

NEWYDDION SOLFACH & TYDDEWI



SOLVA & ST DAVIDS NEWS

PDF AVAILABLE TO DOWNLOAD:
<https://solva.gov.wales>

FREE!
Please take a copy

SUMMER NOVELTY DOG SHOW FAYRE

SOLVA COMMUNITY COUNCIL PRESENTS

CYNGOR CYMUNED SOLFACH YN CYFLWYNO

SUNDAY 13TH AUGUST

12-4.30PM PARC Y CAPEL FIELD, SOLVA

All Proceeds going to Solva Care

- Afternoon Tea Tent
- Local Craft Stalls
- Funfair Rides
- Face Painting
- Hot food & Drinks
- Raffle
- Ice Cream

**PRIZES FOR
1ST
2ND
& 3RD**

- Dog show starts at 1pm
- Registration 12.00pm
- Entry Fee £2.00 per Class

35

MAIN STREET

Delicious freshly cooked
local produce

Fully licensed café & take-away

Booking advised

01437 729236

From our cows... to your cone

POINTZ CASTLE ICE CREAM

www.PointzCastle.com
www.PointzCastle.com

07837 995910
info@llanungar.wales
www.llanungar.wales

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Solva, Pembrokeshire SA62 6UA

MAINTENANCE MATTERS

Home & Garden

Interior/Exterior Decorating
Fence/Shed/Decking Staining
Gutter/Fascia/Patio Cleaning
ALL Garden Maintenance

Prompt, Reliable, FREE Quotations
Dean: 01437 720179 or 07811 151678

SOLFACH // SOLVA

COUNCILLORS CORNER

August is traditionally a quiet month in County Hall, with only essential meetings and many officers on annual leave so now is probably a good time to catch up on ongoing matters

Around this time of year I get calls about Highway verge mowing and the fact it seems to get later each year. PCC do have my sympathy in this case as many people are keen to preserve the wild hedgerow flowers so want the cutting to be delayed, but the motorist who uses the back roads has to contend with poor visibility as the grass hedges grow into the road. A later start also helps with budget pressures as only one cut is then required. There is also the bird nesting season to consider. So this year, the cutting season started later on 1st July and I made a request that the busiest back roads were prioritised as those get more safety benefit over cutting the main roads first.

Another ongoing matter in Haverfordwest is the demolition and replacement of the Multi Storey Car Park with a car park and transport interchange (Bus Station). As most people will be aware the original structure has been demolished but there have been delays in obtaining Grant Funding , and engaging a building contractor. The project is said to be funded 90% by grant and 10% by Pembrokeshire CC funds. As your elected member for Solva, I want to share my views with you. I have doubts as to whether this project will achieve the benefits and regeneration that are claimed for Haverfordwest and I would prefer to see a nice open space for events , the Farmers Market and the fair etc along side surface parking. Retail shopping habits have changed over the years and more so since Covid.. Out of town shopping and online shopping becoming the norm. A temporary car park has now been established on the site but the signage advertising it has been poor. It is also only possible to pay by the Pay By Phone App which is very good and valid for all Pembrokeshire Council operated car parks including Solva and other PCNPA car parks but does charge a small premium for using it. However once it is installed and set up on your smart phone, it is very easy to use.

On the subject of car parks please remember when using Solva Harbour Car park to ensure that your season ticket or National Trust membership pass is clearly visible as otherwise you will get a penalty notice

I wish all residents a great summer and hope the weather is kind. If you need any council related help, please contact me on 07976 553912, best regards Mark



07533 281486

ADVERTISING AVAILABLE

**For more information,
please contact**

Solva & St Davids News

on:

solvanews@outlook.com

stdavidsnews@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

NEW ERA FOR STAFF AND PATIENTS AT SOLVA

Hywel Dda University Health Board, which has recently taken over the management of the Solva GP Surgery, has thanked staff and the local community for all their support and hard work as the practice enters a new phase.

Recent developments at the Pembrokeshire surgery include the appointment of a permanent GP along with new roles such as a Lead Nurse – and there are further plans to invest in the training and development of staff within the team in the near future.

The surgery, which is situated in the village of Solva, serves a population across the Peninsula and was taken over by the health board following an extensive public engagement exercise earlier this year. This was carried out after the surgery ended its General Medical Services (GMS) contract in March 2023.

