

NEWYDDION SOLFACH & TYDDEWI



SOLVA & ST DAVIDS NEWS

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

FREE!
Please take a copy

SOLVA COMMUNITY COUNCIL
PRESENTS

SOLVA FIREWORKS DISPLAY

This Year Featuring a "LOW NOISE"
FIREWORK DISPLAY from 5.30pm

Main Display 6.30pm

FRIDAY 3rd
NOVEMBER 2023

FREE
PARKING

ENTRY FEE
DONATIONS

PLUS LOCAL FOOD VENDORS

IN TODAY'S ISSUE

A royal visit, a chicken run, back to school and a local fly over, find out more inside...



A BIG THANKYOU

I'd like to extend my gratitude as Chairman of Solva Community Council and organiser of the Summer Fayre to all the fantastic Ladies from Solva WI Coffee Morning, led by Jane Pascoe.

The Ladies provided refreshments and beautiful homemade cakes to all the people who attended our first Fayre and Dog Show.

The day was a great success and it will be an annual event from now on. I'd also like to thank my fellow councillors and other volunteers who made the day such a success including Anna-Lou Daybell for judging the Dog Show and all the amazing local businesses who donated a prize for our raffle, Diolch yn Fawr iawn.

All profits will be donated to Solva Care. - *Richard Davies*

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

LLANUNGAR CARAVAN & CAMPING
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

As summer turns to Autumn, Officers and Councillors return to County Hall, with a new round of meetings.

One important thing of note is that a new envirocrime Enforcement service has been reintroduced to combat littering, flytipping, dog fouling and graffiti. It is noted that this operation is being carried out in a similar manner as was previously done. Whilst there is no way that I can support anyone who drops litter or allows their dog to foul and not clear up, any Enforcement must be done in a fair and transparent manner. Previously it became apparent that enforcement prosecutions were mainly smoking related and dog fouling etc somewhat overlooked.

As most of you will know, I chair the Services Overview and Scrutiny Committee and we have this topic on our September meeting agenda. I am keen to find out from the new contractor how they intend to combat this problem of Envirocrime in a fair and transparent manner going forward.

With this in mind I ask for feedback from Solva residents to note issues of littering and dog fouling in particular. What is required is evidence of a pattern of fouling, ie dog being walked at a certain time of day in a certain place and then please report this evidence to me on a text to 07976 553912 where I will ensure it gets to the right place and Officers attend. I am also keen for feedback if you feel that Envirocrime is being dealt with in an unfair manner, but if you have been fairly caught littering or dog fouling, well that is tough and I cannot help you. As a community, we can all help improve this issue.

With the colder days approaching please remember to ensure your heating system is ready for use and the timers set as to the required settings to be comfortable and economic. If you own your property, now is a good time to service your boiler or sweep your chimney and to seek out the best deal on oil or solid fuel, it is climbing in price now and could only go up. Joining together with neighbours is a good idea to buy a larger oil order and hence get a better price. If you have a rented property then ensure the servicing is up to date and test run the boiler to make sure it works well before you really need it. As always if you have a council related issue, please call me on 07976 553912

Best regards, Mark Carter

BACK TO BLACK BAGS

Pembrokeshire County Council is discontinuing the provision of grey bags for non-recyclable waste. Residents should now use their own black bin bags. This change aligns with most Welsh Local Authorities.

Each household can still put out a maximum of three non-recyclable waste bags every three weeks, and collection dates remain unchanged.

Existing grey bags can be used up, and additional grey bags are available at designated locations while supplies last. Recycling containers continue to be provided for free.

For more details and FAQs, visit the Council's website.

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**

SOLVA CHIROPRACTOR
Patrick - 07533281486



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

**Home clinic in Solva*
Available for home visits*

SOLVA COMMUNITY COUNCIL CASUAL VACANCY

A casual vacancy has occurred as one of our community councillors has stepped down.

A Notice of Casual Vacancy was published in on 21st September 2023 and a new councillor could be elected in a by-election or, if a by-election is not called, through a process of co-option.

An election will be called if 10 residents, who are registered to vote in the ward where the vacancy has arisen, write to the Returning Officer asking that an election be held.

Residents may within 14 days of the date of this Notice make a written request to hold an election to fill the vacancy to:

Returning Officer,
Pembrokeshire County Council,
Electoral Services,
Unit 23,
Thornton Business Park,
Thornton Industrial Estate,
Milford Haven,
SA73 2RR

If the Returning Officer declares an election has not been called by electors, the vacancy can be filled by co-option.

