

FREE

# Feel Good

Magazine

## Pembrokeshire

Animal Rescue Cymru



Scan here to donate now!

# HOOKED FOR LIFE

## AT FOXHILL FISHERY

SEE OUR SPECIAL FEATURE  
ON PAGE 28



**Outwear  
Clothing**

"We're proud to bring authentic Welsh countryside expertise to every piece of outdoor wear we offer. Suppliers of Ridgeline and more!"

Foxhill Fishery, Camrose, Haverfordwest - [www.outwearclothing.co.uk](http://www.outwearclothing.co.uk)

CALL FOR A FREE QUOTE

**01239 654135**

[info@bdelectrical.co.uk](mailto:info@bdelectrical.co.uk)

**ARBENIGWYR MEWN**

**SOLAR PV SPECIALISTS**



**BARRI  
DAVIES**

TRYDANWYR / ELECTRICAL



[www.bdelectrical.co.uk](http://www.bdelectrical.co.uk)



**01437 768974 - 64A Portfield, Haverfordwest**

[www.freestylebarbers.com](http://www.freestylebarbers.com)

**Back  
to School  
Haircuts**





## LYNCH CARPENTRY & ROOFING SPECIALIST

**19 years of experience, local & professional**

All aspects of Roofing & Carpentry | Rubber 4 Roofs Supplier & Installer  
Complete House Renovation | Bathrooms & En-suites | Extensions

**rubber4roofs**  
EPDM Flat Roofing System Supplier & Installer

Looking for a durable, reliable roofing solution, that is eco-friendly, energy efficient, will help you save on utility bills and also comes with a 25 year warranty? Look no further than a EPDM flat roofing system, professionally supplied and installed by us.



Contact us today for a free no obligation quote;  
07791 970615 | lynchcarpentry26@hotmail.com



## CONTENTS

There's always more sport from Bill Carne at [www.pembrokeshiresport.co.uk](http://www.pembrokeshiresport.co.uk)

**5 LOCAL SNIPPETS** Keep yourself smiling with a host of Pembrokeshire FeelGood stories

**6 MABLI CARIAD HALL**  
The first-ever Mabli Cariad Hall Fun Week has officially wrapped up, and what a week it was!

**8 TALENTED SPORTING YOUNGSTERS** Local amateur boxing received a significant boost at the recently-held Welsh Amateur Boxing Association's senior championships at Sophia Gardens in Cardiff

**10 TENNIS MIXED DOUBLES**  
A great read as Bill Carne tells us all about the mixed doubles!

**12 FEELGOOD FOOD** 7 pages of very good eats!

**28 HOOKED FOR LIFE** Angling is recognised as one of the most popular participant sports across the UK and Pembrokeshire is no exception.

**40 ENTERTAINMENT** Film reviews and local events



**8 Bill Carne** • Goodwick's O'Sullivan cousins strike gold at Welsh boxing championships, boosting local amateur boxing pride.

**46 KIDS PAGE** Fun puzzles for the little'uns

**48 PUZZLE PAGE** Challenge yourself with our games

**50 LOCAL SERVICES**  
Pembrokeshire's Experts

**FeelGood**  
Magazine *Pembrokeshire*

**IF YOU WOULD LIKE TO  
ADVERTISE WITH US OR  
HAVE A FEEL GOOD STORY  
GIVE US A CALL ON  
01437 209300**



[WWW.FEELGOODMAGAZINE.CO.UK](http://WWW.FEELGOODMAGAZINE.CO.UK)



**TREE TRIMMING  
FELLING  
PRUNING  
TOPPING**

OF ALL SILVER BIRCH, BEECH,  
ROWAN AND WILLOW

**ALL TYPES OF HEDGES REDUCED OR REMOVED**  
including conifers, beech, hawthorn, privet. We specialise in conifers, trimmed, shaped, crown raised and reduced in height or removed completely. All waste removed



Turfing & Top soil • Grass Cutting and Strimming • Weeding & Rotovation • Tidying and Waste Removal • Suppliers of Forest Bark • Gravel and Chippings Supplied and Laid • New Garden Fencing Supplied and Fitted • Patios & Driveways Laid • Fence Repairs & Sheds Felted • Fences & Sheds Painted or Creosoted • Patios & Driveways Cleaned

Call Direct for a FREE estimate without obligation

**07534 010965 (MIKE)**

WE OFFER A 14 DAY COOLING OFF PERIOD INSURED - WASTE REGISTERED

Checkatrade.com  
Where reputation matters

myBuilder.com







# COUNTY SPORTS

LIFESTYLE, ADVENTURE & SPORTING GOODS



www.county-sports.co.uk

Haverfordwest 01437 763740



## FREE ACTIVITIES FOR YOUNG PEOPLE



**Popular 'Under the Bridge' sessions in Milford Haven are starting up again for the summer holidays, providing free activities and social opportunities for young people.**

Under the Bridge is a long-standing, joint initiative by Milford Youth Matters and the Port of Milford Haven to provide safe, constructive activity and entertainment for young people while helping to tackle antisocial behaviour around Milford Waterfront.

This year, Under the Bridge starts on 22nd July and runs every Tuesday and Friday evening between 6-8pm until Friday 29th August. It takes place in the area beneath the Hakin Bridge at Milford Waterfront.

Open to everyone between the ages of 11-17, there will be a wide range of activities including sport, wellbeing, creative sessions, volunteering opportunities, games, plus a safe space to socialise. Refreshments will be provided, and the sessions are free to join.

Last year, over 220 young people engaged in Under the Bridge activities over the holidays, and the initiative won the Wales Outstanding Work in Community Safety Award from StreetGames for its impact and success.

Stakeholder Engagement Executive at the Port of Milford Haven, Emily Jones, hopes that this year the scheme will have an even bigger impact:

"The number of children and young adults taking part in Under the Bridge is growing year on year, with hundreds benefitting from last summer's activities."

"The Port of Milford Haven

works in partnership with Milford Youth Matters to help provide a safe and enjoyable waterway for everyone, and to create opportunities that support a vibrant and prosperous community in Pembrokeshire.

"The amazing work done by Milford Youth Matters has been supported by the Port for almost a decade, and we can really see and feel the difference being made by this charity at Milford Waterfront. We encourage all young people to come down and take part in these fun sessions!"

Dayle Gibby, Milford Youth Matters Coordinator and organiser of Under the Bridge said:

"It's fantastic that Milford Youth Matters and the Port of Milford Haven have teamed up again to host and deliver Under the Bridge in 2025. Year after year, there has been a profound impact on the local community through the provision of a safe, welcoming space for young people to have fun and learn, volunteer and connect."

"As a detached youth programme, Under the Bridge engages young people in spaces and at times where antisocial behaviour may take place, flipping that potential into something fun, insightful and developmental which benefits the participants and helps them engage with the community in a much more constructive way."

All young people are invited to attend these free sessions, starting 22nd July and continuing every Tuesday and Friday throughout the summer holidays from 6-8pm until Friday 29th August. No booking required.

# FeelGood SNIPPETS

## COASTAL PATH REOPENS AFTER REPAIRS



**The much-loved coastal footpath linking Coppet Hall and Wiseman's Bridge is open once again—just in time for summer.**

Closed for several months due to a series of landslides, the route had been deemed unsafe. Now, after extensive repair work including slope stabilisation and temporary fencing, Pembrokeshire County Council has confirmed the path is safe and accessible.

Council teams and contractors were praised for their dedicated efforts in restoring the route. A spokesperson thanked the public for their patience, adding: "A big thank you to the teams who worked tirelessly to get this path back open."

Local residents, businesses, and tourism operators have welcomed the news, with the footpath playing a vital role in drawing visitors to the area during the busy holiday season.

## TREE & GARDENING SERVICES



14 DAY COOLING PERIOD

**TREE PRUNING  
TREE TOPPING & FELLING  
HEDGE TRIMMING  
HEDGES REMOVED  
FENCING & DECKING  
GARDEN CLEARANCE  
BRAMBLES CLEARED  
GRAVELLING & TURFING  
POWER WASHING  
REGISTERED WASTE CARRIER**

FOR A FREE NO-OBLIGATION QUOTE CALL  
**07403 554780 • 0800 6965351**



# A FANTASTIC FIRST YEAR FOR MABLI CARIAD HALL FUN WEEK



The first-ever Mabli Cariad Hall Fun Week has officially wrapped up, and what a week it was! From bingo to darts, pool to quiz nights, and everything in between, the community came together in true Letterston spirit to support a variety of fantastic causes – and raised a staggering £3,526.50 in the process.

As the dust settles, it's time to look back at a hugely successful week of fundraising, fun, and togetherness.

Incredible Community Support Throughout the week, events were well-attended and full of energy. From the ever-popular curry and quiz night to lively games of bingo and darts, the support shown was nothing short of

incredible. A heartfelt thank you goes out to everyone who

attended, donated, shared posts, and played a part in making the week such a triumph.

## Fundraising Highlights

Thanks to the generosity and enthusiasm of the community the following

amounts were raised:

## The Big Raffle:

Cylch Meithrin – £275

Friendiau Ysgol Ger Y Llan – £275

Clwb Ysgol Ger Y Llan – £275

## Programme Sales:

Letterston Football Club volunteers went door-to-door selling event programmes and raised an impressive £851.50 to support the club for the upcoming season.

**Bingo Night:** A fantastic £500 was raised for Fishguard Thunderbolts.

**3 Nights in Benidorm:** The highlight raffle prize helped raise a phenomenal £1,350 for ARC Animal Rescue Cymru. This donation will go toward building a dedicated dog play area, offering rescued animals a safe space to exercise and enjoy life.

In addition, a special donation will be made to 2 Wish in loving memory of Mabli, ensuring her legacy continues to make a difference.

## A Huge Thank You

This event simply couldn't have happened without the dedication of so many. Special thanks go to:

Everyone who donated, volunteered, bought a raffle ticket, or helped spread the word – diolch yn fawr!

Giles and the team at The Harp, who worked tirelessly all week to host and support the events.

Our local advertisers, whose contributions to the programme and event screens made a huge difference in making this week possible.

## Next Year!

See You Next Year! We're thrilled to announce that

next year's Mabli Cariad Hall Fun Week will run from 11th July 2026 – so mark your calendars! We're already planning to make it even bigger and better.

For updates, announcements, and details on next year's acts and events, keep an eye on the brand new Letterston Fun Week Facebook page.

Thank you all once again for your amazing support – here's to many more years of fun and fundraising!



**Mabli Cariad Hall - A little light who inspires so much love**

# Dolphin Fish & Chips

The Parrog, Goodwick, SA64 0DE

01348-218167 [dolphinfishnchips.com](http://dolphinfishnchips.com)



Discover the Spirit of Pembrokeshire

## Cinnamon Grove Distillery

Nestled on the scenic outskirts of Haverfordwest Cinnamon Grove Distillery crafts premium Gins Vodkas and Rums infused with fresh local fruits and pure well water drawn from Cinnamon Grove Farm

Visit the rustic Gin Barn for unique Gin tasting events a perfect outing for spirit lovers. You can also find the range of handcrafted spirits in select independent retailers across Pembrokeshire.

**Pop-Up Shop Now Open!**

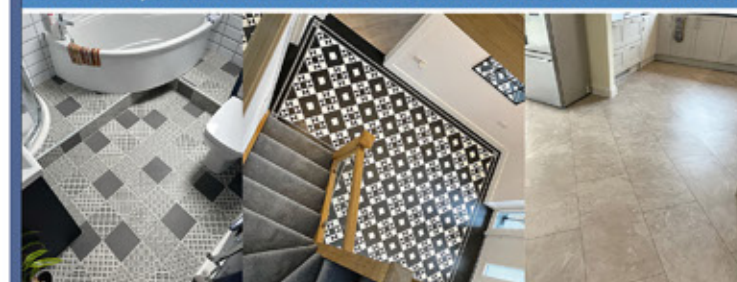
Thursday and Friday at the Gin Barn

Raise your spirits — the taste of Pembrokeshire awaits!

[www.cinnamongrovedistillery.co.uk](http://www.cinnamongrovedistillery.co.uk)



FREE FITTING AND DELIVERIES ON ALL CARPETS AND VINYL, LOCAL SERVING. LOCALS, INDEPENDENT FAMILY BUSINESS. WALES LARGEST CARPET AND VINYL STOCKISTS, OVER 500 ROLLS IN STOCK. CONTRACT FLOORING SPECIALISTS.



**CALL US ON 01437 890003**

**SALES@KOCARPETS.COM**

**VINE ROAD JOHNSTON SA62 3NZ**



# ALEX AND MIKEY STAR IN WELSH BOXING FINALS



by Bill Carne

Local amateur boxing received a significant boost at the recently-held Welsh Amateur Boxing Association's senior championships at Sophia Gardens in Cardiff where the O'Sullivan family, which hails from Goodwick, maintained its proud record in the sport as cousins Alex and Mikey's fantastic seasons in the ring were rewarded with Welsh titles and a coveted Welsh vest.

They are part of the third generation to be

involved in the Noble Art where their respective grandfathers Terry and Dakka were well known locally as being good boxers, with Alex's dad Wayne and uncle Chris as Welsh senior champions, whilst Mikey's dad Kev was a very good amateur boxer in his late teens but was already a Welsh kick-boxing champ at the tender age of 11!

## SION SHOWED CHAMPIONSHIP FORM TO WIN HIS FIRST TITLE

Alex boxes out of Merlins Bridge ABC where his dad is assistant coach to Graham Brockway and so is heavily involved in his training, both in terms of work at the club and home, plus care with diet, and so was ringside when Alex's arm was raised aloft as winner of the 71kgs (light middleweight class) after



Mikey and Alex with Grandfathers

gaining a unanimous verdict over Christopher Patterson (Pontypridd ABC).

In previous rounds he had achieved an identical result over Aaron Marinos (Grange ABC, Cardiff), Brandon Price (Llanelli) and Ashley Purcell (Gelligaer ABC) - and in the final had noisy support from mum Moira, brothers Sion, Kyle and Alfie, who all box at Merlins Bridge, plus

grandparents Lena and Terry.

## AND MICKY NOW HAS FIVE WELSH VESTS AND A BRITISH TITLE TO HIS NAME

It was a similar story for Mikey, who had dad Kev in his corner as assistant trainer to Guy Croft and used his



Kev, Mikey, Alex and Wayne after the championships



Alex and family with coach Graham Brockway

experiences to the full as his son was crowned champion of the 57kgs (lightweight) class with a points' verdict over a very good opponent in Cameron Ashmole (Britton Ferry ABC).

As well as the other O'Sullivans cheering him on, Mikey also had grandad Dakka watching nearby and clearly delighted to see him doing so well to gain an amazing FIFTH Welsh vest after others gained in the Minors, Juniors, and Youth (twice) - where last year he added a British Youth championship to his

pedigree, again at Cardiff, where he was deserved winner over Paul Smith (junior) from the well-known pro-boxing family in Liverpool.

## GREAT AMBASSADORS FOR OUR COUNTY

For Alex, his hard work was also rewarded with his eighth win from nine bouts, plus a narrow defeat which didn't please the crowd, and he was winner of the Western Division of the Box Cup Competition in his weight category, beating quality opponents in Kian



Mikey with his Welsh Vest



Alex delighted to be champ

Davies (Carmarthen) and Ashley Davies (Llanelli).

Mikey must be one of the most-travelled boxers in the UK because he has visited Colorado, USA for the World championships and picked up a bronze medal after losing on a split decision in the semi-final to the eventual winner; won the Moldavian Trophy in Rumania and also boxed in Romania, and Lithuania.

## AND FINALLY...

So now it is all systems go for Alex and Mikey as they are due to box in the

British Finals at Sophia Gardens, where they will take on the very best youngsters from England, Scotland and Ireland - and already working flat out to add to this year's impressive list of successes.

We will be delighted to let you know how they get on because they are a credit to their families, their clubs, their sport and counties of Pembrokeshire and Ceredigion - and of course we wish these two modest and talented young pugilists continued success!

## G&G BUILDERS ARE PROUD TO SUPPORT PEMBROKESHIRE'S SPORTING NEWS



pembrokeshirebuilders.co.uk

### SPECIAL PROJECTS

Do you have a special project that needs completing? We can assist you in challenging projects that require extra resources or specific expertise that we can provide.

CALL TODAY FOR AN OBLIGATION FREE QUOTE

The Green Shed, Old Hakin Road,  
Merlin's Bridge, Haverfordwest,  
Pembrokeshire. SA61 1XF

+44 (0) 1437 772 277  
Graham: 07977 101197  
Gareth 07791 694978

gandgbuilders@btconnect.com



pembrokeshirebuilders.co.uk

### WHY CHOOSE US?

EXPERT TEAM  
COUNTY APPROVAL  
CLIENT SATISFACTION  
PERSONALISED SUPPORT  
AFFORDABLE PRICES  
FLEXIBLE SCHEDULING

CALL TODAY FOR AN OBLIGATION FREE QUOTE

The Green Shed, Old Hakin Road,  
Merlin's Bridge, Haverfordwest,  
Pembrokeshire. SA61 1XF

+44 (0) 1437 772 277  
Graham: 07977 101197  
Gareth 07791 694978

gandgbuilders@btconnect.com



# RICHARDS AND NEWMAN TRIUMPH AS DAVIES CLOSES IN ON RECORD



by Bill Carne

## RICHARDS AND NEWMAN SHINE AGAIN

**Champions** were once again crowned as Haverfordwest Tennis Club staged the finals of the 76th annual senior Pembrokeshire County Open.

Tom Richards, a finalist last year, beat Marco Coronado to claim the men's singles title for the third time in his playing career, the other two coming back in 2015 and 2016.

Haverfordwest head coach Richards cruised through the rounds but was firmly tested in the final by Coronado, who received a semi-final walkover following the retirement of 2022 champion Mathieu Evans.

Richards took a close first set 6-4 before claiming the second 6-2.

