



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

**October 2021 No. 151**

**Free Copy**  
**Please take one**

**Macmillan Coffee Morning Update**

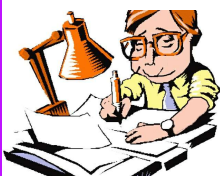
The Thursday Coffee Morning came back with a bang on 23 September. It was wonderful to see so many familiar faces and true to style we raised a huge £300! The coffee, the cakes, the raffle and the Craft Group Sale all combined to raise this amazing sum in one and a half hours! Our thanks to all who contributed in any way. We look forward to seeing all our friends and new ones on Thursday mornings from 10.30am - 12noon.

**Solva Memorial Hall**

As members of the community know Solva Memorial Hall is a focal point and hub of the community for events and meetings. However, two factors have arisen that could affect the running and the future of the establishment. Firstly, the Hall needs more activities to off-set its running costs; many activities have been lost through organisers either moving away or going on-line due to the Covid pandemic. If you are keen to start a new group or to revisit the hall as a previous activity group, please let me know, details below. The second factor is the dwindling number of volunteers to help run the hall and organise fund raising events - the management committee meet approximately every two months for short, enjoyable and sometimes amusing meetings, and it not an arduous job helping with the events. If you feel a responsibility to the village and wish to help to continue the longevity of the Hall (its 100th birthday is next year), please contact Peter on 01437 72011 / newyddionsolfach@gmail.com

**Panto - Panto - Panto?**

There might be a Pantomime in the offing for New Year! All depends on who would be willing to partake? Calling all budding actors - young - old and in between - a meeting will be held in the Memorial Hall on Wednesday 6 October at 6pm. Please come along.

**SCC - We're Hiring - Solva Newsletter Editor**

Solva Community Council is looking for a person with good local knowledge to be its Newsletter Editor. The Editor will be responsible for the writing, production and distribution of this valued village publication. Excellent IT skills are essential.

Advertising local businesses helps cover production costs and the Editor will be responsible for managing all aspects of this platform. The role will include coordinating a team of volunteers who deliver the newsletter. Salary: £12 per hour - Maximum of 25 hours per month - Location Solva - Closing date for applications: Friday 10 December. Expected start date January 2022.

For a full job description, contact the SCC Clerk Bruce Payne by emailing [brucepayne241@gmail.com](mailto:brucepayne241@gmail.com) or calling 07890 987259. Or, for an informal chat contact the SCC Chair Josh Phillips at the Harbour Inn. For more details of SCC and the newsletter please visit: <https://solva.gov.wales/>

**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  
 Everyone welcome.

From our cows... to your cone

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## Solva WI

Our July meeting was held in June Higgins's garden and the delicious tea was provided by Joy Dixon. In August we entered the Scarecrow competition with "Wilma Flintstone" and received several "Best" votes. Our September meeting was held during a trip to Picton Castle where we much enjoyed a tour of the house, lunch in Picton's Marias Restaurant, walking in the park and gardens, ending the visit watching the birds of prey display. We have booked the Hall for the next 3 months' meetings and are planning a Christmas Dinner. The new format WI calendar is selling well and the Book and Walking groups continue to flourish as well as the trees we planted earlier in the year. The trip to "Cegin Gareth" has been re-booked for Thursday 10 March. We are very grateful to have received donations for the Defibrillator account. The next meeting will be on Thursday 7 October at 2pm in Solva Memorial Hall when Lorna Cecil will give a talk on "Dogs for Therapy" followed by our business meeting.



## The Small Garden by the Bridge / Yr Ardd Fach Wrth y Bont

The garden opposite the Cambrian Inn has been tended by a local volunteer for the last three years, and it looks wonderful. To keep it in tip-top shape winter flowers and compost will need to be added to the area. If you have any spare winter flowers, shrubs or compost you wish to donate please drop them off to 27 Prendergast or call 01437 72011 to arrange a collection.



## New Year's Day Treasure Hunt

The Solva Treasure Hunt is on! We will put it all together ready to entertain you all for New Year's Day 2022. All sorts of changes have occurred over the last two years so we should have a cracking day. So to all participants, get ready - it's going to happen!

## Clwb Solfach/Solva Luncheon Club

We recommenced on Wednesday 1 September following the break in August. Helpers and members seemed pleased to be back with fewer restrictions in place. We are very happy to welcome new diners AND helpers! Please contact Jane Pascoe on 01437 721544.



