



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

June 2021 No. 147



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Please take one**



Mystery Plant

The plant in last month's newsletter has been identified as an *Abies Koreana* (Korean Pine). There are two in Parc y Capel. The one nearest the main road is the Christmas tree that is lit up in December. The other, further away from the road, has cones which seem to be even more beautiful than the Christmas tree's. It is also believed there is another Korean pine somewhere in the village, anyone know where? Email Solva News at newyddionsolfach@gmail.com



Plans to massively overhaul health care in West Wales

Following a public consultation in summer 2018 Hywel Dda University Health Board decided to vote in favour of a plan that would see the development of a new hospital between St Clears in Carmarthenshire and Narberth in Pembrokeshire.



Withybush Hospital Picture: Pembrokeshire Herald

However, the main topic on most people's minds is likely to be what it means for the existing sites of Glangwili and Withybush.

According to the health board: "Both of those hospitals will have GP-led minor injury units and a range of other services as part of community networks of care, which also include integrated care centres and other community-based services. The current hospital services at Bronglais Hospital in Aberystwyth and Prince Philip Hospital in Llanelli will be further developed." The health board has said the plan to reshape the way people receive medical treatment in west Wales is part of an "ongoing process" that is now under way with an engagement exercise. Anyone can have their say on the plans for the new hospital and where exactly it should be located by taking part in the engagement process online at: <https://www.haveyoursay.hduhb.wales.nhs.uk/building-a-healthier-future-after-covid-19> or email: hyweldda.engagement@wales.nhs.uk and by calling 01554 899056. The engagement exercise will run until Monday 21 June. More information on: www.walesonline.co.uk

Mouse Trail 2021

At the end of last year the mice went home for the second lockdown, but they are now ready to return to Solva for their summer holiday and are looking forward to joining in all the fun.

But first a trail is needed and your help is required to form it by displaying a painted mouse board. You could use last year's one, make a new one or request a helping hand. But time is short and you need to register your name and the location of your mouse board **AS SOON AS POSSIBLE** to be included on the trail map.

Contact Chris or Ellie Sherwin on 07788 583602 / csdesigns@talktalk.net



A selection of last year's mice

The Royal George
SOLVA
PUB & RESTAURANT

Visit us on

New Italian Restaurant Menu

FREE PARKING! Tel: 01437 720002

Thursday is Ukulele night from 8pm!
Barry's Fun Quiz - 9pm Sundays
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Solva WI

We were very pleased to be able to hold the committee and members' meetings face-to-face but the regulation distance apart. The committee meeting, held in Jane Pascoe's garden, was sunny with a cool breeze and some agricultural disturbance but we managed! The main meeting was held in Parc y Capel when the weather wasn't as kind to us but it was lovely to catch up with each other. The next meeting on Thursday 10 June will be held at Hilton Court and will include a cream tea followed by a well-needed walk!

More delicious food features in our July meeting which will be held in June Higgin's garden.

The Business included showing our support for the NFWI resolution, to raise awareness of the signs of ovarian cancer. The PFWI newsletter was read and items noted.

The Book Club is still meeting on Zoom for the present and the Walking Group has restarted, meeting on Monday afternoons - and those of us out walking are litter-picking as our Pembrokeshire Federation Centenary challenge. In addition, three teams of two from Solva took part in the Centenary Walking Treasure Hunt around St Davids and one of our teams, Mary and Kathy, won!

Menevia WI 50th birthday celebrations

We celebrated the event by gathering together (via social distancing) at Oriel y Parc where, once we were all set up, the sun disappeared and the drizzle started; after all this is Pembrokeshire. This did not dampen our spirits and we were all determined to enjoy ourselves. The fantastic cakes were duly cut by Rita Howells, a founder member who has been with us for 50 years, and myself as President. Bottles of Prosecco were popped and drunk. We also hope to have a "proper" indoor celebration later in the year and hope to be able to invite many guests to join us. We intend to plant a commemorative tree in the new Community Garden to be found down in Cathedral Close in the Autumn. Roll on the next 50! Mary Edey.