Dr Angela Unversucht, who has been providing regular locum cover at the practice since August 2022, has now been appointed into a permanent role as the practice Clinical Lead GP.

Dr Unversucht said:

"I am delighted to have become the Clinical Lead GP at the Solva Surgery for the health board. It is a much-valued service for the registered patients across the Peninsula, and I am happy to be able to support our patients and the practice team including regular locums who are supporting me at Solva Surgery and are all experienced GPs. The practice is also in the process of recruiting more permanent doctors."

"Work has also been underway to bolster the practice nursing team," Dr Unversucht continued. "We have appointed a Lead Nurse who will be starting later this summer, an additional nurse for chronic disease monitoring and a new Health Care Support Worker. We will also be working with the North Pembrokeshire Cluster on a project for healthy lifestyles and disease prevention."

Services at Solva Surgery include GP face-to-face and telephone consultations which are available every day. Patients are able to book non-urgent appointments in advance.

Dr Unversucht said:

"The availability of appointments and clinics with the practice nursing team will be increasing in the coming weeks as the new staff commence in post and we look forward to being fully staffed in the nursing team."

Hywel Dda UHB is continuing to work with the Peninsula Working Group to discuss the longer-term sustainability of services across the Peninsula, with a further meeting planned in the coming weeks.

Under the new arrangements, Solva Surgery no longer has a dispensary for medication. The majority of patients are using the Well Community Pharmacy in St David's, which has seen a significant increase in the dispensing of medicines and has expanded the range of clinical services it offers. Work to improve the premises is taking place in the coming weeks.

Director of Primary Care Jill Paterson said that the health board had been working closely with patients, the local community in Solva and other partner agencies.

"We have been very pleased with the outcome so far," said Ms Paterson.



"I would like to thank the practice staff for working so hard through an uncertain time to deliver a smooth transition and to patients for their continuing support for the practice team."

Further details on the services provided at Solva GP Surgery can be found on the practice website

PENUEL BAPTIST CHAPEL

Penuel is a small evangelical baptist church, whose people love to serve, worship and share the gospel. You are warmly invited to join us at any of our services and other activities:

Sunday Worship Services: 10:30 a.m. and 4:00 p.m.

Bible Study and Prayer Meeting: Thursdays at 7:30 p.m.

201st Anniversary Services: Saturday 5th August at 7:30 p.m., Sunday 6th at 10:30 a.m. & 4:00 p.m.

Songs of Praise Victoria Hall, Roch: Saturday 26th August at 7:00 p.m.

Free Family Cooking Club: Wednesday 26th July, Wednesday 9th August, Wednesday 23rd August.

For more information or to book your free place at our Summer Cooking Clubs, please visit our website, <https://penuel-chapel-roch.wales>, or contact us by email: penuel.roch@gmail.com, mike.de.jong@childshill.com

SCARECROW TRAIL 2023

Animated Characters from Children's TV or Film (August 6-7) 10.30-6.00.

Trail Maps will be available on the day in the Lower Car Park and from Bay View Stores. Prizes for Best and Funniest Scarecrow builders, and for Trail winners.

Contact Fran on Mob 07377059265 or E-mail fran34hb@gmail.com.



COMMUNITY CARE ASSISTANT VACANCIES

Solva Care in Partnership with Community Interest Care, based in Neyland, is seeking to recruit staff for our new service based around Solva and Saint Davids providing Personal Home Care.



We are looking for kind, caring and compassionate people who want to make a real difference in our community by providing high quality care and support at home. Salary: Starting salary based on £11.00 per hour with mileage allowance, rising to £11.50 on completion of probationary period. £12.50 an hour at weekends.

- Full training and a range of benefits will be available.
- A full clean UK driving license and access to a car essential.

Interested in a career with training opportunities and development potential? If so, we would like to hear from you.

We are an equal opportunities employer and provide a range of benefits for our staff. For further information and informal discussion please contact:

Contact:

Solva Care Lesley Robertson-Steel: 07722091664 lesleyrs.solvacare@gmail.com

Community Interest Care Manager Lynette Hart: lynette@communityinterestcare.com

Neyland Community Hub: 01646629571

SOLVA QUAY REPORTS EXCELLENT WATER QUALITY

Solva Quay is celebrating excellent water quality results recently recorded. On June 26 and July 6, 2023, samples were taken, showing E.coli levels at 97 cfu/100 ml and 64 cfu/100 ml, and Enterococci levels at 40 cfu/100 ml and 13 cfu/100 ml, respectively.