## Solva Care - Solva Care collection boxes

When the collection box was picked up from the Memorial Hall to be emptied, it was discovered that it was damaged and just about empty. The box has now been replaced and the code for the hall changed, just in case. The good news is that the collection box from Bay View Stores contained £126.50! Thank you very much Gwyn for displaying it so prominently.

## Solva & Whitchurch 100+club

The first draw of the churches of Solva and Whitchurch 100+ club for 2021/22 took place on Sunday 12 September - the winners were:

1st	Mair Beynon	£70	(No 102)
2nd	Sandie Taylor	£45	(No 107)
3rd	Carol Ann Jones	£30	(No 45)



**Solva Community Cinema** plan to offer a Fish & Chips supper at the November film. This would be served at 6 pm before the film starts and meals need to be pre-booked and paid for before the event. Prices: Large Hake & Chips £10.00 Small Hake & Chips £6.50 - served with mushy peas and tartar sauce. Contact details below.

**Solva WI**  
Welcomes new members  
and visitors.  
We meet in Solva  
Memorial Hall  
on the 2<sup>nd</sup> Thursday  
of each month at 2pm  
Contact Kathryn  
**01437 721283**

**Solva Community Cinema**  
7 Oct "Nomadland" (12)  
4 Nov "Dream Horse" (PG)  
(with Fish & Chips - see  
above).

Tea/coffee/soft drinks are available and you are  
welcome to bring your own wine!

**Doors open: 7 pm - film starts: 7.30 pm**

Pre-book your tickets:  
07805 717556  
01437 717556  
solvacinema@gmail.com



## Solva Surgery

Firstly can I thank all our patients and their families for their continued patience and understanding over the last 12-18 months during the pandemic.

Covid has not gone away and numbers in the community continue to rise. For this reason we will continue to restrict footfall into the practice, keep our main entrance locked and continue to use the intercom system. We ask that you take precautions when visiting the surgery (face masks, social distancing, hand washing) and visit the surgery only if you have an appointment or are collecting a prescription. We have a duty to protect our staff (some have also had to shield) as well as our patients. We ask that you show consideration for our receptionists and our wider team at all times. WE ARE NOT CLOSED. We have continued throughout the whole of the pandemic and, like colleagues in other practices, operate a full telephone triage service, video consultations and FACE TO FACE appointments, which are arranged by the Doctor (when clinically necessary). Please ring 01437 721306 to make an appointment.

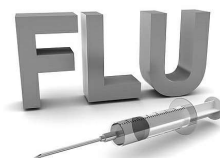
Alternatively, we also offer eConsult which is an form-based online consultation platform you can access via our website at <https://solvasurgery.gpsurgery.net/>

As you maybe aware there has been a UK-wide shortage of blood bottles. All practices were asked by Welsh Government and Local Health Board to suspend all ROUTINE blood tests immediately. Health Boards are having to ensure that urgently ill patients with the highest risk, have access to these bottles. As a consequence, we may need to postpone your blood tests for a number of weeks, however, please be assured that the decision to postpone any blood test for a patient will ONLY be made on clinical grounds by the medical staff.

**Flu Vaccination Programme:** Unfortunately, there has been a nationwide delay with delivery of Flu vaccines to general practices. We hope to offer appointments to eligible patients by the middle of October. Please **Do Not** contact the practice we will contact you.

**Covid Vaccination Booster Programme:** The Local Health Board is finalising arrangements for a COVID-19 booster programme and we will start to contact all eligible patients in turn. We will not be offering the COVID vaccination here at Solva Surgery. If any patient has a query or concern regarding their COVID booster, please visit <https://hduhb.nhs.wales/healthcare/covid-19-information/> or phone 0300 303 8322 / email: [covidenquiries.hdd@wales.nhs.uk](mailto:covidenquiries.hdd@wales.nhs.uk).

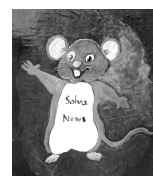
Our Dispensary and Reception Desk are closed between 1pm and 2pm. Telephone lines will remain open. In an emergency phone: 01437 721306.



## Mouse Project

The mice have spent their vacation in Solva and met many friends old and new over the summer. It is time for them to return up the coast at the end of October, and so they thank you all for such a welcome and happy time. We hope to stay in touch - let us know if you would like to see them again next year as Solva Care will need to book their diaries!

Answers to questions: The tutu is pink, The Lifeboat has two mice aboard, The rowing mice have gone to the Ship Inn and The athletic games were the pommel horse and a footballer.



## Solva Care Friday Club - AFC Community Clubhouse - 2 - 4.30pm

Friday Club is an example of the fun we have each week, whether it be creating, dancing, singing or simply being part of a wonderful group of people.