Yoga on the Wild Side

WILD YOGA Studio is a brand new venture based in Lower Solva, created to provide a sense of escape and wellbeing for the local community. Run by Bethany Hutson, there are daily classes to suit all levels and abilities, including: Beginners, Calming, Vinyasa, and Chair Yoga. In addition to this, Bethany is running a Yoga and Coffee Morning every Friday and Saturday where, after an hour of yoga, we enjoy fresh croissants and delicious coffee together. For more information or to book a class head to www.wildyogastudio.co.uk or please call Bethany on 07930 725408.



Coffee Mornings

The Thursday coffee morning team looks forward to welcoming everyone back to the Memorial Hall on Thursday 10 June, restrictions and instructions permitting. Let's hope it will be business as usual. Current procedures will be followed.



Churches 100+ club

The fourth draw of the Solva churches 100+ club took place on 2nd May the lucky winners were:

1st	Val Vaughan	number 104	£70
2nd	Joy Davies	number 97	£45
3rd	Wynne Thomas	number 59	£30

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 - Thursday 3 June Whisky Galore (PG)

A remake of the 1949 film, this is set during WW2 when whisky was rationed. Scottish islanders plunder 50,000 cases of whisky from a ship that is stranded on rocks! We are now allowed 30 people indoors. Please pre-book your tickets so we can set up the seating accordingly.
solvacinema@gmail.com / Lena: 07805 717556
Doors open: 7 pm and the Film starts: 7.30 pm





Solva Surgery

*** IMPORTANT MESSAGE re 2nd-dose COVID JABS ***

1st JAB WITH GP SURGERY = 2nd JAB WITH GP SURGERY

GP Practices have been informed recently by the Health Board that an error has occurred with the Welsh Immunisation System (WIS) - this is the system used to store data on patients who have had their Covid vaccination.

Unfortunately, the WIS system is sending out text messages to some patients who had their 1st Covid jab at the GP Surgery informing them to go to a Mass Vaccination Centre (MVC) in Tenby, Haverfordwest, Carmarthen or Cardigan for their 2nd jab - **THIS IS AN ERROR.**

If you had your 1st vaccination at your GP Surgery, then you will be invited to have your 2nd jab at your GP Surgery too - you WILL NOT be told to go to an MVC.

If you have already been given your appointment to attend your GP Surgery for your 2nd jab, this appointment still stands - please disregard any text message you get to go to an MVC, as it is an error.

ANY MESSAGE TO ATTEND AN MVC FOR YOUR 2nd JAB IS WRONG

UNLESS YOU WENT TO AN MVC FOR YOUR 1st JAB.



Clwb Solfach/Solva Luncheon Club



With some trepidation, Clwb Solfach/Solva Luncheon Club restarted on Wednesday 19 May. All the diners were delighted to be back and thoroughly enjoyed the meal prepared by Jonathan and June Higgins.

The chatter was loud and happy as everyone was pleased to meet up again albeit safely well-spaced! All being well, we will carry on doing lunch every Wednesday until the end of July, then take a break in August and restart in September.

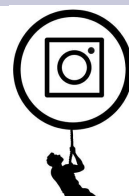
If you are over 60 or disabled you are welcome to join. The price per meal is £4. A sample menu is: chicken casserole with mash and cabbage, apple and raspberry crumble with custard, tea or coffee plus a raffle ticket all for £4.00! Call Jane Pascoe to join, see below.

With the help of Solva Care we are able to provide transport and home delivery of food for those unable to come to the Hall. We would be very glad of volunteers to join us in the Hall to help with preparing the meals, laying tables & serving. You would join a team so the duty would not be every week.

Contact Jane Pascoe 01437 721544.

Together for Change Update

TfC's "Ready to Go" project has got stuck into working with the Llanrhian and Llangwm communities to develop their community projects with the support of Solva Care. The final Masterclass in the current series on "Social Media for Communities" went really well with a group of members of the community trained by Angus of Webadept of St Davids in everything they needed to know about social media. The "Spotlight on Community Arts" event also went well and showcased Solva beautifully with the Mosaic Steps Project, and Amanda Stone talking about her recent Writing for Wellbeing online writing workshop that she ran for Solva Care during Lockdown. She is hoping to run further workshops in the summer. If you'd like to know more, please email her on: stone.amanda5@gmail.com.



