

# SOLVA NEWS



# NEWYDDION SOLFACH

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<https://solva.gov.wales>

FREE  
Please take a copy

24 September to 2 October

St Davids Peninsula

## THE GREAT BIG GREEN WEEK

Visit the website for a  
full list of events & activities

[WWW.ECODEWI.ORG.UK/GBGW](http://WWW.ECODEWI.ORG.UK/GBGW)

Wildlife events

Guest speakers

Beach cleans

Film Night

Volunteering

Kids activities

Social events

**ECO|Dewi**  
St Davids Peninsula Sustainability Group  
Grŵp Cynaliadwyedd Penrhyn Dewi



**Climate.  
Cymru**



## Solva Play Group

Every Thursday Morning 10-11:30

Solva A.F.C.

You're invited to  
**playgroup!**

Birth to school age

Free to attend

All children from Solva and surrounding villages  
welcome



Contact Bryony for more information  
07727664264  
[bryonyyardley@gmail.com](mailto:bryonyyardley@gmail.com)

### Editor's note

Solva newsletter relies upon the support of it's advertisers to help cover the cost of printing 500 copies each month which are distributed by our amazing volunteers.

I would like to take this opportunity to personally thank all the small businesses, organisations and volunteers supporting our little newsletter, ensuring the community remains connected and up to date on village events. Without their support this would not be possible. Diolch yn fawr!

**The Royal George**  
SOLVA  
PUB & RESTAURANT

Visit us on

Wood fired pizza & rotisserie chicken

**FREE PARKING!** Tel: 01437 720002

Tuesday night is Ukulele night from 8pm  
Sunday fun quiz from 8:30pm

Everyone welcome.

From our cows... ...to your cone

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## County Councillor update

In the last few weeks, several house owners in Solva have raised concerns with the changes to Business Rates and Council Tax in relation to holiday properties. This is my understanding of the situation

Holiday properties can be taxed in two ways, either by Business Rates or Domestic Council Tax. Up to next April the rules are that to qualify for Business Rates the property must be available for rental 140 nights per year and actually available for 70 nights per year. After April the property must be let for a minimum of 182 nights to remain in Business Rates. The advantage of being rated in this way is that the first 2 properties owned by a business are not charged at all due to Small Business Relief but after April there are concerns that many properties will not achieve the 182 days and hence go back into Domestic Council tax. The 182 day decision is set by Welsh Government and the Council is only there to implement it and collect the money. Councillors such as myself do not vote on the matter. If a property is classed as a Second Home, whether let out or not, then currently the Council Tax is doubled for that property but the Police precept and the Community Council precept is only charged singularly. The Welsh Government have passed approval for the current 100% surcharge to be increased to 300% but this is a matter to be decided at individual Council level and would require the backing of the majority of Councillors. Even if it was approved, nothing could change until April 2024. Personally, I do not really see any benefits of raising the premium above 100%.

I hope this helps for anyone with concerns to understand the situation but if you need any further help on this or any other matter, please contact me on 07976 553912

Regards, Mark Carter

## Notice of meeting

A meeting of Solva Community Council (SCC) will be held on Wednesday 5th October 2022 commencing at 6p.m. in Solva Community Clubhouse.

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 are warmly invited to attend and are encouraged to notify the Clerk in advance which business items on the agenda they wish to contribute views on. Agenda and minutes are available from the Clerk and at the Solva Community Council website (link on cover page). Rules for public participation at community council meetings will be agreed at October's meeting.

Bruce Payne, Clerk to the Council [brucepayne241@gmail.com](mailto:brucepayne241@gmail.com) // 07890 987259



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**01437 729236**

**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 Jilly**  
**01437 720922**

### Mouse Trail

Casting off - the Mice are getting ready to leave Solva!

Solva Care have been sent a message to say that bags are being packed and the mice are readying the boat to make for their journey to Mousehole. We wanted to thank you all for hosting their summer stay in Solva and look forward to see if they will return next year. Judging by the trail maps plenty of people enjoyed finding out where they were playing.