These outstanding results classify the water as "Excellent." The efforts of local authorities and stakeholders have contributed to maintaining a clean and safe environment for residents and visitors alike. Solva Quay's commitment to monitoring and preserving water quality sets a shining example for other coastal areas to follow.

HOW TO APPLY FOR / RENEW YOUR BLUE BADGE (FOR DISABLED PARKING)

You can apply for or renew your blue badge online at www.gov.uk/apply-blue-badge

Alternatively you can apply via Pembrokeshire County Council on phone 01437 764551 or email bluebadgeadmin2@pembrokeshire.gov.uk

The blue badge is free in Wales and can take up to 28 days to receive. If you would like help to apply online, which may be quicker, please contact Lena Dixon, Solva Care Co-ordinator on 07805 717556 or pop into Solva Surgery on a Friday morning - Lena is there 10-12 noon.

If you are unsure of what information you need, please contact Lena first on 07805 717556 or lena.dixon@solvacare.co.uk

SOLVA CINEMA

Upcoming films:

3 Aug: I Wanna Dance with Somebody (12A)

7 Sep: Allelujah (12A)

5 Oct: Operation Mincemeat (12)



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.

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!



THE SOLVA CARE MICE ARE ALL AROUND!

Enjoy walking around our trail and meet the mice getting up to all sorts of fun and games. Trail map available at the Top Shop and Window on Wales - see how many you can find - there are some surprises in our discovery boxes too!

SOLVA & ST DAVIDS MACULAR SOCIETY SUPPORT GROUP

THERE ARE NO MEETINGS IN AUGUST AND THE NEXT MEETING WILL BE AT THE START OF SEPTEMBER (DATES TO BE CONFIRMED). THE VENUE HAS BEEN MOVED TO ST DAVIDS RUGBY CLUB.

ON THE 27TH OF SEPTEMBER HAYLEY VAUGHN FROM MAGGS OPTICS AND THE NHS WILL BE SPEAKING.

AS ALWAYS, WE WELCOME ALL WITH VISUAL IMPAIRMENTS FOR SUPPORT AND ADVICE FROM REGULAR SPEAKERS I.E. NHS, RNIB AND THE MACULAR SOCIETY UK. CONTACT MARGARET HUGHES (GROUP LEADER) ON 07815729856.

ST DAVIDS & SOLVA ART GROUP SUMMER EXHIBITION

On Monday July 31st the St Davids & Solva Art Group will be opening their Summer Exhibition in St Davids City Hall. Members are delighted to be showing all original work painted over the year and offered for sale framed and unframed.

After last year's outstanding success with selling a calendar featuring members art work and raising funds for local charity, this year we will be launching our 2024 Calendar at the exhibition - sold in aid of Treginnis, Farms for City Children, St Davids.

So come and have a look – we'll be open from 11- 6 daily from Monday 31st of July through to Friday 11th of August.

SOLVA CARE NEEDS HELP!!

Our 5-year National Lottery Funding comes to an end in March 2024. Without new funding, Solva Care would not be able to continue providing the support we are currently offering. The Solva Care trustees are doing everything they can to find grants from alternative funders but there are no guarantees, and the amounts are often small and often they will only match the amount we can contribute ourselves. In addition, we are thinking of ways to fund-raise locally. We know that many people in the village are willing and able to undertake fun activities for sponsorship. We would welcome your ideas and if we host an event, we really need as many of you as possible to support it. All amounts raised could help us continue supporting people in the village until we are able to find a more sustainable source of funding.

If you have any ideas or offers of help, please email lenamdixon@gmail.com

WEST WALES WALKING FOR WELL-BEING

West Wales Walking for Well-being are running walks every Monday... minibus shuttle from OYP in St Davids at 13:45 then Solva football club at 14:15 stopping at both lay-bys on route downhill to Lower Solva.

Walks are up to an hour in length, and you walk at your own pace and are designed for those that are less mobile or not used to physical activity.

