

# NEWYDDION SOLFACH & TYDDEWI



# SOLVA & ST DAVIDS NEWS

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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 NOVEMBERS ISSUE

We say a BIG THANK YOU to Angus who has stepped down as editor and we are looking for a new recruit! Please see the advert on Page 3.

### SOLVA FIREWORKS 2023

WILL BE HELD ON

FRIDAY 3RD NOVEMBER,

in the event of bad weather it will take place on Saturday 4th Nov.

Timings will be the same.

**OUR EVENT IS SOLELY RUN ON DONATIONS SO PLEASE GIVE GENEROUSLY ON THE NIGHT.**

PARKING FOR THE EVENT WILL BE AT SOLVA AFC COMMUNITY CLUBHOUSE, SOLVA SURGERY AND AT THE FIELD OPPOSITE THE TOP SHOP. THERE IS NO PARKING IN THE LOWER SOLVA CAR PARK FOR SAFETY REASONS.

THANK YOU, DIOLCH YN FAWR

35

MAIN STREET

Delicious freshly cooked  
local produce

Fully licensed café & take-away

Booking advised

01437 729236

From our cows...

POINTZ CASTLE  
ICE CREAM



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[www.llanungar.wales](http://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

This month we start with some very good news.

For some time due to budget restraints the toilets on the harbour at Solva have been under threat of closure due to withdrawal of financial support from PCC. The cost is just over £12000 per year but all the revenue from parking is kept by the National Park. If Pembrokeshire County Council kept the revenue from the parking, then that would have funded the toilets. It is great to hear that the National Park has agreed to fund the toilets for the next 2 years so fingers crossed for 2025 they will keep doing so

Another budget cut that has been implemented is the withdrawal of grey bags. Whilst there will still be a collection of residual waste limited to 3 bags every 3 weeks, householders will now be required to supply their own black bags of approx 60 litre size for this collection. The cost saving is about £300,000 per year with distribution accounting for a large proportion.

As Councillors in County Hall, we are being presented with increasing amounts of information in respect of the budget for 2024-5 and how much cost savings need to be made. As usual costs for education and social care swallow up about 70% of the budget. Every year some members of the public, especially on social media are quite vocal about how the books could be balanced. For starters there are both statutory (essential required by law) services such as education, social care and refuse collection and non statutory services such as grass cutting leisure services and public toilets. The essential services cannot be removed but can only be cut back to a bare minimum level. The non essential services can be removed or cut back but care needs to be taken that these services are not cut back so far that they become ineffective. I think we need to be warned that over the last few years all the easy or even medium options have been used up and April 2024 may see some very savage cuts. For these reasons, Solva residents will note my concerns at County Hall in respect of any major project that goes or could go over budget and require extra funds in excess of grant money allocated. This Council needs to concentrate on the basics whilst we are in this financial storm. If any resident wishes to discuss the Council Budget or indeed any PCC related matter, please feel free to call me on 07976 553912

Best regards, Mark Carter

**SOLVA CHIROPRACTOR**  
Patrick - 07533281486



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

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

**ADVERTISING AVAILABLE**  
**For more information,  
please contact  
Solva & St Davids News  
on:**  
**[solvanews@outlook.com](mailto:solvanews@outlook.com)  
[stdavidsnews@outlook.com](mailto:stdavidsnews@outlook.com)**

**Solva WI**  
Welcomes new members  
and visitors.  
We meet in Solva  
Memorial Hall  
on the 2<sup>nd</sup> Thursday  
of each month at 2pm  
**Contact Jilly**  
**01437 720922**



## **SOLVA COMMUNITY COUNCIL CASUAL VACANCY**

**Co-option of a Person to be a Community Councillor for Solva Community Council.**

**As a result of the resignation of a Community Councillor, the Electoral Registration Officer of Pembrokeshire County Council has agreed that the Community Council can co-opt a new person as a Councillor, who will serve in that role until the next local elections in May 2027.**

**Full details on how to apply are available on the SCC website. Village notice boards will also display the Co-option Notice.**

**Closing date for applications is 21st November 2023**

### **We're Hiring – Solva Newsletter Editor**

**Solva Community Council (SCC) is looking for a person with good local knowledge to be our Newsletter Editor. The successful candidate will be responsible for the monthly production of the periodical.**

