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Pembrokeshire



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Magazine *Pembrokeshire*

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CRYMYCH FIRE CHIEF AWARDED WITH BRITISH EMPIRE MEDAL



On Friday, June 28, Chief Fire Officer Roger Thomas joined the crew from Crymych Fire Station, collaborating with Pembrokeshire County Council, to welcome His Majesty's Lord-Lieutenant of Dyfed, Miss Sara Edwards.

She was there to present Watch Manager (WM) Euros Edwards with his British Empire Medal.

WM Euros Edwards proudly attended Crymych Fire Station accompanied by close friends, family, and fellow members of the Mid and West Wales Fire and Rescue Service (MAWWFRS) to receive his British Empire Medal. This prestigious award celebrates his long-standing career and unwavering commitment to the community of Crymych.

Euros began his career with MAWWFRS, then known as Dyfed Fire Brigade, in 1979. He was promoted to Leading Firefighter in 1987 and Sub-Officer in 1988. For over 40 years, Euros has faithfully served the communities of Pembrokeshire and MAWWFRS, playing a crucial role in maintaining high levels of availability at Crymych Fire Station.

In 1998, Euros was instrumental in introducing a voluntary Co-Responder scheme to Crymych. This initiative has provided invaluable support to local Ambulance services and has saved many lives in the communities of North

Pembrokeshire. To support the Co-Responder scheme, Euros also played a key role in raising over £40,000 to purchase a new vehicle for the Fire Station, demonstrating his dedication to supporting his local community.

Upon receiving the British Empire Medal, WM Euros Edwards expressed his gratitude: "I am very humbled and proud to be awarded the British Empire Medal. After 44 years of service and the commitment that being On-Call demands, I wouldn't change a thing. I have enjoyed my time in the Service. If there is anyone out there who would like to give back to their community, Mid and West Wales Fire and Rescue Service is currently looking for On-Call Firefighters."

Chief Fire Officer Roger Thomas remarked: "I am delighted that Euros' commitment and dedication have been recognized by His Majesty the King in the 2024 New Year Honours List. This award acknowledges Euros' hard work, lifelong devotion to his local community, and the leadership he has provided to the crew at Crymych Fire Station."

The afternoon was a joyous occasion, celebrating Euros' long service achievements and dedication to the Fire and Rescue Service over the years. Many congratulations, Euros.

FeelGood Magazine

5

FeelGood SNIPPETS

LUCKY DOG RESCUED BY LIFEBOAT CREW AFTER 250 FOOT CLIFF FALL



While on a coxswain training exercise on Monday the 20th of May, the lifeboat Haydn Miller was dispatched to Rhossili following a report of a dog falling 250 feet from the cliffs at the Rocket Pole.

As the volunteer crew made their way to the area at top speed, Rhossili, Mumbles, and Oxwich Coastguard rescue teams also responded and deployed a cliff

man to assist with the search.

Upon arrival, the Y-boat was launched, and the crew located the dog, which appeared to be in good condition considering its fall. The crew picked up the dog and returned it to the awaiting Coastguard teams at Kitchen Corner, Rhossili.

After ensuring the dog's safety, the lifeboat returned to its training exercise.

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GARDEN PARTY FOR ST DAVIDS LIFEBOAT



His Majesty The King granted permission for a garden party at Buckingham Palace today to celebrate the 200th anniversary of the RNLI.

The event brought together approximately 2,500 of the RNLI's long-serving volunteers, staff, and their families.

Representing St Davids lifeboat station were Will Chant, Jestyn Martin, Ffion Rees, Judd Kohler, Ellen Evans, and their respective partners. Trading their RNLI yellows for smart attire, they joined the celebration in recognition of their dedication and service.

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PENGUIN CHICKS DELIGHT FOLLY FARM



Folly Farm is thrilled to announce the arrival of five adorable baby Humboldt penguin chicks, marking the first hatchings at the zoo since 2021.

Keepers at Folly Farm have resumed breeding Humboldt penguins as part of a carefully managed European Breeding Programme, facilitated by the zoo's membership with the European Association of Zoos and Aquariums (EAZA). These chicks represent the first new additions to the penguin colony in three years, making their arrival a cause for celebration.

Humboldt penguins, classified as a vulnerable species, face numerous threats in their natural habitat. Breeding efforts had been temporarily halted at Folly Farm, making the arrival of these chicks particularly significant. The dedicated keepers are overjoyed to once again contribute to the conservation of these charismatic birds.

The fluffy newcomers are growing rapidly under the attentive care of both parents, who take turns feeding them while the other enjoys a refreshing swim in the pool. It's a heartwarming sight to witness these tiny chicks double or even triple in weight every few days. In a few weeks, they will outgrow their nest boxes and be transferred to the Penguin Nursery facility, where experienced keepers will guide

them in learning to feed on whole fish and navigate the waters of their small 'baby pool', before joining the main pool with the rest of the colony.

Adding a touch of whimsy to the occasion, this year's naming theme for the penguin chicks is cheese. Meet Mozzarella, Camembert, Cheddar, Halloumi, and Gorgonzola—the newest members of the Folly Farm family. Penguin Keeper and Assistant Zoo Manager Caz Davies expressed her excitement, highlighting the anticipation of discovering each chick's gender as they mature.

The journey began with Mozzarella, hatching on 30 March to proud parents Magnum and Feast, followed by Camembert on 2 April, born to Perci and Puffy. Cheddar made his debut on 5 May, welcomed by Whippy and Pippy, while Halloumi joined the fold on 10 May, under the care of first-time parents Einstein and Darwin. The youngest addition, Gorgonzola, entered the world on 14 May, with Popple and Pudding as proud parents.

Currently, Penguin Coast is home to 22 Humboldt and 14 Macaroni penguins. While guests eagerly await the opportunity to meet the newest arrivals, Folly Farm encourages everyone to stay updated through their website and social media platforms for the latest news and adorable penguin updates.



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FeelGood SNIPPETS

CARIAD PET THERAPY DELIGHTS BRYAN



Haverfordwest-based charity, Cariat Pet Therapy, enjoyed VIP treatment during a special visit to meet Bryan Adams and his crew at the Utilita Arena on May 19.

The late afternoon visit included four therapy dogs accompanied by dedicated volunteers from the organization.

Bryan Adams, currently on a major tour, showed personal interest in the visit, sharing videos of his own dogs with the volunteers. He spent quality time with the therapy dogs – Rylie, a Border Collie; Ruby, a Fox Red Labrador; Max, a Golden Retriever; and Kali, a Black Labrador. Known for his love of dogs, Adams clearly relished the interaction.

The volunteers from Cariat Pet Therapy received the star treatment and were provided with tickets to the evening's concert. Meanwhile, the therapy dogs returned home after their heartwarming visit.

This event is part of a series of similar visits by the charity to concerts by artists like Pete Tong and Jason Derulo in recent months, with more events planned for the future. Additionally, the volunteers attended the National Lottery Big Bash as special guests last Christmas, enjoying front-row seats for a performance headlined by Take That.

For more information on Cariat Pet Therapy and their work, visit www.cariadpettherapy.co.uk.

40 YEAR CAREER FOR SURGERY MANAGER



A north Pembrokeshire GP surgery is celebrating its practice manager's 40th anniversary working at the practice.

Julie Evans has dedicated four decades of her life to the Preseli Practice - Newport & Crymch, weaving her care, professionalism and expertise into the fabric of the community.

Her first working day was May 8, 1984, when the surgery was known as Newport Surgery, and the whole team is celebrating this significant career milestone.

The team said: "We are thrilled to extend our heartfelt congratulations to Julie Evans for an incredible 40 years of unwavering commitment and exemplary service at Newport & Crymch Surgeries."

"Through four decades,

Julie has been a beacon of compassion, professionalism, and expertise, touching countless lives in our community with care and kindness.

"Her dedication and hard work have truly been the cornerstone of our practice's success."

The team continued: "As we celebrate this remarkable milestone, we express our deepest gratitude for Julie's invaluable contributions to the wellbeing of our patients and the strength of our team."

"Here's to 40 years of excellence, and to many more years of continued success and fulfilment!"

"Congratulations Julie on this well-deserved achievement. Your legacy of service will forever inspire us all."



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Established in 2003, Castle Hot Tubs has grown into a cornerstone of the Pembrokeshire community in West Wales, and as a family-run business, they have built their reputation on providing friendly, knowledgeable, and non-pushy service that stands unmatched in the industry.

As the largest independent hot tub dealer in Wales, Castle Hot Tubs offers an extensive range of hot tubs, swim spas, saunas, and garden furniture, making them the UK's premier one-stop shop for hot tub enthusiasts.

Castle Hot Tubs is renowned for their comprehensive inventory, which includes a wide variety of chemicals, filters, spare parts, and accessories available at highly competitive prices. This extensive product range has cemented their status as the first choice for hot tub supplies in the UK. Over the years, the company has become one of the county's most well-known and respected businesses, celebrated for their outstanding services and products.

AWARD WINNING

Recently, Castle Hot Tubs received prestigious recognition at the Superior Wellness Business Awards, highlighting their exceptional contributions to the industry. The Pembrokeshire-based company, with a showroom in Johnston and roots firmly planted in Hayscastle, won two significant awards:

- Highest Performing Chill Tubs Partner
- UK Hot Tub Install of the Year

These awards are a testament to the company's dedication to quality and customer satisfaction. Castle Hot Tubs has expanded their offerings beyond just hot tubs to include swim spas, saunas, and ice baths.

Their commitment to ongoing servicing and

maintenance ensures that customers receive support at their convenience. With flexible finance options available, Castle Hot Tubs makes luxury accessible, allowing customers to tailor their payment plans to suit their needs.

QUALITY GUARANTEED

Castle Hot Tubs takes pride in offering only the highest quality products. As an independent dealer, they have access to the best hot tubs available on the market. Their premium range of hot tubs, manufactured and imported from America, features industry-leading warranties and exceptional quality. Additionally, they supply a selection of high-specification hot tubs assembled in the Far East. These spas, made from high-quality components like American-made Aristec Acrylic shells and Balboa control panels, offer incredible value and performance.

This year they will also be offering the Aqua Technics Swimming Pools. These pools are made in Australia and come as a one piece pool at a great price!

Their inventory includes a vast array of hot tub, swim spa, and swimming pool parts, all at great prices. Castle Hot Tubs provides hot tub servicing across Pembrokeshire, Carmarthenshire, Cardiganshire, and Swansea, covering most of Wales. Their skilled hot tub engineers are available to help with any repairs or issues customers may encounter. The team also offers deep cleaning and spa winterization services, ensuring that customers' investments are well-maintained year-round.

Castle Hot Tubs is a proud member of BISHTA (British and Irish Hot Tub Association), and their staff are trained and certified in water management. This membership guarantees that customers receive top-notch advice and knowledge to help them maintain their water quality. Whether you have a question or need

assistance, the friendly team at Castle Hot Tubs is always ready to help.

COMMITMENT TO CUSTOMER SATISFACTION

Castle Hot Tubs' success is built on a foundation of customer satisfaction and community engagement. Their knowledgeable staff is dedicated to providing exceptional service, ensuring that each customer finds the perfect product to meet their needs. From the initial purchase to ongoing maintenance, Castle Hot Tubs is committed to supporting their customers every step of the way.

Their comprehensive approach includes offering detailed guidance on product selection, providing expert installation services, and delivering ongoing support and maintenance. This holistic approach has earned Castle Hot Tubs a loyal customer base and a reputation for excellence in the industry.

LOOKING TO THE FUTURE

As Castle Hot Tubs continues to grow, they remain focused on maintaining their high standards

of quality and service. Their recent accolades at the Superior Wellness Business Awards are a reflection of their hard work and dedication. With plans to further expand their product range and services, Castle Hot Tubs is poised to continue leading the way in the hot tub industry.

For those looking to enhance their outdoor living experience, Castle Hot Tubs offers a wide array of luxury products that promise relaxation and enjoyment. By providing top-quality products, expert advice, and exceptional customer service, Castle Hot Tubs ensures that every customer can create their own personal oasis.

In conclusion, Castle Hot Tubs exemplifies what it means to be a leader in the hot tub industry. Their commitment to quality, customer satisfaction, and community involvement has made them a beloved fixture in Pembrokeshire and beyond. Whether you're looking for a hot tub, swim spa, sauna, or garden furniture, Castle Hot Tubs has everything you need to transform your outdoor space into a sanctuary of relaxation and luxury, and all of us here at FeelGood Magazine wish them every success in the future.



'Thanks to all of our staff and customers who have made this all possible Superior wellness is the UK's biggest distributor of several Premium brands including Platinum Spas, Hekla Saunas & Chill Tubs. We are very proud to work alongside such an incredible company!'

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Congratulations to Yan and the team at Castle Hot Tubs

A collage of four photographs showing various pieces of heavy machinery. The first photo shows a blue truck-mounted crane with its boom extended. The second photo shows a blue truck-mounted crane with its boom extended. The third photo shows a blue truck-mounted crane with its boom extended. The fourth photo shows a blue truck-mounted crane with its boom extended, lifting a large, dark-colored object.

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FeelGood SNIPPETS

ST DAVIDS RNLI RESCUES YACHT



Volunteers from St Davids RNLI were called to assist a 4m yacht that had run out of fuel six nautical miles southwest of St Justinians on Sunday, May 12.

The lifeboat launched in calm conditions at 11:08 a.m. The yacht, with one person on board, was sailing from New Haven to Swansea but lacked sufficient

wind to sail to safety.