To book onto walk either use our website www.westwaleswalkingforwellbeing.org.uk or if wanting to be picked up

Please phone Sam on 01646 624880 or email same@pembrokeshirecoast.org.uk

SOLVA WI

Our next meeting will be in the Memorial Hall on Thursday 14th September at 2pm. Visitors are welcome. Following the Business the Speaker will be Pat Rogers on 'the Work of a Street Pastor'.

COMMUNITY CLASSES

Pembrokeshire Leisure are delighted to announce that we are heading out in to the community!

From Monday July 24th till September 1st we will be running classes in Solva memorial Hall. See below for our timetable:

Tuesday 19:15 - 20:15 - Circuits

Wednesday 14:00 - 15:00 - Yogalates (Mats needed)

Thursday 13:00 - 14:00 - Chair Yoga (Mats needed)



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.

WINGS OVER CAREW

The Annual Show for "Wings Over Carew" this year is on August 5th. It is held, as I am sure you know, on the grounds of Carew Cheriton Control Tower.

Details of this year's show can be seen on:

<https://www.carewcheritoncontoltower.co.uk/events/wings-over-carew-2023/>

This year is going to be a special year because a new memorial for American Service personnel is to have a wreath laying ceremony, accompanied with a flypast by the U.S. Air Force based at Lakenheath.

There will again be a parachute drop by the RAF Falcons and many other groups will have stands and so on.

We would like you to be present if you possibly can, and join all our special guests. There will be a V.I.P. marquee in which you will be introduced to everyone. Someone will meet you at the car park as you arrive at the entrance from the Carew Cheriton roundabout on the A477.

SOLVA SURGERY**Community Connectors**

Pembrokeshire's Community Connectors is a free, person-centred confidential service that supports people to access community-level services & activities that will help them maintain independent lives. Their aim is to prevent circumstances deteriorating to a point where individuals might need higher level health or social care services. Contact them via the Pembrokeshire Community Hub on:

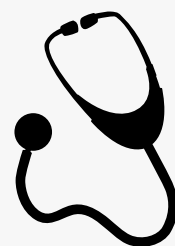
01437 723660 or email enquiries@pembrokeshirecommunityhub.org

Travelling abroad and need travel vaccines?

Please note the Practice requires patients to complete and return a Travel Risk Assessment form (ask at Reception) **AT LEAST 6 WEEKS BEFORE TRAVEL.**

This allows sufficient time for the Nursing Team to source the relevant vaccines, in the case of any stock shortages. It is also better to be vaccinated at least 6 weeks before travel to give your immune system time to respond to the vaccines. For late requests, the practice may not be able to administer all the vaccines you need, and you may have to contact one of the nearest Travel Clinics instead:

- *Clunderwen Pharmacy – Crinow Glebe, Clunderwen, SA66 7NP (01437 563228)*
- *Boots, Carmarthen – 12 Red Street, SA31 1QL (01267 236368)*
- *Boots, Swansea – 17 The Quadrant, SA1 3AD (01792 643461)*

**Repeat Prescription requests**

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.

Did you know that you can nominate your chosen Pharmacy?

You can 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
Myrtle Pharmacy, Goodwick
Davies Pharmacy, Haverfordwest

Boots Pharmacy - Fishguard
Boots Pharmacy - Haverfordwest
Well Pharmacy – Haverfordwest

If you want all of your prescriptions to go to one of the Community Pharmacies that offer the 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.

AVIAN INFLUENZA CONFIRMED

Public urged not to handle dead or sick wild birds found in Pembrokeshire due to confirmed Avian Influenza (bird flu) cases.



Hundreds of seabirds washed up on South Pembrokeshire beaches, including guillemots, razorbills, and gannets.

Organizations involved include Pembrokeshire County Council, Pembrokeshire Coast National Park Authority, National Trust Cymru, Wildlife Trust of South and West Wales, and the Welsh Government. The public is advised to keep dogs on leads and provide location details when reporting incidents.

- Dead birds in public places should be reported by calling 01437 764551 (or out of hours 0345 601 5522) for Pembrokeshire County Council to arrange to collect safely.

- If you find any sick or injured wild birds (on public or private land), please contact the RSPCA on 0300 1234 999.

- Dead birds on private land should be reported to PCC on the numbers above for information gathering purposes but removal will be via DEFRA on 03459 33 55 77 or see <https://www.gov.uk/guidance/report-dead-wild-birds>

Scrupulous biosecurity is the most effective method of disease control available and all bird keepers should follow enhanced biosecurity measures at all times to prevent the risk of future outbreaks.

