

NEWYDDION SOLFACH



SOLVA NEWS

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<https://solva.gov.wales>

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SOLVA CARE MAKES HEADLINES

Solva Care is gaining attention for its innovative approach to caring for the vulnerable residents in our community. The organization was recently featured in Wales Online for being "the most caring community in Wales" and for its unique model of care that focuses on building connections and providing practical support for those in need.

The Solva Care model is based on the belief that everyone in the community has something to offer, and by coming together and sharing their skills and resources, they can create a more caring and supportive environment for all. The organization offers a range of services, including a befriending scheme, practical support with shopping and household tasks, and even transportation to medical appointments.

One of the key factors that sets Solva Care apart is its emphasis on building relationships between volunteers and the people they support. The organization pairs volunteers with individuals in need, and they work together to develop a personalized care plan that addresses their specific needs and preferences. This approach has not only led to better outcomes for the individuals receiving care, but it has also created a sense of community and connection that has been invaluable during the pandemic.

The Solva Care model has been so successful that it has been replicated in other villages in the area, and it has gained recognition from national organizations such as the Royal Voluntary Service. However, the success of the organization is due in large part to the commitment and dedication of the volunteers and community members who have come together to make it all possible.

In an era when social isolation and loneliness are major public health concerns, the work of Solva Care is a shining example of how communities can come together to support their most vulnerable members.

By valuing the skills and contributions of everyone in the community, Solva Care is not only improving the lives of those in need, but it is also strengthening the fabric of their community as a whole.



image: John Myers



**Delicious freshly cooked
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KEEP OFF THE CURB

Attention villagers! Please be mindful when parking your vehicles around Solva, especially on Glanhafan Road and the car park/layby opposite the church. We kindly remind you to refrain from parking over or obstructing dropped curbs, as this can restrict access for disabled individuals and those with pushchairs. It is important to ensure that everyone in our community can move around freely and safely, and by following this simple rule, we can all do our part in making our village a more inclusive and accessible place. Thank you for your cooperation!

A CORONATION PROM

To celebrate the coronation of King Charles and Queen Camilla the British Sinfonietta introduced and conducted by Ian McMillan-Davidson, conductor of BBC Royal Variety shows and Royal Albert Hall Galas, in a feast of Orchestral Coronation Music by Elgar, Parry and Walton, plus favourite film, tv and radio themes beloved by our new King and Queen.

Tickets £28, £22 and £15 on sale, online or in person from the Cathedral Shop including Cathedral House, Cross Square.

St Davids Cathedral, Coronation eve. Friday May 5th 7.30pm coronation prom

This event is promoted by The Friends of St Davids Cathedral - proceeds will go towards the increasing costs of maintaining the worship and fabric of the cathedral which is historically unique in having a Sovereign's Stall in the Quire.

SOLVA MEMORIAL HALL COMMITTEE

The AGM of the Hall Committee is on 23 May at 6.30. All welcome. This will be followed by the first ordinary meeting of 2023/24. We would welcome new member and officials for the Committee.

The Committee meets about every 2 months to further the use and maintenance of the Hall. It is extensively used for Coffee morning (Thursdays), Luncheon Club (Wednesdays), Film Club (once a month), WI (once a month, Thursdays), Night Out Scheme (theatre, about twice a year) and sporting & exercise events such as table tennis, Tai Chi. The hall can be booked for meetings, parties, wedding receptions, concerts and shows.

If you are interested in joining the committee, hiring the Hall or just discussing what we do, please contact Fran Barker on 07377059265 or email fran34hb@gmail.com.

For bookings call Sam Miller on mobile 07958729253 or email sam.solvamemorialhall@gmail.com



07533 281486

ADVERTISING AVAILABLE

**For more information,
please contact Solva**

News on:

solvanews@outlook.com

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

SAVE SOLVA SURGERY WORKING GROUP

The Solva Surgery Working Group is meeting with the Health Board in Solva on the 25th April for a face to face meeting to clarify the current position and future proposals for GP provision. Provision of a local General Practitioner service is the number one priority. Additional services are desirable but should not delay the provision of a stable GP service. A major challenge is to secure Surgery facilities for Solva in the long term. The Health Board is responsible for General Medical Services provision and skilled partnership and negotiation is the way ahead. The Solva Working Group has prepared a paper with a range of options on the future of GP plans for Solva and St Davids for discussion with the Health Board . An update will be provided after the 25th April Meeting.