We have all kinds of activities on a Friday, including music like the Ukulele Pirates, St Davids cathedral bells, and Tony's Country & Western. We also have a range of crafts activities, music quizzes, reminiscing sessions and light exercise. There is sit down yoga, qigong or gentle movement provided by Solva Care volunteers. We have a break half way through with tea, coffee and almost always home baked cakes. Friday Club is held every Friday (apart from school holidays) at Solva AFC Community Clubhouse between 2 - 4 pm. Everyone is welcome and people who can't make it under their own steam can get a lift to the session by a volunteer. Just call Lena on 07805 717556.



## Solva Community Council - Notice of Meeting



A meeting of Solva Community Council will be held on Wednesday 6 October 2021.

The meeting will commence at 6pm in Solva AFC Community Clubhouse.

This is a multi-location meeting allowing councillors and members of the public to attend virtually or in person.

Members of the public wishing to attend should notify the Clerk to the Council in advance.

Agenda and minutes from Bruce Payne (SCC Clerk): [brucepayne241@gmail.com](mailto:brucepayne241@gmail.com) / 07890 987259

The agenda will also be available at <https://solva.gov.wales/>

### Great Big Green Week

From 18 to 26 September the UK's biggest ever event for climate and nature took place called the "Great Big Green Week" and it was great to see Solva very much involved in the local St Davids Peninsula Great Big Green Week organised by EcoDewi. Over 35 events and activities took place across the peninsula, celebrating community action and highlighting climate change. It also gave a huge boost to the Climate Cymru's campaign of "add your voice", a simple online activity that allows everyone in Wales to raise their voice and encourage our political leaders to do more to fight climate change. If you haven't done so already, you can at: <https://climate.cymru/add-your-voice/>. Climate Cymru will present the results to the Senedd in October and at COP26 in Glasgow this coming November.

To find out more about EcoDewi visit [ecodewi.org.uk](http://ecodewi.org.uk) or follow on Facebook, Instagram or Twitter or email at [hello@ecodewi.org.uk](mailto:hello@ecodewi.org.uk)

### Shalom House

Shalom House has teamed up with Mamgu Welshcakes and has launched a competition on Facebook and Instagram asking people to create the perfect Shalom House Welshcake. Once the winner is chosen Mamgu will be selling the Shalom Welshcakes throughout October with a percentage of each sale going to Shalom House. We are so grateful to Mamgu Welshcakes for their support.



Fundraising - We have signed up to a Charity Connect Program on Ebay and see what bargains we have in the store. We have also joined up to Easyfundraising. If you download the app and choose Shalom House as your charity, you can go to hundreds of shops online and a percentage will be donated to Shalom House. Our Christmas cards are up for sale on the website and in the two charity shops. Both of our charity shops are open so please come along and support us; all donations are very gratefully received as every penny counts! Please follow our Facebook pages or phone: St Davids shop: 07942 326873, Fishguard shop: 07434 654115. We are looking for volunteers willing to cover short shifts in the shops throughout the week, and in particular over the weekends. If you can spare even a few hours to help us, please call Sam on 01437 721344 or email [samwilsoncroft@shalomstdavids.org](mailto:samwilsoncroft@shalomstdavids.org)

### Siop Solfach & Sgwrs/ Solva Shop and Chat at AFC Community Clubhouse

Wednesday 29 September was the last mid-week shop event. Thereafter, from 10 October, the shop will be open regularly every second Sunday 2-4pm. The forthcoming dates for 2021 will therefore be: 10 Oct, 24 Oct, 7 Nov, 21 Nov, 5 Dec and 19 Dec (Christmas Special). All proceeds to Solva Care. There are lots of things to buy plus have a tea or coffee. Whatever people donate can be brought either on the day or call me (Fran) on 07377 059265 or 01437 721164 or email [fran34hb@gmail.com](mailto:fran34hb@gmail.com) beforehand. Thank you.



### Solva Care Trustees

Why not consider becoming a trustee of Solva Care? You may already be a volunteer, you may be someone we help, or you may just be interested in our work and willing to get involved. We would like to hear from you if you are interested. You can find out more by talking to one of the existing 4 trustees, or by contacting Mollie Roach at [alanmollie@btinternet.com](mailto:alanmollie@btinternet.com), or call 01437 721580.

## 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 / [contact@solvacare.co.uk](mailto:contact@solvacare.co.uk)

## Sparkling Solva - Solva Care

Make Solva sparkle again this year with decorated windows, from 1 - 24 December during Advent.



