

SOLVA NEWS



NEWYDDION SOLFACH

PDF available to download:
<https://solva.gov.wales>

FREE
Please take a copy

Solva Memorial Hall

Rationalising Solva's two venues for entertainment and socialising:

A Village Forum is planned to discuss the future of Solva's two venues for Wednesday 8 June, starting at 7pm, in Solva Memorial Hall. You all are invited to attend.

Please come and raise your concerns, put forward your suggestions and listen to the plans that SCC has for both venues going forward.

Cleaner Required:

Solva Memorial Hall requires a cleaner. The role encompasses the tidiness, cleanliness and upkeep of the hall. Approximately 4 hrs a week at £9.50/hr. Please apply to Jonathan on 01437 720213.

Hall Clutter:

Over the last couple of years a lot of clutter has accumulated in the hall's under-stairs area. If you have deposited your clutter there, it's now time to remove it, by the end of June. Remaining items after that time will be taken to the recycling centre. Thank for your cooperation in keeping the hall tidy.

SADS:

We require a tech-savvy person to help run the staging of its productions. Knowledge of lighting, sound and basic stage management would be an advantage, although training will be given. SADS is the successful amateur theatre group that has been running in Solva for over 12 years. The position is voluntary, but it is great fun being part of an established group of like-minded people. Please contact Peter on 01437 720111.

County Councillor Corner

Thankyou to all those who supported me in the recent County Council election and returning me for another 5 year term to a job I love. I am here to help you and your family and to get the best for our community. Many thanks regards Mark 07976 553912

 **The Royal George**
SOLVA
PUB & RESTAURANT

Visit us on 

FREE PARKING!

New Italian Restaurant Menu

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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07837 995910
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Meeting

A meeting of Solva Community Council will be held on Wednesday 1st June 2022 commencing at 6pm at Solva Community Club House.

This is a multi-location meeting allowing community councillor's 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 are available at the SCC website and from the Clerk.

Bruce Payne, Clerk to the Council

brucepayne241@gmail.com

07890 987259

Playparks

Now that Pembrokeshire County Council has delegated responsibility to the community for maintaining the play parks, we need to discuss the implications of running two locations in both Upper and Lower Solva. Should we combine the playgrounds into one? There has been a groundswell of support for a new pumptrack — what would it entail to install one and where would it go?

Multi Generational footpath

The inability of wheelchair users, pushchair uses and others with limited mobility, to get easily and safely from Upper to Lower Solva has been an issue of longstanding concern. Now we are taking steps to address this issue, come and hear the latest.

The recent community council elections demonstrated that there is great community engagement in Solva. We all care about our village and we should all have a say in the direction we take in developing our current initiatives.

Solva Heritage Society - A Jubilee Collection

A brush with royalty? Please share your photos and stories so that we can prepare a Jubilee Display for Solva later in the summer. We can help with scanning and writing/ recording. Contact 07739158024 or e-mail solvaheritagesociety62@gmail.com

Garden Fun Day

A very big "Thank you" to all who helped plan and supported on the day at Whitchurch House and in the church on 1st May. A very handsome sum was raised and kindly donated to the Building Maintenance Fund for St David's, Whitchurch and St Aidan's, Solva churches.



Clwb Solfach/Solva Luncheon Club

Numbers are levelling out again after a bit of an erratic period & we have been happy to welcome 3 new diners. They have commented on the lovely lunch & the good company!

As ever, this is held in the Memorial Hall on Wednesdays at 12.30pm.

We would welcome more participants!

Just contact Jane Pascoe 01437 721544 so that we know to cater for you!



Fishy Tales

A nautical-but-nice fundraiser for Solva Care - will be on Thursday 30 June. An evening of maritime myths and pescatorial poems accompanied by fishy finger food, with a bar and raffle (we're going old school; bring your cash!). Salty storytellers are also very welcome... 6.30pm for a 7pm start at Haroldston House, 29 High Street, Solva. £10 pre-booked tickets only from Ian and Maria:

stay@haroldstonhouse.co.uk or 01437 721404 or WhatsApp message 07876 568506

Exhibition

Heather Bennett from Raul Speek Gallery will be exhibiting at Oriel y Par with Philip Clarke "Shadow Self" 3rd to 29th June 2022.