Sarah Newman defended her ladies singles title for the third year running with a 6-1 6-0 victory over fellow former Welsh athletics hurdler Vicky Lloyd.

Lloyd had only taken up the sport a year ago and took out 2021 champion Ceri Coleman-Phillips in a superb semi-final comeback, while Newman once again showed her class.



### DOUBLES SUCCESS AND BIG NUMBERS

Both Richards and Newman also enjoyed success in the doubles finals.

Richards and Nathan Jones won the men's title without having to hit a ball after Evans and dad Bruce were forced to withdraw through injury ahead of Saturday's final.

Ladies doubles winners - Sarah Newman and Laura DaviesNewman once again joined forces with Laura Davies who returned to the tournament after injury in 2024. The formidable pair overpowered team mates Sarah Keogh and Coleman-Phillips, but the 6-0 6-1 scoreline still provided plenty of entertainment for the crowd.

It was Davies' 24th Open title, bringing her to within one of Danny Spurr's record of 25. There is little doubt she will break that and be officially crowned "The GOAT" in the not too distant future.

### MIXED DRAMA AND FIRST-TIME WINS

Newman and Coleman-Phillips would meet again in the mixed doubles final, a title Coleman-Phillips had won with Jeremy Cross for the past four years, but the eight-time champion was a missed figure this year as he travels the world with his family.

Coronado stepped in to replace Cross and the pair took on Newman and Jones in one of the closest mixed finals in recent years.

Coronado and Coleman-Phillips took the first set 7-5 but were pushed all the way in the second to set up a tie-break. Despite trailing 5-1, they held their nerve to claim victory.

It was the first and deserved title for Coronado who had been a spectator favourite throughout the tournament with his effortless and powerful playing style.

### PLATES, TIE-BREAKS AND WHAT'S NEXT

The plate finals were played prior to Saturday, with Jones edging the athletic William Howarth 7-5 7-5. It had been a coming of age for Jones who was arguably the standout doubles player of the tournament.

Teenage surfing superstar Josie Hawke lifted the ladies plate after a hard battle with Chloe Tickle, emerging a 6-4 7-6 winner.

Tickle also featured in the ladies' doubles plate final with Liz Reed, with the inexperienced duo pushing ladies' second team pair Helen Groves and Ceri O'Shea all the way to a championship tie-break, which they eventually lost 10-6.

Marco Coronado and Ceri Coleman-Phillips - mixed doublesIt was a solid display by Groves and O'Shea who held their nerve to claim the inaugural title.

The men's doubles plate final was one of the most entertaining matches of the fortnight, and that too came down to a championship tie-break.

Club chairman Dean Richards and Andy Beazley came from behind to take the first set 7-6, but Bryan Phillips and David Roch James regathered their composure to win the second 6-4.

Richards and Beazley produced their best tennis when it mattered to win the tie-break.

Club president Brian Hearne was once again on hand to present the trophies and thank the tournament referee and all the volunteers for their hard work.

They will all be back out in force later this month as the Parade gets ready to host the Junior County Open from 13-19 July, featuring the best young talent around, and also the club's 90th anniversary celebration on 26 July.



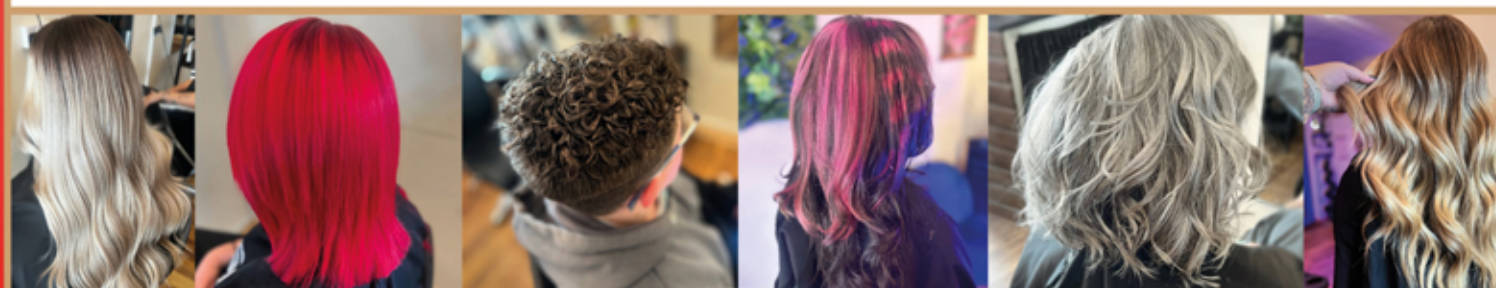
RENATUS  
HAIR & BEAUTY SALON

NEÄL & WOLF® APPROVED SALON



01646 690760

2 vanguard house, Nelson quay  
Milford haven, SA73 3AH







# Food & Drink Guide





# FeelGood Cookin'!

## BAKED HAM WITH NEW POTATOES

This classic glazed gammon dish, served with a rich, tangy salad cream and an assortment of fresh vegetables, makes an ideal centrepiece for a summer lunch or buffet spread.

Here's how to prepare each component to perfection.

### Testing and Preparing the Gammon

Before cooking, it's important to test the saltiness of the gammon. Cut a thin slice from the end of the raw joint and simmer it in a small pan of water for about 5 minutes. Taste the cooked slice—if it's overly salty, soak the entire gammon joint in cold water overnight to reduce the salt content.

### Cooking the Gammon

Place the gammon joint in a large pan and pour in cider, then add enough cold water to fully cover the meat. Add a handful of whole peppercorns, a few cloves, a pinch of chilli flakes, and a couple of bay-leaves. Bring everything to a boil, then skim off any foam that forms on the surface. Immediately reduce the heat to a gentle simmer, half-cover the pan with a lid, and cook for 1½ to 2 hours.

The ham is done when its internal temperature reaches 65°C (150°F) when checked with a meat probe. Once cooked, turn off the heat and allow the gammon to cool completely in the cooking liquid.



**Making the Salad Cream** (180°C Fan)/Gas 6.

While the gammon cooks, you can prepare the salad cream. In a heatproof bowl, whisk together eggs, a little plain flour, sugar, and a pinch of salt. In a small saucepan, bring vinegar to a boil and reduce by half, then slowly whisk it into the egg mixture.

Set the bowl over a pan of gently simmering water, ensuring the base of the bowl doesn't touch the water. Stir the mixture with a wooden spoon for about 5 minutes until it thickens. Remove from the heat and let it cool, then stir in some double cream. Taste and adjust the seasoning with salt, lemon juice, or a dash of Tabasco if desired. If the cream is too thick, loosen it with a tablespoon or two of water. Store the finished salad cream in a jam jar in the fridge until ready to use.

### Glazing and Roasting the Ham

Preheat your oven to 200°C

To make the glaze, combine a spoonful of mustard with an egg yolk, a little cornflour, and honey. Once the gammon is cool enough to handle, remove it from the cooking liquid. Snip off the string, and using a sharp knife, carefully remove the rind, leaving a thin layer of fat (about 3–4mm or 1/8 inch).

Brush the fat with the glaze, then press a coating of breadcrumbs firmly onto the surface. Bake the ham for 10 to 15 minutes until golden and crisp. Allow to cool completely before slicing.

### Serving Suggestions

- Serve the cooled, sliced ham with:
- Buttered new potatoes
- Crisp lettuce leaves
- Sliced tomatoes, cucumber, and celery sticks
- Spring onions
- Halved hard-boiled free-range

### INGREDIENTS

- For the Ham**
- 2.8kg/6lb 2oz smoked gammon joint, boned and rolled
  - 600ml/21fl oz cider
  - 1½ tsp black peppercorns
  - 6 cloves
  - ½ tsp chilli flakes
  - 4 bay leaves

- For the Salad Cream**
- 2 free-range eggs
  - 1 tbsp plain flour
  - 4 tsp caster sugar
  - ½ tsp salt
  - 100ml/3½ fl oz vinegar (Moscatel or sweet sherry vinegar)
  - 100–150ml/3½–5 fl oz double or whipping cream
  - few drops Tabasco or lemon juice (optional)

- For the glaze**
- 2 tbsp English mustard
  - 1 free-range egg yolk
  - 1 tsp cornflour
  - 1 tsp clear honey
  - 3–4 tbsp fine dried breadcrumbs

- eggs
- A generous spoonful of homemade salad cream

This dish is a celebration of simple, seasonal ingredients and is sure to be a hit whether served at a garden party or a laid-back weekend lunch.



FeelGood Magazine's very own coastal connoisseur, Brian, took a sunny spin down to St Davids and stumbled upon a brand-new chippy that's already making waves. Here's what he had to say about this delicious discovery...

Wow, what a find! Nestled on the Haverfordwest side of St Davids, opposite the Grove Hotel, is a new fish and chip shop, cannily

named St Davids Fish & Chips.

My friend and I were out cruising the coast with the hood down, soaking up the views and enjoying the rather warm spring heatwave we're currently enduring – a rare and welcome treat here in the UK.

As we glided into St Davids, windows down and appetites rising, we

were hit with the unmistakable scent of frying batter and salty chips drifting on the breeze. That led us straight to this new local gem – and we couldn't resist. We thought, "Let's fuel up and get some roughage on board!" The smell escaping through the big glass double doors was far too tempting to ignore.



## A CATCH WORTH REELING IN St Davids' Newest Fish & Chip Gem



Walking in, I was greeted by fantastically friendly staff who made us feel instantly welcome. I asked what they recommended, and without hesitation, they suggested the fish and chip supper – classic cod and chips. We both went for it, and what a choice it was.

The shark-like fin of golden battered cod – crisp, crunchy, and piping hot – was perched atop a mountain of perfectly cooked chips, soft on the inside with just the right crunch on the outside. As I like it, I doused it in lashings of salt and vinegar for that proper seaside kick.

We both chose curry sauce on the side – it was lightly tangy with a thick, creamy consistency that

clung lovingly to each chip. It came accompanied by a generous pot of tartare sauce and a lemon wedge to cut through the richness – all the classic elements of a proper fish and chip supper, done exceptionally well.

To summarise – St Davids Fish & Chips is a vibrant new addition to the area, with welcoming staff and some of the best fish and chips I've tasted locally. It's a cracking spot set in the beautiful, historic heart of Britain's smallest city.

Give these guys a go and tell them FeelGood Magazine's Brian sent you – we highly recommend this new chippy!

36 High Street, St.Davids. SA62 6SD

Call us - 01437 723640

www.stdavidfishandchips.co.uk



## CELTIC WINES

*What does it go with?*

To make your meal complete let the experts finish the recipe for you....

Unit 1a Warrior Way, Pembroke Dock SA72 6UB • 01646 681369 - [www.celticwines.com](http://www.celticwines.com)





# Porridge, Pancakes & Perfect Plates

Bringing Riviera vibes to the Welsh coast - one plate at a time



Our very own Tim Evans takes a tasty tour of one of Fishguard's freshest foodie spots. With his usual eye for detail (and love for a good fry-up), Tim dives into breakfast bliss at the newly reimagined Cove Corner — affectionally known to many locals as Bleddyn's.

Now that the weather is really warming up, I was out and about delivering our latest magazine, and Saturday took me to Fishguard and Goodwick. After delivering along the Golden Mile, the one-way system brought me back to the square, where I noticed there was seating outside Cove Corner. Many of the tables were full, but I spotted a small one for me and my two sons — somewhere to fuel up and keep us going while we dropped off FeelGood magazine at the many shops and pubs.

It was breakfast time. We each opted for something different from the menu. First up was the Full English — or Welsh, as it's listed on the menu. Thick-cut butcher's bacon, cooked well done and deliciously salty — exactly what you'd want on your plated brekkie. Then the sausages — two thick butcher's sausages, herby and full of flavour. Two fried eggs with the most vivid orange yolks that just screamed "free range". On-



the-vine tomatoes, sweet and bursting with flavour, and thick white toast that soaked up all the remains of the bean juice. Honestly, this was the best breakfast I've had in a long time.

We also had the Nutella pancakes — stacked in a tower in the middle of the plate and drenched in gooey chocolate sauce, with shavings and chunks of Kinder Bueno neatly arranged around the edges.

Then onto the porridge — a tricky one to review, not because of the taste (it was a genuine flavour sensation), but because I wasn't entirely sure what was in it! What I can confirm: perfectly cooked, smooth porridge; slightly tangy but beautiful Greek yoghurt; the freshest berries; and a generous drizzle of lovely runny honey. Two words: spot on.

**COVE**  
CORNER

So, Cove Corner has certainly — pardon the pun — "cornered" a unique offering compared to other cafés in the county. Fresh coffees, a wide range of breakfast options, cakes and bakes, and I even noticed they're licensed to sell beer — so an evening meal is definitely on my to-do list.

This is a new take on a café in Fishguard, and I think it ticks the boxes for something you might expect to find on the French Riviera — only here, it's on Fishguard Square rather than the Mediterranean coastline. Give it a try — and tell them FeelGood magazine sent you!

**Market Square, Fishguard SA65 9HA**  
**Find us on Facebook**   
**Covecorner.cafe@gmail.com**

## The FeelGood Food & Drink Guide



**G**iltar  
Dine at The Giltar  
Deliciously Indulgent Moments

9 Esplanade Tenby, Pembrokeshire, SA70 7DU  
Tel. 01834 842507  
Email: enquiries@giltar-hotel.co.uk

**THE ROSE & CROWN**

The Rose & Crown is a restaurant, bar and coffee house located on the Goodwick Coastal Path. We use locally sourced & seasonal produce which is freshly prepared & produced to create delicious pub grub for you to enjoy.

ROSE & CROWN, GOODWICK SQUARE  
**01348 873155**  
ROSEANDCROWNGOODWICK@GMAIL.COM

**The Galleon Inn**  
Amazing food served daily. Takeaway, eat in, or enjoy on the beach just steps away from our front door.

35A Enfield Road, Broad Haven | thegalleoninn.com | 01437 781157

**crug glâs**  
Restaurant with Rooms

info@crug-glas.co.uk 01348 831302

**FERRY HOUSE INN**  
RIVERSIDE BED & BREAKFAST, RESTAURANT AND BAR

The Ferry House Inn, Hazelbeach, Llanstadwell - SA73 1EG  
**01646 600270 • www.ferryhouseinnhazelbeach.co.uk**

**NEW INN**  
Amroth — Narberth

**Amroth, Narberth SA67 8NW**  
**Call us on 01834 812368**  
**www.facebook.com/newinnamroth**

**THE SAINT BRIDES**  
- LITTLE HAVEN -

Situated opposite the car park in Little Haven, you will find the Saint Brides Inn, where home prepared and cooked food are offered, utilizing fresh local produce where possible and served in peaceful and tranquil surroundings, with the emphasis on good fresh food & friendly service

THE ST BRIDES INN, ST BRIDES ROAD  
LITTLE HAVEN, PEMBROKESHIRE. SA62 3UN  
01437 781266 - WWW.SAINTBRIDESINN.CO.UK





# BURGERS!

Our signature recipes, all served in a delicious seeded bun with house salad!

Choose from 2 x 3oz Smash Beef Burger or Fried Chicken  
All served with chips



Bistro Cheese Burger/ Bistro Cheese Burger & Bacon £9.50/10.50  
NEW\* Philly Cheese Burger with Chilli Jam, Salad and Onion £12.00  
BBQ, Bacon & Cheese Burger £12.00  
Stilton Burger with Ale chutney & Blue cheese Sauce £13.00  
Ranch Burger with Bacon, Mustard & Gherkin £13.00

Mexican Burger, Mayo, Guac & Salsa £13.00  
Wet One, Hashbrown, Cheese & Gravy £12.00  
Spicy Vegan Burger £13.00  
Vegan Cheeseburger £12.00

## Top it off

Bacon £1.00 Xtra Patty £3.00 Cheese 50p  
Vegan Cheese 50p Gherkin 50p Jalapenos 50p



Bistro Meaty House Special £13.00 Ham & Pineapple £11.00  
Classic Pepperoni £11.00 Classic Margherita £9.00  
Donner Meat Special £11.00

# PIZZA!

## Wrap it up

All Wraps £8.50

Choose your filling and any sauce.

Tandoori Chicken & Salad  
Pulled Pork & Salad  
Fried Chicken

## Dirty Fries

Chicken, BBQ, Bacon, Cheese & Mayo £8.50  
Irish Curry £4.00  
Cheese & Gravy £5.50  
Pulled Pork & Coleslaw £8.50  
Vegan Plant Bits, Guac, Salsa & Mayo £8.50  
Kebab Meat £8.50

## Kebabs

Our signature kebabs, all served in a delicious pitta with house salad.

Doner Meat £8.50  
Mixed Kebab £9.50  
Chicken Shish £10.00

## Kids

Mini Cheese Burger  
Chicken Nuggets  
Mini Vegan Burger  
Sausage/Vegan Sausage

All Meals £6.00  
All served with Chips

## Nachos

Chipotle Nachos £9.00  
Beef Chilli Nachos £9.00  
Veggie Nachos £6.00

## Xtra sauces

BBQ, Garlic Mayo, Hot Chilli, Ketchup, Vegan Mayo, Mint, Sweet Chilli, Mayonnaise, Mustard.  
£1.00 each

## Xtras

6 Spicy Wings £5.00  
Portion of Fries £3.50  
Cheesy Fries £4.50  
Cajun Onion Rings £3.50  
Coleslaw £1.00  
Cans (Ask for selection) £1.50  
Hash Browns (2) £1.00  
Gravy £1.00  
Curry Sauce £1.00

Free delivery on orders over £20.00

For advice on allergens and dish specific queries please get in touch!



Solva, St Davids & Brawdy  
Weds - Sun 5 - 9pm

07967402054

Free delivery on orders over £20.00



Find us on Facebook and Instagram for our latest Special Offers

## YOUNG HERO RAISES FOR RNLI



Leo Candler takes on Mayday Mile challenge and more than doubles fundraising goal

A determined young fundraiser from Pembrokeshire has completed an incredible 61-mile challenge in support of the RNLI raising hundreds of pounds for the lifesaving charity.