**Salary: £12 per hour – Maximum of 25 hours per month.**

**Closing date for applications: Monday 20th November 2023**

**For a full job description, please contact the SCC Clerk Bruce Payne by emailing [brucepayne241@gmail.com](mailto:brucepayne241@gmail.com) or calling 07890 987259. Or, for an informal chat contact the SCC Chair Richie Davies on 07539 299407.**

**For more details about the newsletter, take a look at the SCC website: <https://solva.gov.wales/>**

### **UPDATE ON THE SURGERY**

**Save Solva Surgery Working Group meeting 10.10.2023**

The full working group met to hear the Claire George, Service Delivery Manager, Hywel Dda University Health Board (HDUHB), talk about community health services in Pembrokeshire and how capacity is being built around GPs. The emphasis of the Health Board's strategy is to build cooperation and partnership working across the sectors to provide a seamless and integrated service at the locality level, and one which includes wellbeing as the corner stone . The model is very much in keeping with what the community would like to see in Solva and the Peninsula but the consensus was that faster progress was needed. Renewed offers of help and support were made, to HDUHB, from the community which is rich in knowledge and skills .

### **SOLVA CAR PARK COST CHANGES**

**NO LIMIT UP TO 30 MINS – FREE**

**UP TO 1HR - £1.50      DAILY - £6:00**

**UP TO 2HRS - £3.00      WEEKLY - £30:00**

**UP TO 4HRS - £4.50      COACHES DAILY - £8:00**





Is your child  
**STARTING**  
**SCHOOL** next year?

Don't miss the **DEADLINE** for your child's  
**NURSERY, RECEPTION or SECONDARY**  
School Place at Ysgol Penrhyn Dewi VA

When should I apply?

Provision	Children born between	School Start Date	Application Deadline Date
Nursery	1st September 2021 - 31 <sup>st</sup> August 2022	January, April or September 2025	30 <sup>th</sup> April 2024
Reception	1 <sup>st</sup> September 2019 - 31 <sup>st</sup> August 2020	Autumn Term, September 2024	31 <sup>st</sup> January 2024
Secondary Education Transfer	1 <sup>st</sup> September 2012 - 31 <sup>st</sup> August 2013	Autumn Term, September 2024	21 <sup>st</sup> December 2023

## Solva and St Davids Macular Society Support Group

Solva and St Davids macular and vision impaired support group meets at St Davids rugby club fortnightly on Wednesdays 2-4pm  
Next meeting:

1st November  
15th November  
29th November

Various speakers from the NHS, Maggs optics, librarian advice on vision aids, free loans of equipment etc. refreshments provided.

Margaret Hughes on  
07815729856

## Solva Care Mouse Trail Veni, Vidi, Vici - the mice depart.

The mice are leaving – The “Big Cheese’ sailing boat is making ready for their departure around the coast of Solva and back across the ocean to their destination and home Mousehole, Cornwall. We hope that you have all enjoyed their stay ashore and will welcome them back next summer. Those that have decided to stay, take them in and keep them warm and dry until their friends return. Thankyou for taking part – au revoir!



## 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:** 07805717556 [contact@solvacare.co.uk](mailto:contact@solvacare.co.uk)

Community Interest Care Manager Lynette Hart: [lynette@communityinterestcare.com](mailto:lynette@communityinterestcare.com)

Neyland Community Hub: 01646629571



"ST DAVIDS CITY HALL RECENTLY PLAYED HOST TO A VERY SUCCESSFUL MACMILLAN COFFEE MORNING. ORGANISED BY EMMA PRICE AND ASSISTED BY FRIENDS AND FAMILY THEY MANAGED TO RAISE AN INCREDIBLE £4,000

MEANWHILE IN SOLVA VILLAGE HALL, ANN LEWIS AND FRIENDS HOSTED ANOTHER HIGHLY SUCCESSFUL COFFEE MORNING AND RAFFLE RAISING OVER £3,000

A HUGE THANK YOU TO BOTH EMMA, ANN AND ALL THE AMAZING VOLUNTEERS AND BAKERS



### 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:*

**2 Nov Chevalier (12A)**

**7 Dec The Unlikely Pilgrimage of Harold Fry (12A)**

**Please note NO screening in January 2024 but we'll be back in February.**

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.