By-elections for Solva Community Council vacancies can occur at any time. The cost of all elections is now met by local residents of the Solva Ward through the community precept.

UPDATE ON THE SURGERY

You will be aware that our Surgery is fully functioning and that the Practice Team is being strengthened to meet the clinical needs of our community.

Since our last report the Health Board has created a Peninsula Stakeholder Group to discuss ideas for a way forward in primary care for the Peninsula. The first meeting of this Group took place on 10th August. It was attended by Gareth Chapman, Richard Davies, Sue Denman and Iain Robertson-Steel, the group representing Solva Community Council and your interests.

Our main message at the meeting was that maintaining a GP led service in Solva remains our priority. However it is clear that the future of the service in Solva is inextricably linked with that of St Davids and outlying communities, so discussions will have to centre on an equitable service for all on the Peninsula.

There was agreement that plans must include wider community health and social services and the role of the voluntary sector, including Solva Care. All this is in line with the earlier thinking of the community in our open meeting which was captured by Save Solva Surgery Working Group and presented at the meeting with the Health Board in April. Progress has been made but much remains to be done to secure the future.

(contact Sue Denman 07817 410782)

CHICKEN RUN

Put those autumn blues behind you and come and have an evening of fun in the Clubhouse.



Have you ever bet on a chicken before? These chicks won't be crossing the road but they will be racing hard to earn you cash as a bonus for a goodnight out. Fancy a flutter on a few fast fluttering feather friends? It all starts at **7pm on the 20th October in the Community Clubhouse**. Entry is **£5** and that includes a hot dog. (with veggie options)

There will be a donations bar so let's have a great evening. All proceeds from this event are going to fund refurbishment of the facilities to include a disabled toilet in Club House.

SOLVA LIFT OUT

The Solva Harbour Society Lift Out for 2023 is **Monday 2nd October**, the lift will start at 6.30am. Please note there will be no access (persons or vehicles) to the Quay Road, Trinity and Sand Quay for the duration of the lift. Many thanks for your cooperation.

NEW EQUIPMENT IN GAMLIN PARK, LOWER SOLVA

We were excited to have Adventure Playgrounds Wales install new play equipment in the Gamlin Park. The equipment was chosen after public consultation with SCC and residents of Solva, and is already a big hit with kids young and old! We will also be looking to revamp the upper Solva park, so an exciting time all around!

There are still a few pieces we would like to fundraise for, such as new toddler swings and some new wobble boards.

If anyone would like to donate to our cause,

please email: alyssia.solva@gmail.com for details.



SCARECROW TRAIL 2023 RESULTS

The theme this year was Animated Characters from Children's TV or Film. Best Scarecrow Trophy was won by Plankton (Graham Family). Scariest was won by Wurzel Gummage (Alan Davies) and funniest by Cloudy with a Touch of Meat Balls (Jackie Young, Top Shop).



Many thanks to Becky and Rachel who ran the car park collection and Carol Ann and Molly Page for the Name a Scarecrow raffle, and all those who sold trail maps. A total of just under £500 was raised for Memorial Hall funds. Contact Fran on 07377059265 or 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 continues to celebrate excellent water quality results. The latest samples taken shows E.coli levels at 31 cfu/100ml, and Enterococci levels at 12 cfu/100ml respectively.

These 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's commitment to monitoring and preserving water quality sets a shining example for other areas to follow.

SOLVA POP-UP SHOP

We have continued to run the shop on the 2nd Thursday of each month in conjunction with coffee morning, and on the 4th Sunday of each month at the Community Clubhouse.

We still have very few customers on a Sunday which is disappointing, but we use the time to rationalise the goods. By selling also at Fayres and through e-bay and ABE books we manage add to Solva Care Reserve Fund every month.

The stock in the store shed is available for anyone in the village who wishes to run an event - car boot sale, market on Parc y Capel, themed sale (books, clothes...).

I will be very pleased to have comments on why people do not come to the hub on Sunday afternoons. Is there a better day and/or time which would be more popular? New people willing to help with the shop would also be welcome.

Contact Fran on **07377059265** or **fran34hb@gmail.com**.

SOLVA CINEMA

Upcoming films:

5 Oct: Operation Mincemeat (12)

2 Nov: Chevalier (PG-13)

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.