Sue Denman, Iain Robertson-Steel and Gareth Chapman have also had a very productive Teams meeting with Dr Riley of St Davids Surgery.



MICE ARRIVING IN SOLVA

They're coming back! Dust off, paint and make your old mice or make a new one. Newcomers welcome!

Put them out and let us know as soon as you can - who, what, where - so that we can add onto the trail map.

Contact: Chris and Ellie Sherwin on 07788 583602;
csdesigns@talktalk.net

or Lena on lenamdixon@gmail.com

EDGE FESTIVAL

July 28th - 30th

We have booked the bands and can't wait to welcome you back to Solva Edge Festival!

Headliners include; Wild Boys, Tongue 'n' Groove, 4th Street, RESPECT party band, Sound & Vision Bowie Tribute, My tin Monkey, The Flyrites and Coldplace

Plus many more to be announced in the coming weeks (including our acoustic tent!)

Keep an eye on our social media:

Twitter: @edgefestsolva

Instagram: @edgefestival

Facebook: @SolvaEdgeFestiva

The super early bird ticket offer for locals is still available so don't hesitate to contact Helen Thomas on 07432648596 for yours!

Tickets are priced at £45 for Adults and £20 for under 18's

Volunteers we need you!

We are on the look out for new volunteers to help us with this years' festival.

We have always been extremely lucky to have an amazing team of volunteers and would love to get some more on board for this year.

If you would like to come and volunteer with us whilst enjoying a great festival, please get in touch via email:

info@edgefestival.co.uk

Whether you have a few hours or days to spare, we will certainly make it worth your time.



SOLVA OPEN GARDENS 17-18 JUNE

MORE GARDENS NEEDED!

Contact Fran on 07377059265 or fran34hb@gmail.com for further details.

SOLVA HARBOUR SOCIETY

The boat lift in has recently taken place and we are hoping for an enjoyable and successful season on the water. When visiting, please take note of any signs that are posted around the Quay and any comments or instructions that may be offered by the Harbour Master or Members of the Society. This is to help you stay safe any enjoy your visit

NOTICE OF COMMUNITY COUNCIL MEETING

A meeting of Solva Community Council (SCC) will be held on Tuesday 2nd May 2023 commencing at 6 p.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 Solva Community Council
Bruce Payne - Clerk to the Council, brucepayne241@gmail.com or 07890 987259

WEST WALES WALKING FOR WELL-BEING

We are running 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

SOLVA SAILING CLUB

Solva Sailing Club awarded 'Be Active Wales' funding:

Solva Sailing Club is looking forward to launching a new fleet of dinghies thanks to a grant from Sport Wales. The club has introduced scores of youngsters to sailing over the past three decades, and the money from the Be Active Wales Fund for the purchase of new boats will enable us to continue to do that. The club was awarded nearly £20,000 by the Fund which aims to support grassroots sports clubs in Wales. Thanks to the Welsh Government and money from the National Lottery the Be Active Wales Fund enables clubs to apply for grants to get more people participating, or to help keep people taking part at clubs and activities into the future.

Solva Sailing Club chairman David Knowler said:

"This funding will make a massive difference for our club. Our new dinghies will enable many more people to try the sport of sailing for themselves"

The club offers taster sessions to local school groups and will also be holding regular club sessions. If you would like to get involved, or simply want more information please contact our secretary Helen Hughes: helenghughes@outlook.com

To find out more about the Be Active Wales Fund please visit www.sport.wales/beactivewalesfund



Oriel Y Parc

Main Gallery

Amgueddfa Cymru / National Museum Wales

On Your Doorstep: Until June 4

It's official, getting outdoors is good for you! And every walk is a chance to discover the nature and archaeology on your doorstep. But how much do we really know about the world around us, and how much is left to learn? You might be surprised! Discoveries come in all shapes and sizes, and anyone can be a discoverer. From ghost slugs to gold coins, let the discoveries in this exhibition inspire you. Then get ready to make your own.