These can be found on the Welsh Government website at <https://www.gov.wales/sites/default/files/publications/2017-11/avian-influenza-bird-flu-advice-for-keepers-of-small-flocks.pdf>

HOPE CHURCH COMES TO SOLVA

For three Sundays only:

30th July, 6th and 13th August

Hope Church will be holding Sunday morning worship in Solva Memorial Hall, High Street, Solva
Come and join us!

Coffee is served from 10.00am

The cafe-style meetings are relaxed and for all age groups

We welcome families and there is a children's Sunday School too.

**CLWB SOLFACH/SOLVA LUNCHEON CLUB**

There will be no Lunch Club in August but we will resume on Wednesday 6th September at the usual time of 12.30pm.

If you are not a member but would like more details please contact Jane Pascoe: 01437 721544.



CORNEL CYMRAEG



Croeso' nól.

Wythnos yma dwi'n mynd i rhannu darn o farddoniaeth gan Bronwen Lewis.

Mae Bronwen yn adnabyddus am gyfieithu caneuon Saesneg i'r Gymraeg yn ogystal ag ysgrifennu barddoniaeth.

Dyma ddau bennill i chi . Gobeithio bydd y geiriau yn helpu magu mwy o hyder tuag at siarad yr iaith Gymraeg.

Nid Oes Angen Bod Yn Berffaith

Nid oes angen bod yn berffaith,

Cael bob treiglach bach yn iawn,

Ceisio siarad mewn ffordd formal,

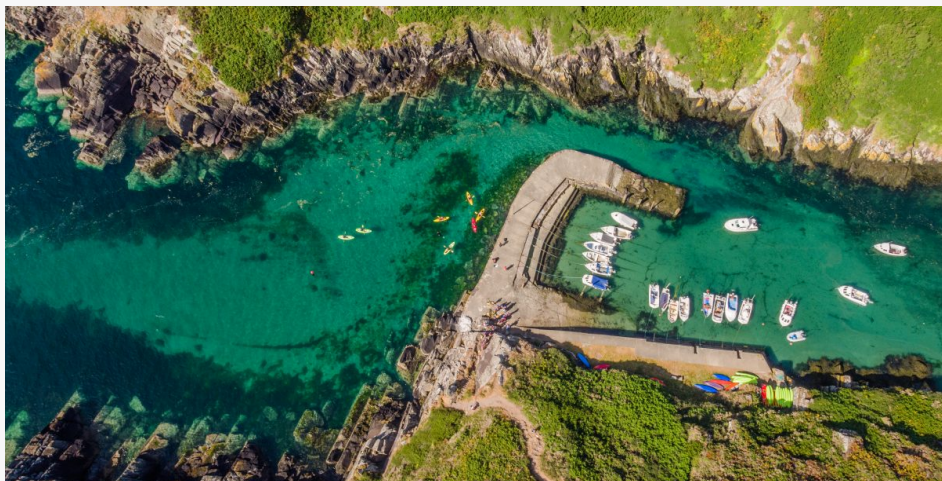
Neu mewn brawddegau llawn.

Nid oes angen ymarfer gartref,

Gan mai'r ymarfer gorau sydd,

Yw siarad gyda'n gilydd,

Mewn pa bynnag ffordd sy'n wir.



GAMES CORNER

Two sudoku's again this time with one a bit harder, one medium and one very hard difficulty.

Your goal is to fill in the grid so that each row, column, and 3x3 box contains the numbers 1 to 9 without repetition and, there's only one solution for each puzzle.

Best of luck!

				5	4		8	
		1			2	5	9	
				9	7	1		
						4	2	
			8			3		5
		8			3		6	
5		4			8			
8							7	
	7			4				

		6		4				
	4	9			5	1		6
				8	3	9		
			6				5	3
9	7			2				
		1	2		9		8	
					4			

TYDDEWI // ST DAVIDS

CWRW A CANU FUNDRAISER FOR THE BRITISH HEART FOUNDATION

Emma and Mark Evans recently held a fundraising evening of traditional singing, great food & excellent beer at St Davids Old Farmhouse Brewery and raised £2,000 for the British Heart Foundation - a charity very close to their family.

