



The newsletter can be downloaded as  
a pdf from the website:  
[www.solva.gov.wales](http://www.solva.gov.wales)

**July 2021 No. 148**



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Please take one**



### Time To Dust Off Your NHS Rainbows

Monday 5 July is both the 73rd anniversary of the birth of the NHS and 2021's National day to celebrate the contribution of NHS Social Care and Frontline Workers. Solva has planned a scaled down, Covid-conscious, programme which will be centred on the Football Club, where a commemorative Flag will be raised at 10 am. There will also be a small display of information about the NHS and a box for donations to NHS charities. The community is invited to display a rainbow and to join in the planned national two minute silence at 11 am, either at the football club or at home. Similarly you are invited to join the 8 pm clap for frontline workers, in the same manner that we did last year.

In addition there is a planned National Toast at 1 pm but under current COVID restrictions you will have to observe that part of the day at home, or in the pub!

**"To those who give so much, 24 hours a day, seven days a week within the NHS, social care and on the frontline, we salute you".**



### Solva Car Park

Although there is nothing on the Pembrokeshire Coast National Park Authority (PCNPA) signage to alert National Trust members I can confirm that "National Trust members can park for free in the PCNPA car park in Solva - as long as a valid membership card or sticker is displayed clearly on the front windscreen or dashboard. This is agreed with PCNPA. Please let family and friends know this. I was recently fined £ 50 for taking my dog for a walk on the beach even though I was showing an NT sticker on the windscreen so beware!



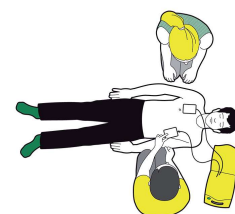
### Basic Life Support and Defibrillator training by Welsh Hearts

Monday 19 July 7pm & 8pm at Solva AFC Clubhouse.

There will be two FREE CPR and Defibrillator training sessions run on the day.

These hour-long sessions provide understanding of basic life support and use of a defibrillator, giving attendees the confidence to deal with an emergency and becoming a potential life saver. EVERY SECOND COUNTS WHEN IT COMES TO A CARDIAC ARREST.

Booking through Helen Thomas on 07432 648596 - Covid restrictions apply - please bring a mask.



### Piano Recital by Boaz Johnson (Royal Welsh College of Music and Drama)

Solva Memorial Hall - Saturday 19 July doors open 7 performance starts at 7:30pm

An hour of music including works by Bach, Beethoven, Brahms, Chopin, and Haydn

All proceeds to [www.solvacare.co.uk](http://www.solvacare.co.uk) - Covid restrictions will apply and spaces are limited indoors so booking is essential by texting 07443 460036.



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**FREE PARKING!** Tel: 01437 720002

Thursday is Ukulele night from 8pm!

Barry's Fun Quiz - 9pm Sundays  
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## Solva WI

Our meeting on a damp day in June was held safely in a well-ventilated circular marquee at Hilton Court Gardens. It was well attended and from the chatter was much enjoyed, as was the cream tea. Some members ventured in to the gardens for a walk and enjoyed the wildflowers and waterlilies. There was minimal Business to discuss. The Book Group and the Walking Group are still meeting regularly. The next meeting, on Thursday July 8 at 2pm, will comprise a tea provided by Joy Dixon and will be hosted by June Higgins, hopefully, in her garden!

**Members - please confirm your attendance to Jane Wells by Wednesday 30 June.**

## Solva pop-up Shop

The shop will be open again on Wednesday 14 July, 10-12pm, and Sunday 1 August, 2-4 pm at AFC Clubhouse. We have lots of bric-a-brac and books for sale. Come along to browse our bargains and stop for some refreshments. All proceeds go to Solva Care.



## Thursday Coffee Morning - Memorial Hall 10.30 - 12 noon

The coffee morning team is pleased to be able to welcome everyone back to our weekly get together. We are following Covid rules but so far that hasn't stopped us from enjoying meeting everyone again. We are restricted to 30 people, but some like to come early and some later so not a problem so far. A reminder that the Mini Library is available for everybody to borrow books. Many new titles to enjoy and some in large print too plus jig saw puzzles and CDs. We also have knitting patterns for babies, children and adults plus a few dress patterns. These would be useful if you are taking up a new hobby - patterns are very expensive these days but necessary even for practice. We will look forward to seeing old friends and maybe new ones.



## Broadband Programme: Solva Project Area

Good news! Our area has been selected to be part of our Phase 5 broadband roll out. To make it a success we need the maximum possible number of people to sign up here: <https://www.pembrokeshire.gov.uk/broadband-survey> and spread the word!