Saint Davids Room

Pembrokeshire Coast to Coast by Clive Gould and Graham Brace: 7th April – 21st May

Pembrokeshire based artists, Clive Gould and Graham Brace, specialise in depicting the Pembrokeshire landscape and seascape in great detail, predominantly using acrylics and coloured pencil respectively. Both artists strive to show Pembrokeshire at its best, emphasising the stunning natural ruggedness and topographical characteristics of our unique coast and countryside.

Sunsets and Sand by Kate Kelly: 27th May – 9th July

Coastal living is the foundation of Kate's work. Inspired by stormy seas, dramatic light and shadow stretching to the horizons, Kate's inspiration is captured on canvas using oils, pastels and acrylics. She hopes her style of work will inspire residents and visitors alike to enjoy the magnificent beaches, coastal paths and pockets of glorious nature that surround us.

Artist in Residence Tower

Edward Bowie: 7th April – 4th June

Edward captures movement and takes aspects of the natural environment through mood, colour and atmosphere transferring them into visual form. Using an array of colour palettes, a variety of scenes are encapsulated, often enhanced by the atmospheric ever-changing effects of the weather.

Discovery Room

Nature Inspired by Ty Hir Crafts: 4th May – 25th June

Silk scarfs, hand felted bags and decorative wood turned pieces are joined in this exhibition highlighting the use of natural materials, vibrant colours and the shared interpretation of the Pembrokeshire Coast. Movement and depth of the landscape is captured in different textures such as wool and silk thread, and the use of multiple layers of stain on various wood grains creating unique pieces.

Events

Coronation Celebration!

Sunday 7th May

Join Oriel y Parc and Pilgrim's Cafe on Sunday 7th May from 10am for a fun packed Coronation Celebration for all the family with a BBQ, craft market and traditional fun filled games!

Kings and Queens Trail

Saturday 27 May – Sunday 4 June

Join us for this fun trail, includes a small prize!

£3 per child, includes a special prize!

Wednesday Club! Make your own Nature Crown

Wednesday 31st May, 11am-3pm

£3 per child, drop-in

Come along and create your very own royal crown, try using natural materials like leaves and twigs from our woodland area.

Save the Date

The Great Big Green Week 2023

Saturday 10 to Sunday 18 June 2023

SIOP SOLFACH / SOLVA SHOP

Solva Shop

The Solva Shop will be open in the Hall on Thursday 11 May at Coffee morning (10.30-12.00), and at the Community Clubhouse on Sunday 28 May (2.00-4.00). Come and see what we have on offer, If you have items to donate or would like advice on where to send them, contact Fran on 07377059265 or fran34hb@gmail.com

Solva Shop Recycling

One of the aims of the Solva shop is to prevent stuff going to land fill. We now have a collection box for used printer ink cartridges. 30 at a time needed to raise money for Water Aid. Bring your used cartridges to Solva Shop or put it in the box in the Hall.

COUNCIL PASSES AVAILABLE FOR COUNTY'S UNPAID CARERS

Pembrokeshire County Council is highlighting the free Council services available for unpaid carers in the county who carry out an invaluable role caring for their families and friends.

In acknowledgment of the contribution made by unpaid carers, and their value to the County, a free annual parking pass at Scolton Manor is available, along with a free regular hot drink on each visit.

There is also a free 6 month membership at your local Council Leisure Centre on offer via the Carers Passport to Leisure Scheme.

Young Carers can register for a Carers Recognition Card via Action for Children's Young Carers Service, 01437 761330.

Adult Carers can register via the Pembrokeshire Carers Information and Support Service, 01437 611002 or email PCISS@adferiad.org

Once you have one of these cards you can apply for a free pass at Scolton Manor's Station Shop and, if over 13, you can apply for the Passport to Leisure by emailing a photo of your card to leisureadmin@pembrokeshire.gov.uk or visit your local centre.