Emma said 'A huge thank you to everyone who came & supported the night. We had a fantastic evening of entertainment, great food & of course excellent beer! A special thanks must go to Haverfordwest Male Voice Choir and Sharpe Music for generously giving their time to entertain us & to Cwm Gwaun Caterers for their fabulous food, which helped us raise a fantastic £2,000 for this excellent charity.'

Jayne Lewis BHF Fundraising Manager said "We are so grateful to Emma and Mark, for supporting the BHF's research by doing this wonderful event. Thank you to everyone who supported and also to members of the Haverfordwest & Milford Haven BHF fundraising Branch who also attended and thoroughly enjoyed the evening. Today in Wales around 340,000 people are living with the daily burden of heart and circulatory diseases and dozens of families will lose loved ones to devastating heart diseases. We urgently need the public's support to keep our life saving research going, and to discover the treatments and cures of the future. It is only with donations from the public that the BHF can keep its lifesaving research going, helping us turn science fiction into reality.'



To find out more about how the BHF is turning science fiction in to reality by going to: <https://www.bhf.org.uk/this-is-science>

ST DAVIDS SURGERY

Following the retirement of Dr Ingrid Kauschinger at the end of May 2023, we are pleased to welcome Dr Miriam Hopwood to the Practice.

The Surgery is now led by Dr Stephen Riley, with two Associate GPs Dr Roanna Dewsbury and Dr Miriam Hopwood working alongside him.

Patient Registrations

Our Practice List is now open for new patient registrations. If you reside within our Practice boundary, you may apply to join our Practice List by completing a registration form, which is available from Reception. Alternatively, the registration form can be downloaded and printed from our website. Please see <https://stdavids.gpsurgery.net/patient-info/register/> for further information.

Tel: (01437) 720303

Email: enquiries.w92058@wales.nhs.uk



CHRISTIAN AID WEEK COLLECTION 2023

A big thank you to everyone who gave so generously this year. We raised an amazing £1714.25 in a year of hardship for so many, to enable women of Malawi to provide for their families. Thank you, too, to the people who gave so generously of their time to label and deliver envelopes and of course to Mr Chris Taylor at St Davids bookshop for providing our collection point. Well done everyone.

SUMMER MINDS SCIENTIFIC LECTURE

This year's lecture is The Secret Life of Sand Grains: Shedding a Little Light on the Past. It will be given by Professor Helen Roberts from the University of Aberystwyth. She is a distinguished scientist and is Professor of Geography and Earth Sciences.

It will be held at 7pm on Tuesday August 1st at Twr y Felin Hotel in St Davids. Admission is free but we ask people to book on Eventbrite.co.uk by searching on "St Davids Summer Minds". As in the past, these are designed to be non-technical lectures given by scientific experts.

MENEVIA IN JUNE

At the monthly meeting, members were treated to a rendition from the drama group of 'Anything Goes' which they had preformed at the Torch Theatre last month. The glitter dresses, music, and dance made for a very enjoyable performance. After the refreshments, the group enjoyed a very lively 'Beetle Drive'. Sue Preece was the overall winner. A very pleasant evening was enjoyed by all.

The craft group enjoyed a fascinating trip to Pointz castle. The owner's Rachael and William Lawrence explained the history of the farm and how they diversified into making Ice-cream. Members thoroughly enjoyed sampling the luxury ice-creams.

The gardening group had the privilege of visiting members' gardens in St Davids, with lots more outings planned.

Menevia WI were delighted to be invited to partake in a quiz organised by Mathry WI. It was a very enjoyable evening. The strawberry and cream scones with Pimm's were a definite treat!

Preparations are now underway for the annual carnival in St Davids. An event not to be missed.

Menevia always welcomes new members, we are a very active group with the emphasis on fun and friendship. Please contact Eleri Davies (President) 07791903221 or email meneviawi@gmail.com

SHALOM HOUSE

Shalom House Day Centre:

Shalom House supports the people of Pembrokeshire, providing holistic, accessible, personalised care for those who have been diagnosed with cancer and other life limiting illnesses, such as MND, Parkinson's and COPD. We are here to support people through a difficult time and to help provide a better quality of life.

Shalom House News:

We are holding a joint event with Paul Sartori on August 12th 2023 in St Davids. It will be a Traditional School Sports Day. There will be fun for the whole family. Children's races in the morning and adult races in the afternoon. Register your team as soon as possible as there will be limited places.