Ghosts/smugglers/pirates

We are planning to organise special walks around Solva from this summer. They will be open to everyone and there will be a charge. There are many ways to get involved: research, pass on or collect stories about ghosts/smugglers/pirates/a bit of interesting history etc. We will need people to be guides during the walk and others who may like to dress up and be a smuggler, apparition or ghost! We are getting a working group together, so please get in touch if any of this takes your fancy.

Call Lena on 07805 717556 or email lenamdixon@gmail.com



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.



St Davids RNLI - Tuesday 18 May at 1:41pm

St Davids volunteer crew were tasked to a coastline search during a training exercise. An EPIRB, emergency position-indicating radio beacon, had been activated. It was believed to be inland but the 4 mile search radius included a stretch of coastline near Pwllderi, Stumble Head. The crew made way to the search area and began their search.



Coastguard rescue team and Coastguard Rescue Helicopter were also undertaking searches. No one was found and the crew was stood down and returned to the RNLI station. Although this was a false alarm, it shows the importance and efficiency of having an EPIRB when at sea.

Pop-Up shop

The first Pop-Up shop & Chat event held at the AFC Clubhouse on Wednesday 19 May was quite a success. The weather was beautiful and we had stalls and tables for refreshments outside. We sold books, boots, joss stick burners, table, chairs, and plants to name but a few, amounting to sales of over £80.00 for Solva Care. But we have plenty left for the next such event to be held on Sunday 30 May at the Clubhouse between 2 - 4pm. Hope to see you there. More information from Fran Barker, 07377 059265, mail fran34hb@gmail.com.



Shalom House

Our Hospice at Home service has grown considerably since it was first launched in January; but with COVID restrictions easing we cannot wait to open our doors fully at Shalom House Day Centre in St David's, to allow those we support much-needed peer support and social interaction.



We have followed Public Health Wales guidance and are only able to have restricted access to the Centre, but we are hopeful that with the success of the vaccine roll-out coupled with lessening restrictions we will be able to welcome everyone back but in small groups at this time.

Both our shops are now open, and we love seeing new and regular customers coming through the door. We are still very much in need of volunteers to run the shops, in particular in the afternoons, 1pm-4pm. If you or someone you know would be willing to offer a few hours per week please contact info@shalomstdavids.org or call us on **01437 721 344**. This is an excellent opportunity to be part of a volunteering community, make new friends, help us to face post-Covid challenges, all the while supporting a local charity that benefits local people.

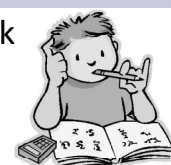
We also have several other volunteer positions available such as House Gardener, Driver, Fundraiser and Online Sales. If you have a talent we can use your help, if you don't see a role that offers what you would like to give please contact us and we can discuss further and we are sure we can find a spot for everyone. Sadly, our wonderful Commercial Manager is moving onto pastures new and **we are advertising for a Business Manager**. This role is fundamental to the continued success of Shalom House, the successful applicant will also play a critical role in supporting all volunteers and fundraising.

Further details are available on Indeed and also on our website which you can find here: www.shalomstdavids.org - Vacancies - Shalom House Palliative Care.

Our Nursing team is always happy to help, referrals are welcome: from a GP, Nurse, medical professional or directly from individuals. Please phone or email if you have any queries, details above.

Help with school work? - Does your child need a little extra help to catch up with school work after this Covid year? Are you a former teacher who may be able to provide free tuition?

4 Contact Solva Care trustee Enid Morgan on 01437 721116.



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

Tomatoes for a good cause

Growing your own tomatoes is simple and just a couple of plants will reward you with plenty of delicious tomatoes through the summer. Plants are available for sale in Lower Solva, with all proceeds to Parc y Capel.



Solva Heritage Society

National Health Day July 5 2021 - Remember the penny a week health insurance scheme or visits to the dentist without anaesthetic? What about home remedies - "syrup of figs" or castor oil, cod-liver oil, butter on burns and lancing of boils? We are eager to hear your awful, happy or funny memories of health care in Solva before 1948 and your experiences of healthcare with the National Health Service since. Your photos and historic memorabilia will help create an informative and entertaining exhibition. Please contact Brenda on 07739 158024 or email: solvaheritatesociety62@gmail.com



Miss Grace Davies would like to extend her sincere thanks to all those who have sent her kind messages and gifts during her recent illness. Grace is delighted to be home in Prendergast with her beloved cat, Tigger, and is making steady progress which we hope will continue into the future.