The Solva Cinema AGM will be held on Wednesday 18 October in Solva Memorial Hall at 6.30 pm, followed by a free film. All welcome! Please note that we need a certain number of members to attend to be able to hold the AGM.



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 & ST DAVIDS MACULAR SOCIETY SUPPORT GROUP

**SOLVA AND ST DAVIDS MACULAR AND VISION IMPAIRED SUPPORT GROUP MEETING
AT ST DAVIDS RUGBY CLUB FORTNIGHTLY ON WEDNESDAYS 2PM TO 4 PM**

NEXT MEETINGS:

- 4TH OCTOBER
- 18TH OCTOBER
- 1ST, 15TH AND 29TH NOVEMBER



Various speakers from NHS, Maggs optics Librarian advice on vision aids, free loans of equipment etc. Refreshments provided.

Call group leader Margaret Hughes on 07815729856.

All visionally impaired welcome and carers.

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

JOB OPPORTUNITY

An opportunity has arisen for a facility cleaner at Solva Community Clubhouse.

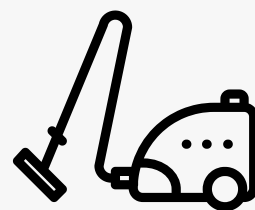
Location: Solva Community Clubhouse, Maes-y-Mor, Solva, SA62 6XW

The Role: Facility Cleaner

Pay Rate: £12 per hour

This role is Part time (3 hours per week)

Duration: Ongoing (Subject to reviews)



Application by letter or email to brucepayne241@gmail.com or ifor.thomas@gmail.com

Closing date 16th October 2023.

General responsibilities to include the following:

- Use effective and efficient cleansing/decontamination techniques as directed
- Hoover clubroom area
- Damp dusting tables, chairs, fixtures, fittings, and ledges
- Spot clean internal glass, as necessary
- Cleansing of kitchen area, all wash hand basins, sinks and fittings Replenish toilet rolls and supplies
- Mop floors in toilets, showers and corridors
- Cleanse and refill soap dispensers and paper towel holders

THE NOVEL

Are you a reader? A student? Interested in Books? You may be interested in this course!

The meaning of a word is its use in the language

Does a novel "demand scrutiny", does it "look into the very reality of the reader himself"? Does it convey a scale of truth? To the reader? Whose truth was conveyed? The authors? The readers? The characters? Everyone's?

Ultimately, with its variety of definitions and various features, the novel emerged as 'a literary form about people and experiences familiar to readers' and to "To enliven morality with wit, and to temper wit with morality'. Is there such a thing as narrative understanding? Does it vary according to the reader? Does that matter to the writer? We will look at these terms in general and apply them to the books we read and our understanding of them.

We will cover the history of the novel in the UK and will be considering a range of novels starting with Robinson Crusoe and covering novels brought in by those on the course. We can meet in Solva Hall and can cover the cost of the room by paying £1 per session each. We can meet on Thursday from 3 to 5. I have planned ten sessions starting on September 27th. We may need more!

Please get in touch if you are interested!

Mollie Roach alanmollie@btinternet.co.uk // 01437 721580



Solva Edge Festival



What a festival!

The Edge team would like to thank everyone who came and supported the festival for one of our best yet.

As a committee made up entirely of volunteers, we are truly grateful to everyone who worked so hard behind the scenes to make this year possible (even in the rain on Sunday!).

We are finalising dates, but they are almost certain to be the last weekend of July again which is 26th, 27th and 28th July 2024. Please put these dates in your diary. More details coming soon.

As well as the incredible support from so many volunteers, the festival was attended by 230 adults and children over 16-17 from the village, plus many more children who came for free. That's a lot of us!

We had a surge of ticket sales in the week before the festival and as a result our finances are in better shape than we had hoped. We expect to be in a position to make some grants to local organisations who do great work in the community.

Please keep an eye on the Edge Festival website
(www.edgefestival.co.uk/supporting-our-community)

where we will publish details of how to apply. This will be likely at the end of August once the committee has had a chance to meet.

Thank again for all your support of the Edge Festival

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.

DRAGON SCHOOL SUCCESS!

Thank you to all the families who joined in the fun at Dragon School in Solva earlier this year. It was brilliant to see so many children enjoying the dragon crafts, Zog cinema event and having a roarsome time to earn a golden star. Donations were welcomed to raise funds for local playground. £160 was raised for playground funds, split between Solva and Trefin. The event was kindly sponsored by Caerfai Bay Caravan and Tent Park.