The quiz answers are:

- 14 mice were following the pied piper
- The sunbathing mouse was at Lena's house
- There were 2 mice around the pool
- The mice were playing guitars at the Football club
- There were 6 blind mice



Chris and Ellie Sherwin

### Cost of Living Crisis

WCVA published an article last week about the joint statement we have collaborated on to communicate the challenges of the cost of living crisis. WCVA cannot solve the crisis, but we can work with the sector to support the nation as it faces the challenges of the rise in cost of living, as well as raising awareness of the challenges facing the voluntary sector as well as those they serve.

The WCVA Policy and Communications teams are working to collect evidence on how the cost of living is affecting your organisations and the communities you work with. The team have launched a survey to gather insight which they would welcome your input on. This information will be used to brief key decision makers and raise awareness of the incredible work being carried out by volunteers and voluntary organisations during this crisis.

The bilingual survey can be accessed here: <https://surveymonkey.co.uk/r/costau-byw>

### Heating Your Home

Its that time of year again when many of us are thinking about turning on the Central Heating again and many of us will use heating oil. Here are a few handy tips to get the best for your money and be warm at the least cost this winter:

1. Make sure your boiler has had an annual service by a competent Heating Engineer if you own your property. If you live in rented accommodation , check with your landlord
2. Make sure your tank is secure and well lit. Oil is valuable and often stolen. Watch out for anything suspicious in your own property and your neighbours
3. Instead of just ordering your own oil from the same supplier each time, get together with your neighbours and put a large order in together to get the best price. Ring around suppliers to see who offers the best deal.
4. Consider trying a quote from an online company, ie Homefuelsdirect.co.uk or Boilerjuice.com or theheatingoilclub.co.uk. Whilst these are online sellers, fuel is generally delivered by a local supplier , who you will be familiar with and you can use your credit card for added protection and to defer / spread the payment. If you don't feel confident to order online yourself, ask a friend or neighbour to help. It is often the case that a 500 litre minimum order shows the most savings when buying online.



### New Tai Chi Class in Solva

I am offering an early evening class in Tai Chi and Qi Gong in Solva Memorial Hall starting on Thursday 13 October with a free introductory session 5.45 - 7.00pm.

For those wanting to continue, this will be followed by a series of 5 classes on Thursdays 20 and 27 October and 10, 17 and 24 November at the same time. The cost for these is 40 pounds for all 5 sessions.

Making the practice of Tai Chi part of your week can be very enjoyable and beneficial. It can quieten and soothe the systems of your body, both lifting you up and calming you down, strengthen balance and coordination and make gentle demands on memory.

Please get in touch for further information or with any queries.

Judy Schunemann - 07890 647338 or judy.schunemann@yahoo.co.uk.

Do come along and give it a try.



### Cogs of our community

Solva is fortunate to have individuals who work for the benefit of the community for little recognition and no reward. Monica Owen is one such person. She works in Window on Wales and had a tidy little side line of selling tomato plants. All the money from that, however was going to help maintain the latest community asset, Parc y Capel. Over £200 will help to keep the precious green heart of the village in good order. Another unsung hero is Steve Wright who, without any request from the Clubhouse or AFC will mend broken glass damaged by stray footballs. He is gradually replacing the old glass panels with more durable laminated glass which will resist the odd flying football. He does this without any recompense for time or materials. These are just two of the people who work away to keep Solva the wonderful village that it is. Many thanks to them

### Solva & St Davids Macular Society support group

Advice available for visual impairment and managing sight loss with macular or new prognosis situations. Our group is friendly and welcoming. October 3rd meeting at 2pm - 4pm at the Solva Community Club House: we will hopefully be joined by Mr D Edwards - liaison officer for MIB who we can benefit from his vast experience and understanding of visual impairment issues. Tea, coffee & cake, as usual contact Margaret Hughes on 07815729856 or Sandra young 07528122794

### Solva Harbour Society

The Solva Harbour Society Lift Out will take place on Saturday 1st October from 7am. Boats that are to be stored on the Foreshore need to be moved closer to the Car Park on Thurs 29th and Fri 30th September in preparation of the lift, all concerned will have received lift instructions. Please also note that there will be no access to the Quay for the duration of the lift.