With no fuel or wind to navigate, the yacht was unable to return to shore on its own. The RNLI Coxswain decided to tow the stranded vessel back to the mooring at the lifeboat station. This rescue marked the first for Reuben Palin in his role as a volunteer mechanic.

40 YEAR CAREER FOR SURGERY MANAGER



The Crymych Arms community-owned pub in Crymych village hosted a joyous evening of celebrations on Saturday, May 18.

Local supporters gathered to witness the unveiling of the new bar and cozy 'cwtch' area, marking the latest milestone in the building's redevelopment.

Throughout 2023, the community rallied together to purchase and revive the closed pub, transforming it into a multifunctional space serving as a community hub, football clubhouse, and pub. The 'HubClubPub' concept gained overwhelming popularity, with over £220,000 raised by autumn 2023. Local contributions enabled the project committee to secure additional grant funding, ultimately allowing the community to acquire the pub.

Following extensive renovations of the bar and cwtsh area, a ribbon-cutting ceremony was held on May 18, with Granville

and Sheila John doing the honors. Addressing the gathered crowds, they congratulated the community on the successful reopening of the Crymych Arms pub.

Cris Tomos, a member of the project team, expressed gratitude for the outstanding support from both local and distant supporters who contributed to the community share offer. The project team now invites the community to share ideas for activities and social events, with proposals already emerging for a history club, walking club, and gardening club to convene at the venue.

The next phase of development will focus on revamping the restaurant area within the building. Those interested in supporting the project can reach out to the community pub via email at crymych.arms@gmail.com or by contacting the HubClubPub at 01239 831435."



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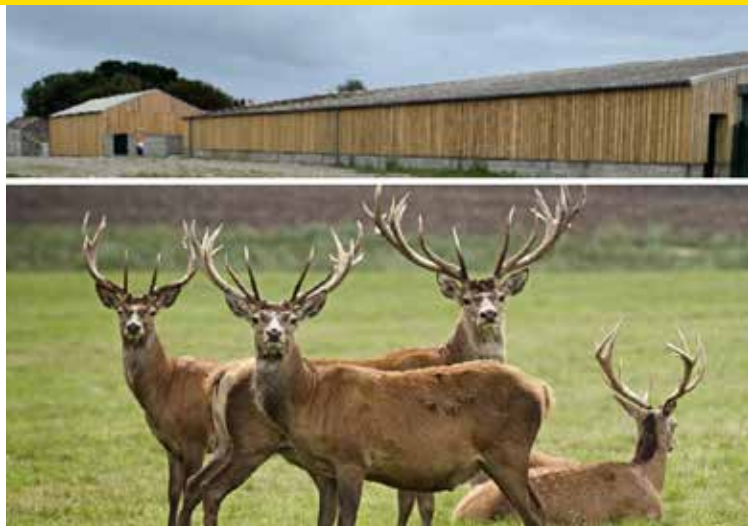
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WELSH AIR AMBULANCE WALK HAVE RETURNED



The Wales Air Ambulance is calling on Welsh residents to join its annual Walk Wales fundraiser, an event that has raised an impressive £110,000 over the past four years. This critical fundraiser supports the charity's 24/7 operations across Wales, helping it meet the annual £11.2 million needed to keep helicopters airborne and fast response vehicles on the go.

Mark Stevens, Head of Fundraising at the charity, highlighted the significance of Walk Wales, saying, "Walk Wales is a wonderful opportunity for people of all ages to get together with friends, family, school friends, and work colleagues. By participating, they play an important role in supporting our lifesaving service in Wales, while also keeping fit and achieving personal goals."

The fundraiser invites participants to walk, jog, or run a total of 50 miles during June. They can choose to complete their miles locally, by exploring various areas of Wales, or even at home, such as doing household chores or walking the dog. Regardless of the method, every mile contributes to supporting the crucial work carried out by the Wales Air Ambulance. Remarkably, participants in past events have even joined from locations as far away as Cyprus.

One source of inspiration is nine-year-old Kara Richards, who participated in the Walk Wales event in both 2022 and 2023, raising over £1,000 for the charity. Her efforts exemplify the community spirit and dedication that Walk Wales aims to foster among participants of all ages.

The Wales Air Ambulance provides hospital-standard treatment directly to patients through a partnership with the Emergency Medical Retrieval and Transfer Service (EMRTS). This partnership enables the charity to have highly skilled NHS consultants and critical care practitioners on board their vehicles, ensuring top-notch medical care is delivered swiftly and efficiently.

Entry for the Walk Wales 2024 event is free. However, the charity encourages participants to organize their own fundraising activities to support the cause further. Those who raise at least £50 will be rewarded with a specially designed Wales Air Ambulance sports t-shirt, recognizing their contribution to the charity's mission.

The Walk Wales challenge is flexible, allowing participants to tailor their 50-mile journey to fit their own schedules and preferences. This inclusivity ensures that everyone, regardless of their location or physical abilities, can take part and make a meaningful impact. Whether walking through scenic Welsh landscapes, running in local parks, or accumulating miles through daily activities, participants collectively work towards the shared goal of supporting the Wales Air Ambulance.

By joining Walk Wales, participants not only engage in a healthy and enjoyable activity but also contribute to a vital service that saves lives across Wales. The charity's reliance on public support underscores the importance of community involvement in maintaining its lifesaving operations.

The Harp at Letterston



About the Harp in Letterston

Originally built as a 15th-century farm and country inn, The Harp at Letterston has been under the ownership of the Sandall family for the past 40 years. Throughout this time, we have undertaken extensive renovations and upgrades, culminating in the addition of four-star Visit Wales graded letting rooms in 2011.

Our commitment to supporting the local community is evident in our menu, which features a strong emphasis on locally sourced produce from nearby butchers, suppliers, and farms. With 95% of our menu items made in-house, we strive to accommodate a wide range of dietary needs – simply inquire for more information.

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FeelGood FOOD

Welcome back once again to FeelGood Food!

Every issue we bring you half a dozen pages that should whet your whistle and get the gastric juices flowing!

We once again have a look at a few local delights from social media and we have found some incredible looking meals all over our beautiful county.

We have some awesome reviews for you, and to finish off, our recipes, we have Classic beef chateaubriand with Canarian potatoes and an amazing Tiramisu!



The FeelGood

Food & Drink Guide

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FeelGood Cookin'!

The sun is shining! At last! Let's get those holiday taste buds going!

CANARIAN POTATOES

Experience the vibrant flavors of the Canary Islands with two classic sauces, Mojo Verde and Mojo Rojo, served alongside traditional Canarian potatoes.

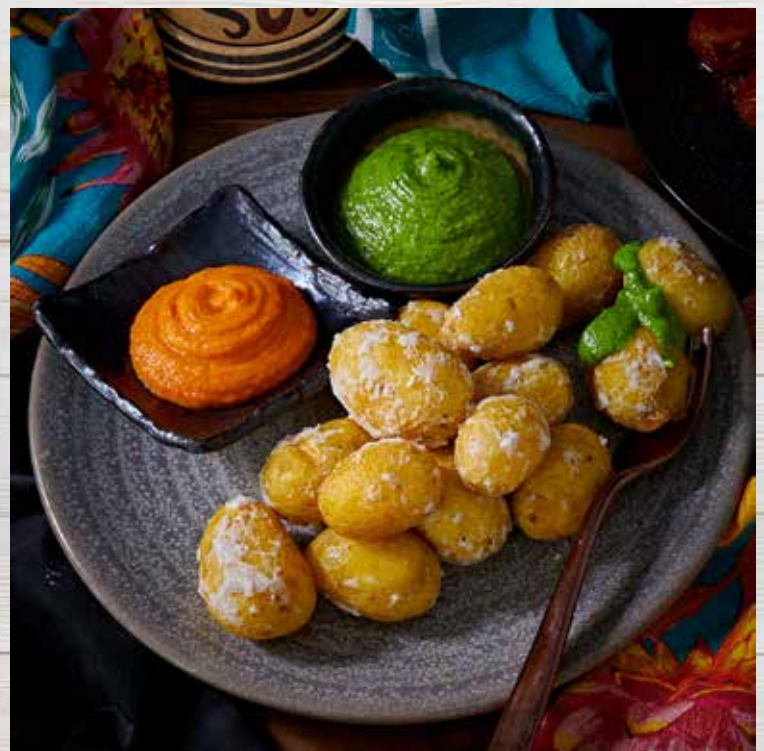
These simple yet delicious recipes are sure to bring a taste of the islands to your table.

Mojo Verde

To make Mojo Verde, you will need peppers, garlic, coriander, vinegar, and oil. Begin by placing the peppers, garlic, and coriander in a blending cup. Puree the mixture until it is smooth. Then, add the vinegar and oil, and briefly puree again. Finally, season the sauce with salt to taste. The result is a fresh, herbaceous green sauce that pairs perfectly with potatoes or grilled vegetables.

Mojo Rojo

Mojo Rojo is a slightly spicier counterpart to Mojo Verde. For this sauce, gather peppers, oil, chillies, vinegar, and salt, along with any other desired ingredients. Start by transferring the peppers and oil to a blending cup. Add the chillies and all other ingredients, including the vinegar. Puree the mixture until smooth and season with salt. This red sauce has a rich, smoky



flavor with a hint of heat, making it an excellent accompaniment to a variety of dishes.

Canarian Potatoes

Canarian potatoes, also known as "papas arrugadas," are a staple in the Canary Islands. To prepare them, place small potatoes and a generous amount of salt in a pan.

Cover the potatoes with water and bring to a boil. Cook the potatoes uncovered for approximately 35 minutes. Once cooked, drain the potatoes and return them to the pan. Allow the remaining water to evaporate over a very low heat until a fine salt crust forms around the potatoes, giving them a distinctive wrinkly appearance.

INGREDIENTS

Mojo verde

- 1 green pepper, cut into pieces
- 2 garlic clove
- 2 bunch coriander, roughly chopped
- 2 tbsp vinegar (e.g. sherry vinegar)
- 2 tbsp olive oil
- ½ tsp salt

Mojo rojo

- 1 glass roasted peppers in oil (approx. 290 g)
- 2 red chilli, deseeded if necessary, roughly chopped
- 2 garlic clove
- ½ tsp ground cumin
- ¼ tsp smoked paprika
- 1 tbsp vinegar (e.g. sherry vinegar)
- ½ tsp salt

Canarian potatoes

- 1 kg baby potato, unpeeled
- 150 g salt
- water

CLASSIC BEEF CHATEAUBRIAND

Achieving a succulent roast beef with a rich white wine and garlic sauce is easier than you might think. Follow these steps for a delicious meal.

Preparing the Meat

Begin by removing your meat from the fridge about an hour before cooking to let it reach room temperature. Preheat your oven to 220°C (428°F).

Searing the Meat

Add half of the butter to a hot griddle pan. Season the meat generously with salt and pepper, then seal it on all sides until it is brown and caramelized, basting it with any excess butter. This step locks in the flavors and creates a beautiful crust.

Roasting

Transfer the seared meat to a



roasting tray and place it in the preheated oven. Roast for 35-40 minutes for a perfect medium-rare finish.

Making the Sauce

While the meat is roasting, melt the remaining butter in a small saucepan over medium

heat. Add the garlic and shallots, and sauté for 6-8 minutes until they are softened and fragrant. Next, add the mushrooms and continue to sauté for another 6-8 minutes until all their moisture has evaporated. Pour in the white wine and beef broth, then simmer the mixture until it is reduced and thickened.

INGREDIENTS

- 1kg Grass fed, dry aged chateaubriand
- 400g chestnut mushrooms, sliced
- 150g banana shallots, finely diced
- 4 garlic cloves, minced
- 250ml dry white wine
- 350ml good quality beef stock
- 120g Grass fed butter
- Salt & cracker black pepper

Resting and Serving

Once cooked, transfer the meat to a cutting board, cover it with foil, and let it rest for at least 15 minutes. This resting period allows the juices to redistribute throughout the meat, ensuring every bite is tender and flavourful.

When ready to serve, carve the meat into thick steaks and drizzle with the white wine and garlic sauce. Enjoy your perfectly roasted beef!

JUST THE BEST TIRAMISU

Create a delightful classic tiramisu that everyone will absolutely demolish!

In a large bowl, combine double cream, mascarpone, marsala, and golden caster sugar. Whisk the mixture until the cream and mascarpone are fully combined, achieving the consistency of thickly whipped cream.

Pour coffee into a shallow dish. Dip a few sponge fingers at a time, turning them for a few seconds until they are nicely soaked but not soggy. Layer these soaked fingers in a dish until you've used half of them. Spread half of the creamy mixture over the sponge fingers.



Using the coarse side of a grater, grate most of the dark chocolate over the creamy layer. Repeat the layers, using up all the coffee-soaked sponge fingers,

and finish with a layer of the creamy mixture. Cover the tiramisu and chill it for a few hours or overnight. The dessert will keep in the fridge

INGREDIENTS

- 400ml double cream
- 250g mascarpone
- 75ml marsala
- 5 tbsp golden caster sugar
- 300ml coffee, made with 2 tbsp coffee granules and 300ml boiling water
- 175g sponge fingers
- 25g dark chocolate
- 2tsp cocoa powder

for up to two days, allowing the flavours to meld beautifully.

To serve, dust the tiramisu with cocoa powder and grate the remaining dark chocolate on top for an elegant finish.