Shalom House will be holding a Twmpath on 8th September 2023 at Clwb in St Davids. See our Facebook page for more details

We are looking for volunteer for both our shops if anyone is interested in sparing a few hours. We are also looking for volunteer drivers to help bring attendees to and from Shalom House. If you are interested get in touch with Sam on 01437 721 344.

ORIEL Y PARC

LANDSCAPE
GALLERY &
VISITOR CENTRE
ST DAVIDS

JULY 2023



Museum Cymru Gallery

The Lost Words / Geiriau Diflanedig Sunday 2 July until Spring 2024

This enchanting exhibition combines the creative talents of artist Jackie Morris and writer Robert Macfarlane to celebrate the relationship between language and the living world, and nature's power to spark the imagination.

The exhibition is based on *The Lost Words*, the Sunday Times bestselling book, published in 2017. *The Lost Words* began as a response to the removal of the names of plants and animals from children's dictionaries due to their lack of use in everyday life.

A treat for the eyes, mind and soul, this exhibition aims to reconnect adults and children to the natural world using the magic of words and art.

For the very first time, this exhibition will also be showcasing 'Geiriau Diflanedig', a Welsh language version of the book, written by Welsh poet, Mererid Hopwood.

A touring exhibition organised by Compton Verney, with Hamish Hamilton and Penguin Books

Saint Davids Room

Sunsets and Sand by Kate Kelly Saturday 27th May – Sunday 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.

The Wreck of the Ragna by Warren Heaton Friday 14th July – Sunday 20th August

A collection of work depicting the 1900 storm leading to the shipwreck of the *Ragna* off the coast of Aberfelin in Trefin. The exhibition will feature a large-scale oil painting produced by Warren, supported by a series of sketches and photographs of the stranded ship, information boards including interviews with local residents. The exhibition tells the story of the tragic events and the heroism of the villagers.

Artist in the Tower

Living with Art by Vyvyan Wayne Davies Thursday 8th June – Sunday 6th August

Vyvyan has introduced a more modern approach to his paintings in this exhibition. His strong graphic design background has influenced a distinctive style. His palette knife paintings embrace the 'hiraeth' – the feeling of belonging, sense of being part of a place, becoming closer to the people and its surroundings.

Discovery Room

Journey's In Clay by Jemma Elsley Wednesday 28th June – Sunday 13th August

From 'Open Skies Studio' Jemma produces a range of sculptural and functional ceramics, together with illustrations. Pieces are hand-built using a range of methods and inspired by the West Wales landscape, its flora and fauna and the journeys life takes you on.

Jemma's pieces fuse together her love of both illustrating and sculpting, with earthenware forms finished using earthenware glazes and decals transferred from original drawings.

Events

- Pop Up Talks Throughout Summer Join one of our knowledgeable volunteers for a 10 minute introduction to St Davids. Check our blackboard in the courtyard for talk times. FREE
- Summer Fun Trail Inspired by *The Lost Words* Saturday 22nd July – Sunday 3rd September £3 per child, includes a small prize! Join us for this fun trail.
- Summer Craft Market, FREE ENTRY - Saturday 5th of August (10am-3pm) Support local makers with our Courtyard Summer Craft Market. Discover new arts, crafts and local producers with lovely gifts and keepsakes for visitors and locals alike.

CARNIVAL**Monday 28th August: 2pm from Oriel Y Parc.**

Parade will be led by a live community brass band down the High Street, onto Nun Street and onto the Rugby Club, where there will be family fun.

Raffle, prizes, bouncy castles, races, live music with Ross Gurney. Winners will be announced at 4.30pm at the Rugby Club.

This year we will have more floats!

Prizes for best float are:

- 1st: £250
- 2nd: £100
- 3rd: £50

Cash prizes for best dressed in the walking parade, after party at the clwb with Hoochie Coochie Band.

This years carnival king and queen are Leo Mitchell and Efa Harries. This years carnival Prince and Princess are Rudy Evans and Ivy Watson-Rose .

Organised by the carnival committee.

**SCRABBLE CLUB**

Any one interested in starting a Scrabble club in St Davids please contact Winifred Price on 01437 720943.