### Solva Churches 100+ Club

The first draw of the Solva churches 100+ club for 2022/23 was drawn on Sunday 11 September:

The winners were:

1st prize £70 Dave Taylor (16)

2nd prize £45 Pat Rees (78)

3rd prize £30 Linda Stark (74)





## Edge Festival

After a three-year gap, there is no doubt that the festival was a huge success.

The Edge is about celebration, enjoyment, friendship and community. So, it was a great pleasure for those of us who put the festival on to see such large numbers of people from Solva and St Davids having a great time. Thank you for coming, for volunteering and for dancing in the rain, all of which made the Edge so great. That's far more important than the money. But as many of you asked how we did financially, here goes...

The Edge Festival is a small local charity funded by ticket and bar sales. Our financial situation was very tight following the pandemic, and we only kept afloat because of fundraising including some generous donations. This year the costs of putting on the festival were £18,000 more than in 2019. More stringent compliance and safety requirements as well as general inflation meant that we had to pay a lot more for security, first aid, tents, fencing, insurance, generators, diesel, bands, and music royalties. There was a possibility that we would lose money.

We didn't! Ticket and bar sales were up on the last festival in 2019. However, despite the additional costs we managed to make a surplus of £7,200. We have funds in the bank to put down deposits for the Edge Festival in 2023.

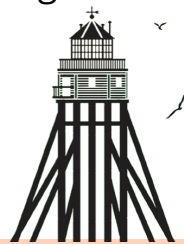
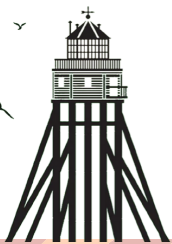
The team have met and agreed to put on the Edge Festival next year and the dates are July 28th, 29th and 30th 2023.

The Edge awards grants in the areas of Solva, St. Davids Peninsula and Haverfordwest. The amount depends on surplus generated by the Edge Festival after a reserve has been retained to ensure that the festival can be put on the following year.

This year there is a sum of £6,700 that can be awarded. If your organisation or project is either a charity or is charitable by nature (e.g. sports club, youth club, arts initiative), you can apply for a grant. We also award up to four bursaries to support young people in the community. These can be up to £500 each and are awarded for a specific project that will benefit the education, skills, or wellbeing of the young person.

More details and how to apply are at <https://www.edgefestival.co.uk/supporting-our-community/>

Thanks again for all your support. The Edge Team.



## Solva Cinema

6th October 7.30 pm Downton Abbey - The Next Era (PG)

3 November 6.30 pm AGM/100th Film

Celebration followed by Elvis (12)

1 December 7.30 pm TBA

Doors open at 7 pm and the film starts at 7.30 pm.

Refreshments available or bring your own bottle.

Price Adults £5, or become a member for £5/year and get 20% off and free use of a cushion! Under 18's £3.50. We are happy to take suggestions for future films.



## Solva Care

### Writing for Wellbeing (19th & 26th Oct, 2 Nov)

Would you like to try a free-style writing group starting Wed 19th Oct 6-7.30 pm in the Solva Football Clubhouse for 3 weeks.

Pick up your pen and join in some expressive writing exercises. You will be given prompts, based on nature, happy memories or poetry, to encourage your writing and creativity. You don't need to be a writer or have any previous experience to join in – just an interest in exploring your ideas in writing and enjoying yourself.

