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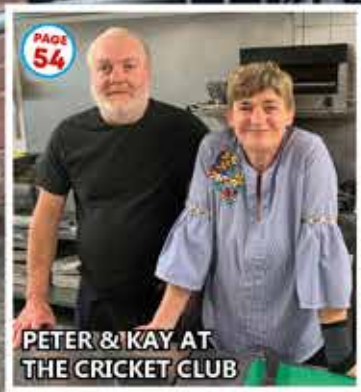
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PETER & KAY AT THE CRICKET CLUB



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Magazine Pembrokeshire

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HAVERFORDWEST WINTER FAIR SET TO STUN!

An exciting new event is set to take Haverfordwest this winter, with the first Riverside Winter Fair promising a fun-filled day for all ages on Saturday, November 30th, 2024.

This free community event, funded by Pembrokeshire County Council via UK Government, aims to create a magical winter festival atmosphere by merging history, music, food, games and local spirit.

The centrepiece of the Riverside Winter Fair will be the culmination of a unique community project – the performance of a brand-new Cantata titled "The Children of St Saviours." Composed by Alex McGee, with help from students at Haverfordwest High, will tell the captivating story of Haverfordwest's rich history, drawing inspiration from recent archaeological discoveries at Western Quayside. Alex who hails from Haverfordwest said "this will be a musical work born of the community, performed by the community for the community" The Cantata will be performed by a children's choir, the Cantabile Singers of Pembrokeshire, and the



County Orchestra.

The Riverside Winter Fair promises a day filled with entertainment for the whole family. Pure West Radio will be broadcasting live, capturing the excitement and sharing local voices with the airwaves. "The Riverside Christmas Fair promises to be a truly spectacular day of celebrations for the whole family, and Pure West Radio can't wait to be a part of the excitement," said Pure West Radio's Station

Manager, Toby Ellis. "The lineup of entertainment and events throughout the day is truly outstanding, and Pure West is extremely privileged to be a part of the day."

Witness a banner procession led by the South Wales Police Brass Band, featuring banners created by local primary school children during workshops this autumn. Led by Span Arts: "Span is thrilled to facilitate the Winter Fair banner-making workshops. With a rich history of community art, we're excited to create banners for each of the 5 wards."

Downloadable flag templates and ideas will be available on the event website for any child who wants to create their own flag and participate in the parade.

Haverfordwest's own Children's Festival are supporting an art and games experience hosted by the Fair Play Board Game Café, at the Edge Youth Centre, next door to the skatepark. Fair Play will offer a welcoming space to enjoy board games, arts and crafts and connect with others.

Artists Neil Musson and Jono Retallick will be launching their model hot air balloon, a floating gallery and homage to the people of Haverfordwest. The project has been inspired by embroidered tablecloths in the collection of the Haverfordwest Town Museum that contain the signatures of Haverfordwest residents from 1914 onwards. The artists spent a week in Haverfordwest inviting people to add their own name to appear on the balloon.

Haverhub will be hosting a Winter Craft and Makers Market and Castle Square will transform into a bustling street food market curated by Haverfordwest's

Business Circle.

"The Haverfordwest business circle are delighted to be involved with the riverside fair. We are hoping that an event of this scale at this time of the year will increase footfall and get people into the Christmas spirit," said HBC Chair Sally Williams

As the day draws to a close, the annual Christmas lights will be switched on by the Deputy Mayor on behalf of the Haverfordwest Town Council and Riverside Shopping Centre. Centre Manager Nigel Stopher said: "We are looking forward the 30th November and the switch on of the Christmas lights throughout Haverfordwest, always a great day for all the family to enjoy and get everyone in the Christmas mood!"

"The Haverfordwest Town Clerk has confirmed that the Council is very much looking forward to seeing another great turn out for this year's Christmas light switch on and it is happy to be supporting this event again this year, including the annual Schools' Christmas Card Competition. The winner will be invited to press the button to switch the lights on with the Deputy Mayor after the final countdown."

Haverfordwest's Councillor Thomas Tudor says: "As County Councillor for the Castle Ward I am looking forward to the Riverside Fair to be held on the 30th of November 2024. There will be plenty of Fun for all the Family, with music, history, a craft market, street food, a lively street parade, and with the added finishing touch of the turning on of the Christmas lights with Father Christmas and Rudolph the Red Nose Reindeer in attendance."

Join the Celebration!

The Riverside Winter Fair is a completely free event, offering a fantastic opportunity to celebrate Haverfordwest's rich heritage, vibrant community, and talented performers.

Visit the event website www.riversidewinterfair.co.uk to sign up for the mailing list, be sent downloadable flag templates to join in the parade and be kept informed of the latest news.

To reserve a stall at the Winter Craft and Makers Market please visit: <https://riversidewinterfair.co.uk/market>

Get ready for a winter wonderland of fun, music, and community spirit at the Riverside Winter Fair!