Enjoy this classic Italian dessert that is sure to impress with its rich, creamy texture and delightful coffee and chocolate flavors!

What does it go with?

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FEELGOOD FOOD FROM THE WEB

Once again we have seen some truly amazing dishes from around our county!

We have collected some lovely pictures that some of the great eateries of Pembrokeshire have been posting on social media.

Some of these fine places we haven't tried, but these pictures, we think, speak for themselves to demonstrate the amazing quality of the food in our county.

Obviously we only have a limited space, so if you would like your local restaurant/eatery in next month's edition then send a picture to info@feelgoodmagazine.co.uk.

Make sure you detail where it is from, and the name of the dish!



Delicious home cooked lamb cawl at The Pump on the Green



A delightful Cream Tea at Cresswell's Cafe Bar in Fishguard



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The FeelGood Food & Drink Guide

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THE LORD NELSON HOTEL

It's truly delightful when you stumble upon a fantastic meal unexpectedly, and that's precisely the experience Tim and Brian had while they were out delivering the FeelGood Pembrokeshire Magazine.

Whilst out delivering the latest edition of FeelGood Brian and I found ourselves in the picturesque town of Milford Haven. We were both famished.

We decided to try one of FeelGood's very good friends The Lord Nelson. We had heard stunning reports on their culinary offerings since James and the team took over. Our head Designer, Al, has already dined at The Nelson a few times this year and tells us their curry is not only top notch, but the friendly staff both behind the bar and the waiting staff are as much of a draw as the food itself. His 9 year old daughter describes the Nelson as 'Classy!'

Top recommendations all round! So let's get back to the review!

It was only 10 am so breakfast was obviously our only option. We both opted for a full Welsh breakfast which consisted of a succulent sausage crispy back bacon, and when it came to the eggs you had a choice of fried, poached, or scrambled. we both went for the poached which when you touched the yolk with the faintest of touches it squirted out its

yellow innards, absolutely beautiful. Accompanying the three usuals were black pudding, hash browns, tomato, beans, and flat mushroom, which I must give a special mention to as it was the meatiest mushroom I have ever tasted. The best breakfast I have tried in a long time and all of the above is a snip at £10. Now that's a bargain when you think that the ingredients used must be of the highest quality.

10/10 Lord Nelson for your breakfast. I recommend after reading this you pop in and try for yourself, they are open to non-residents.

Beyond the morning fare, the Lord Nelson Hotel extends a tempting array of culinary delights. So, whether it's a leisurely brunch, a quick bite between engagements, or an elegant dinner affair, the Lord Nelson Hotel promises a culinary journey beyond compare, where every dish tells a story of passion, flavour, and culinary excellence.

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9 Hamilton Terrace, Milford Haven. SA62 5UA - www.thelordnelsonmilford.co.uk

Pump on the Green

Tim decided to treat the family to dinner at The Pump on the Green in Spittal, a local favourite they've always enjoyed, so with a warm welcome from the staff they sat down and ordered their food.....

with Tim Evans

"Rachel and I, having a penchant for steak, both opted for the Sirloin Steak, a signature dish at The Pump. Rachel preferred hers cooked medium rare, while I opted for rare. The steaks arrived at the table, perfectly seared and bursting with flavor. Cutting into the tender meat was like slicing through butter, a testament to the chef's skill and attention to detail.

The accompanying crisp salad provided a refreshing contrast to the rich, savory flavors of the steak, while the garlic potatoes, still in their skins with a creamy garlic sauce tied everything together, elevating the dish to new heights of deliciousness.

Meanwhile, the girls eagerly dug into their pasta bolognese, a classic comfort food dish that never

disappoints. The hearty sauce, with pasta, had them both grinning from ear to ear with contented murmurs from across the table.

My son Harry, always adventurous in his culinary choices, opted for the Chicken Tikka served with chips, rice, and haloumi fries. From the first bite, he was hooked, declaring it "fantastic" and eagerly polishing off his plate.

One thing that struck the family was the generous portion sizes. Each dish was presented with care and attention to detail, ensuring that nobody left the table feeling anything less than completely satisfied. It's clear that The Pump takes pride in providing not just delicious food, but also generous servings that leave diners feeling well-fed and content.

To complement the meal, I decided to try the Cold River cider on tap, a refreshing choice that really went well with the hearty flavours of my steak. As we all tucked in to our meals, I couldn't



help but soak in the lively atmosphere of The Pump's public bar. Filled with the sounds of friendly banter and laughter, it added an extra layer of warmth and really is an experience I could more than happily enjoy again.

As we finished our meal and prepared to leave, I got to thinking about our evening. From the delectable food to the welcoming ambiance, every aspect of The Pump on the Green had been nothing short of exceptional. We are all looking forward to repeating the experience the near future."



Call us - 01437 741881 Spittal, Haverfordwest . SA62 5QT
www.pumponthegreen.co.uk

D-DAY MEMORIAL SERVICE AND BEACON LIGHTING



Milford Haven Town Council will hold a Memorial Service to commemorate the 80th Anniversary of D-Day on The Rath on Thursday, 6th June 2024, at 8:45 pm. The beacon will be lit at 9:15 pm.

D-Day, which occurred on 6th June 1944, known as Operation Overlord, involved thousands of troops. The invasion was a significant turning point in the war, leading to the liberation of Western Europe from Nazi occupation.

The 80th Anniversary of D-Day holds profound meaning for many, especially for those who lived through the war and the families of those who served.

As the years pass, the number

of surviving veterans dwindles, making commemorations like these even more poignant. The 80th anniversary serves as a reminder of the enduring legacy of those who fought for freedom and the importance of remembering their contributions to history.

The Memorial Service in Milford Haven will provide a moment for the community to come together in remembrance. The lighting of the beacon will symbolize the light of hope and the enduring spirit of those who fought for a better future. The council encourages all residents to attend the service and pay their respects to the heroes of D-Day.

FeelGood SNIPPETS

WILLIAM ELLIOT BECOMES MILFORD MAYOR



Congratulations to Cllr. William Elliot, who was sworn in as the Mayor of Milford Haven earlier this month.

He is pictured here with Mayor-Consort Lloyd Jones. Also pictured are L/Cadet Sophie Jarrett from Milford Haven Sea

Cadets and Sea Scout Patrol Leader Joshua Evans, who have been confirmed as this year's Mayor's Cadets. This marks the second time Will has served as Mayor, having previously held the post in 2012. Cllr. Eddie Davies has been sworn in as Deputy Mayor.



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OUR TALENTED SPORTING YOUNGSTERS

PEMBROKESHIRESPORT

AVA'S GOING GREAT GUNS IN HER CRICKETING CAREER

Ava Midgley is 16 years of age and has already represented Wales in girls' cricket, played locally at the Ladies and Men's games respectively for Cresselly and Hundleton, as well as enjoying the indoor league when her studies for her GCSE exams have allowed.

Ava represented Wales last season and is in the squad for

the 2024 campaign, once her school exams are over - and she is eager to get restarted after doing so well in 2023!

EARLY START - IN THE FAMILY'S GARDEN!

She started out in her cricket-mad family by playing in the back garden and then spent hours playing with the children of Hundleton cricketers as dad Stuart is a key player there as a big-hitting batsman, as well as playing football for Monkton Swifts and coaching Pennar Robins under 14's, where her younger brother Elliott plays.

Mum Kelly is also a very keen player who plays cricket for Hundleton Seconds' men's team as well as Pembroke Dock and Neyland Ladies - and is described by Ava as her best supporter - and top taxi driver in taking her to all the matches she plays, not only locally but with the West Wales squad, plus training and playing for Wales!

The family interest in sport is rounded off by her uncle, Ben Adams, who has captained Hundleton, plays football for Goodwick United - and is a very accomplished darts player knocking at the door of the top echelons in the game.

LOVES OTHER SPORTS TOO

Ava has also shown an ability in other sports because she plays netball for Pembroke Ladies after just finishing her last game for the under 16s, where she has won the 'Most Valuable Player' award on more than one

occasion. Then there's hockey at Ysgol Harri Tudor, in Pembroke, where she plays up front - and has also dabbled a bit in football and rugby.

But it is cricket that ranks as her No 1 sport after starting out in the Hundleton Boys' team at under nine level and also played later for Lamphey CP School after being encouraged by Mr Thomas, the head teacher.

RESTART AFTER COVID

But then Covid came along and so Ava missed playing until she joined Pembroke Dock and had two years in their ladies' team alongside playing for the second string and receiving every encouragement from Peter Kingdom, the skipper, and Nick Daley.

She obviously impressed because after playing in a losing Dock team to Burton Ladies in the Clive Huxley Cup Final she was invited to join Cresselly and did so, learning a lot from the likes of Ffion Ashman, Lauren Davies, Lucy 'Johnno' Johnson and Megan Arthur.

Ava has also been a regular at West Wales level since she was 14, with Maddie Potter (Neyland) as the only other regular from this county - and claimed her first hat-trick playing for them in a match 'Up the line' - followed by another whilst playing for Hundleton Seconds and she finished up with figures of 3 for 14. On the batting front, Ava's top score is 49 for West Wales at Port Talbot, where she missed out on a maiden 50 when she was run out!

PLAYING LOTS OF CRICKET

She also played one match of mixed cricket with West Wales at under 15 level and for the past two seasons has captained the West Wales' girls' teams on a number of occasions. Of course it demands great commitment, what with all the travel, but with support from Kelly and Stuart she loves being part of it.

Not content with that little lot, Ava also played for Carmarthen Wanderers and captained them to success in their local cup final - but the undoubted highlight came when she made her



by Bill Carne

Welsh debut against Somerset at Chepstow, and grabbed two wickets.

Other highlights came when she was chosen by Martin Jones and Keri Chahal for the County Junior Bowling Award, the first female to do so, and played in the County Ladies' team when they made their debut in the Welsh League and she helped them beat a very experienced Radar side at Cresselly.

She has since played in several other matches after training on a Monday evening in Neath and a couple of Saturdays per month at Sophia Gardens, where a few of her international games have been.

AND FINALLY ...

Last season saw Ava also play for Hundleton men in the final of the Alan Brown Cup at Whitland, alongside dad and younger brother and although she enjoyed the experience she readily admits they were hammered - and missed out on Hundleton winning the Ken Morris Cup Final at Narberth because she was already booked to play elsewhere - for Wales at Newport!

So now Ava's start to the new campaign is on hold until 27th May, when the dreaded exams come to an end, but by then she will be raring to go - and in wishing her every success in those and her future cricket we at 'Feel Good Pembrokeshire' do so safe in the knowledge that she is a very talented young lady and we are going to hear lots more of her cricketing exploits for many years to come!

JOSEPH IS A GREAT ADVERTISEMENT FOR THE YARD ABC

When Joseph Felice came runner-up in his weight category at the recent Welsh Amateur Boxing Championship at Ebbw Vale Sports Centre there was naturally a measure of disappointment but it was linked to a deserved sense of pride because he had boxed really well to win his semi-final the day before.

Joseph trains three times a week with coaches Kenneth Owen and Rowland George at The Yard ABC in Letterston and they are very quick to sing his praises and Kenneth told us soon afterwards, "Joseph is a great advertisement for our sport because he is totally committed, sets the pace in training and hasn't let some earlier defeats upset him: Indeed, they have simply made him even more determined to box on and train even harder."

FAMILY MATTERS ...

Joseph isn't your typical 17 year-old in this tough sport because he is very analytical about his boxing - and readily admits that he played rugby until he was entering his teens but then stopped taking part because he found it too physical for him at that time.

So, he didn't take part in any sport for a while but sometimes pretended to 'square up' to his father John at home, who was a very good hooker or flanker for Haverfordwest and eventually played international rugby for Malta, the birthplace of his father.

His uncle Phil played prop for Haverfordwest and Malta; and he says Phil and his auntie Cheryl are others who have given him every encouragement.

Joseph's dad and mum Faye - and big sister Mia, who plays hockey for Pembrokeshire, encouraged him to go to a boxing club and it was mum who messaged coach Kenneth and he

was soon being driven there from the family home in Clarbeston Road to try it out.

A NERVOUS START

"I was a bit nervous," admitted Joseph, "and to be honest I was quite clumsy, especially with regard to the skipping which starts the sessions - but I've learned since to get the sense of rhythm that it needs and find it a great way to warm-up."

"Pretty soon I started to get a grip of things with all the equipment and also in sparring and began to gain in confidence because the coaches are brilliant and didn't try to hurry me along, which I really appreciated - and it took me about a year before I decided I was ready to apply for the medical card which meant I could start thinking about taking part in boxing."

"So, I had my medical, filled out all the forms and within a fortnight it was back, telling me I could now take part in amateur bouts under the rules of the Welsh Amateur Boxing Association."

THREE DEFEATS TO 'GOOD FRIEND' WILL

Joseph's first bout came in the Welsh Novices Championships in Swansea and after receiving a bye in the semi-final he took on Will Mather, of Gwynfi ABC, who had already boxed a few times.

"The first round went well but right at the end I got caught by a punch that the referee thought was too good for me and he stopped the fight."

"I then took on Will Mather a second time a bit later on his own show and this time I lost on points but felt pleased I had stayed the distance against a very good boxer on his home show - and we met a third time on Pembroke Dock ABC's show at the



Pater Hall.

"Will made it a hat-trick of wins against me but only on a split-decision verdict and he said afterwards that he thought he had lost it - and we are still good friends as we go on Instagram together quite often."