Mouse Trail

Watch out, watch out there's a mouse about! Solva Care have produced a trail map for you to spot the mice as they relax and play around Solva and Whitchurch. This will be available from Bayview Stores and Window on Wales throughout the summer. Make your own crafted or painted mouse and join in - the more the merrier!

Let us know and we'll add it to the trail as we go along: Chris and Ellie Sherwin on 07788 583602 or csdesigns@talktalk.net



Qigong with Rhys

June 9th, 13th, 15th and 21st - 6pm (Exact location may vary due to tide and conditions)

Qigong is an ancient meditative martial arts system that cultivates optimum healing and physical and mental self mastery. Rhys is an experienced Physiotherapist and Qigong practitioner, he leads a body and mind centred practice, incorporating eastern traditional Chinese martial arts techniques with modern physiotherapy knowledge and evidence. Qigong has a profound physical, emotional and spiritual effect on the body. Cultivating strength, balance, a sense of calm and deep relaxation. Expect dynamic meditation, breath-work and Shaolin techniques.

£10 per class ~75minutes

1:1 Qigong and Physiotherapy sessions available in June.

Contact Rhys For more details:

qiphysio.contact@gmail.com

07773143886 www.qiphysio.co.uk



Solva Shop + Chat
Siop Solfach + Sgwrs



Solva Community Clubhouse

Solva WI

Welcomes new members
and visitors.

We meet in Solva
Memorial Hall
on the 2nd Thursday
of each month at 2pm

Contact Jilly

01437 720922

35

MAIN STREET

Delicious freshly cooked
local produce

Fully licensed café & take-away

Booking advised

01437 729236

Scarecrow Trail: SEAFARERS

We have a good few scarecrows signed up but need more. Please choose your Seafaring character before someone else does! Advise Fran on 07377059265 . 7-8th August

35 Main Street

We are hosting a Bottomless Brunch on Queen's Jubilee Bank Holiday, June 3rd
Choice of a breakfast/brunch from the menu and bottomless alcoholic beverage.
£28 per person
Call us to book!

You are cordially invited,
on the occasion of HRH Queen Elizabeth II's Platinum Jubilee, to a

Bottomless Brunch

On: Friday 3rd June
At: 35 Main Street, Solva.
First sitting: 10am - 11.30am
Second sitting: 10.30am - 12pm



Parc y Capel Fete

One of the last acts of the outgoing council was to organise the Parc y Capel fete, previously an activity undertaken by the chapel trustees. The result was a huge success with over £1750 raised on a bright sunny afternoon on 2 May. Over 250 people attended and enjoyed the activities which ranged from a first class dog show to book stall and pottery. Special thanks should go to those businesses and individuals who contributed to the raffle, it was great to see all the businesses lending their support and Josh contributed the much fancied drone picture of Green Scar. Myra Parkinson continued the tradition of Guess the Weight of the Cake with a superb specimen which she baked. The afternoon sailed along to the accompaniment of the Ukulele Band and visitors enjoyed tea and home made cake served out of the Memorial Hall. So thank you to all who attended and spent so freely, and thanks to all those volunteers who made it happen. We say goodbye to the Chapel Trustees and reassure them that the Parc, now owned by the Community, is in good hands.

Solva Care

Questionnaire:

Hopefully you have already filled in your questionnaire and it has been collected. When we last surveyed the whole community, back in 2014, we got an 85% response rate, which is REALLY good! It would be good to equal that rate, if not beat it, this time! Mollie Roach, Project Lead.

Event:

On Friday 3rd of June 2-4 pm, there will be a Cream Tea in the football Club to celebrate the Queen's Jubilee. All welcome – please let Lena at Solva care know if you plan to come along or if you need a lift. 07805 717556

Connecting our Community:

Would you, or someone you know, like support with:

Picking up medication from the surgery or pharmacy / shopping or picking up the paper / a lift to the surgery or post office / dog walking / befriending – someone to have a chat or walk with / support to access services.