SOLVA CINEMA

Upcoming films:

4 May	The Lost King (12A)
1 June	A man called Otto (PG 13)
6 July	Empire of light (15)
3 Aug	Do you wanna dance (12A)



Doors open at 7 pm at the Memorial Hall 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.

MOBILE LIBRARY

Are you (or do you know a relative or neighbour who is) unable to get out of the house because of poor health or lack of transport? Are you unable to carry heavy things? Do you love reading or listening to books?

We offer a library book delivery service to readers across the county once every four weeks for free.

Choose from a wide range of books from popular authors and subjects in both English and Welsh. A wide selection of large print books and spoken word is also available.

No charges, overdue fines or reservation fees are payable for this service.

Interested? Please ring **(01437) 776 126** to find out more and for our short application form.

SOLVA & ST DAVIDS MACULAR SOCIETY SUPPORT GROUP

WE MEET FORTNIGHTLY FROM MAY THE 2ND, THERE WILL BE GUEST SPEAKERS OCCASIONALLY TO GIVE INFORMATION AND VALUABLE HELP FOR FUTURE TREATMENTS FROM THE MACULAR SOCIETY UK, NHS AND THE RNIB.

LOCATED AT ST DAVIDS DROP IN CENTRE AT THE REAR OF CITY HALL, HIGH STREET ST DAVIDS SA62 6SD AT 2 PM - 4 PM.

MEETINGS ARE OPEN TO ANYONE AFFECTED BY VISION IMPAIRMENT. FAMILY MEMBERS, CARERS, AND FRIENDS WELCOME. WE SUPPLY TEA, COFFEE & BISCUITS.

CONTACT MARGARET ON 07815 729856 OR SANDRA ON 01437 721450

MICHAEL BECKETT WINS GOLD

Solva's Michael Beckett has won gold at the Trofeo Princesa Sofia regatta in Palma, Mallorca.

He defended his ILCA 7 title in style...needing only to start the final day's medal race in order to take victory.

The regatta brings together the all the best sailors in the world and has added significance this year due to the proximity of the Olympic Games.

Micky, who retains his membership of Solva Sailing Club, where he first learned to sail, says his focus over the past few months was on repeating his 2022 win. He is pleased his hard work has paid off.

He missed out on selection for Tokyo 2020 in favour of Eliot Hansen, but worked hard as a training partner, giving him an insight into what he needs to achieve to be chosen for Paris 2024.



SIMPLY CHURCH

a local church, in a local venue, to help local people follow Jesus
that's us!

Come and join us. You'll be given a very warm welcome.

We meet on alternate Sundays at the Football Clubhouse, we start with coffee at 10.30am

The dates for May are 14th and 28th

Further details from Nadia 07890 598686

The Football Clubhouse, Maes Yr Eglwys, Upper Solva, SA62 6TW

CLWB SOLFACH/SOLVA LUNCH CLUB

This is held on Wednesdays in the Hall at 12.30. Numbers remain good but we could easily cater for more senior citizens & anyone less-abled.

Please contact Jane Pascoe 01437 721544

SCARECROW TRAIL 2023

ANIMATED CHARACTERS FROM CHILDREN'S TV (AUGUST 6-7).

MORE SCARECROWS NEEDED. Reserve your character as soon as possible (no duplicates allowed). Contact Fran on Mob 07377059265 or E-mail fran34hb@gmail.com

SOLVA WI

Our meeting was held in the Hall on Thursday 13th April. The Business included arrangements for the members attending the Spring Council meeting, paying our annual subscriptions & updating address details.

Ongoing events included our next meeting on 11th May which will be a talk by one of our favourite speakers, Sheena Crossley on 'Drought & Gardens'. In July our Garden meeting will be kindly hosted by Rosemary Gillam. Some discussion ensued regarding our scarecrow for the annual competition but, a decision was made and it will be in situ outside Sue King's house on August 6th & 7th.