CELEBRATIONS FOR LITTLE AND BROAD HAVEN LIFEBOAT STATION



Little and Broad Haven Lifeboat Station recently celebrated two significant milestones: a grand reopening following extensive refurbishment and a special visit as part of the RNLI's 200th anniversary celebrations.

Last month RNLI volunteers, supporters, and crew members gathered to mark the official reopening of the lifeboat station after major refurbishment work completed over the winter months. The updated facilities, designed to bring the station into the 21st century, were inaugurated with a ribbon-cutting ceremony performed by the children of the operational crew and supporters. This heartwarming gesture symbolised the passing of responsibility to the next generation of lifesavers.

Lifeboat Operations Manager Andy Grey expressed pride in the station's transformation and the event's success: "The station opening was extremely successful. The weather was kind, and we had personnel from the station, including officers and crew, branch members, and shop volunteers, in attendance, along with guests from neighbouring RNLI stations. The occasion truly represented the 'One Crew' philosophy. Inviting the children of the crew to formally open the refurbished station was a lovely gesture and created a memorable experience."

The refurbished station now boasts state-of-the-art facilities, including a modernised lifeboat shop that will enhance working conditions for the dedicated volunteers.

Anjie Rook, RNLI Associate Director overseeing the 200th anniversary programmes, remarked, "The Connecting our Communities relay is one of the most significant events of the RNLI's 200th anniversary year as it focuses on our people. For 200 years, it has been the people who have made the RNLI what it is—from

our brave lifesavers who risk their lives to save others to the committed fundraisers and generous donors who support our lifesaving work."

Coincidentally, the RNLI Porsche 911 Challenge also arrived at the station on the same day. Belinda and James Richardson, who are undertaking an 8,500-mile journey in their Porsche 911 to visit all 238 RNLI lifeboat stations within 911 hours, were excited to encounter the scroll for the first time on their journey. The couple aims to raise funds for a new D-class inshore lifeboat, which is critical to the RNLI's lifesaving efforts. In 2023 alone, D-class lifeboats saved 96 lives and assisted over 2,000 people in distress.

Reflecting on the unique timing of the two events, Andy Grey said, "Today we had a special visit from the RNLI 911 Challenge and the RNLI Scroll. The coincidence of both events occurring on the same day was remarkable. The beautiful Porsche from the 911 Challenge even presented a jigsaw and a special RNLI-themed version of Top Trumps as a keepsake from their visit. Four members from the station were asked to sign this wonderful scroll, creating a lasting memory of the RNLI's 200-year celebration."

Jayne George, RNLI Director of Fundraising, expressed gratitude for the Richardsons' efforts: "We are so thankful to Belinda and James for taking on this significant challenge. We look forward to welcoming them at all our lifeboat stations along the coast. Our ability to save lives at sea relies on the generous support of individuals undertaking challenges like this."

As the RNLI marks 200 years of saving lives at sea, Little and Broad Haven Lifeboat Station continues to play a vital role in this enduring mission, bolstered by new facilities and a strong sense of community spirit as it moves forward into the future.

FeelGood SNIPPETS

FAMILY INFORMATION SERVICE BRINGS COMMUNITY TOGETHER

Back in the summer, the Family Information Service's 'Summer of Fun' initiative made a big impact on the local community, offering free activities and services to bring families together and create lasting memories.

What made these events special was the public's role in deciding locations, ensuring the programme reached areas most in need and reflected the wishes of local families. In response to requests for more events, the Family Information Service is excited to announce a Halloween Pumpkin Trail during October Half Term—a spooky scavenger hunt in Neyland Marina with pumpkins decorated by local schoolchildren.

The Family Information Service will also share their popular "What's On" guide on their Facebook page to ensure families can take part in activities across the county



over Half Term. Members of the public and activity providers are encouraged to tag the Family Information Service in social media posts to promote family-friendly activities.

To stay up to date, follow the Family Information Service's Facebook page at facebook.com/PembsFIS and check out the What's On Guide for even more fun opportunities for your family.

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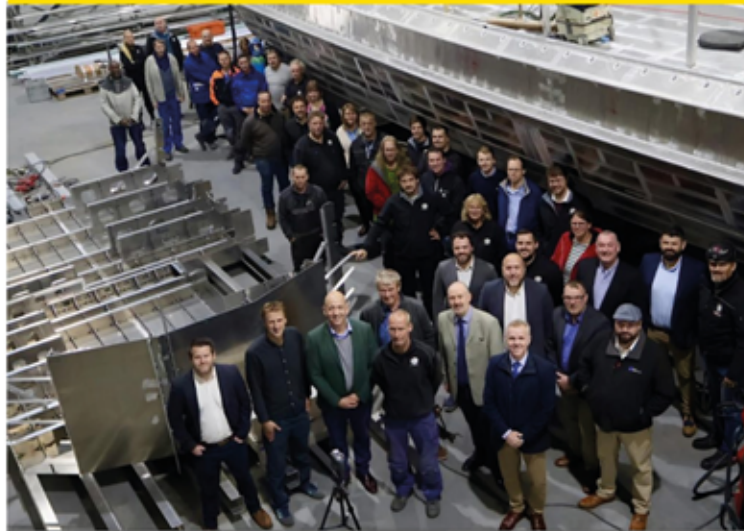
Plans to designate Cresswell Quay, one of south Pembrokeshire's most scenic villages and home to the award-winning Cresselly Arms pub, as a conservation area are expected to be approved this month.