Seven-year-old Leo Candler took part in the RNLI's annual Mayday Mile initiative, walking or cycling at least a mile every single day throughout May. By the end of the month, Leo had far surpassed his original target of 31 miles and more than doubled his fundraising goal of £125, with donations now at £286 and rising. Inspired by his family Leo's passion for the RNLI runs deep inspired by his father Scott Candler, a Lifeguard Assessor Trainer and volunteer crew member at St Davids Lifeboat Station.

"Leo's always been the RNLI's number one fan," said his mum, Simona Candler. "He's grown up around yellow wellies, lifeboat launches, and beach patrols supporting his dad every step of the way. He even loves visiting the

RNLI College."

Some of Leo's walks and rides took him to and from lifeboat stations, and he paid several visits to RNLI lifeguards at Whitesands Beach. Often accompanying him was his younger brother Zane, aged three, who is already following in Leo's footsteps.

A Challenge with Meaning Despite his age, Leo is already aware of the RNLI's vital work, both in the UK and overseas.

"Leo knows his dad travelled to Bangladesh to help set up their lifeguard service, and he's incredibly proud of that," Simona added. "It was inspiring to see someone so young commit so fully to something that matters. He was out every day, no matter the weather."

The family says they are incredibly proud of both boys and grateful to everyone who has donated and supported the challenge.

Leo's fundraising campaign will remain open until the end of June. To support his efforts, search "RNLI Leo Candler" online to make a donation.

# FeelGood SNIPPETS

## TENBY ROWING CLUB GETS LOTTERY FUNDING



Tenby Rowing Club is proud to announce it has been awarded £17,736 from Sport Wales' Be Active Wales Fund, made possible by National Lottery funding. The grant will support the club's continued growth and strengthen its presence in the local community.

Reformed in 2024, Tenby Rowing Club has rapidly expanded into a thriving 50-member organisation made up of rowers of all ages and abilities. The funding will be used to purchase a brand new Celtic longboat, a trailer for transportation, and to deliver essential training and coaching development for members—helping to ensure the club's long-term sustainability and wider access to the sport.

The Be Active Wales Fund supports grassroots clubs across the nation, helping to increase participation and keep people

engaged in sport for life. For Tenby Rowing Club, this funding is not just about equipment—it's about investing in people, growing confidence, and making rowing more accessible to everyone, regardless of experience.

Jane Haigh, Club Captain, said:

"We're absolutely thrilled to receive this funding, it's a real game changer for us. The new boat, trailer, and training will help us grow even more and give more people the chance to get involved. It's all about making rowing accessible, fun, and part of our community."

The club continues to welcome new members and is busy preparing for the 2025 race season, while also planning to bring its own event to Tenby in 2026, helping to further raise the town's profile on the Welsh coastal rowing scene.

# FISHGUARD Kebab House

KEBABS - PIZZA  
BURGERS - FRIED CHICKEN

85 West Street,  
Fishguard, SA65 9NJ | 01348 874400





# FeelGood SNIPPETS

## LUNCH RAISES £1,400 FOR HOSPICE



A successful fundraising lunch at The Old Point House in Angle has raised more than £1,400 in support of the Paul Sartori Hospice at Home charity.

Held last month, the well-attended event featured a locally sourced menu prepared by The Old Point House team, along with live music from Cwm Cerwyn Ensembles and local choir The Aftertones, creating a relaxed and uplifting atmosphere.

All proceeds were donated to the Paul Sartori Foundation, which provides vital end-of-life care across Pembrokeshire—including nursing support, medical

equipment, complementary therapies and bereavement services.

Jonathan Williams, founder of The Old Point House and The Pembrokeshire Beach Food Company, said: "We were delighted to support such a valued local charity and bring people together for a great cause."

The Paul Sartori Foundation continues to rely on local support through fundraising events. Anyone interested in organising their own event can contact Rosie-Faye Hart, Community Relationship Officer, on 01437 763223.

## S. CRAIG & SONS LTD

PLASTERING CONTRACTORS & FLOOR SCREEDING SPECIALISTS

**50+ Years Experience**  
Domestic & Commercial



### Plastering in Pembrokeshire

S. Craig & Sons Ltd offer a full range of plastering, screeding and rendering services, we are more than happy to cater for both domestic and commercial customers.

### Fibre Screeding

When it comes to laying your new flooring, you can rest assured we will talk and advise you on all options available.

### Internal Plastering

Smooth surfaces, ready for painting.

### External Rendering

The finest external rendering to your walls is required to help protect you from the elements, as well as enhance the look of your property.

See our [Facebook](#) page @scraigscreeiders for more details

07775 666 166 / 01348 873 378

## JOYCE-BUTCHERS HITS 50TH CAP



Pembrokeshire's rugby community is bursting with pride this week as local hero Jasmine Joyce-Butchers earns her 50th cap for the Wales women's national team, taking to the field against Australia this Friday in Sydney.

The milestone marks another major achievement in a career that continues to inspire fans both locally and across the rugby world.

Born in St Davids on 9 October 1995, Joyce-Butchers has become one of the most recognisable figures in Welsh rugby.

A flying winger renowned for her blistering pace, quick feet, and finishing ability, she began her rugby journey at just seven years old with St Davids RFC. Her talent and determination soon saw her rise through the ranks, playing for Haverfordwest RFC, before joining the Scarlets Under-18s—where she scored a hat-trick on debut against the Dragons.

She first represented Wales Sevens in 2015 and made her senior XV's debut in 2017. Her explosive form earned her selection for Team GB at the 2016 Rio Olympics, where she became the only Welsh woman in the squad. She returned for Tokyo 2021, and earlier this summer, made history again by representing Team GB in Paris 2024, becoming the first British

woman to compete at three Olympic Games in rugby sevens.

Now aged 29 and playing club rugby for Bristol Bears, Joyce-Butchers reaches her 50th cap in a crucial summer Test series. The Welsh Rugby Union recognised the milestone this week, with head coach Sean Lynn confirming her place in the starting lineup for the second Test against the Wallaroos. Wales go into the match riding high after a 21-12 victory in Brisbane last weekend—their first away win in over 800 days. Joyce-Butchers played a key role in that historic result, once again demonstrating the talent and leadership that define her game.

Educated at Ysgol Dewi Sant, she remains deeply rooted in her local community and continues to serve as an inspiration to aspiring athletes across Pembrokeshire. Her journey from local tag rugby sessions to the international stage is a powerful reminder of what can be achieved through hard work, passion, and perseverance.

As the 2025 Rugby World Cup approaches, Joyce-Butchers shows no sign of slowing down. Whether representing Wales in the XV's or dazzling crowds on the sevens circuit, she continues to push boundaries and break new ground—not just celebrating a personal milestone, but carving out a lasting legacy in the sport.



The Rose & Crown is a restaurant, bar and coffee house located on the Goodwick Coastal Path. We use locally sourced & seasonal produce which is freshly prepared & produced to create delicious pub grub for you to enjoy.



ROSE & CROWN, GOODWICK SQUARE  
01348 873155

ROSEANDCROWNGOODWICK@GMAIL.COM



Open Tuesday to Sunday  
Booking advised to avoid disappointment

Call now on: 01437 741881

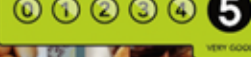
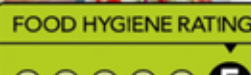


The Corner Piece Inn

"Delicious Sunday dinner and friendly landlord. What more could you want?"

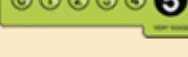


Rudbaxton, Haverfordwest, SA62 5PG • 01437 742185



the Harp  
at Letterston

Live Sport, Pool, Darts  
and much more at  
The Harp At Letterston



www.theharpatletterston.co.uk - Tel:01348 840061 - Letterston, Haverfordwest. SA62 5UA



TREGROES PANTRY  
WELCOME TO TREGROES  
ACTIVE EASY DEPART LATE  
01348 871880 www.tregroes.co.uk

Very happy to recommend- go and try for yourself- you won't be disappointed!



SEVEN SPICE  
FUN DINING

OPEN 7 DAYS A WEEK

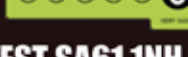
01437 762789

28 MARKET STREET, HAVERFORDWEST SA61 1NH

01437 767997

MAGDALEN STREET, HAVERFORDWEST SA61 1JJ

OPEN FROM 5.30PM TILL 11.00 PM





# Riptide®

For fitness, relaxation and fun

UNLEASH THE EXPERIENCE  
OF A FIVE-STAR SWIMMING POOL  
WITH A RIPTIDE SWIM SPA TO SUIT  
ANY BUDGET



DELIVERING THE DREAM

AUTHORISED DEALERS OF

**Riptide®**  
For fitness, relaxation and fun

HOT TUBS  
SWIM SPAS  
SAUNAS  
ICE BATHS  
OUTDOOR LIVING

**SHOWROOMS**

JOHNSTON (PEMBROKESHIRE)

TEL: 01437 723320

SWANSEA

TEL: 01792 798475



Visit us  
& try one  
out



10-Speed Inverter Swim Pump  
SYSTEM AVAILABLE ON SELECT MODELS



INFO@CASTLEHOTTUBS.CO.UK  
WWW.CASTLEHOTTUBS.CO.UK



**Johnston**  
Vine Road, Johnston,  
Pembrokeshire, SA623NY  
☎ 01437 723320

**Swansea**  
Unit 1, Penrice Court,  
Swansea, SA68QW  
☎ 01792 798475



★REVIEWS.io ★★★★★  
over 1000 reviews

## Hot Tubs | Swim Spas | Saunas Swimming Pools | Ice Baths

Friendly  
Service



Industry  
Experts



[www.castlehottubs.co.uk](http://www.castlehottubs.co.uk)

Sundance Spas

PS Platinum  
SPAS

HEKLA

Zealux®



**IECHYD Teifi HEALTH**

**Clinig Iechyd Breifat Private Health Clinic**



**Would you like to lose weight?**  
Achieve your health goals with the new break-through weight loss medication.

Station Road, Newcastle Emlyn - Castell Newydd Emlyn SA38 9BX

01239 802802  
www.TeifiHealth.co.uk

Instagram, Facebook, Twitter icons

We offer a range of health MOTs, to identify health risks and to improve your wellbeing



**Health is Wealth**



Cryotherapy



Ear wax removal



Anti-wrinkle injections



Toe nail cutting

We also offer GP consultations, blood tests, Vitamin B12 injections HGV/Taxi medicals, travel vaccinations, ECG, chronic disease management (diabetes, asthma etc) and allergy testing.



01239 802802  
www.TeifiHealth.co.uk

## GLAMPING FIRM REACHES NEW GREEN HEIGHTS

A Pembrokeshire-based glamping company is turning punctured airbeds into stylish washbags and wallets, thanks to a forward-thinking sustainability partnership supported by Business Wales.

Nights Under Canvas, an award-winning, family-run luxury tent hire business, has launched a range of eco-friendly initiatives as part of its mission to reduce environmental impact. From weddings and festivals to staycations and corporate events, the company has long offered glamorous outdoor escapes — and now, it's proving that eco-conscious can be just as chic.

After signing up to Business Wales' Green Growth Pledge, owner Steven Bradley began working with Decarbonisation Adviser Sarah Gore to explore greener ways of doing business.

That included improvements to transport and logistics, waste reduction, local sourcing — and now, upcycling old airbeds



into unique, reusable products. Partnering with Ecoast, a Saundersfoot-based recycled goods retailer, and British upcycling brand Recycling Rachel, Nights Under Canvas is transforming damaged airbeds into a range of sustainable merchandise, including washbags, wallets, purses and

bumbags, all available in-store.

"I've always had a deep appreciation for the environment," said Steven. "Sarah's support has been invaluable, and we're thrilled to be cutting waste and giving tired materials a second life."

The Business Wales team also supported the business

## FeelGood SNIPPETS

with digital training, helping to improve its website, social media strategy and search engine visibility — all designed to reach new audiences while staying true to their green mission. Sarah Gore praised Steven's commitment to sustainability: "He's been passionate about reducing his environmental impact from day one. Nights Under Canvas is a fantastic example of how small businesses can make a big difference through sustainable thinking."

Business Wales, funded by the Welsh Government, offers free support and guidance to businesses across the country. To find out more or get help with your own sustainability journey, visit [www.businesswales.gov.wales](http://www.businesswales.gov.wales) or call 03000 6 03000. Rydym yn croesawu galwadau'n Gymraeg — we welcome calls in Welsh.

# sanZ



**Sanz is a family-run business in the heart of Fishguard stocking Women's, Men's & Children's fashion & Home & Gifts**

• New to Sanz: Chalk ladies fashion

• Also stockists of the hugely popular Jellycat soft toys - check out the latest Summer range!

• Hair Syrup - the Tik Tok viral hair oil from our lovely local girl Lucie Macleod.

• Also brands such as Joules, Weird Fish, Superdry, Goose Island, Mud & Water, Batela, Crocs, Reef, C-Skins Wet Suits, Caroline Gardner, Wild Olive, Coachhouse, IB Laursen and many more...

**T: (01348) 875445 • E: mail@sanZ.wales**  
17 West Street, Fishguard, Pembrokeshire SA65 9AL



**Discover Unique Gifts**

Find something special for everyone



**PERFUMERY  
GIFTS  
HOME**

In the shop and online  
[www.5quaystreet.co.uk](http://www.5quaystreet.co.uk)

**Opening Times**

Monday - Friday 10am - 5pm. Saturday 10am - 4pm

[5quaystreet@gmail.com](mailto:5quaystreet@gmail.com)

Facebook icon No.5 Quay Street

Instagram icon no.5quaystreet



**Ladies Boutique selling  
Clothing, Shoes & Accessories**



**Opening Times**

Tuesday - Saturday 11am - 4pm

Evening appointments available

[info@boutique1625.co.uk](mailto:info@boutique1625.co.uk)

Facebook icon Boutique 1625

Instagram icon boutique\_1625

Find us both at 5 Quay Street, Haverfordwest, SA61 1BG ~ 01437 763048



## SNIPPETS

### FRESH BREAD RETURNS TO MILFORD

Milford Haven is about to welcome the warm, comforting scent of fresh bread once again, as new artisan bakery Cariat Sourdough opens its doors this week at Milford Marina.

Founded by local baker Leah Ferris, the new venture launched on Tuesday, July 8, in the former café unit overlooking the waterfront. The bakery promises not only top-quality baked goods, but also a new foodie destination for locals and visitors alike.

Leah, who grew up in Milford Haven, has worked in the food industry her entire career including time spent as a pastry chef at Gordon Ramsay's Chelsea restaurant. What started as a lockdown hobby in her home kitchen quickly took off, thanks to her sourdough loaves and sweet bakes shared online.

"It began with a few weekend orders for friends," said Leah. "Before long, I had no room left in my kitchen!"



After leaving her role in product development at Puffin Produce, Leah began baking full time, quickly building a loyal following at local markets and food festivals often with help from her daughter, Olivia.

She also supplied sourdough to popular Pembrokeshire eateries including Nourish,

Martha's, and The Brewery Inn, building relationships with other local food lovers and small businesses.

The new bakery will offer a variety of handmade sourdough loaves, focaccia, pizza slices, and sweet treats like brownies and cookies.

Cariat Sourdough will

also stock a curated range of local and Welsh products, such as Bluestone Coffee, Pembrokeshire Gold rapeseed oil, El Salsa condiments, Gelato 44, and Heartsease Farm soft drinks.

"I've met so many brilliant producers at events," said Leah. "It's important to me to keep things as Welsh and local as I can. The bakery is about more than bread it's about community."

Cariat Sourdough held a soft launch during Milford Haven Carnival on Saturday (July 5), where passers-by welcomed the return of fresh, handmade bread to the town.

"There's no bakery in Milford at the moment, and so many people told me how much it's needed," Leah said. "This has been my dream for years and now it's finally real."

For updates, product announcements, and opening hours, follow Cariat Sourdough on Facebook.



## RNLI STORM FORCE MEMBERSHIP



For just £18/€22 per year you can help the children in your life discover the exciting world of lifeboats and lifeguards, and also how to keep safe at the coast. Our junior charity membership is heaps of fun, educational, and a great way to engage your children with the work of the RNLI. You'll also be supporting our lifesaving work. Every £/€ you spend as part of the membership will go towards saving lives sea.

### The perfect present for future lifesavers

Storm Force membership makes for an ideal gift for under 9s – but can be for anyone of course! Whether they are lifeboat lovers already, or you think

they would enjoy reading about exciting rescues and courageous people, gifting a Storm Force magazine subscription can inspire a love for lifeboats, the sea and water safety.

Plus, your gift will help fund RNLI lifeboat crews and lifeguards as they strive to save every one they can.

### What do children get from their Storm Force membership

When your child becomes a Storm Force member, they join a club of like-minded young people all keen to show



their support for the RNLI. As part of their membership, they will get:

### What you get from their Storm Force membership

Not only will a passion for all things RNLI be instilled in your children as they learn about the lifeboats, lifeguards and lifesavers of the charity. They'll also be taught important water safety skills that will last them a lifetime.

### Storm Force magazine

As part of your child's membership, they will receive Storm Force magazine four times a year. Packed full of thrilling rescue stories, fun facts, games and puzzles, Storm Force is our youth-focused charity magazine. Beautifully illustrated with fun and vibrant colours. Best of all – no adverts!