Solva Care is here to offer friendly, neighbourly support and has many local volunteers to give you a hand – just contact Lena on 07805 717556 or contact@solvacare.co.uk



Edge Festival

Planning for this year's festival continues at pace and we are all extremely excited that it will finally happen this year. It has been too long since we all got together and had a good time. Lots of you are talking, with great excitement, about having the festival back this year.

As the festival date gets closer, it's time for you all to think about how you can support this community venture. Have you bought a ticket? Helen Thomas continues to sell weekend tickets to locals, without a booking fee. Tickets are also available on our website. On June 6th at 6pm we are holding a volunteer meeting in the Harbour Inn. Please come down and sign up for a shift or two! There are many roles that need your help including, setting up, pulling pints, manning the gate and clearing everything away afterwards. It is always very rewarding to be part of a good cause and as I'm sure you know, all the profit made by the festival is shared with local causes.

All the bands and literature acts are booked and we have a wide variety of food stall ready to serve up a mouthwatering array of dishes all weekend. Beers and ciders are currently being ordered to tempt you all! This year will see an exciting addition, St Davids Escape Room is on the road and has provided a festival based challenge for festival goers to try and crack! We still have space for more craft stalls, please get in touch with Kay Reynolds 07889142115 if you are interested.

Without everyone's support and good will, it would be impossible to run the festival. Experience tells us that locals are more than willing to help, so whether you can help for a couple of hours or the whole weekend, we need you. I'm sure you will come out in force and make #Edge6 the most successful yet.



Solva Cinema

9 June West Side Story (12A)

7 July Belfast (12A)

4 August Encanto (U)



MamGu's

Solva Harbour & Beach Clean:

- Saturday 2nd July
- 2-4pm
- Hosted by Surfers Against Sewage & MamGu's Look for the white SAS tent on the green
- Gloves, litter pickers & bags provided.

All welcome

MamGu's and National Theatre Wales TEAM

We had an incredible response to the poetry competition for Dylan Thomas Day, we can announce the winners and runners up are;

1st Katherine Roberta Levell 'Overnight Rain'

2nd Ifor Thomas '7am Swim Club'

3rd Gareth Davies- 'Don't Go Down'

4th Nicky Whitfield - 'Watching Time'

All winners will be contacted with their prizes, with 1st prize winning weekend tickets to Solva Edge Festival & Second prize winning an original painting by Cara Gaskell.

The winning entry will be displayed on the National Theatre Wales website in due course as.

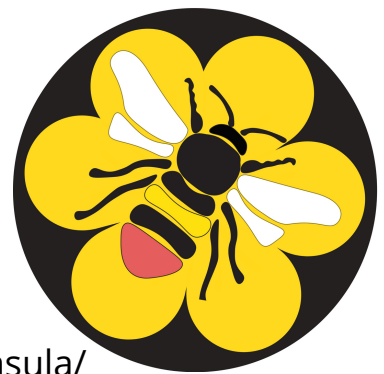
Pollinating the Peninsula

The Bug Farm and Eco Dewi are working together on a project called Pollinating the Peninsula. They have put together free packs containing a special wildflower seed mix to create a colourful 5m² garden mini meadow. St Davids City Council distributed packs to residents of St Davids, but as there are still some left, the project has been extended across the peninsula. The packs also contain information on how to create and manage the meadow, a pollinator identification spotter sheet, a free child's entrance ticket to The Bug Farm, information about Eco Dewi and a Pollinating the Peninsula garden sign to put up by your meadow.

Come and collect your free pack from The Bug Farm during opening hours (10:30am-4:30pm Thursday-Sunday). When they're gone, they're gone!

For more information on the project and advice on meadow creation and management, please see:

<https://www.thebugfarm.co.uk/research-farm/pollinating-the-peninsula/>



Simply Church

No frills church, just an opportunity for Christians from all backgrounds to simply meet together to worship God; pray for our world and walk life's journey together. Come and join us at 10.30am on alternate Sunday mornings at the Football Club House in Upper Solva. Bring your Bible and a mug for a hot drink.