In July, Pembrokeshire Coast National Park members supported launching a public consultation to assess the village's conservation status. Cresswell Quay, a former coal port, is noted for its architectural significance and historic importance.

The consultation received no objections, although there were suggestions to expand the area to include nearby woodland. Designation would introduce controls on building demolitions and offer greater protection for trees. Officials believe the village's relationship with the estuary and surrounding woods adds to its unique character.

National Park members are expected to formally approve the conservation area status, with a draft appraisal and management plan expected in early 2025.

KEEL LAYING CEREMONY FOR NEW PILOT BOAT



A significant milestone was reached at the Port of Milford Haven in October with the keel-laying ceremony for its new 22-metre pilot transfer vessel. Currently being built by Next Generation Shipyards, this vessel marks the first step in a multi-million-pound investment to enhance the Port's pilotage services.

The keel-laying ceremony, traditionally marking the start of a ship's construction, underscores the Port's ongoing commitment to improving safety, reliability, and operational efficiency. This state-of-the-art vessel will play a crucial role in maintaining the high standards of pilotage at the UK's leading energy port.

Mike Ryan, Harbourmaster at the Port, spoke of the event's significance: "Today's keel-laying ceremony is a major milestone for all involved. This vessel represents our dedication to continuous improvement and operational excellence. As the UK's leading energy port, it's vital that we have world-class infrastructure to support our customers and maintain our competitive edge."

Wayne Busby, Watch Manager at the Port, expressed his excitement for the vessel's arrival next year: "The Marine team is eagerly awaiting the delivery of our Next Generation pilot transfer vessel. We face some of the world's most challenging weather, and this investment ensures we can continue offering excellent service well into the future."

Next Generation Shipyards, renowned for innovative designs, is building the 22-metre vessel to meet the specific demands of pilot transfer operations. Equipped with advanced safety

features, enhanced sea-keeping capabilities, and cutting-edge technology, the vessel is designed for optimal performance in harsh conditions.

Dirk Keizer, Technical Director at Next Generation Shipyards, said: "With the keel now laid, construction has begun on an extraordinary vessel. Its technical capabilities and self-righting technology set it apart. We are proud to contribute to the Port's future and remain involved in its maintenance and training programmes to ensure seamless operations."

Steven Lee, Chief Naval Architect at BMT, commented: "This milestone reflects the team's hard work over the past ten months. This new pilot boat will set a benchmark for heavy weather operations, meeting both regulatory and operational standards. We are excited to support the vessel through its construction and trials."

Camarc Design's Technical Director, Ed Soothill, added: "We've collaborated closely with the Port of Milford Haven and NG Shipyards to develop a pilot boat capable of withstanding demanding operational conditions. We are thrilled to see the project reach this stage and look forward to its completion in 2025."

The new pilot transfer vessel is scheduled to enter service in 2025, further reinforcing the Port of Milford Haven's commitment to delivering safe and efficient marine services. This vessel will form a key part of the Port's long-term investment strategy, ensuring its ongoing ability to serve a diverse range of vessels.

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THE GATE INN: A NEW CHAPTER FOR A VILLAGE FAVOURITE

Our very own Tim Evans recently caught up with Paula, one of the new faces behind The Gate Inn in Pembrokeshire, to discuss the exciting changes ahead for this beloved local pub. Paula and her partner Llyr are gearing up to breathe new life into The Gate, and we couldn't wait to hear all about it.

WHY THE PUB TRADE?

For Paula and Llyr, the decision to enter the pub trade was born out of a desire to work together on something meaningful. "We wanted to do something together,"

Paula explains. Both have strong ties to their local communities, and running a pub felt like the perfect way to combine their passion for hospitality with their love for village life.

JOB HISTORIES

Llyr has spent much of his life working as a farmer, while Paula's career background is a little different. "I spent 12 years working in a betting shop," she says, "but currently I'm working as a receptionist at a car garage." While their paths have been varied, they're excited to bring their shared experiences into their new venture.

WHY THE GATE INN?

The decision to take on The Gate Inn wasn't a difficult one for the pair. "I've lived in Scleddau, so the pub is nostalgic for me," Paula says. "Llyr grew up with his own village country pub, and we both love the vibe that a country pub has." The Gate Inn has always held a special place in the local community, and Paula and Llyr are determined to restore it to its former glory.