The Book Group will meet on 28th April & the Walking Group TBA.

Our Speaker was Simon Hancock, another favourite who gave a very interesting slide show & talk on 'Smuggling & Pirates in Pembrokeshire'.

ACTIVE 4 LIFE

The over 60's active leisure scheme has been introduced across Wales to encourage physical activity and healthy lifestyle choices aimed at reducing health inequalities and social isolation for the over 60's age group. Sport Wales have invested £1.3 million pounds to enable the 60 plus population in Wales TO live longer, better and happier lives by improving their physical activity levels, confidence, strength and balance. Throughout Pembrokeshire we have branded our scheme as 'Active 4 Life'.

For more information about the Active 4 Life scheme, please visit our website pembrokeshireleisure.co.uk/scheme/active-4-life/

Gym Circuits: 'Active 4 Life' has expanded its group exercise timetable to St David's Sports Hall! We are very excited to launch our new Gym Circuits Sessions every Wednesday 09-10am. Join our coach Krista in the fitness suite to improve balance, strength and cardiovascular fitness in this circuit style class. Suitable for all abilities, you can now book this via the Pembs Leisure App and the Pembrokeshire Leisure website.

Bi-Monthly 60+ Social Group: Solva Memorial Hall hosts a Bi-Monthly 60+ Social Group, which provides a welcoming and friendly environment for members of the local community aged 60 and over to come together, socialize, and participate in a range of activities.

The social group includes various activities such as meditation and relaxation taster sessions, guest speakers from different organizations, complimentary refreshments, and much more. It is a fantastic opportunity for attendees to learn more about the 'Active 4 Life' scheme, which encourages people to stay active and healthy as they get older, and to connect with other members of the community.

The next Bi-Monthly 60+ Social Group events will take place on the 2nd and 16th of May at Solva Memorial Hall. These events promise to be a great way for people to stay connected and to meet new friends while enjoying a range of activities and events.

SOLVA'S OWN CHIROPRACTOR

STOP! Did you know...

Solva now has its' own registered Chiropractor, working from home & available for home visits.

Chiropractic can help: Back pain/Sciatica/Headaches/Neck pain

For initial consultation & more information call; Dr Patrick on 07533 281486

SOLVA SURGERY

Repeat Prescription requests and dispensing – As you are aware the dispensing of medication from the Surgery finished on 31st March 2023. This will mean that we have stopped ordering any more stock from our wholesalers and you will see a reduction in availability of prescription medications which can be dispensed by the Surgery. Please bear with us whilst we go through this transition period. You will be asked to take your paper prescription to a chemist.

All patients will have received a letter from Hywel Dda Health Board explaining how you get your medication.

If you have regular medication (called Repeat medication) you will still need to order this from the Surgery and the staff will produce a prescription which will need to be signed by the GP. You can either collect the signed prescription from the Surgery and then take it to any Community Pharmacy yourself for them to dispense it for you, or you can ask for all your signed prescriptions to be sent directly to a Community Pharmacy of your choice which may be more convenient. If you are prescribed a medication as a one-off, or not on a regular basis you can do the same.

To order your Repeat prescription

Please contact the Surgery to order your prescription 7-10 days before your medication is required.

Order your prescription via the same methods, either by phoning the repeat prescription line on 01437 720644, online or post your repeat slip directly to the surgery.

You can collect your prescription or nominate your chosen Pharmacy

Collect your prescription from the Surgery and take it yourself to a Community Pharmacy. Or ask the Surgery to send your prescriptions to one of the Pharmacies below that has a collection service and they will have the medication ready for you to pick-up 7-10 days after your order. Some Community Pharmacies offer home delivery of your medication. This is not an NHS service, is subject to delivery radius and delivery charges may apply.