The dates are: June 12th and 26th and July 10th and 24th

We would love to see you. Further details from Nadia on 07890 598686

Câr-Y-Môr News

Car y Mor and St Davids Old Farmhouse Brewery have teamed up to produce Cwrw Kelp, a kelp infused beer!

We are celebrating the launch of this event on Saturday 11th of June at 6:30! There will be live music, fresh seafood and plenty of drinks. The event is at Old Farmhouse Brewery, Upper Harglodd, St Davids, Haverfordwest, SA62 6BX.

You can purchase tickets at:

<https://www.eventbrite.co.uk/e/313663083727>

Tickets cost £20 for non members and £15 for Car y Mor members. Tickets include 1x main meal, 1x drink (soft or alcoholic) and entry.

To become a member, go to carymor.wales, and click 'Join'. It only costs £1!

We are starting to put our 3 Hectare site in the water! At the end of May, we hope to have installed the anchors and ground chain at our new site in the Ramsey Sound. By mid June, we hope to have installed our lines and buoys, so all going well (with a good weather window), our first phase should be completed by mid - late June!

Keep an eye on our socials to see our progress! And don't forget to come to our beer launch!

Supporting the RNLI

Thank you to all who attended our garage sale on Saturday 30 April. The proceeds came to £242 and a cheque to that amount was recently presented to RNLI fund raising team member Gayle Twitchen.

Thank you again for supporting a very worthy cause. Peter & Jane



Solva and St Davies Macular group

My name is Margaret Hughes and I live in Solva. I have been diagnosed with M D just a few years ago and know that people would benefit with support and understanding of this condition for their wellbeing. We will meet fortnightly on a Wednesday at 10:30 and enjoy free refreshments, chats, and hopefully look forward to hearing your suggestions to brighten our meetings.

Also a member of your family or carer will be welcome to join us. Anyone outside Solva & St Davids are also welcome. Meetings will be held at Solva Community Clubhouse where there is ample free parking. We may also be able to offer free transport to & from sessions if needed.

Enquiries to myself, please ring 07815729856.

We are supported by Solva Care.

West Wales Walking for Well-being

We are holding walks every Monday... minibus shuttle from football club at 14:15 stopping at both lay-bys on route downhill to lower Solva. For a short well-being walk. Walks are paced to suit those who are not used to being active. To book onto a walk, either use our website www.westwaleswalkingforwellbeing or if wanting to be picked up please phone Sam on 07796526166 or email same@pembrokeshire.co.uk

Open Gardens

Ten gardens in and around Solva will be open from 10.30-4.00 2nd and 3rd July. Locations are given on a brochure available in June from Bay View Stores (Top Shop) or Fran Barker 07377059265 . Pay at the first garden your visit (£3.00 per person). A sticker will give you access to the other gardens.

Solva Harbour Society

A successful boat lift was completed on 19th April with 30 boats being lifted into the water ready for the season. On 30th April, SHS Committee, Members and helpers gathered to engage in a 'Quay Clean Up' where rubbish was disposed of and overgrowth was cut back, a very successful day with the Quay looking much improved. The Society would like to thank all Members and helpers who volunteered their time on the day, it was much appreciated. The Society is producing new signage for the Quay to help guide members and visitors when using the Quay and Slips. Finally, a reminder that SHS Stickers for Visiting Mooring/kayak storage holders are ready for collection from the Harbourmaster or Clerk at the Quay office. (Clerk only available on Wed 10am-2pm)

SOLVA WI

Following the business meeting last month we participated in a fun 'competition' of Indoor Curling. The trophy was won by Rosemary Gillam.

We have decided on our choice of Scarecrow for the annual competition in August, the theme is 'Seafarers'.

We are still planning to hold an afternoon tea in July in the hope of encouraging local ladies to join the WI.

A trip to Glynbach Garden is planned as part of our meeting on Thursday 9th June which will include a tour & cream tea.

Welsh Blood Service

Did you know that only 3% of the eligible population in Wales give blood?

17th July Make an appointment today: <https://wbs.wales/SolvaNews>

If you are O+/-, please make every effort to attend

Oeddech chi'n gwybod mai dim ond 3% o'r boblogaeth gymwys yng Nghymru sy'n rhoi gwaed?