There was still no luck for Joseph as his fourth contest was on three Box Cup at Sophia Gardens and lost against Chad Williams (Kenfig Hill ABC) but he says that he could feel a real improvement and it made it all the difference to his confidence.

FIFTH TIME LUCKY

And it was a case of 'fifth time - deserved winner' in the recent Welsh Novices Championship as he took on Keenan Boggan, who hails from Anglesey.

"I was thrilled when the verdict was announced and the referee raised my arm up- and no-one was more delighted than my mum, who never misses a bout and is easily the loudest shouter in the hall!"

That was on the Saturday and Joseph had to travel up to travel up to Ebbw Vale again the next day for his final against McKenzie McCann (Gilfach Goch) and in a cracking bout

he lost on a split decision - another disappointment but a step in the right direction because both coaches said that he had boxed really well and it could have gone either way!

AND FINALLY ...

So now Joseph is back in training at The Yard every Monday, Wednesday and Friday evening, alongside running or weight training on Tuesday, Thursday and Saturdays - with a bit of a rest on Sundays.

"It might seem a lot but I am really enjoying my involvement at the club and training on my own the other days."

"I would say to anyone thinking about going for the first time that they should give it a try - like I did - because they will have every encouragement from

Kenneth and Rowland; don't have to box if they don't want to and can just get fitter by going regularly."

We at 'FeelGood Pembrokeshire' can only say that we were very impressed by Joseph Felice's attitude and commitment, which we witnessed on a cold, wet night before we enjoyed our chat with him!

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GUNNER is a lovely Lurcher who will be 3 years this December. He loves people & cuddles, is looking for a family that will give him lots of exercise, as he loves to run & play. He will need a home without cats, small furies or livestock, & will be best as an only dog. Gunner may enjoy having a go at agility or some other event where he can enjoy running.



NORA is a 7 month old Collie cross Vizla who is looking for a new home through no fault of her own. She is a dog who loves her cuddles & her favourite place is cuddled up in your arms. She is currently living with other dogs & spends her time running around with them & enjoys every minute, so we feel that she will settle in a home with another dog with the same energy level as Nora. She sleeps all night apart from the occasional toilet break, rarely naps during the day & happily plays on her own with her toys. We feel that Nora may be happier in a more rural home or one away from lots of noise.



ANGEL is a 1yr old, lovely, friendly pocket Bully. She is looking for a family home where she could live with another dog & will get on well with cats. She enjoys her walks & her recall is good, but do bear in mind that she is still a very young dog & may well be easily distracted. She may also benefit from some more training & perhaps training classes would suit her.



Nova is a 18 month old Spaniel cross Collie who is looking for an active home with older children. She can live with another dog & is quite happy with cats. She is still a puppy so she is very boisterous & full of energy, so she will need plenty of exercise & stimulation, to prevent her from getting bored, (You could consider agility or flyball?). It may help to take her to dog training classes as she is quite strong on a lead & also it will help her to socialise with other dogs & people.

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VINTAGE CAR ENTHUSIASTS TAKE OVER CAREW CASTLE



Almost 100 classic and vintage cars were on display in a Pembrokeshire castle on the bank holiday.

Carew Castle, filled on Monday, May 6 with exhibitors and enthusiasts alike, hosted the event organised by Daisy Hughes, Mark Everson and the rest of the Carew Castle staff.

Pembrokeshire Classic Car Club, motorbike and military vehicle hobbyists from across

West Wales also participated.

Phyllis Dawson from the Pembrokeshire Classic Car Club said: "It was an excellent day out" and that it was the busiest show she has ever seen at the Castle.

She added: "We look forward to coming again next year."

The show was maxed out in terms of exhibitors and there were a number of motor clubs represented.

WELL HELLO DOLLY!

Country legend Dolly Parton, at 78, is set to explore her newly discovered Welsh heritage in an upcoming TV special. Although born in Tennessee, Dolly recently learned that her ancestors hailed from near Tenby, Wales.

Accompanied by her family, Dolly will visit Wales, renowned for its rich singing tradition, as part of a four-part docu-series to be released next year. Her niece, singer Jada Star, shared that they traced their DNA back to Wales. "Dolly is releasing a four-part docu-series about our roots and where we come from. There'll be lots of footage from over there," Jada revealed.

Jada also noted that Dolly is always glamorous, even at home. "I have never seen her unglammed in my life. She never wears slippers. Even in PJ's, she wears Frederick's fluffy Marabou high heel slip-ons in every color."



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WILLHOME FARM BARN: A PERFECT DAY OUT



with Tim Evans

We are so lucky here in Pembrokeshire with the amount of entertaining places to go, and Willhome Farm Barn is being talked about as a wholesome family experience, offering a delightful blend of nature, animals, and adventure.

Willhome Farm Barn beckons families seeking a memorable escape from the hustle and bustle of urban life, so it seemed an obvious choice for the wife and I and of course the kids, for a day out amidst rolling

hills and lush greenery! At the heart of Willhome Farm Barn's allure lies its immersive experience with animals.

From majestic owls to charming goats, visitors are treated to a menagerie of furry and feathered friends. Imagine the sheer joy on a child's (or adult's) face as they stroke the soft feathers of an owl or revel in the playful antics of friendly goats. These interactions foster a deep connection with nature, and my kids absolutely loved it!

Moreover, Willhome Farm Barn is not merely a passive attraction but an interactive playground for curious minds of all ages. Families can embark on guided tours, learning

fascinating facts about the resident animals and their habitats. Knowledgeable guides enrich the experience by sharing insights into conservation efforts and the importance of wildlife preservation, sparking meaningful conversations among visitors.

Beyond animal encounters, Willhome Farm Barn and its tranquil surroundings provide the perfect backdrop for leisurely stroll or picnics, allowing families to unwind and reconnect amidst nature's embrace.

In addition to its natural charm, Willhome Farm Barn boasts an array of amenities designed to ensure a comfortable and enjoyable visit.

Well-maintained facilities, including picnic areas, restrooms, and refreshment area, cater to the needs of all visitors, allowing them to relax and recharge between adventures. Overall, the experience is achievable for all abilities and ages and friendly staff members are always on hand to assist with any inquiries, ensuring a seamless and pleasant experience for all.

All in all, the whole family had a wonderful time at Willhome Farm Barn, and we would recommend it to everyone, from animal encounters to outdoor adventures, there's something for everyone to enjoy at this hidden gem in the heart of Pembrokeshire.



ALL ABOARD FOR SUMMER



Two popular bus services have made a return to the Pembrokeshire coast starting Saturday, 25th May.

The Puffin Shuttle (service 400, operated by Richards Bros) will run between St Davids and Marloes, passing through Little Haven, Druidston, St Brides, and Martins Haven (for boat trips to Skomer Island).

The Strumble Shuttle (service 404, operated by Richards Bros) will travel along the coast road between St Davids and Fishguard, including stops at Abereiddy (for the Blue Lagoon), Porthgain, and Strumble Head.

Additionally, the Coastal Cruiser (service 387/388, operated by Pembrokeshire County Council) around the Angle Peninsula will resume its summer timetable on May 25th. All three services will operate daily from Saturday, 25th May until Sunday, 29th September 2024.

The Celtic Coaster (service 403, operated by Sarah Bell) around the St Davids Peninsula will offer an enhanced half-hourly timetable during the half-term period (Saturday, 25th May to Sunday, 2nd June) and throughout July and August.

These services are part of the Pembrokeshire Greenways Partnership, funded by Pembrokeshire County Council, the Welsh Government, and the Pembrokeshire Coast National Park Authority.

Councillor Rhys Sinnett,

Pembrokeshire County Council Cabinet Member for Residents Services, said:

"Our coastal buses are a key part of our local public transport network, making it easy for both locals and visitors to get around the Pembrokeshire coast without having to use a car. We hope as many people as possible make use of these services so that they can have a hassle-free way of enjoying our beautiful county."

This summer, additional services will also be available in the Tenby area:

First Cymru's Tenby Coaster, an open-topped double-decker bus between Tenby and Saundersfoot, will run daily from Saturday, 26th May to Saturday, 14th September 2024.

Taf Valley will introduce extra journeys on the 351 service from Kilgetty and Tenby from Saturday, 20th July to Friday, 13th September, including a return journey on Sundays.

For more information about these and other bus services around the Pembrokeshire Coast, refer to the new 2024 Coastal Bus timetable booklet, available soon at local libraries and information centres. To request a copy, please contact public.transport@pembrokeshire.gov.uk or call 01437 764551. Bus timetables can also be downloaded from the Council's website.

FeelGood SNIPPETS

FISHGUARD MUSIC FESTIVAL LAUNCHES AT THE SENEDD



The 2024 Fishguard Festival of Music has kicked off at the Senedd in Cardiff.

Under the stewardship of Paul Davies MS for Preseli Pembrokeshire, the festival unveiled an enticing array of concerts spanning from July 18 to 31. Artistic director Gillian Green MBE meticulously curated a program comprising 18 events over three weeks, promising a cultural extravaganza.

Davies, brimming with pride, lauded his sponsorship of the festival, spotlighting performances by esteemed musicians such as Catrin Finch and Aoife Ní Bhriain, alongside the illustrious National Youth Orchestra of Wales and the Welsh National Opera Orchestra. These stellar acts, he emphasized, epitomize the festival's commitment to delivering world-class music to the heart of Pembrokeshire.

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CLARBIE'S JOY AT SENIOR CUP VICTORY

PEMBROKESHIRESPORT


with Bill Carne

History makers Clarbiston Road secured an epic victory against stunned favourites Goodwick United at the Ogi Bridge Meadow Stadium in front of a bumper crowd.

Matthew Davies' second half far post header from a Laurie Haworth corner earned underdogs a thoroughly deserved win, manager Matthew Fox was over the moon after the final whistle.

Clarby Road had previously lost two finals against Merlins Bridge and Hakin respectively, but they put that ghost to bed by beating holders Goodwick United to lift the trophy for the first time in their history.

Man of the match - Clarbiston Road goalkeeper Rhys Mansell with Daisy Picton on behalf of sponsors ManderwoodGoodwick came into this final on the back of 4-0 and 5-1 victories against The Road this season, as the Phoenix Lads came into the clash as firm favourites. However, this



game proved more difficult as The Road put in a fine shift to win a thrilling final by the odd-goal in five.

The Road got off to a bright start as skipper Rheinalt George scored from close range, back came Goodwick as Scott Delaney equalised with a peach of a header, the Phoenix Lads took the lead as Rhys Dalling lashed home from a set piece, but The Road struck through Jake Booth to level matters at half time. Matthew Davies headed home the winner in the 70th minute to deservedly earn The Road their first Senior Cup victory.

Midfielder Luke Hayward's free kick into the box - was met by James Bryan who side footed against the bar, in the seventh minute Ben John headered across goal for George to volley home from close range.

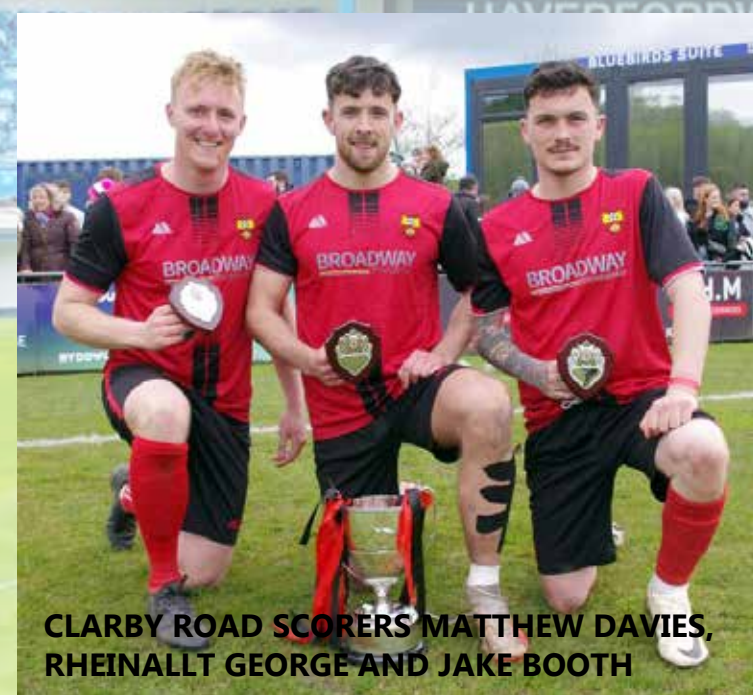
Goodwick equalised in the 18th minute as Scott Delaney beautifully headed home from 12 yards from a Kyle

Marsh free kick.

Clarby Road scorers Matthew Davies, Rheinalt George and Jake BoothThe Road came close as the lively John's goal bound header from Rob Morgans free kick, saw goalkeeper Kyle Marsh tipped over the bar. Minutes later John fired over from the edge of

area.

Five minutes before the break The Road levelled when the dangerous John made good ground and crossed for Jake Booth to strike a first time shot which Marsh parried and allowed the midfielder to score with the rebound as it stood at 2-2 at half



CLARBY ROAD SCORERS MATTHEW DAVIES, RHEINALT GEORGE AND JAKE BOOTH



MAN OF MATCH RORY MANSELL

time.

The second period was cagey, The Road thoroughly deserved to regain the lead as Davies' far post header put Matthew Fox's team in dream land.

There was more drama as Chris O'Sullivan's men were awarded a penalty in the 80th minute, up stepped Rhys Jones

who struck his effort firmly, but goalkeeper Rhys Mansell read it perfectly as he got down low to his left to pull off an incredible stop, minutes later Mansell pulled off a superb save to deny Will Haworth's back header as the keeper acrobatically tipped his goal bound effort over the bar.