The sessions are developed and facilitate by Solva resident Amanda Stone, who is trained in writing for wellbeing and creative writing. The number is limited to 12 and the sessions are free (donations always welcome). To book a place, please contact Lena Dixon on 07805 717556 or lenamdixon@gmail.com.

### Sparkling Solva

It is time to start thinking about the festive season! We plan to have Advent Calendar windows again this year. There is no theme other than it has to be festive. Pick your date and let Lena or Carol-Ann know. We also plan to meet up for mulled wine etc in the hall one evening, maybe with carols – possibly Wednesday 21 December.

Carol-Ann Jones 01437 721374

Lena Dixon 07805 717556 lenamdixon@gmail.com

Solva Care back in Solva Surgery

From Friday 14 October Lena or Lesley will again have a room in the surgery 10 – 12 noon. Pop in for a chat or if you need any information about care, direct payments or anything else. We'd love to see you!



### Friday Club

Friday Club is on every Friday in the football clubhouse from 2-4 pm. We usually start with some exercise and then there may be an interesting talk, craft, quiz, music etc. And there is always tea and cake. Everyone is welcome and it is fine to just turn up for one of the sessions – if there is anything in particular that interests you. For instance on 14th October Ian Meopham from the Pembs. Coast National Park is coming to do a talk. The monthly program is posted on the noticeboards in the village or you can call or email Lena on 07805 717556 lenamdixon@gmail.com if you would like a copy.

We also organise outings. Back in May we went to the Scrimptology Museum in Llangwm. As this newsletter is going to print we are planning an outing to Scolton Manor.

### Calendar – joint project

St Davids & Solva Art Group and Solva Care have produced a 2023 wall calendar. The members of the art group painted pictures and Solva Care chose which ones to pick for each month. It is A4 format (double when opened up) and costs £8. All profit is going to Solva Care. It would be a perfect Christmas gift for family or friends. We have envelopes if you would like to post them. The calendar can be bought from Lena on 07805 717556 or email lenamdixon@gmail.com

## Solva WI

As ever, we took part in the Scarecrow Competition the theme being 'Seafarers'. Our beautiful pea green boat, (skilfully made by Andy Robinson, a WI husband) and its passengers, the Owl & the Pussycat were a great success, much admired & gained us Best Runner Up prize!

The first meeting back after the August break included news of many Pembrokeshire Federation organised events for the coming months. These included the Annual Meeting in November, Art & Craft competitions, a 'Fungi' walk, the Autumn Quiz and a Craft Activities day. The NFWI Wales Conference will be held in Caernarfon in March & the NFWI AGM in Cardiff

The Book Group has continued during the summer. The meetings will now be held in the Ship Inn, the next date is yet to be confirmed.

The Walking Group has restarted on Monday afternoons.

This meeting was organised to encourage more ladies to join Solva WI. Sadly, we had very few guests but we, and those that did come enjoyed it very much. The delicious cakes did help!

We meet monthly (except August) generally in Solva Memorial Hall at 2pm on the 2nd Thursday of the month.

Our next meeting will be in the Memorial Hall on Thursday 13th October at 2pm when Julian Cremona will give a talk on 'The micro-world of marine plankton in Milford Haven'.

## West Wales Walking for Well-being

We are holding walks every Monday. Minibus shuttle from Solva Clubhouse 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](http://www.westwaleswalkingforwellbeing) or if wanting to be picked up, please phone Sam on 07796526166 or email [same@pembrokeshire.co.uk](mailto:same@pembrokeshire.co.uk)

## Christmas Presents from Solva Shop / Siop Solfach

The storage shed is well stocked and there are many gift quality items available. You have a chance to find really nice, reasonably priced presents either in the Memorial Hall at coffee morning on Thursday 13 Oct, 10 Nov or 8 Dec (10.30-12.00), or at the Community Clubhouse on Sunday 23 Oct, 27 Nov or 18 Dec.