SCC MEETING

A meeting of Solva Community Council (SCC) will be held on Tuesday 3rd October 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 // 07890 987259

BACK PAINS? STOP THEM NOW!!

Solva chiropractic can help this and other aches and pains.

Working from home clinic & available for home visits.

For more information and appointments call Patrick on 07533 281486

CLWB SOLFACH/SOLVA LUNCHEON CLUB

Luncheon Club restarted on Wednesday 6th September when 17 diners attended. We are pleased that numbers are now picking up and 24 meals were served on 13th September. Certainly not our choice but, due to the rise in food costs, we have had to increase the price of a meal by £1 to £5 per person starting on Wednesday 20th September.

SOLVA WI

The last meeting before the summer break was held on Thursday 13th July meeting in the perfect setting of Rosemary Gillam's garden.

Matters noted for the September meeting included the Scarecrow competition – PopEye's lady friend, Olive Oyl, the baby 'Sweet pea' and the boat were all included and gained the Highly Commended; the 'Clean rivers for swimming' was chosen as the resolution for the AGM in London in June 2024.

The Quiz at Mathry and our last speaker from Dilly's chocolates were enjoyed very much. The teas and refreshments provided by us for the village fete were much enjoyed and £362 was raised and will be donated to Solva Care & the Street Pastors in Haverfordwest

At the meeting held on Thursday 14th September, Pat Rogers told us of the of 'the Work of a Street Pastor in Haverfordwest. We were spellbound by the work of this band of people who are 'on duty' every Saturday night in Haverfordwest helping anyone who may have been under the influence of drugs or alcohol and generally helping to 'keep the peace'. 'Haribos' with a high sugar content go a long way to do this....

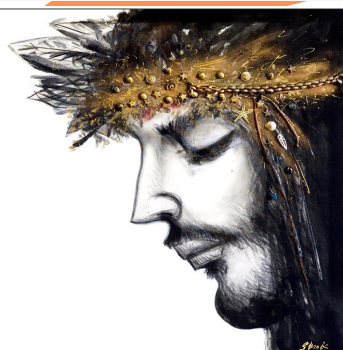
Our next meeting will be on Thursday 12th October, 2pm in the Memorial Hall when the speaker will be Julian Cremona.

MY LIFE IS A PRAYER – RAUL SPEAK

A new exhibition of my religious paintings for St Davids Cathedral from 9th October to 3rd November 2023.

It's such a long collection that I cannot remember when it really began. What is important is that here it is, and that it may inspire others to reflect on it. For me it is to share my work as it is, and to keep to my meditation on my walk of the faith trail.

I wish that you experience it all.



MY LIFE IS A PRAYER



KEEP SOLVA TIDY

SCC would like your help to care for the environment not just by focusing on cleaning up, but by stopping litter from happening in the first place. Please help people do the right thing with their litter. We want to keep Solva and our play parks litter free.

SPARKLING SOLVA

We will be doing our Advent Calendar Windows in December again this year – for the 5th time!

If you would like to take part and decorate a festive window, please contact Lena Dixon 07805 717556 or Carol-Ann on 01437 721374 with the date you would like.

The window needs to be visible from the road and lit up each evening until the 24th of December.



GAMES CORNER

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

You'll need 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!

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

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

TYDDEWI // ST DAVIDS



A ROYAL VISIT

We were honoured as a city to welcome the Prince & Princess of Wales & we were delighted that they spent time chatting to so many local representatives & business people from our community.

We were also very humbled that they choose St Davids for the Act of Reflection for Accession Day.

What a huge honour for us all.

YSGOL PENRHYN DEWI VA

We have been excited to welcome back learners, both new and old to YPDVA, and have had a great start to the academic year! We have already had some of our YPDVA family achieve sporting success, a royal visit, and we travelled back in time to the Celtic period with a school trip.

We are proud to say that our YPDVA learners have had sporting success in a range of different sports; our school was the only school to send both year 7 & 8 female and male tennis teams to the School National Finals.

Our teams successfully competed and brought home a bronze! Our year 9 & 10 boys then continued with our outstanding tennis and finished second in Wales. Da iawn chi l gyd! From two legs to four: our equine teams worked hard in the National Schools Equestrian Association qualifying competition and we are excited that we are sending a dressage team, and representatives for the 60, 70-75, 80-85, 100-105cm showjumping. An amazing result with some stiff competition for places.