WINNING MANAGER MATT FOX

WILD CELEBRATIONS AT THE FINAL WHISTLE



At the other end Laurie Haworth put in John, but the striker's heavy touch gave keeper Marsh a comfortable stop.

There was massive celebrations from the Clarbiston Road camp as they celebrated a famous win against the current holders Goodwick United in a thoroughly entertaining tussle.

79'), Scott Delaney (Captain), Stefan Hayes (Steven Dockerty 79'), Luke Hayward, Rhys Jones, Jake Smith, Dan James (Johnny Horgan 57'), Will Haworth, Rhys Dalling.

Unused substitutes: Sion O'Sullivan, Kyle O'Sullivan.

Referee: Neill Crawshaw.

Clarbiston Road:

Rhys Mansell, Jake Wood, Joules Ward, Travis Jones, Rheinalt George (Captain), Thomas Withers, Jake Booth, Matthew Davies, Ben John, Rob Morgans, Laurie Haworth.

Assistants: Stefan Jenkins & Tudor Walters.

Fourth Official: Sion Jenkins.

Goodwick United:

Kyle Marsh, Ben Adams, James Bryan (Nathan Greene

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A DECADE OF LOCAL SUPPORT



A partnership entering its tenth year has already seen half a million pounds being distributed throughout Pembrokeshire.

Community groups, charities and voluntary organisations across the County have benefited from the South Hook LNG Community Fund, run in a first-of-its-kind partnership, with Pembrokeshire Association of Voluntary Services (PAVS).

In addition to £500,000 having been injected into the local community, a further £400,000 has been leveraged by community organisations as a result. More

than 200,000 people across Pembrokeshire having benefited from the funds through a range of initiatives.

Lorna Livock, Development officer at PAVS, said "We are delighted to celebrate ten years of positive partnership working with the South Hook LNG Team. Funding from the South Hook Community Fund has made a huge difference to people across the County."

For more information about the South Hook LNG Community Fund, visit www.pavs.org.uk

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BELOVED TENANTS STEP DOWN FROM ST DAVIDS RUGBY CLUB



St Davids Rugby Club has announced with great regret that Carol and Jeff Pick, the beloved tenants of the club, are stepping down from their position.

The couple, who moved to St. Davids specifically for this opportunity, expressed their heartfelt gratitude for the past year, which they described as an extraordinary experience.

Carol and Jeff took over the tenancy of St. Davids RFC in Pembrokeshire at the end of last summer, just as the rugby season was beginning. Unlike most rugby clubs that employ a steward or stewardess, Jeff and Carol owned the tenancy, meaning they managed the entire operation and made all the critical decisions that could make or break their venture. Despite the challenges posed by the seasonal influx of St. Davids' population, which swells from 2,000 to 12,000 during the summer months, they thrived in their roles.

Their tenure has been marked by a series of successful initiatives. Jeff's background as a former player and coach undoubtedly facilitated his integration with the club's members. Carol's personal touch was evident through her creative contributions, such as sewing cushions in the club's colors for the lounge, which added a genuine club feel to the place. The club became a hub of activity with weekend entertainment, including bands, open mic nights, and Carol's popular Sunday lunches.

In a heartfelt statement, Carol and Jeff shared their appreciation

for the warm and welcoming community they have come to cherish. "We have met so many wonderful people and made countless friends; words cannot describe how fantastic this last year has been," they said.

Although they are leaving their roles as tenants, the couple emphasized their ongoing commitment to the club. Jeff will continue his involvement with the rugby team, and Carol remains a dedicated supporter. They extended their thanks to the club's committee for their unwavering support and for providing them with this unique opportunity.

Special acknowledgments were given to Jack, the coaches, and the players, who have contributed to the fun and camaraderie within the club. Carol and Jeff also highlighted the continuous support from the mini and juniors section, as well as the St. Davids Penknife Club, whose encouragement has been invaluable.

Concluding their message, Carol and Jeff expressed their sincere thanks to everyone who has supported them throughout the year. "It has been an absolute pleasure getting to know all the friends we've made," they remarked.

The departure of Carol and Jeff marks the end of a cherished chapter at St. Davids Rugby Club, but their legacy of friendship and community spirit will undoubtedly endure. Visitors and club members alike will fondly remember their contributions and the vibrant atmosphere they helped create.

NEW SPOOKY AWARD FOR OAKWOOD THEME PARK



Oakwood Theme Park's Spooktacular Event has been nominated for "Best Theme Park Halloween Event" in this year's Scare Awards.

The park is excited to announce that its Spooktacular event has been nominated for "Best Theme Park Halloween Event" in the 2024 Scare Awards, hosted by ScareCon. This nomination places Oakwood in competition with renowned international theme parks such as Thorpe Park, Portventura, Parc Asterix, Movie Park, and Walibi Holland.

The Spooktacular event, held in 2023, introduced a new Scare maze called Clownsaws. This twisted attraction featured a host of deranged clowns on the loose, adding a unique and terrifying twist to the Halloween festivities. In addition to Clownsaws, the event showcased two other scare attractions: Witch Hunt and Uncle John's House, ensuring a chilling and unforgettable experience for all thrill-seekers who dared to attend.

Enhancing the immersive Halloween atmosphere, the event also included roaming street performers, free play game stalls, and live bands,

providing guests with a diverse and entertaining experience beyond the scare mazes.

The Scare Awards are renowned for recognizing and celebrating the best in scare attractions and Halloween events. The awards ceremony is scheduled to take place early next month at Physco Path in Newcastle.

"We are deeply honoured to receive this nomination," said Phil Verbinen, Park Director at Oakwood Theme Park. "Our in-house team works tirelessly to create unique, thrilling experiences for our guests, and being recognised on an international scale is a testament to their dedication and creativity."

For those eager to experience the Oakwood Spooktacular event, there is good news. The event is set to return this year, starting on October 19th. Tickets are already on sale, promising another unforgettable Halloween season filled with eerie mazes, thrilling rides, and plenty of scares.

For further information or to purchase tickets, please visit the Oakwood Theme Park website: www.oakwoodthemepark.co.uk.

FeelGood SNIPPETS

MILFORD UNITED HOST MEMORIAL DAY FOR GEORGE



On Sunday the 19th of May, Milford United hosted a memorial football day to honour the late George Davies, who passed away on 25 November 2020, just one day shy of his 84th birthday.

George and his family devoted decades to serving Milford United, leaving an enduring legacy on the club. Recognized for his unwavering dedication to the club and community, George's impact extended across Pembrokeshire and Wales, particularly during Milford United's tenure in the Welsh League. In 2022, George was honoured with a Citizens Award for his remarkable 45 years of service, during which he spearheaded fund raising efforts and led various roles, including club president.

The event unfolded at the elegant Marble Hall, providing a fitting backdrop for a memorable day of football. The match, played in three 30-minute periods, showcased the depth of the squads, with managers ensuring ample playing time for all. The George Davies memorial game witnessed widespread participation, with players eager to pay tribute. Notable additions this year included Claire and Rhian from the Ladies Robins, joining the Over 25s ver-

sus Under 25s teams. The clash of youth and experience saw the Over 25s initially taking the lead at 2-1, only to be leveled by the Under 25s at 4-4, culminating in a thrilling penalty shoot-out, with the Over 25s emerging victorious at 4-3.

The success of the day was made possible by the collective efforts of many. Milford United extends gratitude to Jonathan, Sam, and Liam Davies for managing the Over 25s, as well as to Simon Rutherford, Charlie Davies, and Andrew Burgoyne for overseeing the Under 25s. Special recognition goes to Charlie Davies for his full 90-minute performance. David Farrow's exceptional organization of the event, along with the efforts of Scott Griffiths, Mike Barrett, Billy Raymond, Joel Codd, Steve Parks, Terry Berryman, and Andrew Burgoyne in grounds preparation, contributed significantly. Mark Coaker and Ian Smith captured the day's highlights through brilliant photography.

The day concluded at the Milford United Sportsman Club, where Bruce, Rachel, and their team ensured everyone stayed refreshed. Gratitude is extended to all who supported the raffle.

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with Bill Carne

It would be fair to describe the Jennings family of Narberth as one where commitment to rugby is total because dad Jason played for many years in a very successful Otters' team, and his wife Sarah played as a founder member of the club's ladies, but more of that later.

Then there's 14-year-old Olivia, Freya (12) and young Josie, who has already tested the water at under 7 level – so it is easy to see why the Jennings' Clan are such a rugby loving family!

LONG-TIME SERVICE AS A PLAYER

Jason joined Narberth as an 8-year-old and never left because he is still involved in coaching now – and he played his final first-team match at 32 and final match for the seconds at 36 he ended up with a fantastic tally of 217 1st team matches as proof of his loyalty to The Otters.

"It was a very special moment," admitted Jason, "when I reached 200 games and received my special cap awarded to everyone who reaches that milestone – and it is now framed and hanging on the wall in the hall back at home.

"I also played in some Otter teams which won the KO Cup and my favourite was obviously when we beat our old rivals Whitland at Pembroke because it was always nice to get one over on them – but I also played out of position, switching from second row to flanker, and I felt I had a good game against some very experienced players in that position."

Back on the junior front

Jason played for the club from under nine level right through to under 16s and was part of a strong youth team which lost in the age group final in his first year to Crymych at Haverfordwest – but two years later came good as they beat Whitland in Milford Haven with players of the calibre of John Bowen (later with Whitland), Tim Griffiths along with child hood friends Arwyn Mathew Williams and Dafydd Bowen

THREE DAUGHTERS – MAINTAINING THE RUGBY TRADITION

So, with so much rugby behind him it is small wonder that Jason is now delighted to see his three daughters following in dad's footsteps, two playing for South Pems Sharks' Hub in their different age groups, starting with Olivia, who is 14.

"Olivia currently plays second row but is likely to end up as a flanker because of her ball-carrying and support play; and she loves playing other sports too, like cricket. She also does life-saving in Tenby – in fact, anything but football," says Jason with a typical chuckle!

"Then there's Freya, who started off with an interest in ballet but soon found rugby and really enjoys playing in her role as a prop but I think she's going

to be a second row as she's one of the tallest in the side. She was also interested in gymnastics and is also involved in life-saving at Tenby.

"And last but not least in terms of sport is Josie, who has already set out with Narberth under 7s but didn't like tag rugby – she wants to start again with tackling

and also loves gymnastics – and is already showing the kinds of skill and enthusiasm towards the game that is a family trademark.

COACHING – NARBERTH YOUTH AND THE SHARKS

The Narberth Youth team coached by Jason this campaign has shown a real improvement after a shaky start where they only had a bare 15 players to start their first two games but have gradually grown in number and showed improvement

so that by the end, they had an average of 20/21 training regularly and results were beginning to improve.

"We even had a couple of under 16 players able to help out and if they boys can stick together then next season will see them improve again," Jason told us.

Jason also started coaching girls at the Pems Sharks' Hub last season after taking his daughters along and getting involved with the under 12s.

"There is a huge commitment from coaches and parents, with all the girls at every level enjoying their involvement – but there is always room for more of both, he says with a chuckle – and his enthusiasm is clearly infectious!

So that makes four members of the Jennings clan that we have mentioned so far but perhaps it is fair to say we have left what Jason and the girls describe as the most important until last – and that is wife/mum Sarah, who also played rugby when she was a No 8 with The Narberth Ladies' team which sprung up in the early 2000s.

"She makes sure that we all have the right kit for each session or match and is the best organiser and taxi-driver we know. We describe her as the glue that keeps everything stuck neatly together and we couldn't do it without her."

High praise indeed from four very keen rugby players/coach and we at 'Feel Good Pembrokeshire' can only say it is a pleasure to feature such a lovely family in our magazine and long may they continue to gain so much pleasure at The Pembrokeshire Sharks Hub, along with all the others so heavily involved there!



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FeelGood SNIPPETS

EXTENSION ANNOUNCED BY THE DARWIN CENTRE



Pembrokeshire charity, The Darwin Centre, and Dragon LNG and Dragon Energy, based in Waterston are excited to announce the extension of their long-standing partnership aimed at promoting STEM education initiatives.

This collaboration, initiated in 2005, has proven highly successful in nurturing young minds, fostering innovation, and enriching educational opportunities in Pembrokeshire.

Through this extended partnership, the organizations reaffirm their commitment to providing resources, expertise, and support for initiatives promoting STEM education and skills development. They will continue engaging with schools, educators, and students by offering enriching experiences, hands-on learning opportunities, field trips, and workshops.

Over the past 18 years, this partnership has produced tangible results, including a 3-year case study with the Milford cluster of schools, the

establishment of a Milford Science Squad, and the delivery of almost 2,500 events with over 75,000 participants. The project has also garnered multiple Wales and UK awards, further highlighting its success and impact.

The extension of this partnership ensures stability for the Darwin Centre as a charity, providing high-quality free outdoor learning experiences and classroom-based workshops each academic year. Teachers, pupils, and participants have consistently provided positive feedback, underscoring the project's ongoing value and impact.

Moving forward, the organizations are excited about the possibilities this extended partnership holds, including Renewable Workshops at Dragon and field trips to the Renewables Park. They remain dedicated to driving positive change and making a lasting impact on individuals and communities through collective efforts in STEM education.