THE FOCUS MOVING FORWARD

When asked what their main focus will be when they take over, Paula is clear: "We want to make sure that the pub has something for everyone, and we



want to get it back to its full potential." They're committed to creating a space where locals and visitors alike can feel at home, offering a little something for everyone, whether it's food, drink, or entertainment.

WHAT'S ON THE MENU?

As for the food, The Gate Inn will be serving up classic pub fare with a modern twist. "We'll be offering basket meals, jacket potatoes, and baguettes or rolls from 5pm to 9pm," Paula explains, "and on Sundays, we'll have a traditional roast from 12pm to 3pm, along with specials!" They're keen to keep the menu fresh and accessible, offering hearty, comforting dishes that will appeal to a wide range of tastes.

OPENING HOURS

The Gate Inn will operate with a slightly reduced schedule at the start. "We'll be closed on Mondays," Paula shares, "but open Tuesday to Friday from 3pm onwards, and Saturday and Sunday from 12pm onwards." These hours allow



for plenty of time to relax and enjoy what the pub has to offer throughout the week.

A WARM WELCOME FOR NEWCOMERS

As the only pub in the village, Paula is eager to welcome those who haven't yet stepped through the doors of The Gate Inn. "They're missing out!" she laughs. "We want it to be a social hub." Paula and Llyr are dedicated to creating a lively, friendly environment where everyone can come together, whether for a quick drink or a long evening of conversation.

SPORTS AND LIVE MUSIC

If you're a fan of live sports or music, The Gate Inn has you covered. "We'll have Sky Sports as well as terrestrial sport on," Paula says, "and we'll be hosting some sports competitions too." They've also already lined up several bands for the coming year, ensuring that live music will be a big part of the pub's atmosphere moving forward.

WHAT TO EXPECT FROM THE NEW TEAM

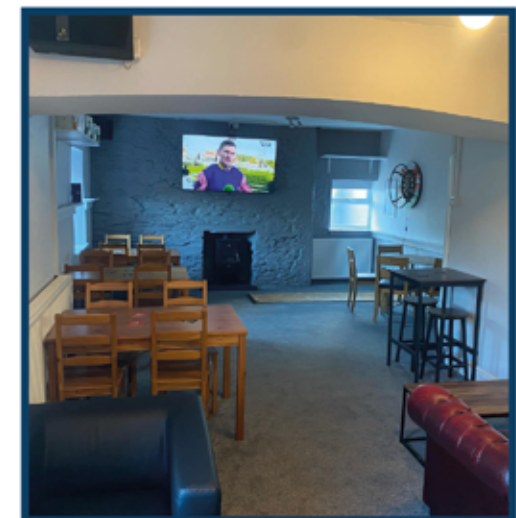
When asked to sum up what customers can expect from the new team behind The Gate Inn, Paula's response is heartfelt: "We want everyone to feel welcome and appreciated. We hope The Gate will be somewhere they keep coming back to, because that's when we'll know we're doing something right. It's not just about us—it's about bringing something back to the community."

A BIG THANK YOU

Paula and Llyr have been overwhelmed by the support they've already received from family, friends, and the local community. "We want to thank our families for all their help," Paula says. "Without them, we wouldn't have been able to do this. And thank you to everyone who's supported us, even before our doors are open—with well wishes, offers of help, cards, gifts, and everything in between. We genuinely thank you all so much, especially Key!"

JUST FOR FUN: THEIR FAVOURITE THREE-COURSE MEAL

When asked about their favourite three-course meal, Paula and Llyr are



quick to respond. "It has to be home-cooked sirloin steaks from Gwaun Valley Meats," Paula says. "Llyr has his with chips, and I go for a jacket potato." They're proud to source their meat locally, and Gwaun Valley Meats has become their go-to for quality and price.

With their passion for community and commitment to offering a welcoming atmosphere, it's clear that Paula and Llyr are set to make The Gate Inn a true village gem once again. Be sure to pop in, meet the team, and see for yourself what all the excitement is about!

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FeelGood SNIPPETS

FASTEST ZIP LINE IN THE WORLD



Hywel Dda Health Charities, the official charity of Hywel Dda University Health Board, has announced its 2025 Zip Line Challenge which will see fundraisers take on the world's fastest zip line!

Taking place on 22nd March 2025, the challenge will see up to 20 fundraisers take flight on the Velocity zip line at Penrhyn Quarry at speeds approaching 100mph.

Set in north Wales near the stunning Snowdonia range in what once was the world's largest slate quarry, Zip World Penrhyn Quarry provides exhilarating zip-rides 500m above the bright blue quarry lake.

Participants can enter with a discounted non-refundable £25 registration fee and are then required to raise a minimum of £150

for the charity. They can choose to support a specific hospital, ward, service or department which is close to their heart, or to fundraise for general charitable purposes.

The Zip Line Challenge 2025 is open to participants aged 18 and over, and places are available on a first come, first served basis.