17th July Gwnewch apwyntiad heddiw:

<https://wbs.wales/SolvaNews>

Os ydych chi'n O+/- , dylech wneud pob ymdrech i fynchu.



Shalom House

Day Centre

In addition to the day centre, we have supported individuals and their loved ones to have their care needs met in their local communities homes. Without this service they may have had to be admitted into hospital, in the current climate that was a scary thought for many. This home service has been a lifeline for everyone and their loved ones, as our support continues after the passing, we also supported families and friends with their bereavement needs.

Events:

We are holding our Jubilee celebrations on Friday 3rd June at Shalom House. We will be selling Scones, Jam and Cream outside Shalom House from 12pm. You can order a box of 2 scones, Jam and Cream in advance for £3.50. The advance orders are limited to get yours ordered early. At 2pm on the same day our Business Manager has agreed to shave her head to raise money for Shalom House. You can sponsor her at either of the two shops or via our Facebook Page. One of our attendees has made us some fabulous bunting to go around the house.

Volunteering:

The first week of June is Volunteers week and we are lucky to have amazing volunteers that support Shalom House, both in the charity shops and with volunteer driving. The shops are getting busier and we are always looking for volunteers. If you have a few hours to spare each week and would like to support a local charity please get in contact. please email samwilsoncroft@shalomstdavids.org or call 01437 721344

We also have a QR code that you can scan a link directly to our website donation page.

Appeal to local businesses to have a Shalom House donation box:

We would appreciate any local businesses support, you could do this by simply having a donation box by your till etc for any passing donations. If you would like to support us by having one of our donation boxes in your shop, café or local business please email samwilsoncroft@shalomstdavids.org or call 01437 721344 – we can drop off and collect.

Counselling:

As always, Shalom House Bereavement Counsellor services are open to anyone who is struggling, not only with Bereavement but also with any concerns that have been exacerbated by Covid 19. This is a free service being offered to again support our local community during these challenging times. It is an easy and straightforward referral process, which can come from your GP, Nurse, any concerned party (with your consent) or directly from yourself.

If you wish to access this free service, please email info@shalomstdavids.org or telephone within office hours on 01437 721344 all we need is a very brief outline of your details and we will be in touch very soon after.

Both of our charity shops are open so please come along and support us, all donations are gratefully received as always but with this last year – every penny counts! We hope that you think of your local cancer charity – we need your kind donations to keep helping those who need our support. To keep fully up to date with the shops please follow our Facebook pages; Shalom House Charity Shop – St Davids and Shalom Charity Shop - Fishguard.

St Davids shop:

Telephone number: 07942326873

Opening hours: (smaller donations only)

- Mon – 10am – 1pm, Closed Bank Holidays
- Tuesday - 10am to 1pm
- Wednesday - 10am to 4pm
- Thursday - 10am to 1pm
- Friday - 10am to 1pm

Fishguard shop:

Telephone number: 07434654115

Opening hours: (smaller donations only)

- Monday - 10am to 1pm, Closed Bank Holidays
- Tuesday - 10am to 4pm
- Wednesday - CLOSED
- Thursday - 10am to 1pm
- Friday - 10am to 1pm

Goodwick - Frame Drop Off Point

We accept bigger donations at this centre between 11.30am and 2pm every Monday.

Solva Surgery

Dr Shanker Sivaprakasam – We are sorry to say that our Locum GP, Dr Siva, will be leaving Solva Surgery in June, for pastures new. We thank him for all his hard work over the past few years and wish him well in his new venture. Everyone at the surgery will miss his support and joyful personality and are going to miss him terribly, as I'm sure the patients will too.

At the moment we do not have anyone to replace him. In the meantime Dr Sujan Dhaduvai will continue to run the practice single handed.

We continue to advertise for a Salaried GP or Partner to join our team and help us to continue to provide a great service to our community. If you know of anyone that is looking to relocate to Pembrokeshire and wants to be part of a hardworking team, please direct them to our vacancy on NHS Jobs -

<https://beta.jobs.nhs.uk/candidate/jobadvert/H9100-W92059-001-0322>

Staff shortages – We continue to experience staff shortages; staffing levels fluctuate from week to week. This affects all areas of the practice, both dispensary and reception. There may be a delay when answering the phonelines and you may be on hold longer than usual. We are grateful for your continued support and patience.