Dosbarth Porthselau and Porthmawr had a brilliant day out at Castell Henllys and began their journey into studying the Celts by seeing how villagers lived during that era. And finally, we have some exciting visitors to St David's and team YPDVA were there to wave to Their Royal Highnesses The Prince and Princess of Wales, before some members were invited to the Ascension Day service. It was a privilege and an honour to be chosen to be a part of this and it was lovely to see our YPDVA community and the local community come together to celebrate such a special event.

ST DAVID'S EISTEDDFOD 2024

St David's City Hall on Thursday 29 February 2024. The theme is 'Habitat' and competition schedules are available from committee members and various shops. If you have any queries, please contact the Co-ordinators, Rebecca Thornton (on 07890 629014) or Wiliam Owen (on 07598 550282 or wiliamowen@aol.com).

SIOP Y BOBOL

Siop y Bobol was established to raise money for the National Eisteddfod when it came to St Davids back in 2002. Since then it has been very busy raising money for local groups. It has distributed over £180,000 to date. At the moment it can only open for three hours a day without more volunteers. If you can spare three hours a week or a fortnight and would like to help out in a small local, friendly charity shop please phone Nan George on:

01437720549 or 07974939979

CAERIAD

Caeriad is a small market garden in St Davids, run by a team of young enthusiastic growers.

We are a Community Interest Company, aspiring to improve relationships between soil, food and the community.

We believe healthy food comes from healthy soils and are able to offer a large variety of produce, from a small garden.

By buying our produce, you are supporting our vision of enhancing the biodiversity of this small-scale market garden and providing nutrient-dense, tasty and interesting veg for the community around us.

Caeriad Market Garden
St David's, Pembrokeshire



DROP IN SHOP AT CAERIAD

Every Wednesday 4-6 pm
&
Friday 3-5 pm

Come and meet us at our Drop-In-Shop Wednesday 4pm until 6pm and Friday 3pm until 5pm. We have a variety of fresh produce available throughout the year. Look for our signs as you travel down the road to Whitesands Beach. We invite you to come join us for our volunteer day every Wednesday, or our Whittling Club on the last Sunday of the Month.

Please contact **07895901133** if you would like to order by phone or have any wholesale requests.

MENEVIA WI

Menevia WI entered St Davids Summer Bank Holiday Carnival. The ladies had great fun dancing to the crowds as the float mingled its way through the town. Menevia WI were delighted to win second prize for the best float.

Over the Summer members continued to water the flowers in the tubs on Cross Square. They are a welcome delight for locals and tourists.

The first meeting of Autumn took place on Wednesday 13th September where we were joined by Melanie Collier who gave an interesting talk and demonstration on the different types of Belly Dancing. The meeting ended with a few members learning how to shimmy. On the same day WI members also prepared and served a lunch in the Memorial Hall for the Luncheon Club in St Davids.

The next meeting is a talk by Ella of Câr y Môr on Wednesday 11th October 7.30pm at The City Hall St Davids. New members welcome. Please contact Eleri Davies (President) [07791903221](tel:07791903221)

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 looking for volunteers 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.

YOUR LIBRARY NEEDS YOU!

Would you like to volunteer at St Davids Library on a Saturday morning to extend its hours? For more information: Meet at St Davids library on 14th October 2023, 10-12pm or call: 01437 774692 or Email: tracey.johnson@pembrokeshire.gov.uk

ST DAVIDS SURGERY**COVID AUTUMN BOOSTER VACCINATIONS**

We are still awaiting the final detail of the AUTUMN COVID BOOSTER programme from Welsh Government and the Health Board – but it seems likely that some eligible cohorts may be offered covid booster vaccination at the Surgery from October 2023 onwards. We hoped to have an update for you in readiness for the next newsletter, however we will contact eligible patients as soon as we are aware of the final arrangements to enable us to set up covid booster clinics at the Surgery and book patients in.

PATIENT REGISTRATIONS

Our Practice List is 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. If you are unsure whether your address falls within our Practice boundary, please contact Reception to enquire and we will check this for you.

Tel: (01437) 720303

Email: enquiries.w92058@wales.nhs.uk

**WE SHALL REMEMBER THEM - ST DAVIDS AIRFIELD**

On Friday 15 September, Battle of Britain Day, plaques were dedicated on St Davids Airfield to honour, in the 80th Anniversary Year of RAF St Davids opening, those who died whilst serving at St Davids Airfield.