## Family Dance Workshop - Saturday 7 August



Solva Memorial Hall 10.30am - 12.30pm A chance for the whole family to move together, have fun and get creative, all ages welcome and no experience necessary. Every body is a dancing body. This workshop is free but donations to Solva Care are much appreciated. The space will be well ventilated and limited places are available to keep everyone safe. Please book by emailing: [joondance@gmail.com](mailto:joondance@gmail.com)

## Clwb Solfach/Solva Luncheon Club

Following a slightly nervous and worrying start, Luncheon Club is back in Solva Memorial Hall on Wednesdays and is being enjoyed by up to 20 diners and 4 people who had takeaway deliveries. We will carry on until Wednesday 28 July and will then break until early September. We would be very grateful for volunteers to help - we are 5 teams so you would only be needed once every 5 weeks for part of one day! Please contact Jane Pascoe on 01437 721544.



## Solva WI

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

## Solva Cinema

1 July "Summerland" (12A)  
5 Aug "Into the Woods" (PG)  
2 Sep "Misbehaviour" (12A)

All welcome. Please note if you pre-book your ticket/s we can set up the tables accordingly. However, you can just turn up on the night. Refreshments available, but you can bring your own wine. **Doors open: 7 pm - starts: 7.30 pm**

Pre-book your tickets:  
07805 717556 or  
[solvacinema@gmail.com](mailto:solvacinema@gmail.com)



## St Davids Surgery - FINAL Covid-19 Vaccination Clinic

We would like to thank our amazing vaccination team, the rest of the Surgery team and our community volunteer marshals for all their hard work in accommodating this vaccination programme on top of their day-to-day work - often giving up their weekends in order to meet the vaccination schedule. Any patient who was due their 2nd dose at the Surgery, but who was away or unable to attend our final covid clinic on 24 June, will now need to contact the Hywel Dda Health Board Covid Enquiries team to arrange to have their 2nd dose at a Mass Vaccination Centre (MVC) – ring 0300 303 8322 (phone line open Monday to Friday, between 9am and 5pm) or email: [COVIDenquiries.hdd@wales.nhs.uk](mailto:COVIDenquiries.hdd@wales.nhs.uk) Anyone who needs their 1st dose of the Covid vaccine should check the following information <https://hduhb.nhs.wales/healthcare/covid-19-information/covid-19-vaccination-programme/>



## Certificate of Vaccination for International Travel

Your GP is unable to offer you certification of your Covid vaccination, a vaccination passport, or a letter to prove that you have been vaccinated against Covid-19. Please see Welsh Government information here:

<https://gov.wales/demonstrating-your-covid-19-vaccination-status-when-travelling-abroad>

## St Davids & Solva Art Group - is actively looking for new members.

We meet weekly on a Monday morning at the Solva Football Clubhouse. This is an opportunity to paint with fellow members, enjoying the support and informal sharing of thoughts/ideas/experience in a relaxed environment. Three or four times a year we invite professional artists to come for the day and demonstrate their style and techniques and we have two selling art exhibitions a year, where members can exhibit their work to the general public. There is a group website on which each member can have a dedicated page to show and link their work. For more information, please visit <https://www.stdavidsandsolvaartgroup.co.uk/section880033.html>



## Stop Press!

The St Davids & Solva Art Group is delighted to announce that its Summer Exhibition will be held from Sunday 1 August through to Wednesday 11 August in the St Davids City Hall. All COVID requirements for a safe visit will be adhered to as directed by the City Hall.

## Community Survey post Covid

As the communities across our county emerge from lock down due to Covid, PLANED has worked with partner organisations such as PAVS, PCC, Span Arts and Hywel Dda University Health Board, to develop a community focused survey to gauge what communities immediate thoughts, needs and opportunities are. This survey is about the support community based organisations can provide, in the immediate term, for communities over the next 12 months initially, as we emerge from lockdown. The survey is available both online and in paper format with drop-off points into secure mailboxes available at all PCC operated leisure centres. **Solva Care** urges as many people as possible to apply for this important post Covid survey.

Please go online to complete the survey at <https://www.suverymoney.co.uk/r/S9PQ3VK>

If you would like an easy read hard copy version and prepaid envelope please contact [abi.marriott@planed.org.uk](mailto:abi.marriott@planed.org.uk) and further info email [information@planed.org.uk](mailto:information@planed.org.uk) or 01834 860965.