Fundraising Officer Bridget Harwood said: "We're really excited about our Zip Line Challenge, we think it will be a truly thrilling day for our fundraisers! If you are interested in creating a truly memorable experience while fundraising for your NHS charity, why not give it a go?"

To find out more or to sign up for the challenge, please go to: <https://hywelddahealthcharities.nhs.wales>

PAUL IS IN THE PINK



Senedd Member Paul Davies has once again shown his support for those affected by breast cancer this year by dressing in pink and encouraging his constituents to take part in 'Wear it Pink' day on Friday, 18th October.

It's estimated that around 2,700 people are diagnosed with breast cancer each year in Wales, yet only 7.3% of patients began their first definitive treatment within 62 days of their initial breast cancer suspicion in Wales. Wear it Pink Day calls on supporters across the country to add a touch of pink to their wardrobe for the day and raise money for Breast Cancer Now's life-saving work.

Mr Davies said, "I've always been a strong supporter of the Wear it Pink campaign, and I'll

continue to do everything I can to support Breast Cancer Now and work towards a better future for everyone affected by breast cancer. The sooner breast cancer is diagnosed, the quicker people can start treatment and receive the support they need."

He added, "Breast Cancer Now's Wear it Pink Day is one of the UK's biggest fundraising events, and I hope everyone in Pembrokeshire will join me by wearing pink on Friday, 18th October. It's a fun and fantastic way to show your support for Breast Cancer Now. Over £41 million has already been raised over the years, and every penny goes towards the charity's vital work. So, raid your wardrobes, find something pink, and show your support this Friday!"

FeelGood SNIPPETS

Grants to tackle fuel poverty are part of a major support programme being offered by National Grid Electricity Distribution (NGED) to customers in South Wales.

The company is providing £500,000 through its Community Matters Fund, available to charities and community groups involved in initiatives such as:

- Distributing warm packs or energy efficiency items like blankets, radiator keys, insulated curtains, and draught excluders.
- Visiting isolated households to help improve home warmth and energy efficiency.
- Running warm spaces in community buildings.
- Enhancing the energy efficiency of community buildings used as warm spaces.

Offering advice on tariff switching, energy savings, winter fuel discounts, or other ways to combat fuel poverty. Registered charities or non-profit companies can apply for grants of up to £5,000, while smaller charitable organizations without a charity number can apply for up to £2,000. The application deadline is 5pm on Friday, 1 November.

Ellie Patey, NGED's Community Engagement Manager, emphasized

WINTER AID PACKAGE INCLUDES FUEL POVERTY CASH FOR NATIONAL GRID CUSTOMERS



the importance of projects with long-term impacts, such as helping people sustainably reduce their energy bills. She encouraged applications from grassroots organizations in disadvantaged areas, particularly those serving underrepresented and marginalized groups.

WINTER SUPPORT INITIATIVES

In addition to grants, NGED runs eight fuel poverty schemes across its four licence areas: South Wales, the South West, and the East and West

Midlands. These schemes provide personalized support to combat fuel poverty, such as the "Power Up" and "Affordable Warmth" initiatives. These connect South Wales residents with organizations like the Energy Saving Trust and Care & Repair Cardiff and The Vale, which offer advice on benefits, fuel tariff switching, bill payment options, and practical energy efficiency tips.

Last year, over 2.45 million customers benefited from these initiatives, resulting in £23 million in savings. NGED is expanding its winter support efforts this year through

partnerships with organizations such as the Warm Welcome Campaign, which supports 4,000 community-based warm spaces. This partnership will provide volunteer training, champion these spaces, and connect people to longer-term fuel poverty schemes.

NGED is also working with the Fuel Bank Foundation, which offers fuel vouchers to those in crisis, and Kidney Care UK, which provides specialized support for kidney disease patients.

PRIORITY SERVICES REGISTER

NGED encourages customers with extra needs to join its Priority Services Register (PSR). Over 2.45 million customers have already signed up, including those who rely on electricity for medical equipment, individuals with long-term illnesses, disabilities, pensioners, and parents or carers of young children. PSR members receive dedicated support during power cuts, with access to a special helpline and updates on power restoration. During prolonged outages, NGED partners with the British Red Cross and the National Caterers Association to provide hot food and welfare support.

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FeelGood SNIPPETS

XMAS DONATIONS FOR MILFORD



The Milford Haven Town Council welcomes applications from organisations for funds to assist with their Christmas celebrations.

The Town Council has a budget of £2500 available for Christmas celebrations with the average donation being £100.

The Town Council particularly welcomes applications from organisations that have previously not applied.

Please contact the Town

Council for an application form. Forms can be obtained via the following methods:

You can email admin@milfordhaventowncouncil.co.uk or download from the Town Council website, or you can request a form by post telephoning 01646 692505.

Get in touch via the Town Council's Social Media All applications must be received by 4:00 pm on Monday 11th November 2024.