**"I love my storm force subscription there are fun activities in every magazine!"**  
Herbie 6



- a membership pack with an exclusive crew bag, pencil case, stickers and more
- four issues of Storm Force magazine – packed with real rescue stories, comics, fun things to make and do, water safety advice and competitions with cool prizes
- access to our online Crew Room, with great activities, exciting rescue videos and awesome extras

## SPECSAVERS HAVERFORDWEST

a locally owned multiple award winning practice

*"This practice is a blueprint for the future of community practice"*  
Opticians Awards 2022

- Advanced Eye Examinations
- Emergency Eye Care
- Advanced Contact Lens Care
- Low Vision Services
- Auditory Services
- DVLA Optician
- Wheelchair Friendly



Specsavers



01437 767788  
www.specsavers.co.uk

**THE SAINT BRIDES**  
- LITTLE HAVEN -

Situated opposite the car park in Little Haven, you will find the Saint Brides Inn, where home prepared and cooked food are offered, utilizing fresh local produce where possible and served in peaceful and tranquil surroundings, with the emphasis on good fresh food & friendly service

**ST BRIDES INN, ST BRIDES ROAD**  
LITTLE HAVEN, PEMBROKESHIRE. SA62 3UN  
01437 781266 - WWW.SAINTBRIDESINN.CO.UK

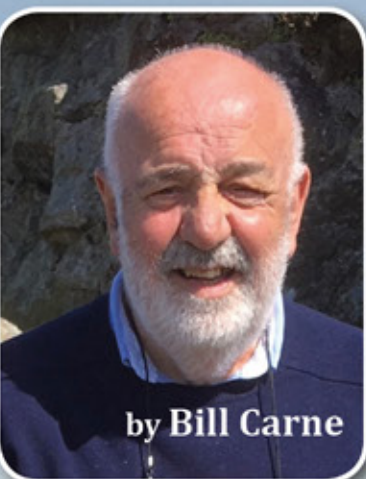
**The Lord Nelson**  
An exciting Boutique Hotel, Restaurant & Wedding venue

call us  
**01646 450445**

**Hamilton Terrace - Milford Haven - SA73 3AW**



# HOOKED FOR LIFE AT FOXHILL FISHERY



by Bill Carne

## FISHERFOLK!

Angling is recognised as one of the most popular participant sports across the UK and Pembrokeshire is no exception.

With an amazing number of anglers who enjoy trying to pit their wits against fish of all varieties from sharks off boats to kids who love to catch sticklebacks in small streams before moving on to more sophisticated forms that include fly fishing as one of the main disciplines in rivers or in fisheries across our county, who offer peace and tranquility alongside testing their wits against those of a range of species.

## 'HOOKED' AT A VERY YOUNG AGE

There is no finer example of this than the recently-opened Foxhill Fishery, just outside Camrose, established in style by Steve Evans, who hails from farming stock in Spittal and who first savoured the joy of using a rod and line by going down to Spittal Brook with his grandfather Ivor on quiet days on the family farm and trying to catch brown trout.

"From there it was on to the hunt for sewin on the Western Cleddau at St Catherine and Treffgarne Bridges," Steve told us, "and we couldn't wait for darkness to come because we might catch half a dozen in the pitch-black night - but we always had the unwritten rule that we would only take two home to enjoy eating the next day, so we were already converted to preserving the then-plentiful stock in the river."



## NOW LIVING A LIFELONG DREAM

Steve readily admits that he was literally 'hooked' from the start and now, almost 40 years later, he has achieved his dream by moving out of farming and recently opening his own Fishery at Foxhill, near Camrose.

And what an amazing place it is because his pond is spread over three acres and has 14 'pegs' from which those who are flocking there can try and catch the amazing number of almost 2,500 trout that are in the pond, rising in weight from three-pounders to monsters of 22 pounds!

They are superb specimens of rainbow, brown and blue trout, plus Spartic trout, which are a hybrid form of brook trout and Arctic char, which Steve assures us are not only hard to catch but put up an amazing fight that will test even the most experienced fly fishermen.

"They are supplied by Andy Norman, of Exmoor Nurseries, and we have taken great care to introduce them gradually so that they adapt to their new environment."

## GREAT FAMILY AND FRIENDS SUPPORT AND SO MUCH TO OFFER AT FOXHILL!

Not only does the facility have amazing views and an air of tranquility, it is also a haven for wildlife, with birds aplenty that have already drawn twitchers

from as far afield as Cardigan and Cardiff, plus loads of foxes, badgers and other small animals that make it a joy for others who just like to come and sit quietly, savouring the space that can only be good for mental well-being, but are also guaranteed a free coffee or tea that they can help themselves to.

The same facility is offered to anglers, who also can enjoy a free bacon roll if they arrive and register before 9.30am!

Steve has huge support from his family as his wife Caroline, plus parents Sue and Nigel, are fully supportive and his oldest son Josh also helps out when he can, plus a range of friends who include Richard, Lisa, Michelle and Carys, Bethan, Kylie, Ella, Jenny, Grace, Zoe, Dan and Aaron - with younger children William, Oliver and Abi already looking forward to the day when the family moves on site when their new lodge is built.

## SO HOW DID THE FOXHILL FISHERY COME INTO BEING?

"Like a lot of the best ideas it started almost by accident because we owned the land, which had a small pond that was naturally fed by underground streams - and one day we decided to clean it up a little, since we had all the machinery. But gradually we began enlarging it and using the excavated soil to build up the banks, and the seeds of the idea

of a fishery were germinated.

"After being granted planning permission we eventually included an area in the middle which is 28 feet deep to help the fish in the coldest and hottest times, and built the pegs from which anglers can move around and test their skills.

## IMPRESSIVE PARTNERSHIPS FORMED WITH FAMOUS PEOPLE - WHO ARE GREAT COUNTRYSIDE OFFICIONADOS

"We added toilets and, very importantly, we forged a strong partnership with Gareth Wyn Jones, who farms on the Carneddau Mountain in Snowdon, and has become a television personality as he has shown on S4C the tough life of a sheep farmer in the mountains.

He has also become a well-known advocate against some punitive measures against the farming community which have even taken him to the Houses of Parliament!

"Gareth is a fantastic person I became friendly with during and after Covid and I was delighted he could join us for our official two-day opening where he could promote the Ridge Line Clothing

Company, originally from New Zealand, which he has joined with me in selling at Foxhill - and provides an amazing range of outdoor

clothing for anglers and anyone else who needs protection from our weather.

"We also sell a range of rods, reels, line, flies and everything else that might be needed because we want to provide the ideal service to help those who visit us!

"Also attending was former Welsh Rugby international Scott Quinell and his wife Nicola who were promoting their lovely decorative candles from their 'Welsh and Natural Candles', which are on sale and could be great gifts to take home as a memento of a memorable day at Foxhill Fishery!

Coaching undertaken by PFAC - for schools and adults wishing to set out Steve has also linked with PFAC, the Pembrokeshire Federation of Angling Coaches who are already using the fine facilities to show children and adults with Additional Learning Needs the joys of fishing, and long-time coach Barbara Thorne told us,

"We have been made very welcome here at Foxhill and those we are coaching love the quiet ambience.

"We are very keen to promote our sport and have a number of qualified federation members, like Roger Pratt, John Codd, Andy Penton and Nica Prichard, who are happy to give tuition to total newcomers.

or those who feel they need to brush up on their skills after being out of action for a while."

Steve is already planning to hold fly fishing competitions and the facility has already received recognition at international level because the Home International Bank Championships (as opposed to angling from a boat) are to be held at Foxhill Fishery in October 2026, with the top fly-fishermen from Wales playing host to their counterparts from England, Ireland and Scotland.

## AND FINALLY...

In his younger days, Steve played rugby in a range of positions for Haverfordwest and The Buccaneers in Ireland, and also played cricket for some

the now defunct Spittal team (and still has his own bat!) - but now all his focus is on his fishery, where he has archived his dream of initially providing a facility for family and friends but was then persuaded to widen his scope to give others a chance to share such a great facility.

We spoke to an angler called Rhys from Ammanford who started fly-fishing after setting out with his father as a 12-year-old and now, 25 years on, that close bond is maintained because of those early moments shared between them.

He makes the three-hour round trip to Foxhill often as he can and we watched him catch some

rainbow trout, a brown trout and let a Spartic trout slide off his barbless hook whilst he told us about how good he thought Foxhill is, not only for its superb fish but the ambience of the place.

Rhys loves being there, no matter what the weather, and always returns his catch to the water - but anglers can also opt for what is known as 'catch and kill' tickets if they wish to take some fish home for supper!

After two short visits we can only agree and pay Steve Evans, his family and friends at Foxhill

Fishery no greater compliment - and we recommend a visit there for anyone who loves their fly-fishing! Or why not have a look at their brand new website, where you will find all the good stuff.

[www.outwearclothing.co.uk](http://www.outwearclothing.co.uk)





# FeelGood SNIPPETS

## FIRE STATION OPEN DAY DRAWS CROWD



Narberth Fire Station welcomed members of the public on Tuesday, July 22, as part of the town's annual Civic Week celebrations—offering a unique glimpse into the life and work of local firefighters.

The open day attracted a strong turnout from both residents and visitors, with guests of all ages enjoying a range of interactive activities, live demonstrations, and educational displays highlighting the essential role the fire service plays in protecting the community.

Children and families had the chance to climb aboard fire engines, handle real firefighting equipment, and chat with crew

members about their work. The hands-on experience proved popular, providing an informative and engaging day for all who attended.

A spokesperson for Narberth Fire Station thanked the community for its support, saying: "It was fantastic to see so many people showing an interest in what we do. We're grateful to everyone who came along and made the day such a success."

The event was one of many taking place as part of Civic Week, a much-loved tradition that brings the Narberth community together each year through a series of celebrations, activities, and local events.

## FOLLY FARM EARNS WELFARE SEAL



Folly Farm Adventure Park & Zoo has once again achieved recognition under the Animal Attraction Assured Scheme, reaffirming its status as one of the UK's top destinations for animal welfare and safe visitor interaction.

The Pembrokeshire-based attraction has successfully retained its certification through the National Farm Attractions Network (NFAN) for a second year running—an achievement that places it among only a third of farm attractions in the UK to meet this high standard.

The Animal Attraction Assured Scheme (AAAS) is designed to reassure visitors that certified venues are committed to animal welfare, public health, and biosecurity. It also confirms that

the attraction adheres to NFAN's industry code of practice, which is officially recognised by the Health and Safety Executive (HSE).

This recognition highlights Folly Farm's ongoing efforts to provide a safe and educational environment for families, while ensuring the wellbeing of its wide range of animals—from farmyard favourites to exotic zoo residents.

Visitors are reminded to follow hygieneguidance during their visit, particularly when interacting with animals. Regular handwashing is strongly encouraged to help protect both guests and animals. The certification is a testament to the hard work of the entire team at Folly Farm, and their continued commitment to excellence in both guest experience and animal care.

## BIG SCREEN WALTZ MAGIC



Fans of the world's most beloved violinist, André Rieu, can enjoy an unforgettable evening of music and romance as his 2025 Maastricht Concert: *Waltz the Night Away* arrives on the big screen at The Torch Theatre for two special screenings this August.

Captured live from the spectacular Vrijthof Square in Rieu's hometown of Maastricht, this all-new summer concert features stunning visuals, beautiful waltzes, and timeless melodies performed by Rieu and his renowned Johann Strauss Orchestra, the largest private orchestra in the world.

Known as the "King of Waltz," André Rieu has brought classical music to the masses, selling more than 40 million albums worldwide. His Maastricht concerts are famous for transforming the city square into a magical open-air ballroom, where audiences of all

ages can lose themselves in joy, love, and celebration.

"It's terrific that the Torch Theatre is screening two nights of this wonderful extravaganza," said Emma Cox of the Torch Theatre's Marketing Team. "André's screenings are popular worldwide, and his popularity with Torch Theatre audiences is no exception."

Whether you're a lifelong fan or a newcomer to his music, this cinematic event promises an uplifting, emotional experience. Bring someone special and enjoy one of the most romantic concerts of the year, right here in Pembrokeshire.

### Screening times:

Saturday 30 August at 7pm

Sunday 31 August at 2pm

Tickets: £20 / £19 concessions.

Visit [www.torchtheatre.co.uk](http://www.torchtheatre.co.uk)

or call the Box Office on

(01646) 695267 to book.

## BINGO NIGHT BOOSTS MAYOR'S CHARITIES



A bustling evening of bingo, laughter and generosity at Haverfordwest Cricket Club has raised £1,400 for the Mayor's chosen charities.

The Mayor's Bingo Night drew a full house, with residents from across the town packing out the venue for a lively evening of number-calling, prize-winning and community spirit. Organisers hailed the event as a "fantastic evening" that brought people together for a great cause.

Town Councillor Randell Izaiah Thomas-Turner, who attended the event, praised the

turnout, saying: "It was absolutely amazing to see the cricket club so full. It's community engagement and spirit like this that makes Haverfordwest the best in the west."

The funds raised will go directly to the Mayor's supported charities, helping to fund local projects and groups across the area.

The council added that events like this play a key role in strengthening community bonds and showcasing the generosity of Haverfordwest's residents.

**TREE MANAGEMENT**  
DOMESTIC  
COMMERCIAL  
SURVEYING

**VEGETATION MANAGEMENT**  
COMMERCIAL  
SPRAYING  
INVASIVE PLANTS  
CLEARANCE

**Birch  
UTILITY  
SERVICES**

**We are Specialists in  
Arboricultural Contracting**

LIKE US ON FACEBOOK

FOLLOW US ON INSTAGRAM

• 01437 765 997 • [www.birchutilityservices.co.uk](http://www.birchutilityservices.co.uk) •

The  
Bridal Boutique  
Narberth



**SAMPLE SALE NOW ON**

The Bridal Boutique 01834 862780

[www.bridalboutiquenarberth.co.uk](http://www.bridalboutiquenarberth.co.uk)

60 St James Street, Narberth, SA67 6DA

**MINDFUL  
MOMENTS**

BY SM BESPOKE CARE

TIER 2 & 3

DAY OPPORTUNITIES!

Aimed at adults with learning disabilities and based in the heart of Pembroke Dock, our day centre will be a fun filled place with various activities and events for all to enjoy!

Monday - Friday

9:30-3:30

Private  
& PCC Funded  
Welcome!

Activities & Events Include:

- Arts & Crafts
- Film Days
- Music & Dance
- Puzzles & Games
- Hourly & Daily Sessions
- Classes from My Moves Inclusive Dance
- Carers Support Groups

Lunch  
& Refreshments  
Included

To book your session, please get in touch by emailing  
[care@smbespokecare.co.uk](mailto:care@smbespokecare.co.uk) OR booking through Day  
Opportunities (DO-IT) App

30-32 Dimond Street, Pembroke Dock, SA72 6BT

Tel: 01646 563 587



# FeelGood SNIPPETS

## CALENDAR GIRLS - THE MUSICAL



The death of a much loved husband prompts a group of ordinary women in a small Yorkshire Women's Institute to do an extraordinary thing. Blasting away all preconceptions of what it is to be in a women's institute, they decide to do an artistic nude calendar to raise money for charity.

Upturning preconceptions is a dangerous business and none of them expect the emotional and personal ramifications, but gradually the making of the fabulous and funny calendar brings each woman unexpectedly into flower.

The true story of the Calendar Girls launched a global

phenomenon, a million copycat calendars, a record breaking movie, stage play and musical written by Tim Firth and Gary Barlow which coined the term "craughing" - the act of crying and laughing at the same time.

With unforgettable songs, every performance continues to add to the millions already raised for charity and also prove that there is no such thing as an ordinary woman.

**2nd - 4th September**

**Doors Open 6:45pm**

**Show Starts 7:30pm**

**Inc Matinee - Doors Open**

**1:45pm**

**Show Starts - 2:30pm**



www.alexlewisimotors.com

## ALEX LEWIS MOTORS

Pembrokeshire used car dealership offering a wide range of models and makes.



Salutation Square, Haverfordwest

01437 767444 / 07903 404056

alex@alexlewisimotors.com

## FAMILY FUN NIGHT SUPPORTS LOCAL CHARITY



A fun-filled family evening is set to take place at Clerkenhill Adventure Farm, all in support of local charity PATCH (Pembrokeshire Action To Combat Hardship).

The event, taking place later this summer, promises a lively and affordable evening out for all ages—with every penny raised going toward PATCH's vital work helping individuals and families experiencing poverty in Pembrokeshire.

Since its founding in 2008, PATCH has supported thousands across the county by providing free food parcels, clothing, and essential household items to those in need. This special event aims to raise funds to continue that work, while also offering a fantastic night of entertainment in a beautiful countryside setting.

Tickets are priced at just £6 for adults, £4 for children, and under-2s go free, making it an accessible and enjoyable evening for

families, friends, and supporters.

### What's included:

- Full access to Clerkenhill Adventure Farm, including frisbee golf and crazy golf
- Children's disco to keep little ones dancing
- A BBQ (small donations welcome for food)
- A raffle with prizes on the night
- All proceeds go directly to PATCH

Organisers are also exploring the possibility of a bus from Milford Haven to make it easier for more people to attend. Those interested are encouraged to email [lucywalwin@patchcharity.co.uk](mailto:lucywalwin@patchcharity.co.uk) to register interest.

It's a chance to support a great cause, enjoy an evening of outdoor fun, and make a real difference to those in need—right here in Pembrokeshire.

## FAMILY FUN EVENING

IN AID OF  
**PATCH**  
Pembrokeshire Action To Combat Hardship

**Friday 29<sup>th</sup> August 2025**  
**5:30pm-8:30pm**  
£6 PER ADULT £4 PER CHILD UNDER 2s FREE

Get ready for an evening of fun, making memories, and enjoying a wide range of fun-filled activities. Here's what you can expect:

Frisbee & Crazy Golf

Fun-Filled Play Areas

Farm Animals

BBQ

Disco

01646 699 275 SCAN QR CODE TO BUY TICKETS HERE:

## FeelGood SNIPPETS

A plan to install a summer house and garden shed in a wildflower and wildlife field near a Grade II-listed Georgian property in Wolfscastle has been given the green light by Pembrokeshire County Council.

At the council's planning committee meeting on July 29, members unanimously approved an application by Dr Andrew John Williams for the installation of a wooden shed/summer house at Ty Rhos House.