### 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](http://www.westwaleswalkingforwellbeing.org.uk) or if wanting to be picked up

Please phone Sam on 01646 624880 or email [same@pembrokeshirecoast.org.uk](mailto:same@pembrokeshirecoast.org.uk)

# Amser Stori

## Llyfrgell Tyddewi - St Davids Library

Welsh Storytime  
i deuluoedd / for families

Amser / Time:

2:15pm

Pryd / When:

26.09.23

24.10.23

21.11.23

01437 721170 - [bethan@mentersirbenfro.com](mailto:bethan@mentersirbenfro.com)



### \*\*GARAGE SALE\*\*

A wide range of household and workshop items for rehoming/ recycling. We want to avoid 'dumping' stuff so do come along and have a look.... Items include ladders, tools, books, kitchenware, glassware, cutlery, crockery, paintings, chairs, drawers....lots to check out.

**ON FRIDAY 10th AND SATURDAY 11th November**

**12-4 pm both days**

**At 7 High Street, Solva SA62 6TF**

**(2 doors down from the Royal George)**

Most items will be 'free to a good home' others will carry a small charge.

**St Davids Library**

## EXTRA HOURS FOR YOUR LIBRARY?

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  
email: [tracey.johnson@pembrokeshire.gov.uk](mailto:tracey.johnson@pembrokeshire.gov.uk)

**St Davids Library**  
**Llyfrgell Tyddewi**

City Hall/Neuadd y Ddinas

**Opening Hours/Amserau Agor:**  
Tuesday/ Dydd Marwrth  
10-1 and/a 2-5  
Thursday/Dydd Iau  
10-1 and/a 2-5

- Fiction and non fiction books/ Llyfrau ffuglen a ffeithiol
- Computer with Printer Cyfrifiadur gyda Argraffydd
- Large print and audio books/Llyfrau print bras a llyfrau llafar
- Photocopier Llungopiwr

### Penknife Club

On a sunny day at the start of September, the life of Barry Hankinson, Penknife Club member and landlord of The Royal George was celebrated. The event was filled with fun and friendship, reflective of Barry's warmth and good humour.

Music played a big part of the day, many performers having been regular acts at the George, so many thanks to the artists and MC. Drinks flowed, with guests making a 'buy a drink for Barry' donation, and along with the Penknife Club BBQ and the generosity of the host venue, The Hats And Barrels, the sum of £3000 was raised.

Barry was a keen supporter of St Davids Rugby Club - indeed it was rumoured that Barry proposed to Mary while bungee jumping off a crane fundraising for the club - so money raised will go towards their floodlight appeal.

Thank you so much to everyone who helped and attended, it was a day Barry would have loved.





Solva Community Council &  
Solva Businesses Present

## Christmas Fayre & Late Night Shopping Event

Thursday 7th December, 4pm til Late.  
At Various Businesses In Lower Solva

Local Craft & Producers  
Seasonal Food Offers & Food Vendors  
Santas Grotto  
Face Painting  
Santa's Shopping Trail  
Live Music & Entertainment  
Plus a Fantastic Christmas Raffle



### OLD WELSH SAYING HEN DDYWEDIAD

Dyfal donc a dyr y gareg  
*Perseverance will break the stone*

### Fund Raiser

An idea to raise money by selling cakes in a living room soon developed into a major fund raising event. On Friday 6 October a Macmillan Coffee Morning took place in the Solva Memorial Hall.

The event was supported by the local community, the children and staff from Penrhyn Dewi School, the Ukulele group and local businesses.

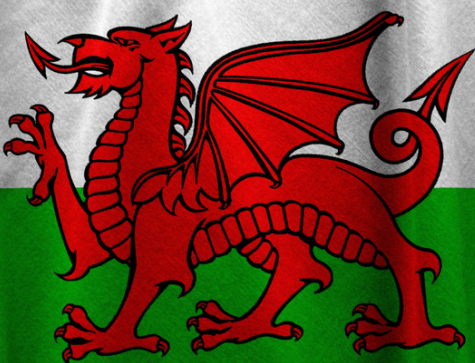
The Coffee morning and bingo evening raised sum of £3,218 - donated to Macmillan Cancer Research

Big thanks to all who helped, gave prizes and donations and the bakers- we couldn't have done it without you.