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SCOLTON MANOR PARK: VICTORIAN SPLENDOUR AND NATURAL BEAUTY



Welcome to Scolton Manor Park!

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

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

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

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

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

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



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

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

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

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



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

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

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FeelGood SNIPPETS

IT'S VIRTUALLY RUSSEL L GRANT FOR MILFORD

The Big Pems Pantomime is thrilled to announce that beloved astrologer and television personality Russell Grant will be joining the cast of this year's Christmas pantomime, *Snow White*, in a mesmerising virtual role.

Grant, known for his charismatic presence and astrological expertise, will take on the role of the Magic Mirror in this innovative production. Grant will appear virtually on stage, bringing a unique and magical element to the classic fairy tale.

"We're absolutely delighted to welcome Russell Grant to our Snow-White family," said Drew Baker, Creative Director at the Boulevard Theatre. "His virtual presence as the Magic Mirror will add an exciting dimension to our show, blending tradition with technology in a way that's sure to



captivate audiences of all ages." The production of *Snow White*, featuring Russell Grant as the virtual Magic Mirror, will run from 11th - 31st December at the Boulevard Theatre. Tickets are on sale now by visiting www.bigpemsbantom.com

ASCONA GROUP DONATES £25,000 TO MAGGIE'S CANCER SUPPORT



Pembrokeshire-based Ascona Group has donated £25,000 to Maggie's, a cancer support network, through Nisa's Make a Difference Locally scheme.

This initiative allows Nisa's retail partners to direct a portion of the proceeds from certain products to a charity of their choice.

Ascona Group, the seventh-largest forecourt operator in the UK, sees the donation as part of its ongoing commitment to social responsibility and its efforts to support health and wellbeing in the communities where it operates.

Paul Stoddart, Ascona Group's retail trading director, expressed the company's pride in contributing to Maggie's: "We are delighted to support Maggie's cancer care centres through the Nisa Make a Difference Locally scheme. At Ascona, we believe we have a responsibility to give back to the communities we serve, and our partnership with Nisa enables us to do just that."

Maggie's fundraising manager, Lucia Osmond, welcomed the generous donation: "We are incredibly grateful to Ascona Group for their support. Every penny donated to Maggie's helps us provide free, practical, and emotional support to people with cancer and their families. This donation will have a direct impact on many lives, allowing us to continue offering expert guidance, a welcoming environment, and much-needed emotional relief during one of life's toughest challenges."

Ascona Group has been committed to supporting local and national causes for many years. Since 2017, the company has donated over £350,000 to various local, national, and community organisations, reinforcing its commitment to making a positive impact on the communities it serves.

The £25,000 donation to Maggie's will help the charity continue its vital work, offering expert cancer care support to those who need it most.

CHARITY FUNDS RAISED AT NARBERTH



On the evening of Wednesday, October 16th, a group of Rotarians and guests gathered at Narberth RFC, hosted by RFC Chairman Jon Dodd. The lounge bar displayed banners for the successful Narberth Outdoor Rock 2024 event, which took place in August.

Proceeds from the joint effort by Narberth & Whitland Rotary and Narberth RFC were distributed to several charitable causes. Rotarian President Paul Crawford presented cheques

to representatives from each organization, followed by a buffet prepared by RFC staff. President Paul thanked all organizations for their charitable work.

Narberth Outdoor Rock has become a major fundraiser, thanks to sponsorship from companies like Puffin Produce and Molson Coors. This year's beneficiaries included the Paul Sartori Foundation, QEHS/Canolfan Elfed, Sandy Bear, Narberth Foodbank, and Prostate Cymru.

Book for christmas with us now!



Nadolig Llawen

PUMP ON THE GREEN Christmas EVENING PARTY MENU 2024

Sweet potato and butternut squash soup with a warm crusty roll
Creamy garlic mushrooms served on toasted brioche
Crispy honey prawns on a timble of rice
Creamed goats cheese on crisp lettuce leaves finished with beetroot and balsamic dressing

Roasted Turkey with pig in blanket and sage, onion and sausage stuffing
Roasted Silverside of Beef with Yorkshire pudding
Oven baked cod fillet served with creamy parsley sauce
Mediterranean vegetable tart

All served with cheesy broccoli, mashed swede and carrot, brussel sprouts, roasted parsnips, mashed and roasted potatoes and homemade gravy

Warm chocolate brownie with vanilla ice cream
Classic Christmas pudding and brandy sauce
Vanilla cheesecake topped with winter berries
Warm waffle filled with honeycomb ice cream and topped with caramel and cinnamon sugar

2 course £24 3 course £28

PUMP ON THE GREEN Festive lunch MENU 2024

Roasted turkey with pig in blanket and sage, onion and sausage stuffing
Roasted Silverside of Beef with Yorkshire pudding
Oven baked cod fillet served with creamy parsley sauce
Mediterranean vegetable tart

All served with cheesy broccoli, mashed swede and carrot, brussel sprouts, roasted parsnips, mashed and roasted potatoes and homemade gravy

Classic Christmas pudding with brandy sauce
Vanilla cheesecake topped with winter berries
White chocolate and raspberry roulade
Warm chocolate brownie with vanilla ice cream

£22

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FeelGood FOOD

Welcome back once again to FeelGood Food!