The structure will serve dual purposes—storing garden tools and offering a space for leisure activities such as reading, writing, and observing wildlife. It is to be located in a field on the property that has been carefully developed over the last four years to support biodiversity, including the planting of trees, wildflowers, and the growing of fruit and vegetables.

The chosen site sits over 100 metres from the main house and is not visible from it, minimising any impact on the historic setting. Although the shed

## GARDEN SHED APPROVED AT WOLFSCASTLE



may be lightly visible from a nearby road (around 26 metres away), this visibility is expected to reduce as surrounding vegetation matures.

In keeping with conservation principles, the shed will be built from sustainable materials and supported on a drybase system—avoiding the need for concrete foundations and

ensuring no existing trees will be disturbed.

An officer report concluded that the development would be in keeping with the character of the area and would have no adverse effect on the heritage value of Ty Rhos House. The report also confirmed that the proposal complies with the Historic Environment Wales

Act 2023 and relevant local planning policies, subject to conditions controlling the use of the building.

The recommendation for conditional approval was proposed by Cllr Brian Hall and unanimously supported by the planning committee.

## EVERYTHING YOU NEED FOR YOUR BATHROOM



WWW.TERRYSTILES.CO.UK

Proud to have one of the largest selection of tiles in Pembrokeshire  
**Mon to Fri : 9.00 to 4.30 - Sat 9.00 to 2.00 - Sun Closed**



**TERRY'S TILES 01646 601 121**

**Join us on Facebook for all our latest  
Tile and Bathroom Deals - Terry's Tiles**



**Honeyborough Industrial Estate,  
Neyland, Milford Haven. SA73 1SE**





## IVY BUSH Royal Hotel

### WEDDINGS AT



FIND OUR BROCHURE ON OUR WEBSITE

### AFTERNOON TEA

TREAT YOURSELF TO OUR DELIGHTFUL  
AFTERNOON TEA EXPERIENCE, AVAILABLE  
EVERY DAY FROM 2:30 PM!  
JUST £16.50 PER PERSON  
PROSECCO AFTERNOON TEA £23.50

### WHAT'S ON 2025

**DOLLY  
TRIBUTE**  
SATURDAY 23RD AUGUST  
£34.00pp  
2 COURSE DINNER  
7PM TIL LATE

**JERSEY BOYS**  
SATURDAY 18TH OCTOBER  
£34.00pp  
2 COURSE DINNER  
7PM TIL LATE



BRING YOUR PARTY TO IVY BUSH

SPEAK TO OUR EVENTS TEAM

A DOUBLE ROOM  
& 2 TICKETS!  
**£135.00**

## SUNDAY LUNCH CARVERY EVERY SUNDAY FROM 12.00PM - 2.30PM

**2 COURSE £21.00 • 3 COURSE £25.00  
KIDS £12.50 • TAKEAWAY £17.50**

11 SPILLMAN STREET, CARMARTHEN, SA31 1LG • 01267 235 111  
RECEPTION@IVYBUSHROYAL.CO.UK • WWW.IVYBUSHROYAL.CO.UK

**FFOS LAS**  
RASIO A DIGWYDDIADAU  
RACING & EVENTS



### 29TH OF JULY - FREE RACE NIGHT

Switch up your Tuesday with a relaxed day and some sporting action! Join us for an evening of racing in Ffos Las for an all-around fun atmosphere to share with friends and family.



### 22ND OF AUGUST - A GLAMOROUS GIRLS' DAY OUT

Planning a birthday or hen do? Ffos Las Racecourse's Ladies Day 2025 is the perfect opportunity for a glamorous girls' day out. Enjoy thrilling live horse racing, stunning fashion, and live music after racing! Featuring a special DJ set by Matthew Horne from Gavin and Stacey!



### 29TH OF AUGUST - FRIDAY AFTERNOON RACING

Brighten up your Friday with a touch of excitement and some sporting spirit! Join us for an afternoon of racing in Ffos Las for an all-around enjoyable atmosphere to share with friends.



### 9TH OF SEPTEMBER - AUTUMN EVENING RACING

Switch up your Tuesday with a relaxed day and some sporting action! Join us for an evening of racing in Ffos Las for an all-around fun atmosphere to share with friends and family.



Ffos Las Racecourse  
Trimsaran  
Carmarthenshire  
SA17 4DE

Racecourse Office  
01554 811 092  
info@ffoslas-racecourse.co.uk

Racing Hospitality  
01554 811 092  
hospitality@ffoslas-racecourse.co.uk





## Looking for real ales, hearty food, and warm welcomes?

Come on down to Butchers of Llanddarog, your local village pub full of character, flavour, and good company.

Whether you're after a quiet pint, a Sunday roast, or a lively evening with friends we've got you covered:

- LOCAL ALES & FINE WINES
- HOME-COOKED MEALS MADE WITH LOCAL PRODUCE
- ROARING FIRE IN WINTER, BEER GARDEN IN SUMMER
- LIVE MUSIC & EVENTS
- DOG-FRIENDLY & FAMILY-WELCOMING

Set in the beautiful countryside just outside Carmarthen, we're proud to serve the community (and lucky visitors!) with proper hospitality and great food.

**BUTCHERS OF LLANDDAROG – WHERE GOOD TIMES ARE ALWAYS ON THE MENU.**



**CAE PERSON, LLANDDAROG, CARMARTHEN SA32 8NS**

**PHONE US ON: 01267 275330**

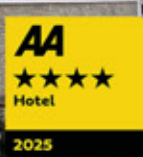


## The Diplomat Hotel

— Restaurant and Spa —

This iconic family run Llanelli hotel offers warm and generous hospitality with stylish decor and modern features. Our courteous and professional staff are on hand to help make your visit as pleasant and enjoyable as possible

- Weddings
- Sunday Lunch
- Spa Days
- Health Club
- Private Celebrations



Every Night is Steak Night

**TWO STEAKS FOR £55**

**f BOOK NOW 01554 756156 @**

reservations@diplomat-hotelwales.com • www.diplomat-hotel-wales.com

**The Diplomat Hotel, Felinfoel, Llanelli SA153PJ**



## FOUR CYMRU SADDLES UP FOR ROYAL WELSH

FOUR CYMRU, Wales' leading bilingual integrated media, creative, and communications agency, has been announced as a sponsor for the 2025 Royal Welsh Show—Europe's largest agricultural event.

A part of the global Four Agency Worldwide group, Four Cymru delivers integrated marketing campaigns across Wales, specialising in branding, creative design, and digital media across multiple sectors.

"We're proud to support the 2025 Royal Welsh Show—a landmark event that celebrates the agricultural heritage and vibrant culture of Wales," said Amelia Stevens, managing director of Four Cymru. "This sponsorship allows us to give back to our communities and highlight what makes Wales unique."

In addition to being a key sponsor of the overall event, Four Cymru will again support the Food and Drink Village—Gwledd—a brand the agency originally developed in 2023. "It's a privilege to see the Gwledd brand brought to life once again. We're looking forward to engaging with stakeholders and visitors throughout the show," Stevens added.

Held annually at the Showground in Llanellwedd, Builth Wells, the Royal Welsh Show



draws more than 200,000 visitors and is a major celebration of Welsh agriculture and rural life. The 2025 event promises a vibrant programme of competitions, entertainment, displays, and shopping experiences.

Four Agency Worldwide was co-founded by sisters Nan and Einir Williams, originally from Llanidloes in Mid Wales. Einir Williams, group managing director, recalled her personal connection to the show: "The Royal Welsh was a summer staple for us growing up. I even worked there as a teenager—one year selling ice cream! To now be

part of its future through our work at Four is a real privilege."

Nan Williams, group chief executive, added: "Supporting the Royal Welsh is both a celebration of Welsh culture and a strategic investment in rural enterprise. As Europe's largest agricultural showcase, it plays a vital role in the economic and cultural life of Wales. At Four, we champion Welsh businesses with a presence that extends from Cardiff and London to Abu Dhabi and Riyadh."

She continued: "Our sponsorship of the Food and Drink Village underscores our

commitment to amplifying the voices of local producers and promoting the future of food and farming across the UK and Europe."

Aled Rhys Jones, chief executive of the Royal Welsh Agricultural Society, said: "We're delighted to welcome Four Cymru as a sponsor. Their continued support is invaluable, and we look forward to working with them to create a memorable 2025 show."

For more about Four Cymru and its services, visit <https://www.four.agency>.

**DAIRYPOWER**  
EQUIPMENT  
SLURRY MANAGEMENT SYSTEMS

SINCE 1973

**01348 811184 - [rhys@dairypower.com](mailto:rhys@dairypower.com)**  
Unit 3, Celtic Link Industrial Park, Dwrbach, Fishguard, SA65 9RY

## Andrew Davies Agriculture Ltd.

- Agronomy Services
- Agri Chemicals
- Seeds
- Fertilizer



Preseli View  
Redlands Farm  
Hasgurd Cross  
Haverfordwest  
SA62 3UX

01437 781 150  
07836 211 268

**BORING FURNITURE? NOT HERE!**

**The Bay Furniture-Company-**

Where Style Meets Savings!

**HUGE SALE**

**MASSIVE SAVINGS**



Tired of the same old furniture? Step into our showrooms and explore a **huge selection of stunning household furniture**, all at **massive savings** - and best of all, available immediately!

From cozy couches to elegant dining sets, we have everything to transform your home.

We are open 7 days a week, Monday to Saturday 10am to 4pm and 10am to 3pm Sundays  
Come grab amazing deals and make your house truly perfect!

Beulah Road, Bryngwyn, Newcastle Emlyn, SA38 9QA Bridge Meadow Lane, Haverfordwest, SA61 2EX

## SECURE STORAGE CONTAINERS AVAILABLE NOW!

ONLY A FEW LEFT – SHORT & LONG TERM OPTIONS

- 20FT BLUE CONTAINERS
- SOLID GROUND YARD IN HAVERFORDWEST
- STAFF ON-SITE 7 DAYS A WEEK
- SECURITY FENCING FOR PEACE OF MIND



**CONTACT US TODAY: 07311 542880**



## PEMBROKESHIRE BEACHES AMONG UK BEST



**Whitesands and Saundersfoot Shine in The Times Best Beaches Guide 2025** Two of Pembrokeshire's most beloved beaches have earned national acclaim after being named in The Times Best Beaches Guide 2025, a prestigious list celebrating the very best of the UK's coastline.

Now in its 17th year, the guide saw travel writers explore over 5,800 miles of coast and review more than 750 beaches, with just eight in Wales making the final cut. Flying the flag for Pembrokeshire were Whitesands, near St Davids, and the vibrant harbour village of Saundersfoot: both praised for their natural beauty, visitor experience and unique coastal character.

golden sands, and dramatic views across Ramsey Sound. Described as a "spiritual location," the guide even linked the beach to Saint Patrick, suggesting this could be the very spot from which he set sail to Ireland in AD432.

Popular with surfers, walkers and beach-loving families, Whitesands balances rugged beauty with solid facilities. A nearby café, summer lifeguards, and access to the Pembrokeshire Coast Path make it a perfect blend of wild nature and visitor comfort — a beach that remains as rooted in legend as it is loved in the present.

#### Saundersfoot: A Seaside Star with Charm to Spare

Just as impressive in a different way is Saundersfoot, the lively and ever-popular harbour village on Pembrokeshire's southern coast. The Times praised its "easy-going atmosphere," family-

friendly beach, and increasingly popular food and drink scene. Add in dolphin-spotting boat trips, seafood suppers by the sea, and a growing buzz thanks to regeneration projects, and it's no wonder Saundersfoot made the list.

Its mix of modern charm and traditional appeal — along with easy access to nearby Tenby — helped the village stand out as a must-visit for families, foodies and beachgoers alike.

Wales Makes a Splash Although the overall top spot in the 2025 guide went to Portstewart Strand in Northern Ireland, Wales held its own, landing eight beaches in the final selection. Among them were:

- Shell Island, Gwynedd (regional winner)
- Three Cliffs Bay, Swansea
- Dunraven Bay, Vale of Glamorgan
- Mwnt, Ceredigion

- Aberdaron, Gwynedd
- Llanddwyn, Anglesey

#### Pembrokeshire's own Whitesands and Saundersfoot

Their inclusion reaffirms Pembrokeshire's reputation as one of the UK's premier coastal destinations, loved for its combination of scenic beauty, historic depth, and friendly atmosphere.

ATimelyBoostforLocalTourism Local tourism operators have welcomed the recognition, with one Pembrokeshire business owner telling us: "We love these beaches ourselves and to see them being recognised nationally is fantastic!"

With summer in full swing, the timing couldn't be better. Whether you're a first-time visitor or a lifelong local, this year's guide is a reminder that some of the UK's most spectacular shores are right here on our doorstep.



Michelle & Will pride ourselves on a friendly and welcoming pub. We can accommodate most people's needs

We are family run pub and have a great selection of Lagers, beers and cocktails on tap. We have a vast gin collection and a great spirit collection

## OLD CROSS SAWS INN

THE OLD CROSS SAWS  
**SUNDAY LUNCH**  
Food Served Monday - Thursday  
(12.00 - 1.00)

Open from  
Mon – Fri 12pm  
Sat & Sun 11:30am

## LIVE MUSIC

Saturday Night is  
Live Music Night

## THURSDAY BINGO!

• Eyes down 1:30  
Ended by 3  
Ty Hafan

## Karaoke

First Friday of the month

## SUNDAY LUNCH

Every week from 12 till 3

## LIONS SERIES

AUSTRALIA 2025

sky sports

Open 10:30  
For all Games!!

## HAPPY NIGHTS!

Monday All Day

Tues - Fri 12 till 2

Tues - Thu 7 till 9

Tuesday - SUPER MARKET SWEEP  
£1 per Ticket for a Shopping Voucher  
FREE JUKE BOX FRIDAYS!

## COCKTAIL NIGHTS!

Wednesdays  
& Fridays

PEMBROKESHIRE  
BUILDING & PLUMBING  
SUPPLIES LTD

Open 7 days a week

01646 695529

ENQUIRIES@PBPSLTD.COM



BUILDING  
DIY

PLUMBING  
BATHROOMS

OPEN 7 DAYS A WEEK

FREE EXPERT ADVICE

A COMPREHENSIVE RANGE AT COMPETITIVE PRICES

FAST AND RELIABLE DELIVERY

Find Us  
109 Main Street,  
Pembroke,  
SA71 4DB

Get in Touch  
01646 682475  
theoldcrosssawsinn@gmail.com

www.cross-saws.co.uk





**FOR ALL YOUR ROOFING NEEDS**

**COVERING ALL AREAS**

- NEW ROOFS
- REROOFS
- ROOF REPAIRS
- TILE & SLATE REPLACEMENT
- FLAT ROOFS
- GRP & FELT
- CHIMNEY REPOINTING
- CLADDING

**CHOOSE YOUR LOCAL ROOFING SPECIALISTS**  
**CONTACT US FOR A FREE QUOTATION OR ADVICE**

**CALL LEWIS ON**  
**07960 758 643**

## CLEVER CLOGGS

It doesn't matter if they are the daintiest of dancing shoes or the most rugged walking boots, bring them to us for re-soling, re-heeling, re-stitching and we will restore them back to their original glory

Our staff can make you a replacement or duplicate key in-store while you wait. We can copy existing keys if you require a spare set of keys

Trevor Adams  
Master Shoe Repairer

The Old Post Office  
Merlin's Bridge  
Haverfordwest  
SA61 1JJ

07564114292

## GREENS GLAZING

GLASS - DOUBLE GLAZED UNITS - MIRRORS  
 FASCIAS - SOFFITS - GUTTERING  
 WINDOW TRIMS - SEALANTS - FIXINGS - SHOWER  
 PANELS

Replacement **window & door**  
**hardware available at**  
**GREENS GLAZING**

- window mechanisms
- window handles
- window hinges
- door handles
- letter boxes
- euro cylinders



### CONTACT

01437 763001  
 sales@greensglazing.co.uk

Unit D, North Estate, Withybush Road,  
 Haverfordwest, SA62 4BS



# The Harp at Letterston



**Letterston, Haverfordwest. SA62 5UA**

**Call us - 01348 840061**

**www.theharpatletterston.co.uk**



FeelGood

ENTERTAINMENT

FeelGood

ENTERTAINMENT

HIGH VOLTAGE HITS AND ROCK 'N' ROLL THUNDER



Get ready to shake all night long as Live/Wire – the ultimate AC/DC tribute – crank up the amps and bring the thunder to town!

If you've ever dreamed of seeing AC/DC live in their prime, this is your second chance – delivered by a band of pro musicians who live and breathe the raw energy, power, and passion of the world's loudest rock 'n' roll legends.

Their explosive two-hour

show is packed with classics from both the Bon Scott and Brian Johnson eras – from the game-changing 'Back in Black' to 2020's 'PWR UP' – all delivered with authentic flair, bone-shaking volume, and yes, actual cannons.

Frontman Podge Blacksmith channels Brian Johnson with uncanny grit and growl, while Simon Davies shreds through Angus Young's solos in full schoolboy swagger. Add in Dan Mosley

holding down the Malcolm Young groove, Eddie Clark thumping Cliff Williams' bass lines, and Paul Alwin hammering the skins with Rudd-style cool and Slade-style power, and you've got a band that doesn't just play AC/DC – they become them.

With 20+ years of touring chaos behind them, Live/Wire are seasoned pros at turning any venue into a riotous, sweat-soaked rock show. So grab your air gui-

tars, warm up your vocal cords, and jump on board the Highway to Hell – because this isn't just a gig, it's a full-throttle rock 'n' roll revival you'll never forget.

Sat, 30 Aug 2025  
Presented by: The Queens Hall  
Event Style: 14+  
This is a Standing Event  
Doors Open at 7pm

QUACKERS RETURN TO SAUNDERSFOOT HARBOUR

Saundersfoot Harbour is set to come alive with colour, laughter and community spirit on Sunday, 10 August, as the second Duck Race of the summer takes to the water—all in aid of local good causes.