The Friday Club resumed on 7 May 2-4 pm in the AFC Clubhouse, 2 weeks earlier than originally planned, due to the early lifting of restrictions. We were only allowed 15 people for the first two, but from 21 May we can be up to 30. The first hour is usually a bit of gentle movement and the second hour there is a quiz, talk or other activity, followed by coffee/tea and cakes. Contact Lena Dixon on 07805 717556 for more info or to arrange a lift.

Have Your Say on the shortlist of the St Davids and Ferns Public Art Commission

Five artists have been shortlisted for this £175,000 commission to create two new pieces of public art, one for St Davids, Pembrokeshire and one for Ferns, Wexford. The two pieces of artwork should be linked to one another and help tell the stories of connection between these two ancient regions. The artwork in St Davids will be installed in the grounds of St Davids Cathedral. In Ferns, the location is yet to be decided. We want to hear your views on the five proposed designs. You can see the artists' proposals online and take part in the online consultation. Your responses will contribute to the artists' final scores and your comments will be reviewed by the evaluation panel.

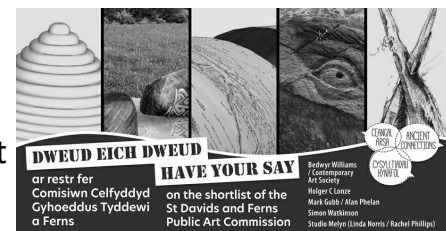
You can also view the proposals in a physical form in the St Davids Room at Oriel Y Parc until 1st June then afterwards complete the online consultation.

To take part in this consultation please visit:

English: <https://haveyoursay.pembrokeshire.gov.uk/ancient-connections-public-art>

Welsh: <https://dweudeichdweud.sir-benfro.gov.uk/celfyddyd-gynhoeddus-cysylltiadau-hynafol>

Deadline for online consultation is Monday 7 June.



Oriel y Parc coming attractions

Oriel y Parc is filled with renewed excitement to be able to have all its exhibition spaces open for June.

- **Wriggle! The Wonderful World of Worms** - Until 6 June 2021 Open 10am - 2.45pm
- **Vermilion** by Joy Dixon - Discovery Room Windows - 1 June - 30 June
- **Pembrokeshire Coast and Country Landscapes** - Clive Gould & Graham Brace - 3 June - 28 June
- **Suspended Collaboration** - Ian McDonald & Maria Jones - 15 May - 28 June (See article below)
- **Pilgrims Café** - Serving a fresh and vibrant weekly menu with added sandwiches & cakes. Licensed premises and dog friendly. 9.30am - 3.30 pm Monday to Saturday & 10am - 3pm on Sundays.

Suspended Collaboration / Cywaith Cog - a community-inspired artwork!

Ian and Maria of Haroldston House in Upper Solva are the current Artists in Residence at Oriel y Parc in St Davids with a joint, large-scale porcelain installation in the Tower Gallery. It will be open to view each day, 10am - 3pm, until 28 June. Eventually comprising 84 porcelain panels - there are 56 at the moment! - suspended from the Tower's ceiling space. It features drawings, paintings, photography, text and found objects inspired by the experiences of those living in and visiting the National Park. Come and visit and, if you like, leave your impressions of living in Solva - or of anywhere that you love in the Park - and they might be immortalised in porcelain.



Solva Youth Club is BACK!

We would like to welcome both new and old members back to Solva Youth Club! The Youth Club now runs every Thursday (during term time) from 18:30-20:30 in Solva AFC Clubhouse. If you are aged 11+ and would like to join us for a range of both indoor and outdoor activities, please contact Chris Barrie, Team Leader on 07717 345935 or by email on chris.barrie@pembrokeshire.gov.uk to make a booking.



Some May delights on St Davids Airfield



The cuckoo was heard and seen quite early on in May near the Bomb tip as usual. The more elusive Merlin was spotted near the St. Davids entrance while the more prevalent Kite was seen near the Solva entrance and so too the Kestrel. Along the main path were Dunnocks, Sedge warblers, the melodic sound of the white throat and chatter of the Stone chat; the pungent smell

and golden glow of the gorse; cowslips, red clover, birds foot trefoil, along with ox-eye daisies and bush vetch. All grace and create some memorable flora images along the paths and runway. Snipe get up from the side fields towards the ponds.