### OLD WELSH SAYING HEN DDYWEDIAD

Can's amser nid amser pe amsera'i cyll  
*Time is not time if time is lost*



## SOLVA SURGERY

**Practice Nurse Team** – We are delighted to welcome Val Clay to our nursing team. Val started at Solva at the beginning of September and joins Rebecca Bowie and Anne Davies. You may have already met Holly Mowlam who originally started working in reception but has now joined the nursing team as a Health Care Assistant. She will be sitting in and shadowing the Practice Nurses whilst she undertakes her Level 3 Health Care Diploma training. Both Holly and Mair Beynon will continue to hold phlebotomy clinics throughout the week.

**The Practice Administration Team** include - Jayne Williams, Practice Manager. Catherine Andrew, Helen Phillips, Mair Beynon, Moira Reynolds and Nicola Williams. The team make appointments for patients to see the doctors and nurses, take requests for home visits, process repeat medication requests and acute medication queries. They liaise between the patients and the doctors, community teams and third-party sector. The team can signpost patients, advise and make patients feel safe and listened to while arranging the most appropriate next step.

**Covid Booster Vaccinations** – We are now able to offer patients that are registered at the practice, their Covid Booster vaccination. The clinics will be held on a Thursday. If you are over 65 years of age or under 65 years of age (\*with an underlying health condition). Please check with our reception team if you're unsure or you can visit the Public Health website: <https://phw.nhs.wales>

**Flu Clinics** – Having a yearly flu vaccine is one of the best ways to protect against catching and spreading flu. Please don't wait to be called for your flu vaccination, please ring the surgery to book your appointment. If you are over 65 years of age or under 65 years of age with an underlying health condition, you will be eligible. Contact a member of the reception team to make an appointment.

**The Nasal Flu vaccination** - is also being offered to all children who are aged 2 or 3 years old (i.e. date of birth from 1 September 2019 and to 31st August 2021) – please contact the surgery to make an appointment.

**Shingles Vaccination** – Have you turned 70 but not yet 80 years of age? If so you are eligible for your shingles vaccination. Please telephone the reception team on 01437 721306 to book an appointment.

**Did you know - you can also make Self Referrals to the following services**

**Physio**

<https://hduhb.nhs.wales/healthcare/services-and-teams/physiotherapy-services/>

**Podiatry**

<https://hduhb.nhs.wales/healthcare/services-and-teams/podiatry-foot-health/>

**Self management**

<https://hduhb.nhs.wales/healthcare/services-and-teams/iawn/self-help/>

## COMMUNITY CONNECTORS

Community Connectors – Pembrokeshire's Community Connectors is a free, person-centred confidential service that can support 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. They have been attending the practice on a Thursday afternoon whilst the flu clinics have been running. Alternatively, you can contact them via the Pembrokeshire Community Hub on 01437 723660 or email [enquiries@pembrokeshirecommunityhub.org](mailto:enquiries@pembrokeshirecommunityhub.org)



## SCC MEETING

A meeting of Solva Community Council (SCC) will be held on Wednesday 8th November 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

I AM A HOLDING A JOURNALING WORKSHOP FOR MENTAL HEALTH AT SOLVA MEMORIAL HALL FOR A DONATION.

THIS WORKSHOP WILL PROVIDE YOU WITH THE SKILLS AND KNOWLEDGE TO EFFECTIVELY JOURNAL FOR YOUR OWN WELL-BEING.

HELD IN A SAFE SPACE, I WILL GUIDE YOU ON A JOURNEY INTO YOUR DEPTHS, WHILST HELPING YOU TAP INTO THE MAGIC OF JOURNALING. BRIMMING WITH SCIENTIFIC EVIDENCE, REAL-LIFE EXAMPLES, TEMPLATES, PROMPTS, AND INSPIRATION...