Organised by the Saundersfoot Rotary Club, this light-hearted and much-loved event promises a fun-filled afternoon for the whole family. With the weather forecast looking bright, it's shaping up to be the perfect day to head down to the harbour.

The race kicks off at 4:00 PM, when hundreds of cheerful yellow ducks will be released into the water, all racing towards the finish line. Spectators are encouraged to line the harbour and cheer on their chosen duck, hoping for a win—and a prize!

Ducks will be available to purchase from 10:00 AM on the day, at various points around the harbour. All proceeds from duck sales go directly to supporting local charities and good causes, helping those in need right here in the

community.

Prizes for the fastest ducks include:  
1st Prize: £50  
2nd Prize: £25  
3rd Prize: £10

Whether you're racing a duck or simply soaking up the summer vibes, come along and show your support. It's a great way to make a difference—and have a quacking good time while you're at it!



YOUR ONLY POINT OF CALL

**PIZZA POINT**

EST. 1983

www.pizzapointfishguard.co.uk

4 Main Street, Fishguard

01348 875544

TAKE A LOOK AT OUR EXCITING 2025 MENU!

www.pizzapointfishguard.co.uk

BRACE YOURSELF FOR THE BIG JURASSIC STORM LIVE!

Get ready to ROAR into action this summer as Dinosaur Adventure Live storms back onto the stage with an all-new, larger-than-life show — The Big Jurassic Storm!

Packed with thrills, laughs and awe-inspiring creatures, this exciting, interactive family event takes place for one day only on Thursday 24th July. If your little ones love dinosaurs, daring missions, and edge-of-your-seat excitement, this is an experience not to be missed!

The story kicks off when a satellite controlling the island's weather systems breaks down, unleashing a wild tropical storm that threatens to destroy the entire dino-inhabited island. Time is running out, and the only hope lies in finding a secret code hidden deep within the jungle to reboot the satellite and save the dinosaurs from total extinction. It's going to



take teamwork, courage, and a whole lot of roar-some energy to save the day!

Audiences can expect jaw-dropping animatronic dinosaurs, loveable baby dinos, brave rangers, and a fully immersive production packed with special effects, gripping storytelling, and heaps of prehistoric personality. It's

an adventure for dino-fans of all ages, combining theatrical magic with hands-on fun.

Want to get even closer to the action? Opt for Danger Zone tickets, which place you right in the heart of the adventure — close enough to feel the rumble of a stomping T-Rex or the rush of the storm.

And the excitement doesn't

end when the curtain falls! Stick around for a 15-minute post-show meet and greet, where young explorers can meet the rangers, get up close to the baby dinosaurs, and take the perfect selfie to remember their Jurassic journey.

Whether you're a lifelong dino lover or looking for an unforgettable family day out, The Big Jurassic Storm promises roars, thrills, and plenty of giggles along the way. So grab your explorer hats, round up your crew, and join the mission to save the island. The dinosaurs are counting on you — are you brave enough to face the storm?

Thursday 24th July 2025 |  
Torch Theater Milford Haven  
60-minute show + post-show  
meet & greet  
Tickets: £17.50 | £65 Family  
| Danger Zone: £20.50 | £77  
Family



<http://Theconnections.co.uk>



Make your wedding night extra special!  
Voted as one of the best wedding bands in Wales 2024.

Call us now

07974 790546



# SNIPPETS

## MANORBIER SCHOOL CELEBRATES



**Manorbier Primary School will host a vibrant Summer Celebration on Saturday (Jul 12), as the community rallies around the village school in the face of a proposed closure by Pembrokeshire County Council.**

The school, which has already overcome significant hardship—including a devastating fire in October 2022 that forced pupils and staff to temporarily relocate to Jameston Village

Hall—continues to demonstrate determination and unity. Now, with its future uncertain, the Friends of Manorbier Primary School are inviting locals and supporters to an event celebrating everything that makes the school a cherished part of village life.

The celebration will take place at The Giraldu Centre in Manorbier from 2:00pm to 6:00pm. Organisers say the afternoon will be packed

with entertainment, creative workshops, and community showcases for all ages.

Highlights include face painting, a pebble painting workshop led by one of the school's pupils, and displays from afterschool clubs including art, Minecraft, Welsh, and games. There will also be a local ancestry exhibit featuring a rare 1821 census, and a chance to learn more about the Ducklings Playgroup and Magpie Baby & Toddler Group.

Louis, the flamboyant creator of Happy Hippy Hair Ties, will return for a one-day appearance, while outside attractions include a bouncy castle, traditional games, and a visit from an ice cream van,

weather permitting.

Food and refreshments will be available throughout the day, including Cleo's Cakes, strawberries and cream, locally sourced veg, and family recipe booklets. A mini disco will close the event, following a storytelling session with acclaimed performer Phil Okweddy.

The Friends of Manorbier say the celebration is more than a fair—it's a show of support for a school that continues to thrive despite adversity.

Everyone is welcome to attend and show solidarity with the staff, children, and families who are determined to see Manorbier School survive and flourish in the years ahead.

## SUNSET CINEMA RETURNS FOR 2025



**Open-air movie magic is back as Torch Theatre's Sunset Cinema series returns for summer 2025, bringing Hollywood hits and family favourites to stunning locations across west Wales.**

In partnership with Pure West Radio, the season kicks off Saturday, July 26 with Top Gun: Maverick at Saundersfoot Harbour, followed by screenings at Pembroke Castle, Tr y Felin in St Davids, and for the first time—Cardigan Castle.

Expect crowd-pleasers like Toy Story, Grease, The Lion King, Wicked, and a special 18+ showing of Saturday Night Fever. Films will be shown on a high-spec outdoor LED screen, with early and evening slots to make the most of long summer days.

Artistic Director Chelsey Gillard said:

"We're thrilled to bring back Sunset Cinema to such iconic locations—there's nothing like watching your favourite films under the stars."

Highlights this year include: Cardigan Castle: Elvis, Toy Story, Saturday Night Fever (18)

Pembroke Castle: Harry Potter and the Chamber of Secrets, Wicked

Tr y Felin, St Davids: Pirates of the Caribbean

Rain or shine, most screenings will go ahead—only extreme weather will halt the show. Audiences are advised to dress for the conditions and check the forecast.

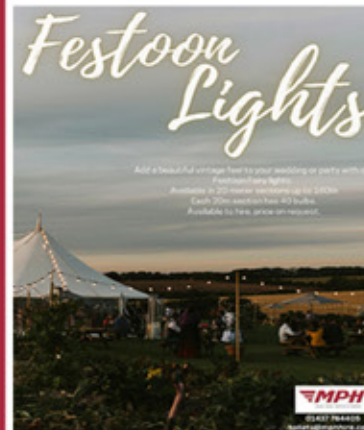
**Tickets: £12 advance  
£15 on the gate**

**Book at [torchtheatre.co.uk](http://torchtheatre.co.uk)  
or call 01646 695267.**

## Planning on getting married or holding an event in 2025?



MPH Hire have  
Luxury Toilet Units,  
Picnic Benches,  
Barrels, Patio  
Heaters and  
Festoon Lighting  
available to hire



**Give us a call on 01437 764405 to discuss your requirements**



PEMBROKESHIRE  
**HEARING**

**01646 428420**

BOOK ONLINE AT  
[PEMBROKESHIREHEARING.CO.UK](http://PEMBROKESHIREHEARING.CO.UK)

**HEARING TESTS - HEARING AIDS  
EARWAX REMOVAL**

**Award winning hearing care from Pembroke's  
only locally owned audiology clinic**

## WHY CHOOSE US

**Experienced Team**

**Specialist hearing care from our fully qualified and regulated audiologists**

**Competitive Price**

**We offer the highest quality hearing aids and aftercare services at the very best price, with payment plans and free trials available**

**Home Visits**

**If you're unable to visit us at our cosy waterfront clinic, home visits are available throughout all areas of Pembrokeshire**

**FINALIST  
2025**

MAKING WAVES ACROSS OUR REGION  
**SWANSEA BAY  
BUSINESS  
AWARDS**

HEADLINE PARTNER  
**Bevan & Buckland LLP**  
[WWW.SWANSEABAYBUSINESSAWARDS.COM](http://WWW.SWANSEABAYBUSINESSAWARDS.COM)



**Installers of UPVC and Aluminium Windows, Doors,  
Conservatories, Porches & Structural Alterations**



**Unit 9 Narberth Bridge Business Park,  
Narberth, United Kingdom, SA67 8RA**

**Call us on 01834 860807**

**[office@mmwindows.co.uk](mailto:office@mmwindows.co.uk)**





# FeelGood SNIPPETS

## MILFORD HAVEN WINS WORKPLACE HONOUR

The Port of Milford Haven has earned national recognition as one of the UK's Best Workplaces for Women in 2025, ranking among the top 100 of over 350 organisations evaluated.

Awarded by Great Place To Work® UK, the honour reflects outstanding feedback from staff, who praised the Port's commitment to inclusivity, wellbeing, and leadership development. Employees highlighted the organisation's strong safety culture, work-life balance, and family-friendly policies, describing the Port as both progressive and supportive.

One team member shared: "The social and wellbeing activities and the support offered by the Port is what makes it a great place to work."

Another added: "It's a physically safe place with a truly honest safety culture—I genuinely feel the Port cares about keeping us safe."

This recognition goes to organisations that go beyond

policies to actively promote gender balance, remove barriers to advancement, and foster inclusive workplaces where all staff can thrive.

Vidette Swales, HR Director at the Port, said:

"We're proud that our efforts to create a supportive, adaptable and inclusive environment are making a difference. From improving facilities to enhancing career opportunities, we're committed to championing diversity in every area of our work."

Today, women make up over 30% of the Port's workforce, with 39% of mid-management roles and 43% of senior leadership and board positions held by women.

The Port also supports SPARC, a regional initiative that promotes gender diversity in sustainable power, renewables, and construction. So far, it has reached more than 170 girls aged 12–13, helping inspire the next generation of women in maritime and engineering.

## ZOO-LA-LA BURLESQUE



A burlesque-themed charity evening is set to dazzle guests at Manor Wildlife Park this September, with organisers promising a spectacular night of food, feathers, and fundraising.

The event, aptly titled Zoo La-La!, will take place on Saturday 13th September 2025, and is inspired by the glitz and glamour of the Moulin Rouge. Guests can expect an unforgettable evening filled with live entertainment, stylish surprises, and plenty of sparkle.

Tickets are £55 per person and include a delicious meal, a welcome drink on arrival, and non-stop entertainment throughout the night. The evening will also feature opportunities to support the chosen charities through raffles and other fundraising activities.

The Herald understands that guests are encouraged to dress to impress, with burlesque

flair welcome and "top hat and tails optional." Whether you're channelling cabaret chic or vintage elegance, the night promises to be a visual treat.

All proceeds will go towards supporting Sands, the stillbirth and neonatal death charity, and Glangwili Hospital, both of which provide vital services to families across the region.

Organiser Hayley said the event is about creating a fun, vibrant and memorable evening while raising funds for two incredibly important causes close to many people's hearts. She can be contacted on 07811 924111 for bookings or further information.

The event will be held within the grounds of Manor Wildlife Park, near St Florence, providing a unique and enchanting backdrop for the evening's festivities. Early booking is strongly advised, as tickets are expected to sell out quickly.



## NEED A PLUMBER?

Contact Pembrokeshire's No 1!

**EXPERTPLUMBER**  
PEMBROKESHIRE.CO.UK



Toilet, Tap, Shower issues or other plumbing issues?



The Best Plumbers In Pembrokeshire Guaranteed!

We are not your regular do-it-all local plumbers  
We specialise in common household issues, and as a result we can offer excellent service and an affordable price

Each of our plumbers has over 20 years of experience and is a highly skilled and equipped specialist

# Telephone: 01646 824019

£ Low-Costs ⚙ Easy To Book ⌚ Comes On Time ★ 5 Star Rates 📍 Local Company ● Small Jobs

[www.expertplumberpembrokeshire.co.uk](http://www.expertplumberpembrokeshire.co.uk)



**Which?**  
Trusted Trader

UP TO £150 OFF YOUR EXCESS  
ON INSURANCE CLAIMS

HIGHEST RATED BODYSHOP  
IN PEMBROKESHIRE ON  
GOOGLE ★★★★★

[www.haworthautobody.co.uk](http://www.haworthautobody.co.uk) 01437 779911



Quay Street Yarns provides a welcoming space for all visitors who love to knit or would like to learn!

We sell yarn and equipment and accessories for knitters and crocheters as well as Haberdashery

7 Quay Street, Haverfordwest, United Kingdom  
Give us a call on 01437 531744



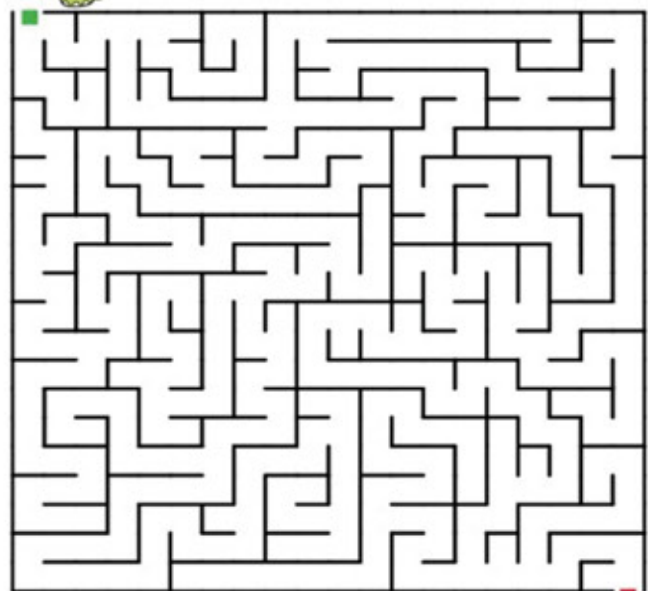
# KIDS FUN PAGE!

Find the 5 differences between these 2 pictures



## Dinosaur Maze

Help Mummy Dinosaur find her little baby!!



## Find the Insects!



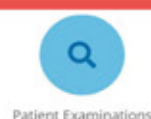
L	U	B	U	T	T	E	R	F	L	Y	L	P	I	P
C	H	A	O	E	M	P	U	E	S	E	H	W	R	R
E	O	E	C	I	T	S	S	E	W	M	O	O	P	S
N	R	Y	C	N	Q	N	G	B	N	O	T	T	G	Y
T	N	O	U	R	I	A	T	E	B	E	R	D	A	T
I	E	N	E	S	P	I	D	E	R	E	D	M	E	R
P	T	F	L	R	L	L	P	T	Q	A	M	O	T	H
E	D	R	A	G	O	N	F	L	Y	A	U	S	E	Y
D	L	B	D	Y	M	T	S	E	S	O	T	S	T	D
E	H	U	Y	W	A	S	P	H	I	E	Y	E	B	L
F	C	E	B	B	O	T	P	S	A	R	T	T	T	E
I	O	O	U	C	R	I	C	K	E	T	T	A	W	A
T	I	T	G	N	Y	E	O	L	W	I	E	N	E	N
U	O	C	N	T	E	M	O	S	Q	U	I	T	O	R
D	G	R	A	S	S	H	O	P	P	E	R	F	T	M

ANT BEE BEETLE BUTTERFLY WASP  
LADYBUG WORM DARGONFLY MOTH  
SPIDER HORNET MOSQUITO SNAIL  
CENTIPEDE CRICKET GRASSHOPPER



**BRAND NEW DENTAL PRACTICE**  
Appointments immediately available

- New patient
- Routine health check examinations
- Scale & Polish.



Patient Examinations

- Fillings
- Extractions,
- Root canal treatments
- Crowns



Routine Treatments

- Implants
- Veneers
- Partial to complete dentures
- Invisalign.



Advanced Treatments

### OPENING HOURS

Mon: 09:00 – 17:00  
Tues: 09:00 – 17:00  
Wed: 09:00 – 17:00  
Thurs: 09:00 – 17:00  
Fri: 09:00 – 17:00  
Sat: Closed  
Sun: Closed



Carmarthen Dental Centre, 72 Water Street, Carmarthen, SA31 1PZ  
PHONE: 01267 643370 EMAIL: reception@carmarthendentalcentre.co.uk

# £67!

## GAS/LPG BOILER SERVICE

By A Local Pembrokeshire Company



- 3hr Arrival Time Slots
- We Attend On-Time
- Instant Service Records
- Pay By Card
- 5-Star Google Rating
- All Major Brands
- Covers All Manufacturer Warranties

**GETABOILERSERVICE**  
**PEMBROKESHIRE.CO.UK**

- Gas & LPG Appliance Servicing
- Boiler & Heating System Maintenance & Repairs
- Hot Water System Maintenance & Repairs
- Radiators, Pipework, Hot Water Systems & More!

**01646 824018**

1A Dairy Park Grove, Milford Haven, SA73 3QB



**Freshly prepared homemade food in the heart of Pembrokeshire**  
We also cater for parties, Christenings, Birthdays, Staff Parties and much more!