Additionally, to preserve the memory of all military and civilian personnel that were stationed at St Davids.



The plaques, crafted by Malcolm Gray, are mounted on a piece of original wall.

A pictorial record of the occasion, together with The Anson at Haverfordwest, was kindly created by Philip Clarke.

It is intended, especially following comments on the day, to gather memorabilia and memories of the airfield; *details to be arranged.*



CLUB NEWS

Did you know that along with all the rugby matches played at the club some social groups meet during the month as well? One of them may be suitable for you, a family member, neighbour or friend.

The Camomile Club meet on the 2nd Wednesday of the month, 2pm til 4pm. refreshments are £2 per person. This group is for anyone who is or has been a carer or worked in the caring environment such as a nurse in a hospital. You could still be working or you could have retired but you would be very welcome to join us. As well as filling in questionnaires on health topics, we socialise, solve problems for one another go on outings and have speakers or an activity. Feel free to drop in on any of our meetings to find out more. A dementia supportive group. Contact Gill Leese: email andrewcwmwdig@aol.com for further information

Tea Dewi, took over from the St Davids memory cafe last year. We meet on the 3rd Wednesday of the month 2pm till 4pm, £2 per person. This is a dementia supportive group for carers and the cared for. Anyone who may be recovering from a stroke or feeling a bit down and want a lifting, supportive environment to socialise for two hours. We have lots of different activities and also live music to sing or dance along to from some of our amazing local musicians. If you are having a problem we will try and help you sort it out! pop in and see us. Contact Gill Leese email andrewcwmwdig@aol.com for further information

The Macular and visual impaired group also meet at the rugby club fortnightly on a Wednesday 2pm till 4pm. Speakers from supporting groups come to speak and fill you in with what's happening in the Eye Wales world. Make friends, get support and enjoy refreshments. Contact Margaret Hughes on 07815729856 for further information and dates meetings will be held each month.

NEW TAI CHI CLASS

I am offering a new beginners Tai Chi and Qi Gong class at Curtis House, Bryn Road, St Davids starting on Tuesday 24 October with a free introductory session, 10 - 11.15am.

For those wanting to continue this will be followed by six classes 7 November through to 12 December at the same time. The cost is 50 pounds for all six sessions.

These enjoyable classes consist of warm up Qi Gong exercises and the learning of the Tai Chi form, together with some input concerning the philosophy and symbolism which underpins the Tai Chi. The practice is quietly strengthening, rebalancing and makes gentle demands on memory.

If interested please get in touch for further information or with any queries: Judy Schunemann 07890 647338 or judy.schunemann@yahoo.co.uk

This class is a beginners version of the Tai Chi class already running on Thursdays at Solva Memorial Hall.

DEWISLAND PEOPLE'S SHED

Our Dewisland People's Shed is open every Tuesday from 10.00am till lunchtime. Drop in for tea/coffee and a chat, or visit our fully equipped Wood/Metal workshop. Make that new shelf or a Lovespoon, or just come to see what is here. We meet in the old Scout Hut in Ffynon Wen (Off Bryn Road, St Davids) with lots of space. Maybe your club would like to meet here! Or maybe you just want a quiet sit-down with chocolate biscuits on hand! See you next Tuesday.

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 HYDREF**

//

OCTOBER CALENDAR

02/10 - Solva Harbour Society Lift Out 6.30am

- Walk for Well-being, Solva Clubhouse 2.15pm

03/10 - SCC Meeting, Solva Community Clubhouse 6pm

04/10 - Luncheon Club, Memorial Hall 12.30pm

- Macular and Vision Impaired Support Group Meeting, St Davids Rugby Club 2 - 4pm

- Caeriad Drop-in Shop, Nr. Whitesands 4 - 6pm

05/10 - Solva Cinema: Operation Mincemeat (12), Memorial Hall 7.30pm

06/10 - Solva Care Drop in, Solva Surgery 10 - 12am

09/10 - Walk for Well-being, Solva Clubhouse 2.15pm

11/10 - Menevia WI Meeting, City Hall 7.30pm

- Camomile Club, St Davids Rugby Club 2 - 4pm

- Luncheon Club, Memorial Hall 12.30pm

12/10 - Solva WI Meeting, Memorial Hall 2pm

13/10 - Solva Care Drop in, Solva Surgery 10 - 12am

14/10 - Volunteer Day, St Davids Library 10 - 12pm

16/10 - Walk for Well-being, Solva Clubhouse 2.15pm

18/10 - Luncheon Club, Memorial Hall 12.30pm

- Macular and Vision Impaired Support Group Meeting, St Davids Rugby Club 2 - 4pm