## St Davids Connection

A self-guided activity for young children and families. Pick up a trail map from Oriel Y Parc and follow the St Davids Lost Words Gallery Trail which commences 3rd July, throughout the month. Entrants who complete receive a sticker and, if inspired, can create a picture or poem to enter into the prize draw for the chance to win a family boat trip kindly donated by Falcon Boats. The exhibition trail features nature art photographs created by year 3, 4 and 5 pupils from Ysgol Penrhyn Dewi's Non campus.





## Solva Community Council

SCC will meet on Wednesday 7 July at 6pm in Solva Memorial Hall. Items on the agenda include:

- Public Meeting on 27th July (Construction Traffic)
- Community Benefit Agreements for new building developments
- Planning applications
- St Aidens church Solva and St Davids church Whitchurch
- Solva bathing waters
- Local speeding concerns
- Traffic & Highways Community Works Fund

Members of the local community are welcome to attend (Covid restrictions apply). Attendance via Zoom available on request. Please let the Clerk (Bruce Payne 07890 987259) know if you wish to come.



## Police and Crime Plan 2022-25 Consultation

> 44,000 "999 calls" out of a total of 250,000 calls per year > 24/7 phone lines & online contact > 36 Call Handlers > 140 PCSOs > 350 UROs. With this in mind please complete our consultation survey at: <https://www.surveymonkey.co.uk/r/M8NL2PH> Thank you.

## Solva Harbour Society

A reminder that parking is for permit holders only on Trinity Quay and members only are to launch from the quay slip. Also please observe social distancing and respect the environment and remove all rubbish: bins are provided. For security CCTV is in operation 24/7. Thank you.

## Mental Health Support During Covid - contacts:

Call - Mind Infoline: 0330 123 3393. It's open Monday-Friday, 9am to 6pm.

Call Mental Health Wales if you are struggling with mental health issues. We are open 24-7 to offer support, advice, signposting across Wales.

<https://www.facebook.com/CALLHelplineWales>

Shout - 24 hour crisi trext service, you can message SHOUT to 85258

Pembrokeshire Mind - Feeling isolated? Call Martin on 07813 793 996

Heightened anxiety? Feeling depressed? One to one mental health phone

Appointments Call Josie on 07496 974 388

Fancy a chat? Find our facebook Group "virtual drop-in"

<https://www.facebook.com/mindpembrokeshire/videos/2505679903006662>



## Public Meeting / Debate - St Brides View traffic/Pengraig/Headlands development

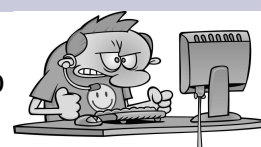
The Community Council has arranged for a public debate to take place with regards to issues arising out of the Pengraig/Headlands development. The project achieved planning approval in 2010, however, the developers are now seeking to amend the original application to allow for larger houses. Access for construction vehicles is an issue and the developers have asked for the Community Council to approve an alternative access through the area of the upper playground. There are pros and cons as to introducing alternative access and it is important that the whole community has a chance to participate in the debate. So please come along on 27 July to the Clubhouse at 6pm to listen to the arguments and to have your say. We pride ourselves in Solva on the strength of our sense of community so let the community have its say in deciding the way forward on this issue.

## Solva Care IT Support sessions

Do you want advice on getting a computer or onto the Internet? - Do you want to shop online? - Would you like to be able to help your children with homework?

Would you like to talk to family via the computer?

We will be running IT Support Sessions in AFC Clubhouse on Mondays every other week for 6 weeks starting 7 June 2-3.30 pm. Bring your laptop, tablet or phone and any problems/questions you have about using it. Have a coffee/tea whilst we help you sort it out.



4 Everyone young and old welcome. Please wear a face mask

## Solva Care - Connecting our Community

Do you, or does 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 contact: Lena Dixon, Coordinator: 07805 717556 email: [contact@solvacare.co.uk](mailto:contact@solvacare.co.uk)

## Plant Sale in aid of

**Parc y Capel Garden.** Come and choose some wonderful seedlings grown by a local

Horticulturalist / expert i.e. A

person with green fingers. Plants available for sale in Lower Solva outside Window on Wales.



## Dosbarth Porthselau on the Non Campus

One of Dosbarth Porthselau's responsibilities on Forest Friday is to look after our school grounds and gardens. We were so delighted when the lovely Gwyn from Bay View Stores donated bedding plants to help make our school grounds look beautiful. Diolch yn fawr Gwyn!