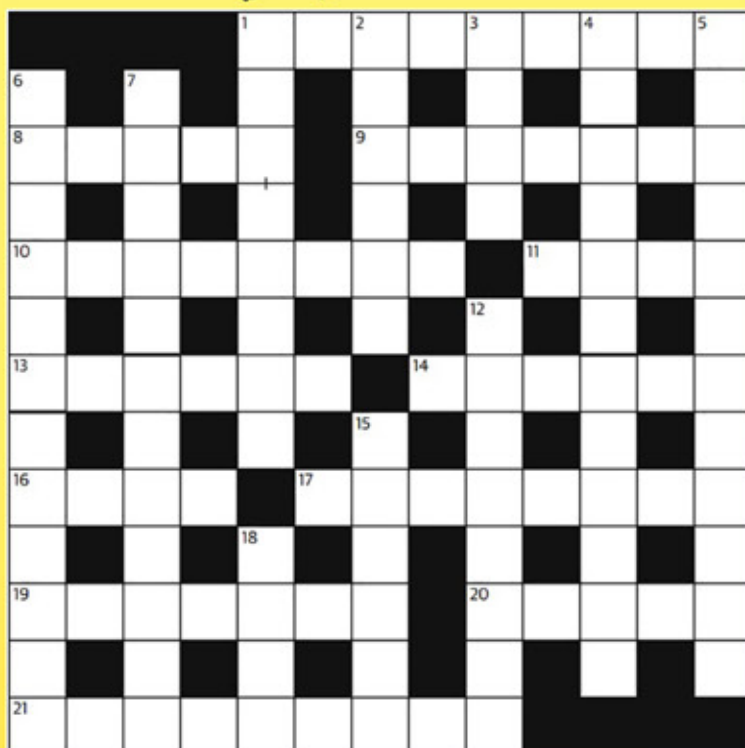


**Hundleton, Pembrokeshire SA71 5RD - 01646 685904**



# The FeelGood Puzzle Page

## Crossword



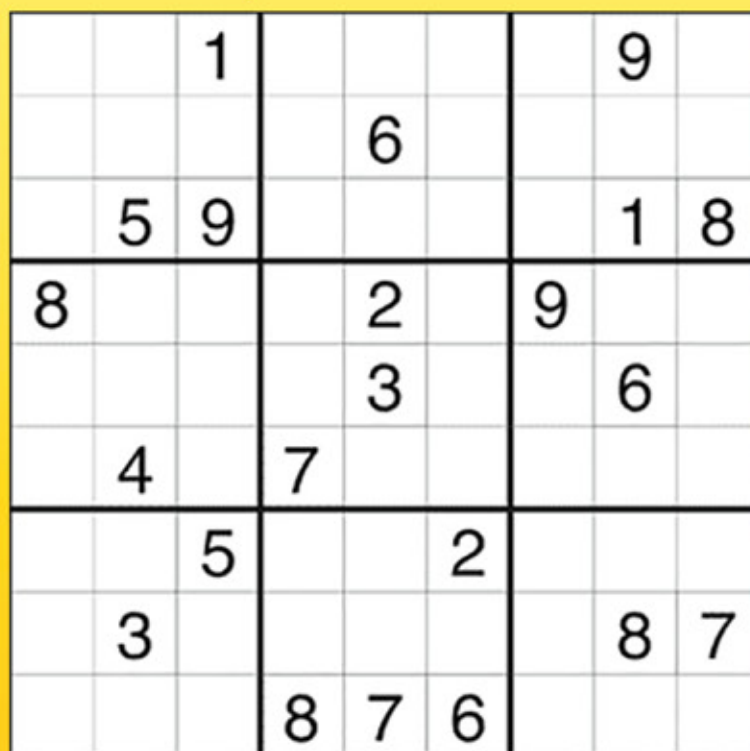
### Across

- 1 Do several things concurrently (9)
- 8 Deplete (3,2)
- 9 Blue or white cheese originally from Leicestershire (7)
- 10 Copied (8)
- 11 Unit of distance (4)
- 13 Mug (6)
- 14 Spice, mainly from Indonesia, made by grinding seeds of an evergreen tree (6)
- 16 River of the Yorkshire Dales (4)
- 17 Client (8)
- 19 Distended (7)
- 20 Lennox or Leibovitz? (5)
- 21 Unwilling (9)

### Down

- 1 Cartographer (3-5)
- 2 Diminish (6)
- 3 Part of the eye (4)
- 4 Now (2,4,6)
- 5 Nursery school (12)
- 6 Crosser of the Rubicon, 49 BC (6,6)
- 7 Author of The Hunting of the Snark (5,7)
- 12 Take away (8)
- 15 Old gold coin, worth 21 shillings (6)
- 18 Group of countries acting together (4)

## Crafty Sudoku



### Solutions for last issue

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

S	I	C	K	C	O	N	F	U	S	E	D
A	O	P	N	O	E	A					
P	O	M	P	O	U	S	L	O	C	K	S
L	B	U	H	I	T	H					
I	N	O	F	A	T	O	M	I	C		
N			F	K	O						
G	R	A	P	E	H	Y	A	C	I	N	T
S	M			G	A						
A	N	G	L	E	R	N	E	H	R	U	
P	E	O		O	V	U	L				
R	E	S	I	T	U	N	A	R	M	E	D
O	I	T	N	S	U	E					
D	I	A	M	O	N	D	S	T	S	A	R



**Pembrokeshire most trusted removal company!**

Local, Nationwide and International



*"Lloyd and Pawlett took all the stress out of my house move. The boys were brilliant!"*

Jane from Haverfordwest

*"Great service, careful, professional and caring. Thank you so much!"*

Brian from Pembroke

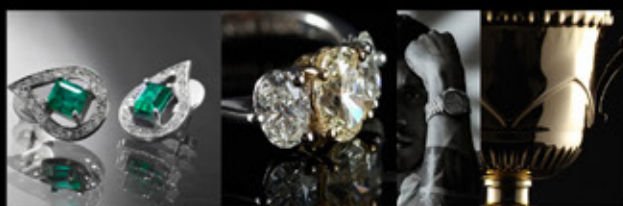
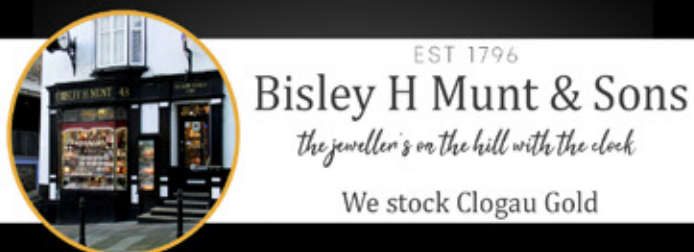
**Home Removals**  
Helping you move your belongings safely.



**CALL TODAY - 01646 690069**  
**WWW.LLOYDANDPAWLETT.CO.UK**



The Furniture Ombudsman



B H Munt & Sons is a well-established Jeweller's based in Haverfordwest. As a family-run business, we have been providing quality pieces of jewellery at reasonable prices since 1796. That's why we have gained a great reputation as a reliable jeweller in the local area. With the skills and knowledge in all aspects of jewellery making, we have the expertise to design and create exactly what you want.



**ANNWYL**  
The word annwyl, meaning 'dear', has its roots firmly established in Welsh cultural heritage. The Annwyl collection is influenced by the sentiments behind Welsh national pride, integrated with the 'Gelt' love for endlessly flowing wave patterns which have long been associated with Wales.



**MEN'S COLLECTION**

Whether for everyday or a special occasion, these expertly hand-finished rings are as versatile as they are unique. Contemporary yet timeless designs provide the reassuring features of every piece, ensuring they will be worn and cherished with pride.

Visit our shop in Haverfordwest to see our stunning collection of Gold, Silver and Diamond Jewellery, Rings and Earrings, Bracelets and Necklaces, Clocks and Watches, Trophies and Shields and other Spectacular Gift Ideas

43 High Street, Haverfordwest, SA61 2BN  
01437 763532  
www.bisleyhmuntandsons.co.uk



**prowaste** (Pemb) LTD  
Established 2000



**DRAINAGE & SEPTIC TANK SERVICES**

01834 814900 [prowaste@yahoo.co.uk](mailto:prowaste@yahoo.co.uk)  
[www.prowaste-pembrokeshire.co.uk](http://www.prowaste-pembrokeshire.co.uk)

**GO for it** Driving School  
**WITH EDWARD**  
"POSSIBLY" THE BEST  
OWN CAR TUITION  
IN PEMBROKESHIRE

PEMBROKESHIRE  
07968 739252  
[GFIEDWARD@GMAIL.COM](mailto:GFIEDWARD@GMAIL.COM)

**£30 PER HOUR**  
**£270 FOR 10 HOURS**  
**£1000 FOR 40 HOURS**



**JOE GEORGE ELECTRICAL**  
DOMESTIC / COMMERCIAL



07539 171684  
[JOEY.GEORGE86@GMAIL.COM](mailto:JOEY.GEORGE86@GMAIL.COM)

**Freestyle BARBERS**  
HAVERFORDWEST



01437 768974 - 64A Portfield, Haverfordwest  
[www.freestylebarbers.com](http://www.freestylebarbers.com)

01437 783 748

**West Wales Towing Centre**

Towbar and Trailer specialists  
with over 18 years of experience in the  
Pembrokeshire area



[www.westwalestowing.co.uk](http://www.westwalestowing.co.uk)

Unit 18b, Withybush Ind Est, Withybush  
Haverfordwest, Pembrokeshire, SA62 4BS

**Pembrokeshire tyres & MOTs**



Call in to see us today for all  
your mechanical needs!

The Old Coachworks, The Green, Tenby, SA70 8EU  
01834 849489 • Find us on Facebook

**G. Williams & Sons**  
MONUMENTAL MASONS



New memorials  
Large selection to  
choose from  
Marble • Granite • Slate

All types of monumental work  
undertaken including renovation  
re-gilding & house name plates.

High Street, Fishguard, SA65 9LJ  
Tel: 01348 872858 [fishguard@gwilliamsandsons.com](mailto:fishguard@gwilliamsandsons.com)

07794720391

**KP PLASTERING**

COVERING ALL ASPECTS  
OF PLASTERING AND RENDERING WORK

**Carningli Scaffolding 2002 Ltd**



Dont Hire Scaffolding Before Getting  
A Quote From Us!

[www.carningli-scaffolding-newport.co.uk](http://www.carningli-scaffolding-newport.co.uk)  
01239 821 075 / 07968 120 949

**FOCOMBE**  
AIR RIFLE & PISTOL SHOOTING RANGE

OPEN TO BEGINNERS,  
PROFESSIONALS AND GROUPS  
WITH BOOKING AVAILABLE.  
FAMILY FRIENDLY FUN FOR ALL.  
MANORBIER, TENBY, SA70 7TN  
01834 818475  
07932414679 • 07535996872  
[www.focombe-shooting.co.uk](http://www.focombe-shooting.co.uk)

All shooters must be aged 11+

**gwaun valley meals**



CUT TO ORDER  
OVERNIGHT DELIVERY  
READY TO COOK

3 St. Davids Road, Letterston,  
Pembrokeshire, SA62 5SF  
Tel: 01348 840838

ADEILADWAITH • BUILDING •  
**GETHIN DAVIES**



info@adeiladwaithgethindaviesbuilding.co.uk  
07585 004012  
Adeiladwaith Gethin Davies Building, Ceredigion,  
Llandysul, Blaenhoffnant, SA44 6ED

**H.R.Havard & Son**  
MONUMENTAL MASONS



New memorials  
Large selection to  
choose from  
Marble • Granite • Slate

All types of monumental work  
undertaken including renovation  
re-gilding & house name plates.

Perrots Avenue, Haverfordwest, SA61 2DX  
Tel: 01437 762751 [H.R.Havardandson@gmail.com](mailto:H.R.Havardandson@gmail.com)

**PHOENIX YARNS**  
[www.phoenixyarns.com](http://www.phoenixyarns.com)



01646 839230  
89 CHARLES ST • MILFORD HAVEN • SA73 2HA

**K Wareham & Sons**  
Loft & Garage conversions  
Carpentry & Extensions



We are based in Haverfordwest and have  
been a well established business since 1989  
All our work is guaranteed from New build  
to Kitchen fitting, Tiling to Stonework!

Please call - 07977 651737  
07487 686 857 / 07494 630 252  
[www.kwarehamandsonsbuilders.co.uk](http://www.kwarehamandsonsbuilders.co.uk) • [kevinjbuild@aol.com](mailto:kevinjbuild@aol.com)

**Ashmole & Co**  
Williamston House  
7 Goat Street  
Haverfordwest  
Pembrokeshire, SA61 1PX  
Telephone: 01437 765556  
Facsimile: 01437 767125  
[www.ashmole.co.uk](http://www.ashmole.co.uk)



**Matt Hughes**  
PROFESSIONAL DECORATING SERVICE

01437 763490 OR 07977 780589  
[MATTHUGHESDEC@HOTMAIL.CO.UK](mailto:MATTHUGHESDEC@HOTMAIL.CO.UK)

KEEPING PEMBROKESHIRE  
IN COLOUR  
FOR 25 YEARS!



**RED BUILDING SERVICES**

PROFESSIONAL AND AFFORDABLE  
BUILDING SERVICES  
A family business with family values



Here at RED, we have the expertise and  
experience to provide domestic building services  
in all shapes and forms! You can rely on RED!

CALL US ON 07970 153161  
[www.red-building-services.co.uk](http://www.red-building-services.co.uk)  
[redbuildingservices@gmail.com](mailto:redbuildingservices@gmail.com)

**Lush Wines**



07806 722804

INDEPENDENT WINE MERCHANT. PASSIONATE.  
MAYBE A LITTLE OBSESSED ABOUT THE WINES WE SELL!

[www.lushwines.co.uk](http://www.lushwines.co.uk) [alastair@lushwines.co.uk](mailto:alastair@lushwines.co.uk)



# LOCAL SERVICES

**GRD**  
Carpentry & Construction  
+ Mini Digger Hire

Delaneygr@googlemail.com

**CALL US ON 07809 480394**



**HAVERFORDWEST  
AUTOCENTRE**

MOTORSPORT PREPARATION • GENERAL REPAIRS  
MOT • DIAGNOSTICS • SERVICING

*All Makes & Models*

Tan Bank, Prendegast, Haverfordwest  
**Call 01437 762323**

**C&I**  
BATHROOM AND WET ROOM  
SPECIALISTS

COMBINED 40 YEARS EXPERIENCE  
IN THE INDUSTRY  
CALL CRAIG OR IAN NOW FOR  
A NO OBLIGATION QUOTE

**CRAIG : 07869 652935 • IAN : 07900355069**



**Kelsion  
Boarding  
Kennels & Cattery**

Telephone  
**01239 623755  
07717754874**

VIEWINGS WELCOME BETWEEN 9AM AND 5PM  
**NO APPOINTMENT NEEDED**




**DAVID REES**

FENCING & CONSTRUCTION  
TEL: 01437 731 308 - MOB: 07875 109 776  
EMAIL: accounts@davidreesfencing.co.uk

For all your fencing needs specialising in stock fencing,  
domestic and commercial fencing.  
Enquiries welcome from new and old customers.

**FLEETWOOD  
Groundworks**

TELEPHONE: 07487785195  
EMAIL: mathewfleetwood@hotmail.com



**HAVEN ELECTRICAL SERVICES**

FOR ALL YOUR ELECTRICAL NEEDS. FROM EXTRA SOCKET OR LIGHT,  
FUSE BOARD CHANGE, KITCHEN RE-WIRE TO FULL RE-WIRE, NEW  
BUILDS, P.A.T. TESTING, INSPECTION AND TEST. NICEIC  
REGISTERED. RING TOM NOW FOR A FREE QUOTE

**32 HAVEN ROAD, HAVERFORDWEST - 07855 315141**



**NH  
ELECTRICAL**

Domestic & Commercial Installations  
Electrical Testing

**07972 180 885**  
nathan.nhelectrical@gmail.com



**D&O  
CONSTRUCTION  
PEMBS LIMITED**

BEAUTIFUL HOMES IN PEMBROKESHIRE - CALL US NOW ON:  
01348 881786 • Wayne: 07825132785 • Alan: 07970493214




**Aberporth**  
HolidayCottages.co.uk



We offer 3 modern self catering holiday cottages  
in Aberporth, all overlooking the beach  
and with sea views over Cardigan Bay



Just a few steps down to the  
beach. No roads to cross!



Dog friendly holiday cottages in  
Aberporth. Pet Free cottage also available.



All cottages have 3 bedrooms  
plus a cot & 2 bathrooms.

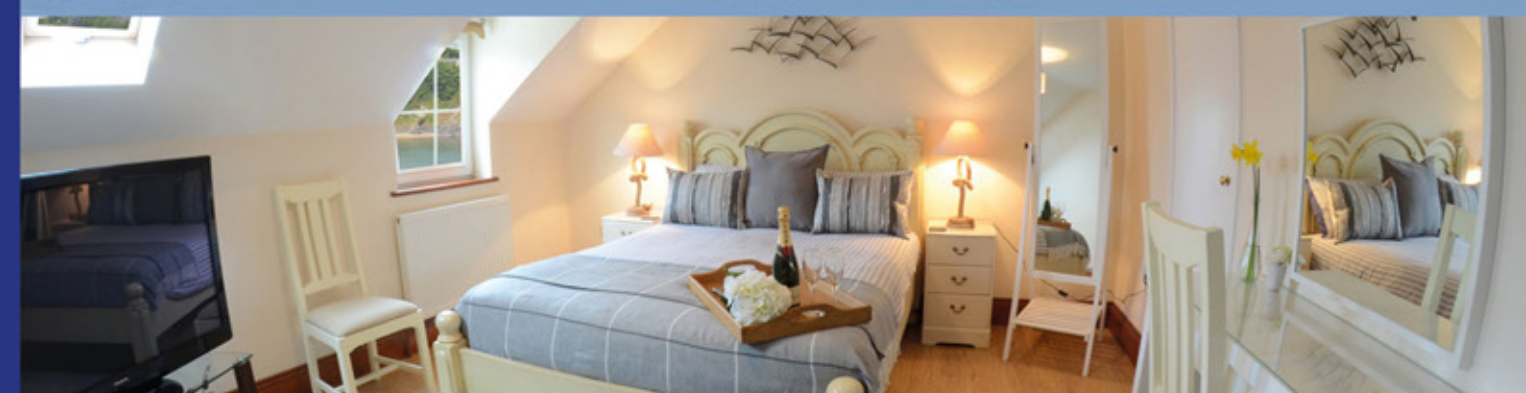


A great selection of food &  
drink on your door step.