THIS WORKSHOP WILL ENLIGHTEN YOU TO THE POWER THAT HAS BEEN WITHIN YOU ALL ALONG!

10TH NOVEMBER - SOLVA MEMORIAL HALL 6:30 - 8:00 PM



## CLWB SOLFACH/SOLVA LUNCHEON CLUB

We are very pleased that the number of diners is increasing and everyone seems to enjoy the lunches and the company!

If you would like to join or need more information, please contact Jane Pascoe 01437 721544/07964327948

## SOLVA WI

Our meeting was held, as usual, in Solva Memorial Hall and started with our speaker, the ever-popular, Julian Cremona who talked and showed film on the flowers, scenery and animals of Spain with wonderful descriptions and photographs.

This was followed by the main meeting which included a regular visitor to the area who enjoys attending our meetings.

Unfortunately, for various reasons many of our members were unable to attend. Very sadly one of our faithful members, Jenny Jones is leaving us as she is moving away.

The money raised at our refreshment stall on Parc y Capel has been donated to Solva Care and the Street Pastors in Haverfordwest.

Our Christmas Dinner will be at the Hats & Barrels in Solva on 19th December.

The programme for next year is almost complete.

A lunch will be served prior to our Annual Meeting on 9th November with 3 members kindly making soup.

The Walking Group would like more members to join them.



## 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.



## Solva Sailing Club

Micky Beckett has delighted us all by announcing his selection for the 2024 Olympics, sailing a Laser in the ILCA7 class. Micky learnt to sail in Solva Harbour, in the little blue wooden oppies that so many other local children have had the chance to try sailing in. Taught by dad Piers, encouraged and supported by mum Josie, and keeping up with older brother Stevie, Micky soon progressed from the oppie to a Topper dinghy. Travelling from Solva to events across Britain he became British Champion aged thirteen.

This year alone Micky has achieved five silver or gold podium finishes at international events. His most recent success was as silver medallist at the World Championships, held in French waters as the 2024 Olympics will be. He has donated his vest, worn during the event to Solva Sailing Club, and it is proudly displayed in the clubroom.

When not competing at GB level, he still lists Solva as his home club on race entries. Previously, he has spoken about the GB selection process at our Winter Talk, and we look forward to scheduling another event to hear his thoughts on becoming an Olympian.

We will also be following the performance of Ellie Aldridge, a regular visitor to Solva and friend of our club, who has been selected to represent GB in kite foiling.

For a small harbour, Solva has produced quite a few successful sailors, and inspired a love of the water for many more. Micky's selection has made all of us very proud, and we look forward to watching next year's Olympic with great anticipation.





# TYDDEWI // ST DAVIDS

## Councillors Corner Greetings all,

As this is my first County Cllr's report in the now joint newsletter for St Davids and Solva I would like to introduce myself to the residents of Solva. My name is Bethan Price and I am the County Cllr for the parish of St Davids, I am also a member of St Davids City Council of which I have been a member for 26 years.

I was constantly having calls regarding grass cutting especially regarding the lack of grass cutting at the Glasfryn Road, I am in constant contact with the grass cutting team and I have had a meeting with Eco Dewi so we can come up with a plan to make the Glasfryn look presentable as you come into the City.

The Swn Y Mor estate on the Glasfryn has now finally been installed with a sign reminding people that children are out playing and for drivers to SLOW DOWN! Also the issues with the grass has been resolved and has been cut and Swn Y Mor now looks a pretty housing estate and a nice place to live.

St Davids was very busy this summer and the Council workers who keep our streets clean have been very busy. I have had one report of fly tipping but please inform me if you come across of any so I can report it to the relevant department. The new bins at Whitesands have proved a success but not so successful for our resident seagulls. The life guards have been busy keeping everyone safe at Whitesands and I would like to thank them for the great job that they do.

On a very serious and worrying note, you all may be aware of the closure of Lloyds Bank on the 27th of November this year. Lloyds Bank is the last remaining in the Peninsular and the closure has come as a big shock to residents and businesses who use the bank, its closure will have a big impact on our community. I have had meetings with the Chairman of Solva Community Council Cllr Richard Davies, our Mayor, Cllr Emma Evans and also members of St Davids and Peninsula Tourist Association where we have been sending letters of concerns to Lloyds Bank. I urge you as residents to send emails to [charlie.nunn@lloydsbanking.com](mailto:charlie.nunn@lloydsbanking.com).