## Lower Play Park



Great news — the Lower Play park now has a brand new item of play equipment. It's exciting and designed to challenge children's creativity, so go along and see what a modern piece of play equipment looks like. Now that the Pembrokeshire Council has devolved funding and maintenance of play areas to local communities we were very fortunate to have applied and succeeded in getting grant funding. If you want to

sponsor an item of play equipment, please let Bruce, SCC Clerk, know on 07890 987259 or email him at [brucepayne241@gmail.com](mailto:brucepayne241@gmail.com).

## Friday Club

Every Friday 2-4 pm in the Solva Football Clubhouse until 30 July. Then we will start again in September:

Sept 2 Qigong with Ifor and "Talking heads" with Maria - The Meaning of Community

Sept 9 Mindful Movement with Judy and Nadia ceramics 1

Sept 16 Mindful Movement with Judy and Nadia Ceramics 2

Sept 23 Seated yoga with Bethany and Poetry with Fran (all bring favourite poem)

Sept 30 Mindful Movement with Judy and End of term feedback session

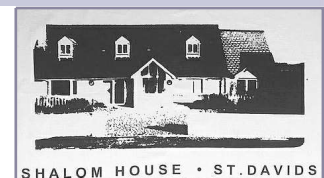


## Shalom House Day Centre

We have finally been allowed to reopen the day centre to support individuals with cancer and other life limiting illnesses. While we must adhere to strict cleaning protocols and our staff must wear PPE and have continual testing, it is all

worthwhile to be able to see and support everyone again. Throughout the pandemic and lockdowns a completely new service was introduced - Hospice at Home service. Without this service individuals may have had to be admitted into hospital. Our Bereavement Counselling services are open to anyone who is struggling with any concerns that have been exacerbated by Covid 19. If you wish to access this free service, please email [info@shalomstdavids.org](mailto:info@shalomstdavids.org) or call 01437 721344.

Both of our charity shops are now open so please come along and support us. All donations are very gratefully received. St Davids shop open Tuesday - Friday (07942 326873) and Fishguard shop Monday - Friday (07434 654115). We need volunteers to cover the shops – if you can help please contact Nicola on 01437 721344 or email [info@shalomstdavids.org](mailto:info@shalomstdavids.org). There have also been improvement works carried out, externally and internally, at Shalom House. These have been funded by grants from PAVs and Screwfix. Many thanks to all involved.



### Rare flowers and slugs

A rare plant by the lovely name of “Jack get out of bed before noon” or the “goat's beard” has been spotted by the Solva entrance to the St Davids airfield. Other delights such as poppies, ox-eye daisies, orchid and tufted vetch are abundant; and on Lyn's path in lower Solva foxgloves are putting on an amazing display this summer.



**Hail the Snail** - slugs and snails may not be the most popular of critters but they provide food for mammals, birds, slow worms, earthworms and insects as well as being part of the natural balance. Some of them may have an annoying liking for crunchy salads and prize Hostas but others are busily clearing up items as unsavoury as carrion and even dog mess. The use of slug pellets is not recommended and a ban on the outdoor use of metaldehyde slug pellets is to be introduced across Great Britain from spring 2022. Defra farm minister Victoria Prentis said the decision to ban the use of the pesticide on farms and in gardens, except in permanent greenhouses, was being taken “in order to better protect wildlife and the environment”. It follows advice from the UK Expert Committee on Pesticides and the Health and Safety Executive about the risks that metaldehyde poses to birds and mammals, especially birds, toads and hedgehogs.

### Bringing Back the Marsh Fritillary to the St Davids Peninsula at Dr Sarah Beynon's Bug Farm

We were extremely sad that the butterfly went extinct locally in 2013 due to changes in grazing regimes across the commons, leading to under- and/or overgrazing which consequently decreased the abundance of the larval foodplant – the beautiful, dusky mauve Devil's-bit scabious. At the Bug Farm we have planted over 5,000 scabious plants and spread over 80,000 seeds with another 5,000 plants to be planted this summer. We have improved the habitat for the marsh fritillary on almost 90% of our project land. Now we are looking for volunteers to help us plant more Devil's-bit scabious plants across the farm. If you would like to help, please e-mail [hannah.kerr@thebugfarm.co.uk](mailto:hannah.kerr@thebugfarm.co.uk). For more project information: <https://www.thebugfarm.co.uk/research-farm/marsh-fritillary-project/>



### Solva foreshore picnic area

With the help of volunteers the additional area of foreshore just over the river from Cafe 35 has now been cleared and the rubbish removed from the site. All the scrub clearance was done before the nesting season so no birds were rendered homeless to create this much extended picnic area. We still have some seeding to do but soon this magnificently located space will be available for more picnic benches and recreational activities.