**Call us: 07970 637705 or 01239 810215**



[www.aberporthholidaycottages.co.uk](http://www.aberporthholidaycottages.co.uk)





www.sharethecarewithlaura.co.uk



**"YOU HAVE TWO HANDS, ONE TO HELP YOURSELF AND ONE TO HELP OTHERS"**

**Providing Person-Centred Care to help individuals live well in the community!**

- Personal Care & Support
- Companionship
- Respite
- Socialisation
- Chaperoning to Appointments
- Meal Preparation
- Medication Support
- Meals on Wheels
- Over-Night Care

Contact us 01437 805165  
sharethecarewithlaura88@outlook.com  
Facebook.com/sharethecare88

## FeelGood SNIPPETS

### PEMBROKESHIRE SCHOOL WINS INTERNATIONAL AWARD



**Prendergast CP School in Haverfordwest is celebrating after being awarded an internationally acclaimed eco-award.**

Prendergast CP School has been awarded their third Green Flag Award thanks to the environmental education programme, Eco-Schools.

Eco-Schools is an international programme run in Wales by environmental charity, Keep Wales Tidy and funded by the Welsh Government. Over 90% of schools in Wales are registered on the programme.

The Eco-Schools programme inspires and empowers pupils to be leaders of change in their community, helping them learn about sustainable living and global citizenship while giving them the information and support they need to make changes that will benefit their school, local environment and wider community, such as reducing waste, energy consumption, transport, healthy living and litter issues.

As part of their Eco-Schools assessment, Prendergast CP School undertook an ambitious and wide-ranging biodiversity project to transform the school grounds into a richer habitat for wildlife.

Pupils and staff worked closely with local and national organisations, including the Darwin Centre, who supported the school in carrying out extensive biodiversity surveys and helped to plan the project; the Pembrokeshire Nature Partnership, who provided expert advice and guidance; and Keep Wales Tidy, who supplied vital resources and support through their Supersize Development Package.

The school also shared ideas and good practice with another

local school during the planning process. With the help of these partners, pupils planted large areas of pollinator-friendly native plants and wildflowers, enhanced existing habitats and created new spaces to support insects, birds and small mammals. The pond area was significantly improved to encourage greater biodiversity and provide inspiring outdoor learning opportunities.

In addition to the biodiversity work, the school established a Big Bocs Bwyd 'Pay As You Feel' shop to help reduce food waste, improve access to nutritious food and support the wellbeing of families.

The initiative has also created opportunities for parents to get involved in food growing, cooking and enterprise activities. Other projects included promoting active travel to school, organising regular litter picks, introducing composting for food and garden waste and installing a water butt to collect rainwater for the school garden. These actions are helping pupils build practical skills and confidence while learning about sustainability and their role in caring for the environment.

Ms Louise John, head teacher of Prendergast CP School, said:

"We are incredibly proud to have achieved our third Green Flag award through Eco-Schools Wales. This recognition is a testament to the passion, hard work, and commitment of our pupils, staff, and wider school community in caring for our environment. It reflects our ongoing dedication to sustainability and empowering our children to make a real difference, both locally and globally."

For more information on the Eco-Schools programme, visit: [www.keepwalestidy.cymru](http://www.keepwalestidy.cymru)

## FeelGood SNIPPETS

Preparations are coming together well for THE 2025 Pembrokeshire County Show, the largest county agricultural show in Wales.

The event promises a fantastic two days of livestock, competitions, attractions, trade stands and much more.

Discounted tickets for the show, taking place on Wednesday and Thursday, 20 & 21 August, are available to purchase online until midnight on Tuesday, 19 August. Adult tickets are £17, children (aged 5-16) are £8, and under 5s and carers go free. Visit [www.pembsshow.org](http://www.pembsshow.org) for more information.

Bringing the annual event to life is no small task and involves a tremendous effort from the dedicated staff, volunteers, Directors and Trustees of Pembrokeshire Agricultural Society. The Society is truly grateful to everyone involved for their commitment and support.

A special thank you goes to the show's sponsors. Pembrokeshire Agricultural Society is proud to work alongside many valued local and long-standing sponsors

## ALL EYES ON THE COUNTY SHOW



whose backing makes the show possible.

Mike Davies, Chairman of the Board of Trustees, said: "Sponsorship and Pembrokeshire County Show have gone hand in hand for many years. Our sponsors benefit from fantastic promotional opportunities—from banners and announcements to

naming rights for show rings, buildings, equine and livestock classes. We are incredibly thankful for their ongoing support. Without them, the show would not happen."

Corporate sponsors for this year's County Show include: Castell Howell Foods Ltd, NFU Mutual Pembrokeshire, Welsh

Government, J E Lawrence & Son, Eurofarm Wales, CCF Ltd, Castle Morris Equine & Pets, Puffin Produce/Pembrokeshire Creamery, and Valero Energy Ltd. Sincere thanks are also extended to Fenton Vets, who will once again provide onsite veterinary support.

## THE PEOPLE'S GYM

All under one umbrella at S7 playground

- 24/7 access
- NO Booking system
- No time limit on sessions
- Male & female instructors & personal trainers
- Biggest variation of fitness classes in Pembrokeshire
- Memberships to accommodate all
- Disabled access & amenities
- Shower & changing facilities
- Private fitness room
- Cardio area
- Olympic free weights area
- Functional area
- Strongman/Woman equipment
- 25m 5 lane Sprint track
- CrossFit rig / area
- Hairdressers/Barbers
- Physiotherapist/ Sports Therapist



#ThePeoplesGym

**Brand new 24/7 fitness facility  
Over 120 classes a month  
Most versatile gym in West Wales  
Sign up today via our website**

**[www.s7fitness.co.uk](http://www.s7fitness.co.uk)**



**S7 Fitness, Withybush Industrial Estate,  
Haverfordwest, SA62 4BN**



# AUTOMOTIVE TRENDS TO WATCH FOR 2025

The automotive industry is in the midst of a transformative shift, with 2025 set to be a landmark year for innovation and sustainability. As technology continues to evolve at a remarkable pace, manufacturers and technology giants alike are redefining what's possible on our roads. From the ongoing rise of electric and autonomous vehicles to major advancements in artificial intelligence (AI), connectivity, and environmental stewardship, the future of transport is fast approaching.

Whether you're a dedicated car enthusiast or simply curious about what lies ahead, these developments are set to reshape the driving experience and the industry as a whole.

## ELECTRIFICATION

The move towards emissions-free personal transport relies heavily on the electrification of drivetrains. A crucial driver of this change is the need to reduce local pollutants—modern electric vehicles (EVs) produce significantly lower emissions, dust, and noise than their petrol or diesel counterparts. Moreover, the global push for sustainability means that truly emissions-free mobility will require EVs to be powered by renewable energy sources, enabling fully carbon-neutral transport.

In 2023, one in every four BMW vehicles registered in the UK was fully electric. And in July 2024, BMW surpassed Tesla in total vehicle sales across Europe—a milestone for the brand. BMW has confirmed that its flagship Munich plant will begin production of the Neue Klasse EV range in 2026. By the end of 2027, the site will exclusively produce all-electric models, making it the first

facility in BMW's global network to complete a full transition to electric manufacturing.

Meanwhile, the iconic MINI Plant in Oxford is also undergoing major changes. A £600 million investment across both the Oxford and Swindon sites is setting the stage for all-electric MINI production in the UK by 2030, underlining BMW's commitment to a greener future.

## AUTONOMOUS DRIVING

The development of self-driving technology is expected to progress steadily, with initial deployment focused on well-defined, urban environments. City centres, with their predictable traffic patterns and supportive infrastructure, are likely to be the first areas where autonomous driving is introduced at scale.

Forecasts suggest that the rollout of self-driving passenger vehicles on UK roads could save an additional 3,200 lives and prevent 53,000 serious accidents by 2040—generating an estimated £38 billion boost to the UK economy. Public attitudes are also shifting, with 29% of adults in the UK already open to using automated passenger services. Among Generation Z, interest is even stronger, with 44% indicating a willingness to embrace this technology.

## CONNECTIVITY

The global connected car market, currently valued at around \$103.24 billion, is projected to grow to \$191.83 billion by 2028.

As 5G networks and the Internet of Things (IoT) continue to expand, vehicles are becoming more connected than ever before. Collaborations between automotive manufacturers and tech firms are transforming cars into integrated digital platforms. These connected vehicles are playing an increasingly important role within the wider IoT ecosystem, with more than 400 million connected cars expected to be in operation by 2025—up significantly from 237 million in 2021.

## MICROMOBILITY

With urban areas facing growing congestion and environmental pressures, micromobility is emerging as a practical and sustainable solution for last-mile travel. Bicycles, scooters, and electric micro-vehicles offer convenient and eco-friendly alternatives to conventional transport.

Projections for the global micromobility market suggest a potential value of between £235 billion and £395 billion by 2030, with Europe, China, and the United States leading the way. The trend is gaining momentum—nearly half (46%) of

respondents in a recent McKinsey consumer survey indicated they would consider using alternative modes of transport over the next decade. This growing interest reinforces micromobility's position as one of the most dynamic sectors to watch in 2025.

## THE AI REVOLUTION

Artificial intelligence (AI) is now at the heart of digital transformation across industries, and the automotive sector is no exception. AI is powering innovation, enhancing efficiency, and changing the way people and businesses interact with vehicles.

In motoring, AI is enabling greater personalisation—aligning vehicle features and functions with individual drivers' habits and preferences. Some manufacturers are already using AI-powered "Recommendation Engines" to help customers design vehicle configurations tailored to their specific tastes. This level of personal customisation demonstrates AI's potential to turn the car into a truly personalised extension of one's lifestyle.

The future of the automotive world is electric, autonomous, and connected. At Williams Group, our story began in 1909 as Williams Wheelwright Works—repairing horse-drawn vehicles for the London and North Western Railway. Over the decades, we've continuously evolved and embraced change—an enduring trait that underpins our success today.



**AR**  
AUTOMOTIVE

01348 218641  
ARAUTOMOTIVEWALES@GMAIL.COM

**SERVICING & REPAIRS - TYRES**

**EXHAUSTS WELDING & FABRICATION**

**BATTERIES WHEEL ALIGNMENT DIAGNOSTICS**





**Wern Road Motors**

With their vastly experienced team in both sales and mechanical work, you can be assured that you will be in the best possible hands at Wern Road Motors

01348 872726 - Goodwick, Fishguard

Wern Road Motors have been established since 1983 and have built up a reputation for supplying top quality cars at the best possible prices.





**MILLFORGE**  
Garage LTD



24 hour light and heavy breakdown and recovery service

Car and commercial workshops

Class 4,5 & 7 MOT testing station

Stockwell Rd, West Llanion SA72 6TQ 01646 684599



**T&S MOTORS**  
JOHNSTON 01437 890199

Local family run business for all your vehicle repairs

SERVICING • MOT REPAIRS  
DIAGNOSTICS • WELDING • TYRES  
PARTS AND ACCESSORIES

ALL AT VERY COMPETITIVE PRICES





**JACKS VEHICLE REPAIRS**



Big or Small I Fix them All


Tel: 07359 172364  
Email: [jacksvehiclerepairs@outlook.com](mailto:jacksvehiclerepairs@outlook.com)  
Facebook: Jacks Vehicle Repairs  
Online: [jackvehiclerepairs.com](http://jackvehiclerepairs.com)



**Thornton Motors**

T : 01646 663866 M : 07976 563424  
[info@thorntonmotors.co.uk](mailto:info@thorntonmotors.co.uk)

Unit 16/Thornton Ind Trading Est, Milford Haven SA73 2RR



**fix AUTO**  
COLLISION

Collision Repair

Dent Repair and Removal

Paint Scratch Repair

Vehicle Diagnostics After an Accident

Car Air Conditioning

Alloy Wheel Repair

Welcome to Fix Auto Pembrokeshire

Fix Auto Pembrokeshire is your local, trusted, car body repair centre, offering expert, high-quality repairs for all makes and models.

We're part of the Fix Auto UK network, which has over 110 independently owned repair locations across England, Scotland, Wales, and Northern Ireland and is rated 'Excellent' on Trustpilot by thousands of happy customers.

Choose Fix Auto UK for reliable, professional accident repair services that are rated 'Excellent' on Trustpilot. With over 30 years of experience in the industry, our unwavering commitment to quality and customer satisfaction sets us apart. Our expertise in bodywork and comprehensive service approach makes us a trusted choice for your car body repair needs.

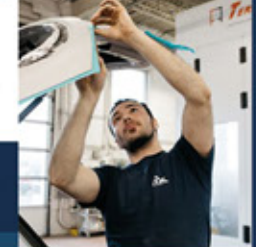
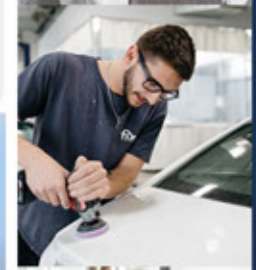



**fix AUTO**  
COLLISION

Unit 6, East Estate  
Haverfordwest, Pembrokeshire SA62 4BW

Phone: 01437 762642

E-Mail: [pembrokeshire@fixauto.co.uk](mailto:pembrokeshire@fixauto.co.uk)







# Letterston

## PART-WORN AND NEW TYRES



## GREAT TYRES AT GREAT PRICES



# CALL: 07592 450131

Pembrokeshire's Reliable Part-Worn and New Tyre Centre

Old Station Yard (Opposite CCF), Letterston, SA62 5RY

and finally...

In a celebration to unite sport, sustainability and tourism, Long Course Weekend (LCW) has joined forces with Transport for Wales (TfW) to rebrand Tenby Train Station as "The Home of Long Course Weekend".

This unique collaboration forms a cornerstone of LCW's Sustainability Strategy, encouraging thousands of participants and supporters to travel to Tenby by train – not just for the event itself, but for training breaks and year-round holidays in one of the UK's most scenic regions.

Founded in Tenby in 2010, Long Course Weekend has grown into a global endurance festival with editions in New Zealand, Australia, Belgium, the Netherlands, Mallorca and Yorkshire. Despite its international reach, its heart firmly remains in Wales – drawing 50,000 visitors to Pembrokeshire for the event weekend generating over 160,000 bed nights annually and contributing millions to the local economy.

Now, 15 years on, LCW continues to focus on its local roots by transforming the gateway to the event – Tenby Train Station – into a branded celebration of sport and community. With services to the hotspot town increased for the upcoming summer season, now is the perfect time to visit this popular coastal destination.

## LONG COURSE WEEKEND AND TRANSPORT FOR WALES UNVEIL TENBY STATION REBRAND



"It's incredible to see how far LCW has come but Tenby is, and always will be, our first home. Partnering with TfW helps us open the door to a more sustainable future, inviting athletes, families and visitors to arrive in style and reduce their environmental footprint. To have more trains to Tenby

over the summer is incredible for Tenby and Pembrokeshire in its drive to become a global sustainable travel location."

— Matthew Evans, Founder, Long Course Weekend

"We're thrilled to work with LCW to celebrate what makes Wales great

— from world-class sporting events to stunning destinations like Tenby. By encouraging rail travel, we're helping to support a cleaner, greener Wales while welcoming thousands to a truly iconic location."

— Victoria Leyshon, Partnership Marketing Manager, Transport for Wales

"It's great to hear about the huge strides made by Long Course Weekend and Transport for Wales — from the new LCW branding at Tenby Railway Station to the hard work behind the scenes improving local transport links and easing congestion. Most importantly, it's fantastic that Transport for Wales will be running more frequent and improved local services throughout the summer. We are looking forward to another brilliant Long Course Weekend and to continuing work with both organisations — for the benefit of visitors and, most importantly, the residents of our town."

David Morgan — Mayor of Tenby

"We are delighted to see the efforts of long course weekend and transport for Wales, driving a sustainable option for athletes year-round to Tenby. It's these types of innovative working partnerships that we love to celebrate!"

Cllr Sam Skyrme-Blackhall - Tenby.

## MIKE HOWLIN MOTORS LTD

The 1<sup>st</sup> choice for a quality service  
www.mikehowlinmotors.co.uk • 01437 899355



## M.O.T from £54.85

Our modern, appointment only, one man testing station is available for testing at the following opening times:  
Monday – Friday 8.30am until 5.30pm Saturday 8.30am until 1pm

RING **01437 899355** TO BOOK AN APPOINTMENT  
(Please have the make, model and registration number of your car handy.)

Busy schedule or need to be in two places at one time? Not a problem, just ask about our Courtesy Car service.

We have on site workshop facilities should your vehicle require any work. We also carry in stock wipers, bulbs and tyres to fit most vehicle makes and models to get you quickly on your way.





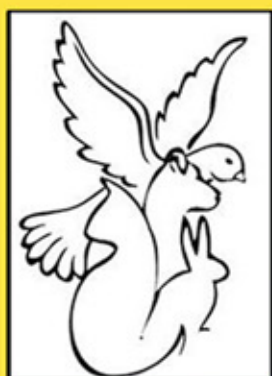
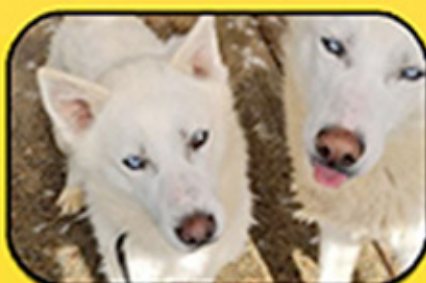
VEHICLE TESTING STATION  
APPROVED BY THE  
VEHICLE INSPECTORATE

Mike Howlin Motors Ltd, St Peters Rd • Johnston • Pembrokeshire • SA62 3HB  
email • mikehowlinmotors@btconnect.com Out of hours • Mike • 07778 834 631 Nicky • 07846 187 825



# CAN YOU HELP?

 animals looking for their forever homes 



**Animal  
Rescue  
Cymru**



## SCAN TO DONATE

**HELP OUR FURRY FRIENDS HAVE A NEW  
PLAY AREA THEY CAN ENJOY WHILST  
LOOKING FOR THEIR FOREVER HOME**

