to social care - Support finding a care home, processing social care,
- Housing options, help and support - Information on how to live independently in your home.
- Income - Including help with applying for pension age welfare benefits
- Health - Information about Dementia, Alzheimer's and other health issues, access to support.
- Legal issues - Information on making a Will, Power of Attorney, and how to deal with an estate.



For a free confidential chat: 01437 723370 - Monday to Thursday 10 am to 12pm and 2pm to 4pm

Together for Change Update

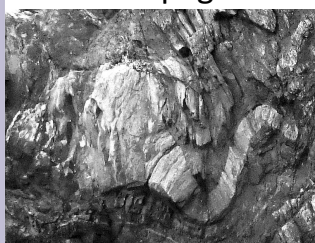
TfC will be working in tandem with Solva Care to develop community projects : 13 April - online event "Does it Count?" - communities and community development and evaluation. To register visit: <https://bit.ly/doesitcount>. Master classes in April and May for community members who want to learn how to communicate effectively digitally - announcements on @TFCPembs and tfcpembrokehire.org

Solva Harbour Society

Regular updates are obtainable in the SHS website and the SBOA Facebook page and in the Notice Board on Trinity Quay. We hope members and visitors adhere to SHS and Welsh government Guidelines to keep us all safe and save lives. Thank you.



Rock Art - a baby elephant? - second inlet past Porth y Rhaw. If you find it contact Sandra Young on her Facebook page.



St Davids Festival of Ideas

The first full festival took place in March online. Speakers included Sue Denman and Mollie Roach, who spoke about Solva Care and the Dean of St Davids Cathedral, who opened the event which carried sessions on Friday evening and all day Saturday. Over 100 people watched online and on Facebook. The events are free to view on the website www.stdavidsideas.co.uk

The idea for the festival came from a meeting between residents of Solva and St Davids after it had been floated by the Plaid Cymru leader Adam Price. It was Solva residents who carried the festival forward as the on-line version became a reality. We all hope that the festival will take place next year in real time and in St Davids and Solva. Keep an eye on the Newsletter for further developments.

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