Along the windy path through the centre, Swallows catch St Mark's black flies whilst wall brown and speckled wood butterflies seek the shelter of the, yet to bloom, hedge bank flora for warmth. Along the perimeter and runway, male and female Wheatears fervently fly around the grassy areas, whilst nesting skylarks repetitive twittering can be heard from above, where the eye is not always able to focus. Swifts, rarely present here, dive and dip over the runways. In the ponds, Shovelers, Teal and Mallard reside but the eight Whooper swans have left. The Airfield flora and fauna is constantly emerging and changing and offers wonderful displays to all who enter this magical world.



Solva Care IT Support sessions



We will be running IT Support Sessions in the AFC Clubhouse on Mondays every other week for 6 weeks starting 21 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!

Calling All Scarecrow Builders

Please let me have the name of your chosen character ASAP. Theme is ANIMATED CHARACTERS.

6

Contact Fran Barker on 01437 721164 / 07377 059265 or email: fran34hb@gmail.com

What's Up with WhatsApp?

WhatsApp has changed its privacy settings to include "everyone" by default. So people you don't know can add you to a group without you knowing. These people may include fraudsters and criminals who send scam messages etc. You can change the default settings as follows:

1. Go to WhatsApp.
2. Go into Settings. (3 vertical dots in the top right hand corner).
3. Go to Account.
4. Go to Privacy.
5. Go to Groups.
6. Change from "Everyone" to "My Contacts"



Information
supplied by
Liverpool
CrimeWatch

Tinny Tuesday



We have done our last collection of Tuesday Tins for the St Davids Food Hub. Thank you for the terrific support that Solva has shown for the needy of the North peninsula. We will review the situation in the Autumn and decide whether to revive the initiative but for now collections will cease. Once again Solva has demonstrated its willingness to help those less fortunate: well done to everyone who contributed over the last year.

Clubhouse

The Clubhouse is now owned by the community of Solva, the purchase from PCC having been completed. Other good news is that the grant application to put solar panels on the roof was successful and these will be installed this month. The installation also includes a battery so that we can benefit from solar power even when the sun is not out. The Clubhouse now boasts full Internet connectivity with a drop down screen and sound system. The Clubhouse committee is currently considering plans for further development of the building. A defibrillator has been installed, new sign and a flagpole! The Clubhouse is available for bookings by groups or individuals, so please contact Bruce Payne on 07890 987259 to book.



Coastal Walking



The coastal path from Solva to Porth y Rhaw is laced with spring flowers. Thrift, kidney vetch, sea campion, squill, all line both sides of the path in an amazing display not seen for a long time. Stone chats, buzzard mobbed by crows, oyster catchers, skylarks, provide sounds and visual displays that create a magical experience.

Diary Dates

- Solva Cinema - Memorial Hall 3 June - Whisky Galore (PG) - starts 7.30pm (p 2)
- Shortlist of the St Davids Public Art Commission online consultation deadline Monday 7 June (p 5)
- Pop-up shop & Chat: Wed 9 Jun 10-12, Sun 20 Jun 2-4 and Wed 30 June 10-12 - AFC Clubhouse (p 4)
- Next Coffee Morning - Memorial Hall - 10 June 10-12.30 and at same time each week (p 2)
- Solva WI next meeting - Thursday 10 June - Hilton Court (p 2)
- Solva Care IT Support sessions for 6 weeks starting 21 June 2-3.30 pm - AFC Clubhouse (p 6)
- Have your say - development of a new hospital - online deadline 21 June (p 1)
- Luncheon Club every Wednesday 12.30pm - Memorial Hall (p 3)
- Youth Club every Thursday (during term time) from 18:30-20:30 - Solva AFC Clubhouse (p 5)
- Friday Club every Friday 2-4pm - AFC Clubhouse (p 5)
- Oriel y Parc coming attractions see page 6
- National Health Day July 5 2021 (p 5)
- The Scarecrow Trail: August 8-9 (p 6)



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