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

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

We have some awesome reviews for you, and to finish off, our recipes, we have

Chicken Casserole with a very seasonal pumpkin pie!



Food & Drink Guide



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FeelGood Cookin'!

The nights are darker and the temperature is falling, let's get warmed up!

CHICKEN CASSEROLE

Easy Chicken Casserole Recipe
Every cook should have an easy chicken casserole recipe in their repertoire, and this one is sure to become a family favourite. It's hearty, full of flavour, and pairs beautifully with mashed potatoes, boiled potatoes, or rice for a complete meal.



Prepare and Cook the Chicken Season the chicken thighs all over with a pinch of salt and a generous amount of black pepper. Heat the oil in a large non-stick casserole pan over medium heat. Fry the chicken, skin-side down, for 7-8 minutes or until the skin is golden brown. Turn the chicken and cook for an additional 3 minutes on the other side. Transfer the chicken to a plate.

thighs to the pan and bring the mixture to a gentle simmer. Cover the pan with a lid.

Cook in the Oven Place the casserole dish in the preheated oven and cook for 45 minutes.

Add the Leeks Remove the dish from the oven and stir in the sliced leeks. Return it to the oven for an additional 15 minutes, or until the chicken and leeks are tender, and the sauce has thickened.

SERVE

Once everything is cooked

INGREDIENTS

- 8 bone-in, skin-on chicken thighs (around 850g/1lb 14oz)
- 1 tbsp olive or sunflower oil
- 1 onion, thinly sliced
- 4 rashers smoked back bacon, cut into roughly 2cm/3/4in slices
- 150g/5 1/2oz small mushrooms, halved or quartered if larger
- 3 medium carrots, peeled and cut into roughly 1.5cm slices
- 20g/3/4oz plain flour (around 2 tbsp)
- 1 tsp dried thyme or 1 tbsp fresh thyme leaves
- 500ml/18fl oz hot chicken stock (made with 1 stock cube)
- 1 medium leek, trimmed and cut into roughly 1cm/1/2in slices
- salt and freshly ground black pepper

Nutritional Information (per serving):

Calories: 425 kcal
Protein: 48g
Carbohydrates: 13g (7.5g sugars)
Fat: 19g (5g saturates)
Fibre: 5g
Salt: 2.4g

AWESOME BEETROOT HUMMUS

This vibrant and nutritious beetroot hummus is perfect as a dip or spread, adding a burst of colour and flavour to any dish.

Whether you're looking for a healthy snack or a tasty filling for vegan sandwiches and wraps, this beetroot hummus is an easy-to-make, versatile option.

For this recipe, you'll need a food processor, and the hummus can be prepared in just a few simple steps.



Method

Toast the Cumin Seeds Begin by gently toasting the cumin seeds in a small dry frying pan over medium heat. Stir occasionally and allow them to toast for about 2 minutes, or until they release a fragrant aroma. Once toasted, remove from the heat and set aside.

Blend the Ingredients In a food processor, add the chopped beetroot, drained chickpeas, garlic, ground

coriander, salt, and olive oil. Add the toasted cumin seeds and the freshly squeezed lemon juice. Season with freshly ground black pepper.

Blitz Until Smooth Blitz the ingredients in the food processor until the mixture becomes smooth and creamy. Taste the hummus and adjust the seasoning if necessary. You may want to add a little more salt, pepper, or lemon juice to suit your taste. Blitz again briefly to ensure everything is well combined.

Serve and Store

Your beetroot hummus is now ready to be enjoyed! Use it as a delicious spread for sandwiches and wraps or as a dip for fresh vegetables, pita bread, or crackers.

Store any leftovers in an airtight container and keep in the fridge for up to 3 days. Alternatively, you can freeze it for future use.

This beetroot hummus is a nutritious and eye-catching addition to your meals, packed with flavour and perfect for vegans or anyone looking for a wholesome, plant-based option. Enjoy!

INGREDIENTS

- For the hummus
- 1 tsp cumin seeds
 - 250g/9oz cooked beetroot, drained and quartered
 - 400g tin chickpeas, drained and rinsed
 - 1 garlic clove, peeled
 - 1 tsp ground coriander
 - 1/2 tsp flaked sea salt, and to taste
 - 2 tbsp extra virgin olive oil
 - 2 tbsp fresh lemon juice
 - ground black pepper
- Sandwich 1
- 1 slice sourdough bread
 - generous dollop beetroot hummus (from above)
 - handful watercress
 - 1 tsp mixed chopped nuts and/or seeds
 - drizzle tahini
- Sandwich 2
- 1 slice wholegrain bread
 - generous dollop of beetroot hummus (from above)
 - 2 tbsp kimchi
- Sandwich 3
- 1 slice rye bread
 - generous dollop beetroot hummus (from above)
 - small handful sprouted lentils and/or beans
 - few parsley and/or mint leaves, torn
 - drizzle olive oil

HOMEMADE PUMPKIN PIE

Making a homemade pumpkin pie with fresh pumpkin is simpler than you might think, and there's no need to feel daunted!