The parent and toddler group proved to be a success and has restarted back at the Scout Hut every Thursday morning 10.00am - 11.30am.

I shall be holding another drop In Surgery tbc, but until then you can all get in touch with me the usual way through my email [cllr.bethan.price@pembrokeshire.gov.uk](mailto:cllr.bethan.price@pembrokeshire.gov.uk)

Regards **Bethan Price**

Facebook page - <https://www.facebook.com/Stdavidscitycouncil/>

St Davids City Council website - <https://stdavids.gov.uk>

Simon Mann Clerk to St Davids City Council: [clerk@stdavids.co.uk](mailto:clerk@stdavids.co.uk) Tel: 01437 721 137

## Dewisland People's Shed

Our Shed is for both men and women. It has been running now for two years in the old Scout Hut in Ffynon Wen, and has had some success.

Our main meeting is on Tuesday morning, from 10 am to midday, when we average an attendance of about fifteen.

There is no membership fee, but everyone pays 50p each week for tea/coffee and biscuits.

The main activities on Tuesdays include the availability of woodwork/metalwork shop led by an experienced bloke, a knitting group, and general 'getting together' in a very informal and relaxed atmosphere.

Other groups have sprung up as part of the Shed, including a board games group, a Mum 's and Toddlers group, and 'Stitchy Witchies' (who put on a magnificent exhibition of their work recently in the City Hall.)

One member leads a small group which looks after our large, and largely grassed garden. There is space in our hall for other things, and on other days as well, for groups large and small, and for people to bring their own interests to show to other members. Recently one member brought two working model steam engines that he had himself made, and got up steam power while we all watched. Drop in and see us on a Tuesday morning. You would be very welcome. Alan York.



**#SAVE THE MALES IN WALES  
BIG BREAKFAST**  
RAISING FUNDS FOR PROSTATE CYMRU  
**Saturday 4th November 10 -1:00**  
The Old Farmhouse Brewery Upper Harglodd, St Davids SA62 6BX  
[www.oldfarmhousebrewery.co.uk](http://www.oldfarmhousebrewery.co.uk) and St Davids Penknife Club

## MENEVIA WI

The next meeting is on Wednesday 8th November 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.

## TAI CHI CLASSES

Would you like to try Tai Chi and Qi Gong? Every Tuesday from the 7th November, Curtis House, Bryn Road, St Davids - 10-11:15 am Or Thursdays at Solva Memorial Hall. Interested? Phone Judy 07890647338 or email [judy.shunemann@yahoo.co.uk](mailto:judy.shunemann@yahoo.co.uk)



## **ST DAVIDS SURGERY**

### **THE FLU VACCINATION PROGRAMME**

Our flu vaccination programme (for adults and for children aged 2-3 years) is nearing completion – if you are eligible for a free NHS flu jab and haven't already booked to have it done at the Surgery, please ring us on 01437 720303 without delay while we still have stock of the vaccines. If you are unsure whether you are eligible, please ring us and we will check for you.

### **THE COVID AUTUMN BOOSTER VACCINATION PROGRAMME:**

- Patients aged Over 65 will be offered their covid booster at the Surgery, commencing October 2023 – we will contact you to book you in
- Patients aged Under 65 who are eligible for covid booster will be offered vaccination at another venue (the Health Board will contact you to offer you an appointment)

### **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](mailto:enquiries.w92058@wales.nhs.uk)

### **St Davids Sports Hall**

**Bookings can be made by calling  
01437 776676 or via our app and website.**

Monday Body Conditioning - 8:30am – 9.30am  
 Tuesday Jr Fitness (Gym) - 3.30pm-5.00pm  
     Spin with Kenny 7.10pm- 8.00pm  
     Kettlebells with Kenny 8.00pm-9.00pm  
 Wednesday Wake Up Pilates - 8.05am-8.50am  
     Gym Circuits - 9.00am-10.00am  
 Friday Kettlebells with Krista- 8.30am-9.30am