For more information or to donate goods, contact Fran on 07377059265 or [fran34hb@gmail.com](mailto:fran34hb@gmail.com)



## Clwb Solfach/Solva Lunch Club

Lunch Club restarted on September 7th and, as of the 14th we have a mix of diners in the Hall & takeaways totalling 24. We sincerely hope the numbers will stay up BUT, we do need extra help with preparation, serving & washing up!

Please if you have some time to spare on a Wednesday we would be grateful. You will not be needed every Wednesday as we are 5 teams & you would join 1 team. Please contact Jane Pascoe 01437 721544.





## St Davids Surgery

**Flu Clinics:** Flu Vaccination appointments are now available.

We have the following clinics open:

Friday 30th September – over 65years only

Monday 17th October – over 65 years only

Tuesday 18th October – over 65 years only

Saturday 22nd October – For patients aged between 50 – 64 years of age and those who are under 50 years of age who are clinically extremely vulnerable (e.g. Diabetic, Asthmatic, have COPD, are pregnant, have Chronic Kidney Disease, have a learning disability or a registered Carer)

The Nasal Flu vaccination is also being offered to all children who are aged 2 or 3 years old (i.e. date of birth from 1 September 2018 and to 31st August 2020) – please contact the surgery to make an appointment.

**Covid Booster Vaccinations:** patients should receive a letter or a text from the Local Health Board inviting them to attend for a Booster vaccination at the Pembrokeshire Archive Offices. Please do not ring the practice as we are not involved with the vaccination programme.

**Shingles Vaccination:** If you are aged between 70 and 79 and have not previously received a shingles vaccination but would like one, please contact the surgery to make an appointment.

**Patient NHS Survey:** The experience that you have of care is important to us. We would be grateful if you could complete a survey so that we can understand this better. The questions are based on the things that patients have said matter most. You can complete this survey online by visiting our Surgery website or Facebook page. or call into the practice and pick up a paper copy.

**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.

**Repeat Prescription Requests:** Please 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, generate a new prescription, get the GP to sign the prescription and for the dispensing team to order the items from our Wholesalers. Ordering in this way allows both the Surgery and Well Pharmacy in St Davids to work more effectively and this will be to the benefit of all patients.

**Face coverings:** Whilst no longer a legal requirement, please do not be offended if asked to wear a mask to see some of our clinical staff members. Please be respectful of other people's choices, whether they choose to wear a face covering or not.

If you have a cough, sore throat or temperature please wear a mask and remain in your car or socially distanced from patients in the reception area.

## BasaltxTrefin Open Art Competition: Step Back in Time

This art competition, which is open to anyone wishing to enter, continues to run throughout September (closing Friday 7th October) at Trefin Museum Chapel (opposite The Ship Inn). Great prizes to be won including for children's entries. All the art entries are being left on display in the pews, please come and vote for your favourites.

Full information can be downloaded at [www.basaltdune.co.uk/basalt-x-trefin](http://www.basaltdune.co.uk/basalt-x-trefin)

## **Solva Firework Display 2022 and Guy Competition Rules**



Solva Fireworks will be held on Saturday, November 5th (Weather Dependant)

The Guy competition is a free amateur competition.

One entry per child.

Clean dry materials, such as paper, straw etc. must only be used to create your guy. All entries should be presented by the child and a supervising parent/adult.

Any guy unsuitable due to its design, construction and representation will be disqualified. The decision of the judges is final.

All entries must be delivered and presented by 6:15p.m on the day of the firework display in the area to the front of the Harbour Inn, lower Solva car park.

Judging will commence at 6:30p.m and the winner declared before the firework display commences.

Prizes: 1st £30, 2nd £20, 3rd £10

(Please remove your Guy after the display)

### **Shalom House**

We had a visit from Eluned Morgan, Minister for Health and Social Services. We are grateful that Eluned took time out of her busy schedule to spend time getting to know and understand what do at Shalom House. We had a very productive talk with her about ways in which we can look towards the future.