We would love you to join in and help to make our 3rd year the best yet. Please phone Lena: 07805 717556 or Carol Ann: 07970 614233.

## Solva Care AGM and Annual Report

Solva Care held their AGM in the Memorial Hall on Tuesday 14 September, after a two year gap due to Covid. It was a nice, sociable event and thanks to all who attended. The latest Annual Report is now available on our website or you can email [contact@solvacare.co.uk](mailto:contact@solvacare.co.uk) or phone Lena on 07805 717556 if you would like a copy emailed or printed.

Solva Care visits Eco Dewi

The Eco Dewi's garden in St Davids was recently visited by Solva Care as part of The Great Big Green Week on Monday 20 September. It was a glorious, sunny day and we all enjoyed seeing all the work that has been done. Solva Care plans to sponsor a raised bed for next year, to grow vegetables. If you would like to be involved in this, please contact Lena on 07805 717556 or Lesley on 07722 091664.

## St Davids Festival of Ideas

The Festival is taking shape with some star speakers signed up to take part. For the first time the Festival will be a real event which will take place in various venues in St Davids. Whilst this is billed as a St Davids festival it is in reality a true collaboration between the communities of St Davids and Solva. It takes place on 25/26 March 2022. We have speakers talking about a broad spectrum of ideas from housing inequality to the health of our oceans - all issues which have a relevance for those who live on the peninsular of North Pembrokeshire.



Paul Mason, a Newsnight journalist and writer will be discussing Marxism and Christianity with the Dean of St Davids Cathedral, Sarah Rowland Jones; Sir Michael Marmot will be part of a panel which will debate whether inequality is inevitable. Guto Harri is a presenter and former PR spokesperson for the Mayor of London, he was more recently sacked from GB TV for "taking the knee" live on air. He will interview Sophie Howe, the Future Generations Commissioner for Wales. In the realm of sport we have Laura McAllister, Eddie Butler and Gerald Davies giving us their views of where sport sits in our busy lives. There will also be a Welsh language session. Keep an eye out for posters and updates on Social Media. The website is [www.stdavidsideas.co.uk](http://www.stdavidsideas.co.uk)

Please make a note in your diary (25/26 March 2022) to take the short trip to St Davids to enjoy a stimulating weekend of lively debate!

## Haverfordwest Town Council - Job Offer - Senior Administration Officer

This challenging role will provide support with the management, statutory governance and delegated functions of the Town Council. The post is 30-hours per week (with the potential for extra hours by negotiation) from Monday to Friday with some evening and occasional weekend work. How to apply:

To request an application pack, please email the Town Clerk [townclerk@haverfordwesttown.co.uk](mailto:townclerk@haverfordwesttown.co.uk)

Closing date for applications is Friday 15 October.



## Aidan Campus

Pupils on Aidan campus at Ysgol Penrhyn Dewi have had a busy start to the new academic year. They kick started the term with a new topic "Marvellous Me" and the boys and girls have all thought of some brilliant questions they would like to discover the answer to over the coming weeks. Alongside learning more about ourselves and each other we have had a very interesting discovery up on our school field. We are still not quite sure what or who it could be but we are having a lot of fun looking for clues and getting a step closer to finding out.

This week has been Big Green Week and as part of this you may well have seen us out and about in Solva community litter picking and helping to look after our world. We also put together our very own video about Climate Change, if you have not already seen it, take a look at our school Facebook or Twitter page @ypd\_aidancampus



## RHS Top Gardening tips for October

1. Divide established rhubarb crowns to create new plants.
2. Cut back perennials that have died down.
3. Divide herbaceous perennials.
4. Move tender plants, including aquatic ones, into a greenhouse or conservatory.
5. Plant out spring cabbages.
6. Harvest apples, pears, grapes and nuts.
7. Prune climbing roses.
8. Finish collecting seeds from the garden to sow next year
9. Last chance to mow lawns and trim hedges in mild areas
10. Renovate old lawns or create new grass areas by laying turf



**St Davids Surgery** – UPDATE on Flu vaccinations and Covid-19 booster vaccinations (as at 21.09.21)  
Flu vaccinations - as reported in the press, there are delays to this year's deliveries of flu vaccines to General Practices. St Davids Surgery aims to commence its flu vaccination campaign around the beginning of October, subject to delivery.