- Tea Dewi, St Davids Rugby Club 2 - 4pm

- Solva Cinema AGM, Memorial Hall 6.30pm

20/10 - Solva Care Drop in, Solva Surgery 10 - 12am

- Chicken Run, Community Clubhouse 7pm

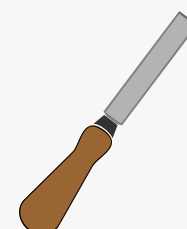
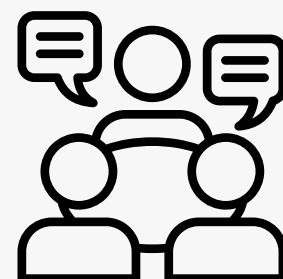
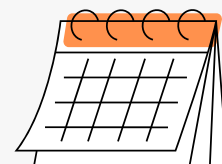
23/10 - Walk for Well-being, Solva Clubhouse 2.15pm

25/10 - Luncheon Club, Memorial Hall 12.30pm

27/10 - Solva Care Drop in, Solva Surgery 10 - 12am

29/10 - Caeriad Whittling Club, Nr. Whitesands 12 - 4pm

30/10 - Walk for Well-being, Solva Clubhouse 2.15pm

**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 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



SOLVA

HARBOUR SOCIETY
 'A Community Benefit Society'

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

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

AQUAPHOBIA

Marine Wildlife Tours



St Davids, Pembrokeshire
 SA62 6SB

TEL: 01437 720471
www.aquaphobia-ramseyisland.co.uk
 Book your trip at Ramsey Island booking office.
 Office by the Grove Hotel, opposite the TLC.

10% discount with advert



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

Café on the Quay

Trinity Quay, Solva Harbour

Fine Italian Coffee
 Homemade Cakes and Solva Crab
 Sandwiches & Local Ice Cream

01437 721725

Enjoy the Solva sunshine sitting on the Quay...
 Bring the family crabbing! We sell bait and lines.



Catch and Cook

FISH • FORAGE • FEAST

Kayak Fishing
 SEASHORE DINING
 ANGLING TUITION
 FORAGING
 PEDAL KAYAK TOURS
 BASED IN SOLVA

www.catchandcook.co.uk
 07869 825412



IT SUPPORT - WEB DESIGN - LAPTOP / PC REPAIR

webzer

IT

SPECIAL OFFER!
 DOMAIN NAME, WEBHOSTING & 1 PAGE WEBSITE
 FOR ONLY £10 A MONTH

CALL US: 01437 700 023 WWW.WEBZERIT.CO.UK

THE HARBOUR INN

01437 720 013

THE HARBOUR INN OFFERS GOOD FOOD WITH
 THE OPTION OF A DAILY SPECIALS BOARD,
 FRIENDLY STAFF AND A WARM WELCOME.

A DOG FRIENDLY PUB ON THE SEAFRONT OF SOLVA.




the MOUNT

DAIRY FRESH MILK

SOLVA

Mathias Home Hardware

01437 720340

Mathias Home Hardware is a traditional hardware shop. We have everything for any DIY, home, garden or camping needs.

71 Nun Street, St Davids SA62 6NU



RAUL SPECK GALLERY

Fine Art, Artist's Studio, Photographs, Prints
 Art Workshops, Talks, Music, Jewellery, Gifts
 Music & Tapas Nights, Pop-up Café

The Old Chapel, Main Street, Solva SA62 6UU
 Tel: 01437 721907
 e: heather@heatherbennett.co.uk
www.raulspeck.co.uk www.heatherbennett.co.uk

BFS

PLUMBING & HEATING

GAS, OIL, LPG
 DOMESTIC, COMMERCIAL, CATERING

01437 741 791
paul@barnsteadfiresprinklers.co.uk




Basalt & Dune

HANDMADE | GIFTS | HOMEWARES | ART



SHOP IN STORE & ONLINE + LOCAL CLICK & COLLECT
 Open Tuesday to Saturday 11am-4pm
 Maes Dyfed, St Davids, SA62 6SR
basaltdune.co.uk

ADVERTISING AVAILABLE
 For more information,
 please contact
 Solva & St Davids
 News on:
solvanews@outlook.com
stdavidsnews@outlook.com