SUCCESS FOR PEMBROKESHIRE COLLEGE DESIGN PILOT COURSE



Pembrokeshire College is proud to announce the success of its innovative Destination Design Thinking Programme, launched as a pilot last September.

The Destination Design Thinking Programme runs alongside learners' main qualifications, aiming to cultivate a 21st-century mindset that blends creativity, idea generation, and entrepreneurial concepts. By integrating these elements, the programme prepares learners for various career paths, whether they aspire to start their own business or pursue other ventures.

Throughout the programme, participants have benefited from direct engagement with top entrepreneurs and industry leaders from across the UK. Notable guests have included professionals from Afanti Media, Spotify, and most recently, Blue Bolt, a renowned visual effects studio. Blue Bolt's

co-founder, Lucy Ainsworth Taylor, along with her colleague Nik Birmingham, served as inspiring role models for the learners.

Drawing from their experiences, they shared valuable insights into creativity, innovation, and business acumen. Lucy Ainsworth Taylor emphasised the importance

of tenacity and perseverance in the industry, encouraging learners to build knowledge and experience before pursuing their entrepreneurial endeavours.

Creative Media Production learner Dylan shared his thoughts on the programme so far, "Working on the Christmas special as a runner was exciting. I did have imposter syndrome and it was crazy to be given the opportunity. In turn I feel more motivated, and it has opened my mind to more career opportunities and career directions."

By engaging with such industry leaders and their stories, participants in the Destination Design Thinking Programme are not only developing their creative skills but also learning how to transform their ideas into successful ventures.

"With Wales's booming screen industry, it's fitting that Pembrokeshire College has designed a programme to equip learners with the mindset and tools necessary to nurture a new generation of creative, social entrepreneurs and intrapreneurs," Hayley, Pembrokeshire College.

For more information about the Destination Design Thinking Programme at Pembrokeshire College, please visit www.pembrokeshire.ac.uk

FUTURE SECURED FOR SHOP

After a highly successful public meeting in Newport, Pembrokeshire, aimed at discussing the transition of a beloved local wholefoods shop into community ownership, a dedicated team of residents is driving the project forward.

With over 180 individuals having already completed the online survey at <https://bit.ly/WholefoodsSurvey>, launched by the Project Wholefoods team to gauge demand, it's evident that more than 85% of respondents deem securing the shop's future "very important" to Newport, while 90% support a community purchase.

Currently, the team is in the final stages of crafting the business plan and funding applications, with the launch of a community share offer scheduled for June. Project Wholefoods has also established a website at www.projectwholefoods.cymru and a Facebook page at www.facebook.com/projectwholefoods.

In collaboration with the group behind the successful community purchase of Havards in Newport, which became the



UK's first community-owned hardware shop in 2022, Hugh Simpson-Wells, a Director of Project Wholefoods, expresses delight at the project's response. Cris Tomos of PLANED, a charity supporting community share offers in West Wales, echoes this sentiment, emphasizing the encouraging survey responses and ongoing efforts to progress funding applications and the community share offer.

FeelGood SNIPPETS

REMEMBERING CAPTAIN THOMAS

Thanks to a Pembrokeshire aviation historian, a World War I pilot and former Welsh Regiment officer, long forgotten, has been commemorated. His memorial stone has been renovated, and family members have been traced.

Malcolm Cullen, of Marloes, first spotted pilot's wings on the memorial at Llanion town cemetery, Pembroke Dock, but had difficulty in deciphering the inscription.

The impressive cross, set on a Cornish granite plinth, was placed by the family of Captain Benjamin Stewart Buckingham Thomas, MC, of Gwyther Street, Pembroke Dock, who died on October 4th 1918 when two RAF Bristol Fighter biplanes collided. He was 24.

Captain Thomas served as a Welsh Regiment infantry officer on the Western Front and was awarded the Military Cross for

heroism during the Battle of La Boisselle, part of the Somme offensive of 1916.

In 1917 he trained as a pilot and joined 11 Squadron RAF, flying many operational patrols in 1918. He died just weeks before the war ended and is buried at Greviller Cemetery, France.

Malcolm has restored the memorial area and arranged for a stonemason to revamp the inscription. His researches locally traced the pilot's nephew, Mr Benjamin Stewart-Thomas, who lives near Broad Haven.

Mr Stewart-Thomas and his wife, Judith, attended the service of re-dedication, conducted by Air Cadets Padre Rev Grayham Passmore. The memorial was unveiled by the Mayor of Pembroke Dock, Councillor George Manning, assisted by Deputy Mayor Councillor Maria Williams.

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NATIONAL SNIPPETS

TIDY TOFU IS ON A MISSION



Tofu, the feline resident of Stevenage, Hertfordshire, has taken it upon himself to keep Britain clean, according to his owner.

Jane Sweet, who adopted the stray kitten last September, has observed Tofu's peculiar habit of bringing home assorted items through the cat flap. These items range from crisp packets to cardboard containers, and even a roll of unused dog poo bags.

In jest, Sweet remarked to friends that Tofu was on a mission to tidy up Britain's streets, one piece of rubbish at a time.

Sweet set up a camera to monitor Tofu and his adoptive sister, Sushi, as they came and went. While Sushi proudly presents mice as gifts, Tofu seems content with his collection of worms, caterpillars, and wet leaves.

However, Tofu has recently escalated his efforts. Sweet revealed that her cat's "gifts" now include various random items, mostly tat. Among the treasures Tofu has brought home are a filter tip from a cigarette, a bag of fish

food pellets, a Nutella lid, a jam doughnut box, a lamb shank bone, crisp packets, and dog poo bags.

Cat biologist and behaviorist Roger Tabor explained that cats often bring home "trophies," typically food scavenged from bins. However, some cats, like Tofu, bring back human-associated objects, possibly because they weren't taught by their mothers to catch live prey.

Jane noted that Sushi appears bewildered when Tofu presents his finds, as if questioning their value. She initially assumed Tofu found his gifts in gardens or bushes until he brought home a half-full bag of cat treats, prompting her to speculate that he might be entering people's homes.

Jane then took to the local Facebook group to apologize if Tofu had been pilfering from residents, but she was pleasantly surprised by the positive response. It seems Tofu's antics have brought smiles to many faces, and Sweet hopes they continue to enjoy his peculiar gifts.

BESIDE HIMSELF ON THE B-ROADS FOR CHARITY



A man is embarking on a 10-day charity challenge that will take him from the easternmost point of England to the westernmost spot in Ireland using only B-roads, without the aid of maps or satnavs.

Matthew Hollis, hailing from Northampton, will begin his journey from Ness Point in Suffolk on Wednesday, with the aim of reaching Dunmore Head in County Kerry, guided solely by a compass.

His venture is in support of the Motor Neurone Disease (MND) Association, where he is employed.

"I might find myself lost," he confessed.

This isn't Mr. Hollis's first unconventional challenge; he has previously undertaken a Land's End to John O'Groats expedition, relying solely on his compass and minor roads.

He acknowledged that many find his fundraising challenges perplexing. "People often inquire if I've charted my route or arranged overnight accommodations, but it's entirely spontaneous. I'll be navigating blindly, and by day's end, I'll simply find a place to rest or camp," he explained.

For this journey, Mr. Hollis will

be accompanied by his cherished Citroen 2CV, a distinctive blue and orange vehicle affectionately named Cookie. "It's quite eye-catching, so you won't miss it," he remarked.

During his trip, he plans to document his routes and share photos on his Coast to Coast website.

His motivation for the journey is twofold: to raise funds for motor neurone disease and to raise awareness about the condition.

"The greatest challenge of this endeavor is the ferry crossing. I must navigate to the port without the aid of maps, and since I deliberately refrained from extensive research, I may not even recognize Dunmore Head in Ireland. It's not as iconic as Land's End, so I might reach my destination without realizing it," Mr. Hollis elaborated.

He admitted to encountering obstacles in the past, such as running out of road due to relying solely on his compass for guidance and attempting to navigate through a forest, despite his car being ill-suited for off-road terrain. "Yes, I may indeed find myself lost or stuck along the way," he chuckled.

PIXIE LOVES A WANDER



A 15-year-old cat with a penchant for wanderlust and a peculiar fondness for a petrol station forecourt has been reunited with her owners, thanks to the efforts of Thames Valley Police.

Pixie, a longhaired moggy owned by Bex Hunt of Aylesbury, Buckinghamshire, went missing from Applegreen Garage on 19 March after being mistaken for a homeless cat. However, she was brought back home on 10 April by officers from Thames Valley Police.

Describing Pixie as a "very adventurous cat," Miss Hunt expressed her joy at having her beloved feline companion back home, stating that she had been "smothering her with smooches."

Pixie, a 15-year-old white longhaired moggy, has a loving home in Aylesbury.

Miss Hunt explained that Pixie, despite her age, has a penchant for exploration and had made the petrol station her second home due to her love for attention and affection.

"She's got wanderlust, she's just very adventurous but is very street smart. Someone has seen her wait at a zebra crossing to cross," Miss Hunt said.

Pixie's escapades had led to misunderstandings in the past, with some mistaking her for a stray and taking her to the vet. To prevent future incidents, Miss Hunt created the Pixie the Applegreen Garage Cat Facebook page to inform everyone that Pixie has a loving home.

Miss Hunt suspected that Pixie was taken on 19 March by someone who thought she was a stray but failed to check if she was microchipped. After discovering garage CCTV footage of Pixie being picked up, Miss Hunt contacted the police, who tracked down the person responsible by their number plate.

Pixie was eventually found and returned home by officers, whom Miss Hunt described as "really fantastic."

"Since she's been home, she's a bit confused but is getting back to normal and is fine, but I'm going to take her to the vets just to get her checked," Miss Hunt said.

Thames Valley Police confirmed that Pixie had been returned to her owner after being reported stolen and that the person who had taken her "in good faith" agreed to return her to her rightful owner.

FeelGood

NATIONAL SNIPPETS

RHEA IS FINALLY CAUGHT!



A large, flightless bird that attempted to escape by swimming across a river has been apprehended after more than four months on the loose.

The rhea, affectionately nicknamed Chris, broke free from a farm in Diss, Norfolk, back in November.

Owner Stephen Alleyne shared that Chris had been sighted in various locations across Suffolk before being captured in a paddock approximately one mile (1.6km) from his home.

"It appears he made it about 25 miles away, but I believe he was longing for his partner, DiRhea, and was heading back home," Alleyne remarked.

Belonging to the ostrich family, rheas can reach heights of up to 5.5ft (1.7m) and sprint at speeds of 40mph (65km/h), making them challenging to apprehend.

Alleyne cautioned potential rhea wranglers against

approaching Chris, noting that the birds "can deliver powerful kicks."

"Chris was spotted all over the place, but we were unable to capture him," he explained.

Eventually, Chris was located in a paddock in Stuston, near Diss, on Saturday afternoon and successfully corralled into a stable, Alleyne recounted.

He transported Chris back home in his van, and upon release, DiRhea rushed over to reunite with her partner. Alleyne shared that the pair has been inseparable since, bringing the ordeal to a heartwarming conclusion.

Reflecting on Chris's escapade, Alleyne expressed some empathy, stating, "I feel a bit sad for him—it seemed like he was having such a nice time out there. People who spotted him mentioned that he appeared to be having the time of his life."

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FeelGood NATIONAL SNIPPETS

DOG RESCUED BY POLICE OFFICER



A puppy that had been abandoned in a flat alone for a month has been saved by a Met Police officer.

Police were called to Tottenham, a few days before Christmas last year after a builder spotted a distressed dog through the window of a 12th-floor flat.

PC Joe Allen forced entry and found the Staffie cross under a broken bed frame.

She was starving, surrounded by rubbish, and needed urgent medical attention.

Now named Stella, the six-month-old was severely malnourished and needed

immediate treatment at a veterinary hospital.

Staff at the hospital said if she had not been found she would have had only three or four days to live.

PC Allen and his partner, Det Con Jade Peirce, have now fostered nine-month-old Stella with the intention of adopting her.

Det Con Peirce said: "She's just so loving, so well-tempered with people, she absolutely loves other dogs."

"She has taken to training really well."

PC Allen said: "I don't think we could have asked for a better dog."

CONGRATS TO LUKE AND GAVIN



ITV presenter Lorraine Kelly celebrated the marriage of a gay couple live on her daytime program, marking a decade since the first same-sex marriages in England and Wales.

Luke Avariant and Gavin Sheppard, both from Cardiff, got engaged at an Anastasia concert.

Nurse Gavin described the wedding as "amazing," while consultant Luke expressed that being married felt "totally different."

Lorraine thanked them for sharing their "really special occasion."

The first same-sex weddings occurred after gay marriage became legal in Wales and England at midnight on 28 March 2014. Previously, same-sex couples could only enter into civil partnerships.

"It's a real privilege for me to witness your wedding and to demonstrate to people across the country that love is love," said Lorraine, dressed in a sparkling rainbow-striped dress.

Gavin and Luke, escorted by their mothers, exchanged vows and rings, pledging "to love each other today, always, and forever."

Lorraine expressed her gratitude, saying, "I can't thank you enough for sharing your day with us. It's been lovely and gorgeous for everyone to be here on this really special occasion."

Gavin and Luke are now off to honeymoon in Santorini, Greece.

Singer Alfie Boe, who had appeared on the program earlier, returned to the studio to perform a special rendition of Foreigner's "I Wanna Know What Love Is" for the newlyweds.