**\*\*Please don't ring us yet to book a flu jab appointment – we will be in touch with eligible patients as soon as we receive the vaccine\*\***

Patients eligible for a free NHS flu vaccination at the Surgery are:

- Patients aged 50 years and older (age on 31 March 2022)
- Patients aged 6 months to 49 years in clinical risk groups (those with chronic conditions such as respiratory disease, heart disease, kidney disease, liver disease, neurological disease, diabetes, morbid obesity)
- Immunocompromised/immunosuppressed patients and their household contacts
- Children aged two or three years on 31 August 2021
- Pregnant women
- Unpaid Carers
- Patients with a learning disability



**FLUENZ Flu Vaccinations for Children Aged 2-3 years on 31 August 2021**

We already have supplies of the FLUENZ nasal flu vaccine for children aged 2-3 years, and have sent appointment invitation letters to parents/guardians of all eligible children. If you have not yet responded to the invitation letter by making an appointment for your child's FLUENZ vaccination, please ring the Surgery on 01437 720303 to book without delay.

**Covid booster vaccinations**

The Health Board is finalising arrangements for the COVID-19 booster vaccination programme. It is likely that the Covid boosters will not be done by the Practice. We will share details of the arrangements in the near future, as soon as we receive confirmation from the Health Board, and will post an update on our Practice website: <https://stdavids.gpsurgery.net/>

## Solva Harbour Society

The boat lift out has now taken place and there will be less space available for Members to park on Trinity Quay, visitors should continue to park at the Harbour car park and use the footpath. Covid 19 precautions should be observed where necessary.



## RNLI St Davids

On Tuesday 15 September inshore lifeboat "Marian and Alan Clayton" launched at 3:53pm to a dog that had fallen at St John's Point near St Justinians. The dog was located immediately and recovered safe and well, the owner was advised to take the dog for a check up.

**When on the coast path, particularly near cliffs please keep your dog on a lead.**

End of the Lifeguard Session

North Pembrokeshire RNLI lifeguards concluded their peak season on Sunday 5 September. This means that there will be no lifeguards present at the beaches, apart from at Whitesands, which will continue to be operational on the weekends, until the October half term. It will be lifeguarded for the full duration of October half term. Following this period the lifeguards will finish operations for the 2021 season. If you need help or see anybody in difficulty, please ring 999 and ask for the coastguard. Thanks for all of the support this year and we look forward to seeing you in 2022.

## Dyfed Powys Police - Top Tips to stay safe on Facebook Marketplace.

- Never send items before you have received "verified" payment.
- Sometimes fake emails are sent purporting to be from the buyer's bank stating that money will not be released until proof of purchase has been received - **this is a scam, the email is not from the buyer's bank.**
- Always check that the money has arrived and is cleared in your account and that it is not still "awaiting confirmation".
- Do not use unusual payment methods – only use Facebook Checkout, PayPal or cash when using Facebook Marketplace.
- If you use PayPal – never select family and friends payments - this will completely negate your ability to get a refund.
- Be wary of anyone that overpays and then requests a refund immediately. Always let the money clear to your account first and then enter into dialogue about mistaken overpayment. It is very rare for someone to overpay, but criminals use this ploy a lot.
- If a purchaser offers you a part-exchange, make sure that they are not offering you stolen goods in exchange.
- If you meet-up in person with any purchaser on Facebook, think of your own safety first.



## Diary Dates

- 6 Oct SCC meeting - AFC Community Clubhouse - 6pm
- 6 Oct Panto meeting for all willing to have a go! - Memorial Hall 6pm
- 7 Oct WI meeting - Memorial Hall - 2pm
- 7 Oct Solva Cinema "Nomadland" (12) - Memorial Hall - starts 7.30pm
- 8 Oct Wales ABCD Jamboree - 10am - 12noon
- 10 Oct Siop Solfach/Solva Shop - AFC Community Clubhouse - 2-4pm
- 15 Oct Haverfordwest Town Council Senior Admin applications deadline
- 24 Oct Siop Solfach/Solva Shop - AFC Community Clubhouse - 2-4pm
- 10 Dec Newsletter Editor applications deadline
- Wed Solva Luncheon Club - Memorial Hall - 12.30pm
- Thu Coffee Morning - Memorial Hall - 10.30am - 12noon
- Fri Friday Club - AFC Community Clubhouse 2-4.30pm
- 2nd Sun Siop Solfach/Solva Shop - AFC Community Clubhouse (see P4)



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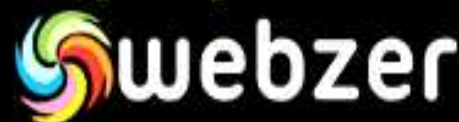
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Tel Harbour Master: 07485 655754

Tel Trinity Quay: 01437 721725

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