Our last appeal for funding for more picnic benches was very successful so thank you to those who contributed and there is still space if you too would like to purchase a table and benches. The nearby play area has now had a new item of equipment installed. As PCC has now devolved responsibility for the upkeep of play grounds to local communities we need every penny to maintain these valuable resources. So if you are a business or individual that benefits from the play area being available, why not consider a donation to the Community Council?


### Solva parents/carers

The group meets every Tuesday at the AFC Clubhouse 2-4pm for all parents/carers of pre-school aged children (0-5yrs). The meets started in June and it has been lovely after a year of lockdowns to socialise in the sunshine and provide opportunities for the children to meet others. The meeting is free and we welcome parents from all over the St Davids peninsula. Pop along to join us and bring a mug for a cuppa!



### Solva Scarecrow Trail - Sunday 8 & Monday 9 August - Theme ANIMATED CHARACTERS

Scarecrow makers please let me have the name of your character ASAP. Many thanks Fran Barker:

 01437 721164 / 07377 059265 or email: [fran34hb@gmail.com](mailto:fran34hb@gmail.com)



## The St Davids Peninsular Community Benefit Society Câr-Y-Môr

Câr-Y-Môr has been able to take on Solva Seafoods and keep developing the trial Seaweed and Shellfish farms in Ramsey Sound due to the generosity and support of 54 people who gave a life-line by raising £85,000 this year - many thanks. The Society is now equally owned by 104 members and four young people are now employed running Solva Seafoods selling local sustainable seafood. At the sea farms seaweed, oysters, scallops and mussels are growing and numerous wild marine species are already thriving in the shelter of these trial farms.

The Society hopes to apply for a Community Seaweed and Shellfish farm in Ramsey Sound to create more jobs, mitigate climate change and grow sustainable seafood. We look forward to organising public meetings to discuss.

Everyone can help the Society by ordering through the website or ringing 07773 846560 - we can send our wonderful Welsh seafood nationwide to all your friends and family. If you would like more information, wish to join or volunteer please contact us at <https://carymor.wales/>

**SOLVA SEAFOODS**  
Part of Câr-Y-Môr Community Benefit Society

## RNLI - Did you Know?

When parents arrive on a RNLI lifeguarded beach they should take their child/children to the lifeguard hut where they will each be given, free of charge, a wristband. The parent mobile number can be written on the wristband in waterproof ink before it is affixed to the child. The child should be told to go the lifeguard hut if "lost" and the lifeguard will phone the mobile number. All RNLI lifeguards are DRB checked. Stay safe.



## Community Clubhouse



Great news for the Community Clubhouse - the photo voltaic installation is complete. This means that the electricity the clubhouse uses will all come from the sun. Not only is this good for the Clubhouse but it helps further the objective of responding to the climate emergency declared by the Community Council. Further news of the Clubhouse is that the redesign of the building is underway.

The current building, whilst being a great asset to the village, is outdated and not up to the standard expected by modern users, so we plan to knock it down and start again! The new building will have the existing solar panels relocated, so none of the current work will have been wasted. For one pound you can become a member to help shape that future. We are encouraging locals and visitors to use the car park and have installed a donations box to further help with upkeep.

## Diary Dates

- 1 July Solva Cinema - Memorial Hall - "Summerland" (12A) - starts 7.30pm (p2)
- 3 July - St Davids Lost Words Gallery Trail starts - (p3)
- 5 July - NHS Social Care & Frontline Workers Day Celebrations - (p1)
- 7 July - SCC meeting - Memorial Hall - 6pm (p4)
- 11 July - WI meeting - June Higgins's garden (p2)
- 14 July - Solva Pop-up Shop - AFC Clubhouse - 10am-12pm (p2)
- 19 July - Basic Life Support & Defibrillator training - AFC Clubhouse - 7pm & 8pm (p1)
- 19 July - Piano Recital by Boaz Johnson - Memorial Hall - starts 7.30pm (p1)
- 27 July - Public meeting - Construction traffic/Pengraig development - AFC Clubhouse - 6pm (p4)
- 1 Aug - Solva Pop-up Shop - AFC Clubhouse - 2pm -4pm (p2)
- 1 Aug - St Davids & Solva Art Group Summer exhibition - St Davids City Hall (p3)
- Family Dance Workshop - Memorial Hall - 7 Aug 10.30am -12.30pm (p2)
- The Scarecrow Trail: August 8-9 (p 6)
- Friday Club - see page 5 for all dates



## SOLVA SEAFOODS

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## BFS

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