### **Solva- Memorial Hall**

Monday Yoga with Sarah 6.00pm-7.00pm  
 Wednesday Circuits with Krista 7.15pm-8.15pm

### **Roch Village Hall**

Monday Total Body Fitness - 9.15am-10.15am  
 Thursday Circuits with Krista 9.00am-10.00am

Bookings can be made from Monday October  
 30th [www.pembrokeshireleisure.co.uk](http://www.pembrokeshireleisure.co.uk)



**THE FRIENDS OF TREGINNIS  
 COME AND JOIN US IN THE CITY HALL ON  
 FRIDAY 17 NOVEMBER 2023  
 FOR AN EVENING OF FUN  
 REFRESHMENTS AVAILABLE  
 EYES DOWN AT 7PM.  
 LOTS OF WONDERFUL PRIZES**

### **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 01437 720549 or 07974939979.

## Oriel y Parc

### Amgueddfa Cymru Gallery

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

### St Davids Room

On The Waters Edge by Ned Helyar  
Monday 9 October – Sunday 12 November

Beneath the Cerulean Sky by Indira Mukherji  
Friday 17 November – Sunday 7 January 2024

### The Tower

More than Meets the Eye by Judy Maynard  
Thursday 28 September – Sunday 5 November

Trefin Revisited – An Installation  
by Pete Monaghan and Maggie Brown  
Tuesday 14 November – Monday 8 January 2024

### Discovery Room

Lit Horizons by Chris Prosser  
Friday 20 October – Tuesday 2 January 2024

### Oriel Amgueddfa Cymru

Geiriau Diflanedig / Lost Words  
Dydd Sul 2 Gorffennaf hyd at y gwanwyn 2024

Wrth Ymyl y Dŵr gan Ned Helyar  
Dydd Llun 9 Hydref i ddydd Sul 12 Tachwedd

O dan yr Awyr Las gan Indira Mukherji  
Dydd Gwener 17 Tachwedd 2023 i ddydd Sul 7 Ionawr 2024

Mwy na'r hyn a welwn gan Judy Maynard  
Dydd Iau 28 Medi i ddydd Sul 5 Tachwedd

Ailymweld â Threfin – Gosodiad gan  
Pete Monaghan a Maggie Brown  
Dydd Iau 14 Tachwedd i ddydd Llun 8 Ionawr

Gorwelion Goleuedig gan Chris Prosser  
20 Hydref i ddydd Mawrth 2 Ionawr

## Save the date!

### Christmas Craft Market

**Saturday 2 December, 10am-3pm Free Entry & Free Parking**  
**A celebration of Christmas with local food and craft producers.**

### POP-UP BOARD GAME CAFE

#### THE SMÖRGÅSBOARD

**INSTA: THE.SMORGASBOARD - WEB: THESMORGASBOARD.CO.UK**

every Wednesday from 4:30pm onwards.

The event is open to all ages, and I'm on hand to assist new players if they need a hand with setting up games and interpreting rules. The event works on a pay as you play basis, £3 per person for 2 hours, or £5 per person for 4 hours. Caffi Rockhoppers offers it's usual drinks and cakes, and also offers a simple supper menu e.g. curry.

**MATT O'MALLEY - MOBILE: 07886 581789**

### ST. DAVID'S CATHEDRAL

**HOLDS A WEEKLY CHRISTIAN MEDITATION AND CONTEMPLATIVE PRAYER GROUP IN THE LADY CHAPEL AT: 10 - 11AM EVERY THURSDAY MORNING.**

**ALL WELCOME. JUST COME ALONG AND JOIN US.**

**FOR MORE INFORMATION CONTACT - JAYNE MACGREGOR (JAYNEMACGREGOR@YAHOO.CO.UK)**

**07491 985180 "**



**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 TACHWEDD****NOVEMBER CALENDAR**

01/11 - Childrens Club - 11-3:00 - Oriel y Parc  
- Lunch Club 12:30 Solva Memorial Hall

02/11 - Solva Cinema 7:30 - Chevalier - Memorial Hall  
- Coffee Morning 10:30 - Solva Memorial Hall  
- Experimental drawing - 10-1:00 Oriel y Parc  
- Toddler Group - St Davids Scout Hut - 9:30-11:30