We held our Quiz on Fishguard which was enjoyed by all. Our next quiz is 1st November at Clwb St Davids at 7pm.

We are looking for talented people to join our Battle of the Bands in October at St Davids Rugby Club. If you are interested or know someone who is please get in contact.

We are looking for volunteer for our St Davids Shop. If you can spare a few hours please let us know.

### **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 Clubhouse, Maes Yr Eglwys, Upper Solva, SA62 6TW

Bring your Bible and a mug for a hot drink.

The dates for October: 2nd, 16th and 30th.

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

### **Nights out in Solva**

Tickets for The Syrian Baker to be performed by Farnham Maltings at the Memorial Hall on 8th October can be obtained from 01437 721374 or 07970 614233. Adults £10 Children, Students and Disabled £5.

Performance starts at 7.30 pm, doors open 7pm. Tickets also on sale at Luncheon Club on Wednesdays and Coffee Morning on Thursdays.

Tickets for the Performance of Frosty Lanes and Christmas Cheer by the Mellstock Band on December 10th available from the same sources.

**St Davids Peninsula Great Big Green Week 2022****Sat 24 Sep - Sun 2 Oct**

Whether you live in or are visiting Solva, St Davids, Llanrhian or somewhere else on the peninsula, there are loads of events and activities taking place for you between 24 September and 2 October as part of this year's St Davids Peninsula Great Big Green Week! EcoDewi is coordinating this week of events as part of the UK wide Great Big Green Week which is organised by The Climate Coalition and in Wales led by Climate Cymru. The aim of the week is to celebrate community action and to highlight what else we can all do to tackle climate change and the biodiversity crisis.

To kick it all off, on Saturday 24 September there is a market at Oriel y Parc with a range of local businesses selling sustainable or environmentally friendly products and services, as well as some free children's activities. Sunday sees St Davids Cathedral leading an Earth Blessing with the option of a pilgrimage walk focused on climate change.

The week itself is jam packed with events organised by other partner organisations but the starts on Monday with a "Wear Green Day". Our local schools are taking part but we encourage everyone to wear some green to just inspire others to think about our planet and what we can all do to help.

There are a couple of relaxed social events, an afternoon tea in St Davids Memorial Hall and an evening drinks in St Davids Rugby Club, for anyone interested in, volunteering or working in environmental matters or just wanting to chat about climate change issues. Throughout the week are walks run by PCNPA and volunteering opportunities with Caeriad, Erw Dewi community garden and COCA, along with a couple of beach cleans, one being in Solva harbour.

Friday evening is film night in Solva Memorial Hall (no need to book, just turn up at 7pm) and Ysgol Penrhyn Dewi are leading a special St Davids Peninsula Earth Hour on Saturday 1 October from 8pm-9pm when they are encouraging local residents to switch off their lights to conserve energy and as a sign of your pledge to helping the environment.

The week finishes on Sunday 2 October back at Oriel y Parc for an Environmental Action Day. This involves a range of conservation and environmental groups having stands and a great selection of talks throughout the day.

EcoDewi is encouraging local businesses, organisations and homes to decorate their windows with homemade green hearts, the logo of the Great Big Green Week. The list of all events can be seen on EcoDewi's website at <https://ecodewi.org.uk/gbgw> and event details will also be posted on their Facebook page too. Everyone is welcomed to get involved somehow, with most events being free but some requiring booking and a few having a small fee. You can contact EcoDewi by emailing [hello@ecodewi.org.uk](mailto:hello@ecodewi.org.uk)



## 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 (access code is C123. This code is written on the cabinet and on a notice above the cabinets)