Well Pharmacy - St Davids
Boots Pharmacy - Fishguard
Myrtle Pharmacy, Goodwick
Boots Pharmacy - Haverfordwest
Davies Pharmacy, Haverfordwest
Well Pharmacy – Haverfordwest



If you want all of your prescriptions to go to one of the Community Pharmacies that offer this collection service, you can tell one of the reception team at the Surgery and they will note this in your records so that every prescription goes there directly, this means that you won't need to collect your prescription from the Surgery.

The Health Board is working with the Surgery and local Community Pharmacies to make this transition as easy as possible for patients, however we need your help in doing this by ensuring that you order any repeat medication 7-10 days in advance of when you need it, so you don't run out of any medication.

If you have any queries, please telephone Hywel Dda Health Board on 0300 303 8322 (option 5) or email ask.hdd@wales.nhs.uk

Practice Nurse Appointments – Due to staff sickness, we continue to have limited availability for Practice Nurse appointments. This may mean that routine appointments will need to be rescheduled while we try to cover the clinics for more complex procedures.

MAINLY VILLAGE HALL TOUR

Get ready to tap your toes and sing along to some great music as the Mainly Village Halls Tour comes to Solva Memorial Hall on Saturday 17 June.

This free concert series is a celebration of local communities and the important role that village halls play in bringing people together.

This event, which is supported by the Arts Council of Wales, promises to be a fantastic night of music and community spirit. With performances by a variety of talented artists, the Mainly Village Halls Tour is an opportunity to enjoy high-quality music right here in Solva.

The Mainly Village Halls Tour is also supported by the Colwinston Community Foundation Wales, The D'Oyly Carte Charitable Trust, Fidelio Charitable Trust, Oakdale Trust, and the Powys Church Act. These generous supporters are committed to promoting the arts and bringing high-quality performances to communities throughout Wales.

Tickets for this event are available via a QR code, and enquiries can be directed to Lena Dixon at 07805 717556 or lena.dixon@solvacare.co.uk. Doors open at 7:00pm, and the concert promises to be an unforgettable evening of music and community spirit.

So come on down to Solva Memorial Hall on Saturday 17 June and join us for an evening of free music and celebration.

We can't wait to see you there!



OPEN MIC RETURNS!

Attention music lovers! Open Mic Night is back at the Harbour Inn every Thursday starting. This popular event is a chance for local musicians and performers to showcase their talent in a relaxed and welcoming atmosphere.

Whether you are an aspiring singer-songwriter, a seasoned performer, or just someone who enjoys live music, Open Mic Night is the perfect opportunity to come together and enjoy some great entertainment.

In addition to the music, the Harbour Inn also serves up a delicious selection of food and drinks. So why not grab some friends and head down to the pub for a great evening out? We can't wait to see you there!

CELEBRATION OF SOLVA

Join us for a celebration of all that is great about our village over the May bank holiday (27-29th of May) on the foreshore of the lower car park. This family-friendly event will feature live music, painting for all ages, stalls selling local goods, and much more.

This is a chance for us to come together as a community and celebrate everything that makes our village so special. We are proud of our rich history, our beautiful landscape, and the wonderful people who call Solva home.

In addition to the festivities, there will be collection buckets available for those who would like to make a donation towards our community projects. Every little bit helps to support the initiatives that make our village such a great place to live.

So come along and join us for a day of fun, music, and celebration. We look forward to seeing you there!

SOLVA DEFIB 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)