Appointments – We continue to triage all our appointments. Our friendly reception team are unable to offer you any Face-to-Face appointments with the Doctor, however they will offer you an appointment for a telephone consultation; following your telephone consultation, if the doctor feels that it is clinically necessary for you to see them, they will then arrange a time for you to attend the practice.

Covid-19 & Face Masks – Please note that face masks are still required to be worn in Health and Social Care settings. We ask that all patients attending the practice continue to wear a face mask. Covid is still circulating in the community. Please note that when attending an appointment with the Doctor/Practice Nurse/Phlebotomy, you will be asked some screening questions. We are doing this not only to protect you but also to protect our staff and other clinically vulnerable patients. PLEASE DO NOT ATTEND THE SURGERY IF YOU ARE COVID POSITIVE!

Repeat Prescriptions – We recommend that you order your repeat prescription when you have at least 7 days supply remaining. This will allow plenty of time for the surgery to review the request and generate a new prescription, and for our dispensary/Well Pharmacy in St Davids, to obtain all that is needed and safely dispense the prescription. Ordering in this way allows both the Surgery and the Pharmacy to work more effectively and this will be to the benefit of all patients.

Dispensary & Reception Desk - Please note that the Dispensary and Reception Desk will be CLOSED for administrative work between the hours of 1pm and 2pm. Telephone lines will remain open for anything that is URGENT, please telephone 01437 721306. There will always be a Doctor on call.

Solva Defibrillator Locations

Please note Solva has 4 defibrillators at the following locations:

Upper Solva (to open the cabinets press 'C' and turn knob clockwise)

1. Solva Community Clubhouse
2. Solva Memorial Hall

Lower Solva (to open the cabinets release the clamps on the left-hand side)

1. Harbor Inn
2. Trinity Quay

June Calendar

01/06 - Solva Community Council Meeting // Luncheon Club

03/06 - Solva Care cream Tea // Bottomless Bruch // Friday Club 2-4 Solva Club House // Shalom House Jubilee Event

06/06 - Walk for Wellbeing

07/06 - Dewisland People's Shed, St Davids Scout hut, 10am to 12

08/06 - Luncheon Club // Village forum

09/06 - Solva Shop / Siop Solfach Stall //

Qigong // West Side Story - Solva Cinema // WI Trip

10/06 - Friday Club 2-4 Solva Club House

11/06 - Car-Y-Mor Cwrw Kelp Event

12/06 - Simply Church

13/06 - Qigong // Walk for Wellbeing

14/06 - Dewisland People's Shed, St Davids Scout hut, 10am to 12

15/06 - Qigong // Luncheon Club

16/06 - Solva Shop / Siop Solfach

17/06 - Friday club 2-4 Solva Club House

20/06 - Walk for Wellbeing

21/06 - Qigong // Dewisland People's Shed, St Davids Scout hut, 10am to 12

22/06 - Luncheon Club

24/06 - Friday club 2-4 Solva Club House

26/06 - Simply Church

27/06 - Walk for Wellbeing

28/06 - Dewisland People's Shed, St Davids Scout hut, 10am to 12

29/06 - Luncheon Club

30/06 - Fishy Tales Fundraiser // Luncheon Club

02/07 - Open Gardens // Solva Beach Clean

03/07 - Open Gardens



Editor's Note

Thank you to everyone who has been returning their used newsletters to Bay View Stores, please continue to do so. We are working with Car-y-Mor to repurpose them into packaging!

If you have anything you would like to contribute to the next edition of the Solva newsletter please contact Rachel: solvanews@outlook.com

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Part of Câr-Y-Môr Community Benefit Society

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AND DRINK



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Sunday 2pm - 5.30pm

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'A Community Benefit Society'

TRINITY QUAY SOLVA

Tel Chairman: 07494 853642

Tel Harbour Master: 07485 655754

Tel Trinity Quay: 01437 721725

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