1. Harbour Inn
2. Trinity Quay

## October Calendar

- 01/10** - Solva Harbour Society Lift Out, Solva Harbour 7am  
- St Davids Peninsula Earth Hour 8 - 9pm
- 02/10** - Simply Church, Solva Clubhouse 10:30am // Environmental Action Day, Oriell y Parc
- 03/10** - Solva & St David's Macular Society, Solva Clubhouse 2 - 4pm  
- Walk for wellbeing 2:15 - 3:15 pm (pickup from Solva Clubhouse)
- 04/10** - Solva Library, Memorial Hall // People's shed, St Davids
- 05/10** - Community Council Meeting, Solva Clubhouse 6pm // Solva Lunch Club, Memorial hall 12:30pm
- 06/10** - Solva Play Group, Solva Clubhouse 10 - 11:30am // Solva Cinema: Downton Abbey - The Next Era (PG), Memorial Hall 7:30pm
- 07/10** - Friday Club, Solva Clubhouse 2-4pm
- 08/10** - The Syrian Baker, Memorial hall 7pm
- 10/10** - Walk for wellbeing 2:15 - 3:15 pm (pickup from Solva Clubhouse)
- 11/10** - Solva Library, Memorial Hall // People's shed, St Davids
- 12/10** - Solva Lunch Club, Memorial hall 12:30pm
- 13/10** - Solva Play Group, Solva Clubhouse 10 - 11:30am // WI Open Meeting, Memorial Hall 2pm  
- Tai Chi and Qi Gong, Solva Memorial Hall 5:45 - 7:00pm  
- Memorial Hall Coffee Morning & Solva shop stall 10:30 - 12am
- 14/10** - Friday Club, Solva Clubhouse 2-4pm
- 16/10** - Simply Church, Solva Clubhouse 10:30am
- 17/10** - Walk for wellbeing 2.15 - 3.15 pm (pickup from Solva Clubhouse)
- 18/10** - Solva Library, Memorial Hall // People's shed, St Davids
- 19/10** - Writing for Wellbeing, Solva Clubhouse 6 - 7:30pm // Solva Lunch Club, Memorial hall 12:30pm
- 20/10** - Solva Play Group, Solva Clubhouse 10 - 11:30am // Tai Chi and Qi Gong, Solva Memorial Hall 5:45 - 7:00pm
- 21/10** - Friday Club, Solva Clubhouse 2-4pm
- 23/10** - Solva Shop, Community Clubhouse 2:00 - 4:00pm
- 24/10** - Walk for wellbeing 2.15 - 3.15 pm (pickup from Solva Clubhouse)
- 25/10** - Solva Library, Memorial Hall // People's shed, St Davids
- 26/10** - Writing for Wellbeing, Solva Clubhouse 6 - 7:30pm // Solva Lunch Club, Memorial hall 12:30pm
- 27/10** - Solva Play Group, Solva Clubhouse 10 - 11:30am // Tai Chi and Qi Gong, Solva Memorial Hall 5:45 - 7:00pm
- 28/10** - Friday Club, Solva Clubhouse 2 - 4pm
- 30/10** - Simply Church, Solva Clubhouse 10:30am
- 31/10** - Walk for wellbeing 2:15 - 3:15pm (pickup from Solva Clubhouse)



Please keep returning your newsletters to Bay View Stores for recycling with Car-y-Mor!  
If you have anything you would like to contribute to the next edition of the Solva newsletter  
please contact [solvanews@outlook.com](mailto:solvanews@outlook.com)

# SOLVA SEAFOODS

Part of Câr-Y-Môr Community Benefit Society

Your purchase from us not only supports sustainable practices, it also helps create jobs locally.

## Shellfish

Lobster, Crab,  
Oysters & Mussels

## Dried Seaweed

Rope Grown in  
Ramsey Sound, Pembrokeshire

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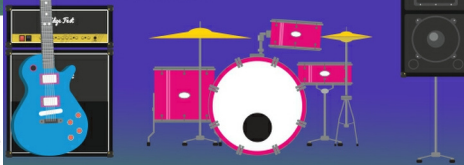
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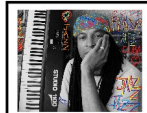


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