CHOOSE LOVE

Nicola Davies, a local writer near St Davids, received the prestigious 'Highly Commended' award at the national CLiPPA Awards for her moving poetry collection "Choose Love," published by Graffeg. The book provides heartfelt insights into the lives of refugees, accompanied by beautiful illustrations by Petr Horáček.

Organized by the Centre for Literacy in Primary Education (CLPE), the CLiPPA Awards exclusively celebrate exceptional poetry for children in the UK. Nicola's performance of her poem 'Not Lost' left the audience captivated, as she expressed her gratitude for the recognition and her mission to connect, inspire empathy, and empower young minds through poetry.

Nicola said she was "completely overwhelmed" at receiving the commendation. In her speech, Nicola told the crowd:

"I'm utterly delighted with the way that these poems, drawn from such terrible experiences and such suffering are reaching out into the world..."

My greatest hope when I write poems is to connect with my audience, to change hearts and to change minds, to empower young people to find their voices. I try to change the world, one poem, one line and one emotion at a time."

Published by Graffeg, Choose Love retails at £16.99 and supports the national charity of the same name, who will receive a donation from each copy sold

**A NOTE FROM THE EDITOR**

We invite residents of Solva & St. Davids to contribute their news, stories, events & creative contributions. For submissions and advertisement enquiries email:

solvanews@outlook.com and **stdavidsnews@outlook.com**



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

**CALENDR AWST**

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AUGUST CALENDAR

01/08 - Summer Minds Scientific Lecture, Twr y Felin Hotel 19:00

- Circuits, Memorial Hall 19:15 - 20:15

02/08 - Yogalates, Memorial Hall 14:00 - 15:00

03/08 - Solva Cinema: I Wanna Dance with Somebody (12A), Memorial Hall 7.30pm

- Chair Yoga, Memorial Hall 13:00 - 14:00

04/08 - Solva Care Drop in, Solva Surgery 10 - 12am

05/08 - Wings Over Carew, Carew Cheriton Control Tower

06/08 - Scarecrow Trail, 10:30 - 18:00

07/08 - Scarecrow Trail, 10:30 - 18:00

- Walk for Well-being, Solva Clubhouse 2.15pm

08/08 - Circuits, Memorial Hall 19:15 - 20:15

09/08 - Yogalates, Memorial Hall 14:00 - 15:00

10/08 - Chair Yoga, Memorial Hall 13:00 - 14:00

11/08 - Solva Care Drop in, Solva Surgery 10 - 12am

- St Davids & Solva Art Group Summer Exhibition Ends, St Davids City Hall 11:00 - 18:00

13/08 - Solva' Summer Novelty Dog Show Fayre, Parc y Capel 12:00-16:30

14/08 - Walk for Well-being, Solva Clubhouse 2.15pm

15/08 - Circuits, Memorial Hall 19:15 - 20:15

16/08 - Yogalates, Memorial Hall 14:00 - 15:00

17/08 - Chair Yoga, Memorial Hall 13:00 - 14:00

18/08 - Solva Care Drop in, Solva Surgery 10 - 12am

21/08 - Walk for Well-being, Solva Clubhouse 2.15pm

23/08 - Circuits, Memorial Hall 19:15 - 20:15

24/08 - Yogalates, Memorial Hall 14:00 - 15:00

25/08 - Chair Yoga, Memorial Hall 13:00 - 14:00

- Solva Care Drop in, Solva Surgery 10 - 12am

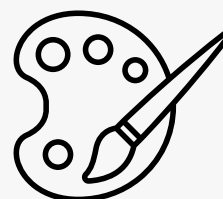
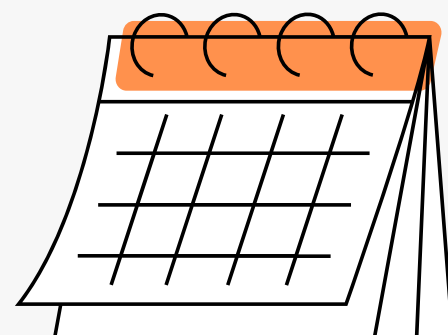
28/08 - Walk for Well-being, Solva Clubhouse 2.15pm

29/08 - Circuits, Memorial Hall 19:15 - 20:15

30/08 - Yogalates, Memorial Hall 14:00 - 15:00

31/08 - Chair Yoga, Memorial Hall 13:00 - 14:00

- Solva Care Drop in, Solva Surgery 10 - 12am



SUMMER



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