03/11 - FIREWORKS Lower Solva - 6:30  
- Solva Care Drop in advice - Solva Surgery 10-12  
- Solva Care Friday Club 2-4:00 - Solva Club House

04/11 - Prostate Cymru - Big Breakfast 10-1  
- Jackie Morris Free drawing drop in - Oriel y Parc

06/11 - Walking For Wellbeing 13:45 - Solva Club House

07/11 - Dewisland Peoples shed - Scout Hut - 10:00

08/11 - Luncheon Club, Memorial Hall 12.30pm  
- Minevia WI - 7:30 City Hall St Davids  
- Solva Community Council Meeting 6:00

09/11 - Solva WI - Memorial Hall  
- Coffee Morning 10:30 Solva Memorial Hall  
- Toddler Group - St Davids Scout Hut - 9:30-11:30

10/11 - Solva Care Drop in, Solva Surgery 10 - 12:00  
- Solva Care Friday Club 2-4:00 - Solva Club House

12/11 - Remembrance Sunday - War Memorial

13/11 - Walk for Well-being, Solva Clubhouse 1:45

14/11 - Dewisland Peoples Shed - Scout Hut - 10:00

15/11 - Luncheon Club, Memorial Hall 12.30pm

16/11 - Coffee morning Solva Memorial Hall 10:30  
- Toddler Group - St Davids Scout Hut - 9:30-11:30

12/11 - Remembrance Sunday - Services at the War Memorial - 10:45

13/11 - Walk for Well-being, Solva Clubhouse 1:45

14/11 - Dewisland Peoples Shed - Scout Hut - 10:00

15/11 - Luncheon Club, Memorial Hall 12.30pm

16/11 - Coffee morning Solva Memorial Hall 10:30  
- Toddler Group - St Davids Scout Hut - 9:30-11:30

17/11 - Solva Care Drop in, Solva Surgery 10 - 12am  
- Solva Care Friday Club 2-4 Solva Club house  
- BINGO Treginnis Farm at City Hall 7:00pm

20/11 - Walk for Well-being, Solva Clubhouse 1.45pm  
- Deadline for applications for Newsletter Editor

21/10 - Dewisland Peoples Shed - Scout Hut St Davids 10:00pm  
- Deadline for applications for co-opted member SCC

22/11 - Luncheon Club, Memorial Hall 12.30pm

23/11 - Coffee Morning 10:30 - Solva Memorial Hall  
- Toddler Group - St Davids Scout Hut - 9:30-11:30

24/11 - Solva Care Drop in, Solva Surgery 10 - 12am  
- Solva Care Friday Club 2-4:00 Solva Club house

27/11 - Walk for Well-being, Solva Clubhouse 1.45pm

28/11 - Dewisland Peoples Shed - Scout Hut St Davids 10:00pm

29/11 - Luncheon Club, Memorial Hall 12.30pm

30/11 - Coffee Morning 10:30 - Solva Memorial Hall  
- Toddler Group - St Davids Scout Hut - 9:30-11:30

**For Church Services see:**

St Davids Cathedral services [www.stdavidscathedral.org.uk](http://www.stdavidscathedral.org.uk)

Hope Church, Meets in Mathry Village hall, Every Sunday 10-11:30

***A note from the editor***

*We invite residents of Solva and St Davids to contribute their news and stories, events and creative contributions. Send by the 14th of the month for the following months edition. For submissions and advertisements enquiries email:*  
*[solvastdavidnews@gmail.com](mailto:solvastdavidnews@gmail.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.

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[www.solvaseafoods.co.uk](http://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**

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](http://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](http://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.



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 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

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The Old Chapel, Main Street, Solva SA62 6UU  
 Tel: 01437 721907  
 e: [heather@heatherbennett.co.uk](mailto:heather@heatherbennett.co.uk)  
[www.raulspeck.co.uk](http://www.raulspeck.co.uk) [www.heatherbennett.co.uk](http://www.heatherbennett.co.uk)

# BFS

PLUMBING & HEATING  
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[paul@barnsteadfiresprinklers.co.uk](mailto:paul@barnsteadfiresprinklers.co.uk)




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