NEW YORK IN STYLE FOR POSTCODE LOTTERY WINNER



Leyla Eaton, a 33-year-old mother from Thurrock, Essex, recently achieved a long-awaited milestone after winning over £411,000 in the People's Postcode Lottery.

For Leyla and her family, this windfall represents the realization of a dream—the opportunity to take her children on a once-in-a-lifetime trip to New York City, inspired by their love for the movie Home Alone 2: Lost in New York.

"It's been my kids' dream to experience New York during Christmas because of Home Alone 2," Leyla shared, beaming with excitement. As someone who runs a courier company alongside her husband Jamie, Leyla knows the value of hard work and perseverance. "We'll definitely make

it happen—it's never been within our reach before."

The decision to join the lottery came unexpectedly to Leyla, but the timing couldn't have been more perfect. "We've had a challenging year. My husband has been unwell and needs surgery," she confided. "Planning holidays for our six and nine-year-old will give us some much-needed relief."

Across the street, Leyla's neighbor, Henry Aimuwu, a 56-year-old chemistry teacher, experienced a similar stroke of luck, winning the same substantial amount. Overwhelmed by the unexpected turn of events, Henry shared, "At first, I couldn't believe it. I hope when I wake up tomorrow, I'll still be myself and this will all be real."

While the monetary prize is



undeniably life-changing, Henry underscored the importance of the charitable aspect of the People's Postcode Lottery. "Winning is great, but the charity work that the lottery supports is even more significant. We need to do more for humanity, and that's what the lottery stands for."

Looking to the future, Henry is eager to treat his family to memorable trips to Canada and Madeira in Portugal. "This is life-changing," he exclaimed, his voice brimming with excitement and gratitude.

Beyond the impact on the winners, the People's Postcode Lottery also extends its support to local charities. Thurrock Play Network, a notable recipient, received a generous donation

of £25,000 from the Postcode Community Trust this month. Sylvia Yates, a trustee of Thurrock Play Network, expressed heartfelt gratitude, describing the contribution as "a dream come true" for their small non-profit organization dedicated to promoting inclusive play within the community.

In summary, Leyla Eaton and Henry Aimuwu's unexpected lottery wins have not only brought joy and excitement to their families but have also facilitated positive change within their community through charitable contributions. As they embark on their respective journeys, they carry with them a newfound sense of hope and opportunity, forever grateful for the opportunities that have come their way.

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NEW EXHIBITION FOR 2024



Visit the newly opened exhibition gallery in the manor house and view the fascinating photographic exhibition 'Unseen'.

Featuring a collection of beautiful photographs all captured in the grounds at Scolton Manor Park by talented local photographer, Maurice van der Velden, you'll be

able to glimpse a variety of flora and fauna that you don't normally see you see.

The exhibition will be open daily from Saturday 25th May until the 31st October, between 11am to 5pm (with last entry at 4.30pm). Admission to the exhibition is included in the manor house admission.

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Welcome to Scolton Manor Park!

Turn back the clock to the Victorian era and discover life above and below stairs in this traditional Grade II* listed manor house.

Originally built in 1842 by William and James Owen for the Higgon family, you're now able to explore the period rooms at your leisure. Or, why not allow the wonderful toy galleries to stir up some childhood reminiscences.

Margaret, the recently restored steam engine, will be waiting to greet you

in the delightful railway garden. Oh, and don't forget the fantastic Scolton Express wooden play train...although, mum and dad may prefer to browse the handmade gifts and locally sourced goodies in the nearby Station Shop!

Scolton Manor Park encourage you to wander and explore their 60 acres of beautiful park and woodland.

Discover the exciting pirate play ship, the sensory musical play area, and the woodland eco play village and all the Welsh myths and legends



on the sculpture trail. You can also bring your bikes with you and explore the majestic woodland bike trail and pump track! And if you've forgotten them, don't worry, hire a bike on-site!

Relax in the tranquil surroundings of the wonderful walled garden with its fruit tree orchard, colourful flower-beds and



bijoux pineapple house.

Then, marvel at the beautiful honey bees hard at work in the beekeeping centre. You could even pop into the manor house and buy a jar of Scolton Manor's delicious honey to take home with you.

Before you leave, Edie's Tea Room definitely deserves a visit, where you can take your pick from



their tasty homemade lunch menu, or why not treat yourself to tea and a slice of one of their delicious homemade cakes.

There's so much to explore, where will your journey take you?

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PORT OF MILFORD HAVEN REAFFIRMS
COMMITMENT TO YOUNG PEOPLE

aimed at enhancing the skills of young individuals.

Dayle Gibby, Co-Ordinator at Milford Youth Matters, expressed enthusiasm about the shared vision between the organization and the Port of Milford Haven. She emphasized the collaborative effort in aligning resources to provide young people with enriching experiences that will bolster their future prospects, whether in terms of employability, volunteering, or active community involvement. The ongoing and strengthened partnership seeks to maximize impact, ensuring lasting benefits for future generations.

Lauren Williams, PR & Communications Officer, highlighted the significance of having organizations like Milford Youth Matters within the community, offering young people opportunities for creative expression and skill development. She praised the partnership's evolution over the past five years and expressed delight in the prospect of increasing support in the years ahead.

full potential, with many acquiring new skills, attaining qualifications, and engaging in volunteering activities. Moreover, they have contributed to a reduction in antisocial behavior within the

area. The new premises at Haven's Head will enable Milford Youth Matters to broaden its current offerings and place a greater emphasis on its academy work,

FINDING YOUR PERFECT TATTOO ARTIST

So, you're standing on the threshold of a new tattoo journey, and of course, you want it to be nothing short of perfect. But what's the next step?

Embarking on the quest for the perfect tattoo artist demands both patience and meticulous research. This comprehensive guide will steer you through every aspect to consider, from your preferred style to financial planning and logistical arrangements.

DEFINING YOUR STYLE

Whether your tattoo concept is crystallized in your mind or a nebulous idea, chances are you have a specific style in mind. Tattooing boasts a diverse array of styles, encompassing techniques such as Black & Grey, Stick and Poke, Neo-Traditional, Realism, and many more. Most tattoo artists specialize in particular styles. While some may excel in basic line work, for intricate designs, it's prudent to seek out an artist adept in your desired style. Your tattoo deserves nothing less than mastery.

SETTING YOUR BUDGET

Budgeting for your dream tattoo is paramount. Rather than settling for less, allocate funds for the tattoo you truly desire. If your dream artist commands a higher fee or has a lengthy waitlist, consider saving up for the experience. Experienced and exceptionally skilled artists often charge premium rates. Assess how much you're willing to invest in terms of both finances and time. Additionally, factor in



potential travel expenses if your preferred artist is located elsewhere. While some enthusiasts globe-trot for tattoos, you might only need to budget for a short journey.

DOING YOUR HOMEWORK

Research serves as the bedrock of your tattoo artist quest. With myriad artists in most cities, the selection process can feel daunting. Fortunately, platforms like Tattoodo streamline this process, allowing you to discover and vet artists based on style, location, and qualifications. Ensure your chosen artist showcases legitimate examples of their work and possesses the necessary credentials. Spare yourself the hassle of aimless internet searches by leveraging directories like Tattoodo for a more efficient quest.

REACH OUT FOR CLARITY

A reputable tattoo artist values communication

multiple sketches for your consideration. Don't shy away from expressing your preferences—if something doesn't align with your vision, speak up. If feasible, visit the artist's studio to witness their work firsthand, but always seek permission first.

PATIENCE IS KEY

Selecting a tattoo artist is a monumental decision—one that will leave a permanent mark on you. Take your time exploring various styles, researching artists, and carefully considering your budget before committing. Hastiness in this process can lead to regrets down the line. Embrace the journey of finding the perfect tattoo artist; the culmination will be all the more gratifying.



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THE FIRST OMEN EXCEEDS ALL PREQUEL EXPECTATIONS

LISTEN TO THIS...

When the internet buzz first announced another instalment in the “Omen” franchise, I have to admit I was somewhat not bothered about the who, whys and where’s to be honest.

Nearly two decades post the poorly-received “Omen” remake with Julia Stiles and Liev Schreiber, the announcement of a prequel film from 20th Century Studios under the Walt Disney Corporation banner seemed like an exercise in franchise milking.

“The First Omen” was to delve into the origins of Damien, the son of Lucifer, who was unwittingly adopted by American diplomat Robert Thorn (Gregory Peck) and his wife Kathy (Lee Remick) in Richard Donner’s 1976 classic. The parents, deceived into



believing Damien was their own biological child, find themselves entangled in a web of Satanic intrigue.

I have to admit I really wasn’t interested in this film at all. Ignoring the trailers that Facebook seemed determined

director Arkasha Stevenson.

“The First Omen” is not merely a cash grab, but it reflects the vision of someone deeply versed in horror and its nuances, making this instalment uniquely its own.

The film opens with a disconcerting exchange between English priests Father Harris (Charles Dance) and Father Brennan (Ralph Ineson) concerning the conception of a cursed child, a harbinger of ultimate evil. Set against a backdrop of unrest in 1971 Rome, the narrative centres on young American nun-to-be Margaret (Nell Tiger Free), who arrives amidst civil rights protests. Welcomed into the Vizzardeli Orphanage, Margaret forms a bond with fellow novice

Luz (Maria Caballero), while also taking an interest in troubled teen Carlita (Nicole Sorace), who may be destined to bear the Antichrist. As Margaret grapples with disturbing visions and ominous warnings, she finds herself drawn into a nightmarish web of darkness and deception.

Stevenson’s minimalist storytelling approach, juxtaposed with a collage of striking yet unsettling images, sets “The First Omen” apart from typical franchise fare. Cinematographer Aaron Morton’s work adds to the film’s throwback feel, while jump scares serve as complements to a meticulously crafted atmosphere rather than substitutes for genuine horror. The result is a film that’s not overtly gory but

Dark Matter by Pearl Jam

Pearl Jam’s twelfth studio album, “Dark Matter,” emerges as a profound triumph, resonating with moments that verge on the miraculous.

It exudes vitality, with performances marked by a ferocity and conviction rarely seen. Eddie Vedder’s vocals reach harmonic heights that define excellence, while each band member brings their best to the table. The sincerity with which the band delivers their music reflects a genuine embrace of the diverse emotions that define our humanity.

“Dark Matter” feels less like a constructed piece and more like an unfolding narrative, with improvisations shaping its loose structure. It evokes the ambiance of a live performance. Despite its familiarity, the album taps into the essence of Pearl Jam, reconnecting listeners with the band’s core identity without resorting to mere nostalgia. Instead, it serves as a reminder of the enduring appeal that captivates audiences.

It is a remarkably open-hearted album that navigates fear and joy, grapples with history, and dreams of possibility. With each composition, the album confronts the complexities of human experience, inviting listeners on a profound journey of introspection and discovery.

“Dark Matter” bridges the past and present, offering a powerful connection to Pearl Jam’s legacy. It evokes transcendent moments akin to those experienced in live performances, capturing the essence of the band’s chemistry and rapport with their audience. Much credit for this achievement goes

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For any of you who were lucky enough to see the show back in 2022, you know how exactly how awesome these shows are.

For those of you who have not

seen a No Fit State production, you really do need to check Sabotage out, you will be in for a jaw-dropping treat.

Sabotage will be making its world premiere in West Wales in

Haverfordwest at Pembrokeshire’s County Showground.

Find out more online and get your tickets now at www.nofitstate.org/sabotage

Dark Matter by Pearl Jam

Pearl Jam’s twelfth studio album, “Dark Matter,” emerges as a profound triumph, resonating with moments that verge on the miraculous.

It exudes vitality, with performances marked by a ferocity and conviction rarely seen. Eddie Vedder’s vocals reach harmonic heights that define excellence, while each band member brings their best to the table. The sincerity with which the band delivers their music reflects a genuine embrace of the diverse emotions that define our humanity.

“Dark Matter” feels less like a constructed piece and more like an unfolding narrative, with improvisations shaping its loose structure. It evokes the ambiance of a live performance. Despite its familiarity, the album taps into the essence of Pearl Jam, reconnecting listeners with the band’s core identity without resorting to mere nostalgia. Instead, it serves as a reminder of the enduring appeal that captivates audiences.

It is a remarkably open-hearted album that navigates fear and joy, grapples with history, and dreams of possibility. With each composition, the album confronts the complexities of human experience, inviting listeners on a profound journey of introspection and discovery.