3. Harbor Inn

4. Trinity Quay



MAY CALENDAR

- 01/05** - Walk for Well-being, Solva Clubhouse 2.15pm
- St Davids and Solva Art Group Meeting, Solva Clubhouse 10-12am
- 02/05** - Solva Community Council Meeting, Solva Clubhouse 6pm
- Solva Library, Memorial Hall 10-12am & 2-4pm
- Solva & St Davids Macular Society support group, St Davids Drop in Centre 2-4pm
- 60+ Social Group 16th of May at , Solva Memorial Hall
- 03/05** - Luncheon Club, Memorial Hall 12.30pm // Gym Circuits, St David's Sports Hall 9-10am
- 04/05** - Solva Cinema: The Lost King (12A), Memorial Hall 7.30pm
- Open Mic, Harbour Inn
- 05/05** - Coronation Prom, St Davids Cathedral 7.30pm // SC Drop in, Solva Surgery 10-12am
- 06/05** - Kings Coronation
- 08/05** - Walk for Well-being, Solva Clubhouse 2.15pm
- St Davids and Solva Art Group Meeting, Solva Clubhouse 10-12am
- 09/05** - Solva Library, Memorial Hall 10-12am & 2-4pm
- 10/05** - Luncheon Club, Memorial Hall 12.30pm // Gym Circuits, St David's Sports Hall 9-10am
- 11/05** - Solva Shop Coffee Morning, Memorial Hall 10.30-12am // - Open Mic, Harbour Inn
- 12/05** - Solva Care Drop in, Solva Surgery 10-12am
- 14/05** - Simply Church, Solva Clubhouse 10.30am
- 15/05** - Walk for Well-being, Solva Clubhouse 2.15pm
- St Davids and Solva Art Group Meeting, Solva Clubhouse 10-12am
- 16/05** - Solva Library, Memorial Hall 10-12am & 2-4pm
- Solva & St Davids Macular Society support group, St Davids Drop in Centre 2-4pm
- 17/05** - Luncheon Club, Memorial Hall 12.30pm // Gym Circuits, St David's Sports Hall 9-10am
- 18/05** - Open Mic, Harbour Inn
- 19/05** - Solva Care Drop in, Solva Surgery 10-12am
- 22/05** - Walk for Well-being, Solva Clubhouse 2.15pm
- St Davids and Solva Art Group Meeting, Solva Clubhouse 10-12am
- 23/05** - Memorial Hall General Meeting, Memorial Hall 6.30pm
- Solva Library, Memorial Hall 10-12am & 2-4pm
- 24/05** - Luncheon Club, Memorial Hall 12.30pm // Gym Circuits, St David's Sports Hall 9-10am
- 25/05** - Open Mic, Harbour Inn
- 26/05** - Solva Care Drop in, Solva Surgery 10-12am
- 28/05** - Solva Shop, Solva Clubhouse 2-4pm // Simply Church, Solva Clubhouse 10.30am
- 29/05** - Walk for Well-being, Solva Clubhouse 2.15pm
- St Davids and Solva Art Group Meeting, Solva Clubhouse 10-12am
- 30/05** - Solva Library, Memorial Hall 10-12am & 2-4pm
- Solva & St Davids Macular Society support group, St Davids Drop in Centre 2-4pm
- 31/05** - Luncheon Club, Memorial Hall 12.30pm // Gym Circuits, St David's Sports Hall 9-10am



Editors Note

If you have any submissions or advert enquires for the newsletter please email me at solvanews@outlook.com. Last date for submissions is the 16th of each month. Cheers, Angus



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 **Dried Seaweed**
 Lobster, Crab, Rope Grown in
 Oysters & Mussels Ramsey Sound, Pembrokeshire

07773 846560
sales@solvaseafoods.co.uk
www.solvaseafoods.co.uk



SOLV HARBOUR SOCIETY

'A Community Benefit Society'

TRINITY QUAY SOLVA
Tel Chairman: 07494 853642
Tel Harbour Master: 07485 655754
Tel Trinity Quay: 01437 721725

ST DAVIDS BOOKSHOP

Lots of new books, children's titles and second hand

All welcome

2 Ty Eurvil, Maes Dyfed, St Davids.

01437 720480
stdavidsbookshop@gmail.com



Solva Edge Festival

3 DAYS OF LIVE MUSIC, POETRY, LITERATURE, TALKS, GREAT FOOD AND DRINK

28TH - 30TH JULY 2023



solva woollen mill

we are open all year
Monday to Friday
9.30am to 5.30pm
Also July to September
Saturday 9.30am - 5.30pm
Sunday 2pm - 5.30pm
www.solvawoollenmill.co.uk
01437 721112
waterwheel shop tearoom

We provide free parking in St. Davids and free mini-bus to the boat and back.

AQUAPHOBIA

Marine Wildlife Tours



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