“Dark Matter” bridges the past and present, offering a powerful connection to Pearl Jam’s legacy. It evokes transcendent moments akin to those experienced in live performances, capturing the essence of the band’s chemistry and rapport with their audience. Much credit for this achievement goes

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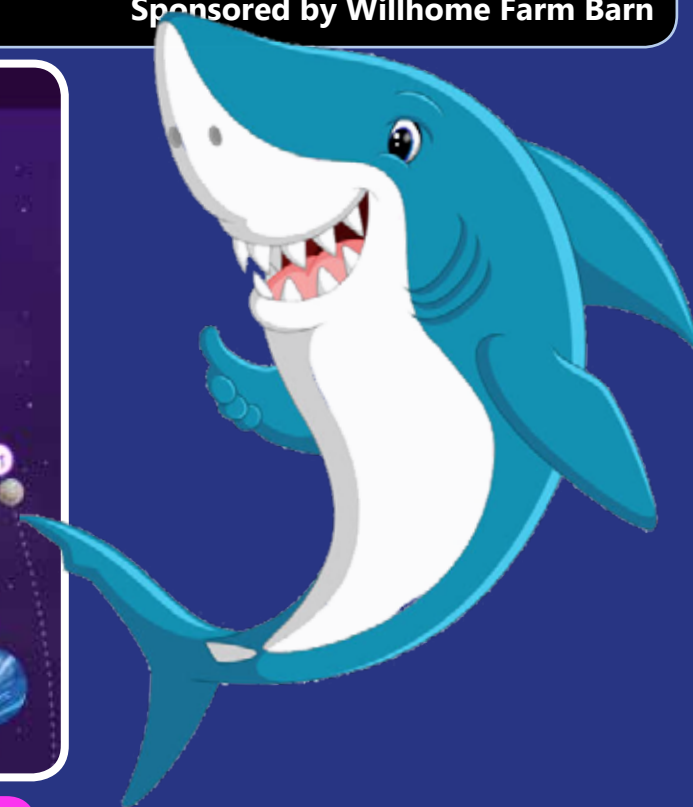
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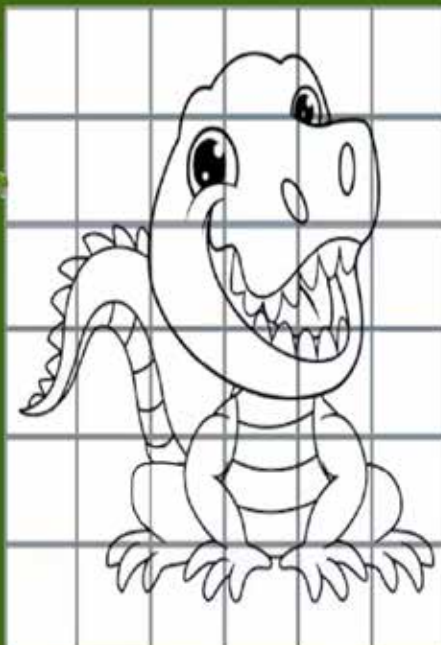


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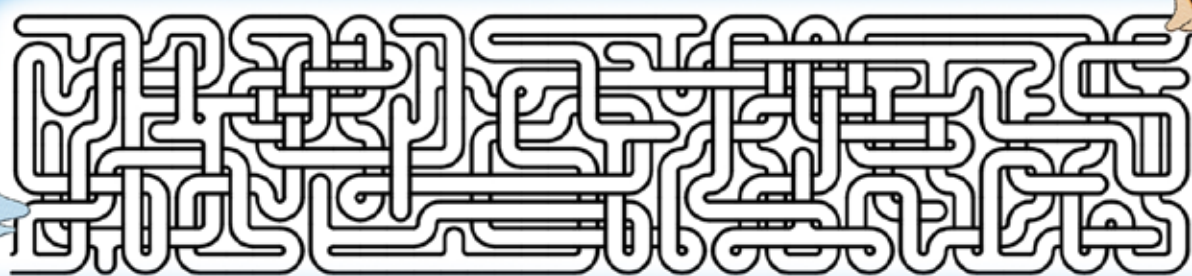
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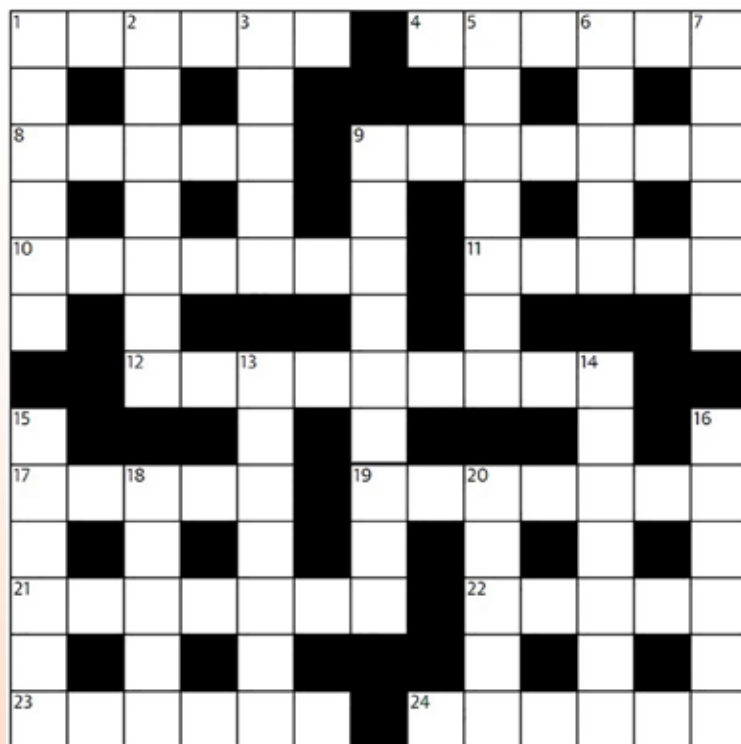
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The FeelGood Puzzle Page

Crossword



Across

- 1 Verbal pedant (6)
- 4 Total — number (6)
- 8 Imaginary place for forgotten things (5)
- 9 Packing stuff (7)
- 10 Declare unfit for use (7)
- 11 Picturesque and peaceful scene (5)
- 12 Vanish (9)
- 17 Starting point (5)
- 19 Carve up (7)
- 21 When the sun is directly above the equator (7)
- 22 Propose for discussion (5)
- 23 Jumble (6)
- 24 Light-hearted (6)

Down

- 1 Plan of action (6)
- 2 Ron came (anag) — court (7)
- 3 Bit of rock (5)
- 5 Kind of wine or cake (7)
- 6 Make one (5)
- 7 Kind of electric switch (6)
- 9 Plant container on a sill (6,3)
- 13 Armoury (7)
- 14 Show off (7)
- 15 Not here (6)
- 16 Zephyr (6)
- 18 Turn down scornfully (5)
- 20 Add up (5)

Crafty Sudoku



Solutions for last issue

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



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A campervan embodies more than mere transportation; it represents a nomadic abode, delivering freedom, excitement, and indelible memories.

Whether you're a seasoned wanderer or a novice to the camper lifestyle, one truth prevails: diligent upkeep and maintenance are vital to preserve your faithful travel companion's functionality. In this comprehensive guide, we'll walk you through the essential steps to ensure your campervan remains in prime condition, primed for your next odyssey into uncharted territories.

Maintaining cleanliness in your campervan transcends mere aesthetics; it serves as a deterrent against corrosion, mould, and unpleasant odours. Adopt these cleaning practices to uphold your campervan's hygiene:

Interior Cleaning: Regularly vacuum and dust to prevent dirt accumulation. Utilize suitable cleaners to wipe down surfaces and stave off mould and mildew. After each journey, ensure to dispose of trash and thoroughly clean the kitchen and bathroom areas.

Exterior Cleaning: Wash the exterior to eliminate dirt, grime, and road salt accumulation. Be vigilant for bird droppings and tree sap, which can corrode the paint. Don't overlook the wheels and tires; clean them meticulously to prevent brake dust buildup.

Consistent maintenance is paramount to sustain your campervan's optimal performance and forestall costly breakdowns. Adhere to these

maintenance protocols:

Engine Maintenance: Adhere to the manufacturer's guidelines for oil and oil filter changes. Replace air and fuel filters regularly. Check fluid levels, including transmission fluid, brake fluid, and coolant.

Tires: Implement regular tire rotation and balancing. Before embarking on any journey, inspect tire pressure and tread depth, replacing tires exhibiting signs of wear and tear.

Battery and Electrical: Conduct periodic inspections for battery corrosion, cleaning terminals as necessary. Verify the functionality of the electrical system, encompassing lights and appliances. Annually replace batteries in smoke detectors and carbon monoxide detectors.



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Plumbing: Scrutinize the water system for leaks, flushing and sanitizing the freshwater tank routinely. Thoroughly inspect and cleanse the toilet and sewage system.

Propane System: Ensure secure fastening of propane tanks. Routinely check for leaks and enlist professional inspection annually.

Shield your campervan from the elements to prolong its longevity and whenever feasible, park in covered areas or utilize protective covers. For extended

storage periods, consider storage facilities.

Don't forget to regularly inspect and reseal seams and joints to thwart leaks. Assess and replace weather stripping as required.

Campervan insurance is a crucial aspect of ownership, warranting careful consideration. Before embarking on your expeditions, ensure comprehensive insurance coverage for your campervan, encompassing protection against accidents, theft, and liability involving third parties. Regularly review your policy to align with your needs, ensuring all insurance documents remain updated and easily accessible during travels. Adequate insurance provides reassurance, safeguarding your financial interests throughout your voyages.

Your campervan transcends the status of a mere vehicle; it embodies your gateway to adventure and discovery. By adhering to these guidelines, you can safeguard the reliability and comfort of your mobile abode for years to come and your campervan will continue to serve as a beacon of joy and countless unforgettable experiences on the open road. So, buckle up and embark on your journey, secure in the knowledge that your faithful companion stands prepared for the adventures that lie ahead.

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A new initiative in north Pembrokeshire, Hwb Dysgu'r Tir, located in Tegryn near Crymych, is set to offer farmers and food producers the chance to upskill, along with volunteering opportunities for the local community.

Led by Cwm Arian Renewable Energy, this program provides comprehensive training courses in sustainable land management and volunteering options.

As a social enterprise, Hwb Dysgu'r Tir is dedicated to promoting sustainable land stewardship, catering specifically to farmers, food producers, land managers, and rural communities in west Wales. The initiative offers unique professional development and skill enhancement opportunities in areas such as sustainable land management practices, food production, natural crafts, and nature recovery.

The venture has received funding, notably from the UK Government's Shared Prosperity Fund, to establish itself as a social enterprise.

"Amidst the growing urgency to address environmental challenges and build resilient communities, Hwb Dysgu'r Tir is committed to empowering individuals with the knowledge and tools necessary to adapt, build capacity, and reconnect with the land," said a



spokesperson for Cwm Arian.

Situated on a two-acre site in Tegryn, the initiative will serve as the main base for courses, workshops, and volunteer opportunities. The site is being developed as a demonstration area featuring zones for agroecological land practices, food production, and spaces including a dye garden and willow coppice.

Weekly Clwb Hwb volunteer sessions are held on Tuesday afternoons from 1:30 pm to 4:30 pm, inviting anyone to participate and engage in hands-on activities. These sessions are led by experienced staff member Caz Wyatt. Regular volunteers at Clwb Hwb are also offered discounted rates for available courses and workshops.

"Our goal is to provide practical, actionable training that empowers individuals to reconnect with the land and implement regenerative land management practices on both large and small scales," said Hwb team member Sophie Jenkins. "By fostering a culture of continuous learning and collaboration, we can drive positive change at a grassroots level."

Upcoming courses in the next few months include:

- A three-part Fertile Ground series with Peni Ediker exploring biochar, compost, and biofertilizers.
- Welsh-only and bilingual workshops with Welsh gardening star Adam

Jones "Adam yn yr Ardd," including no-dig gardening and companion planting.

- A bilingual Agroforestry workshop.
- Courses on Land Surveying tools and Weatherproofing your Farm with well-known agri-consultant Niels Corfield.
- Natural arts and crafts sessions, including natural cordage making and botanical inks.

For more information about Hwb Dysgu'r Tir and the training courses, visit cwmarian.org.uk/hwb and follow them on social media, or contact hwb@cwmarian.org.uk.

and finally...

A family-owned Welsh company that invented the world's first patented insulin cooling wallet has been honoured with a King's Award for Enterprise, for International Trade.

Based in Wolfscastle near Haverfordwest, FRIO UK is one of 252 organisations nationally to be recognized with a prestigious King's Award for Enterprise.

The company launched the world's first patented cooling wallet in 1996, with production commencing on the family farm in Pembrokeshire. The products allow people living with diabetes or other conditions, that are treated with temperature-sensitive medication, to remain safe while travelling or during their everyday life.

FRIO still operates from the farm from a purpose-built international headquarters and distribution center. FRIO wallets contain specially formulated crystals which transform into a gel when activated by water, keeping insulin and other temperature

sensitive medicines cool and safe. The gel uses evaporative technology to release a cooling effect on the housed medication keeping it between 18°- 26° Celsius for a minimum of 45 hours in a constant environmental temperature of 37.8°. The FRIO Wallet can be used continuously by simply reactivating in water when required. If not kept at a safe temperature, insulin and other temperature sensitive medication such as anaphylaxis, asthma and some Crohn's can become less potent. A weakened dose of medication can have a serious negative effect on treating the condition effectively.

The company has built a worldwide market for its products, today exporting to over 70 countries, since first developing the technology to keep Team GB athletes cool at the 1996 Atlanta Olympics.

Chris Wolsey, Managing Director of FRIO UK since 2011, whose late parents Garnet and Althea Wolsey invented the FRIO wallet said: "This award is a

testament to the innovation and vision that my parents brought to the world of diabetes. They would be so proud to see their life-changing invention, that has helped millions of people with diabetes, winning the King's Award for Enterprise. It is also testament to the FRIO team, whose dedication and hard work over the years, has established FRIO wallets as the number one brand of Medication cooling products internationally. We are thrilled and proud to be a Welsh company that is making such a positive impact on people's health on a truly global scale." The King's Awards for Enterprise, previously known as The Queen's Awards for Enterprise, were renamed last year to reflect His Majesty The King's desire to continue the

legacy of HM Queen Elizabeth II's by recognising outstanding UK businesses. The Award programme, now in its 58th year, is the most prestigious business award in the country, with successful businesses able to use the esteemed King's Awards Emblem for the next five years.



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