METHOD

Prepare the Oven and Pastry Case Preheat your oven to 200°C/400°F/Gas Mark 6. If you're using a shop-bought sweet crust pastry case, ensure it's the correct size, 23cm (9 inches) in diameter and 4cm (1 1/2 inches) deep. If you're making your own pastry, roll it out and use it to line a 23cm (9-inch) pie plate (not loose-bottomed). Bake the pastry case blind for 20 minutes, using baking beans to keep the base from puffing up.

To prepare the pumpkin filling, place the chopped pumpkin chunks onto a baking tray, cover them with foil, and roast in the preheated oven until they are tender. This should take about 20-30 minutes, depending on the size of your pumpkin chunks.

Set the pumpkin aside to cool before blending into a smooth purée using a food processor, or mash by hand if preferred.

In a large bowl, lightly whisk together the eggs and the extra yolk.

Next, place the sugar, spices (cinnamon,



ginger, and nutmeg), and cream in a small pan. Bring the mixture to simmering point, whisking lightly to ensure all the ingredients are well combined. Pour the spiced cream mixture over the whisked eggs, stirring constantly to prevent the eggs from scrambling. Add the cooled pumpkin purée to the mixture and whisk everything together thoroughly.

Reduce the oven temperature to 180°C/350°F/Gas Mark 4. Pour the pumpkin filling into the pre-baked pastry case, spreading it out evenly. Bake the pie for 35-40 minutes, or until the edges of the filling

puff up slightly but the centre remains slightly wobbly when shaken.

Remove the pumpkin pie from the oven and place the tin on a wire cooling rack. Allow the pie to cool slightly before serving. It can be enjoyed warm or chilled, depending on your preference. Store the pie loosely covered in foil in the fridge if you plan to serve it chilled.

This classic pumpkin pie is the perfect way to celebrate the flavours of autumn, with its spiced, creamy filling and flaky pastry base. Whether you serve it at a festive gathering or as a cosy treat, it's sure to become a seasonal favourite.

INGREDIENTS

- For the pastry
- sweet shortcrust pastry case (or a packet of ready made sweet shortcrust pastry with 40g/1 1/2oz crushed pecans mixed in)
- For the pumpkin pie filling
- 450g/1lb prepared weight pumpkin flesh, peeled and cut into 1in/2.5 cm chunks
 - 2 large eggs plus 1 yolk (use the white for another dish)
 - 75g/3oz soft dark brown sugar
 - 1 tsp ground cinnamon
 - 1/2 level teaspoon freshly grated nutmeg
 - 1/2 tsp ground allspice
 - 1/2 tsp ground cloves
 - 1/2 tsp ground ginger
 - 275ml/10fl oz double cream

What does it go with?



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FEELGOOD FOOD FROM THE WEB

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

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

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

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

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



A classy looking Sunday lunch at The Farmers Arms in Mathryl!



Now that's a breakfast at The First and Last!



Simply stunning Pumpkin Soup at The Giltar in Tenby



Homemade Desserts at Tregroes Pantry



Fantastic scrambled eggs, bacon and pancakes at The Vibel!



A couple of cracking looking cocktails at The Lord Nelson Hotel in Milford Haven



Eggs Benedic



Exquisite high-tea at Crug Glas

The FeelGood Food & Drink Guide

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SCARLETS RUGBY EXTENDS PARTNERSHIP WITH HYWEL DDA HEALTH CHARITIES FOR WISH FUND

FeelGood
SNIPPETS

Scarlets Rugby has announced the continuation of its partnership with Hywel Dda Health Charities, the local NHS charity, to support the Wish Fund campaign.

This initiative aims to raise funds to create magical memories for children and young people living with life-limiting or life-threatening conditions and their families.

Launched in spring 2022, the Wish Fund campaign has already achieved an impressive total of £29,900. This money has been used to provide unforgettable experiences for paediatric palliative care patients and their families, including outings to the National Botanic Garden of Wales, Urdd Llangrannog, pantomime trips in Llanelli and Milford Haven, and family fun days at Parc y Scarlets.

Additionally, families have benefited from complimentary entry to Scarlets games, and a Wish Fund information and support stand has been regularly present at Scarlets home matches.

Heulwen, who attended a



Scarlets event with her son Jake, shared her joy: "It was a magical day, and Jake was thrilled to receive a signed shirt and hat. We'll never forget it."

Rachel Brown, Paediatric Palliative Care Play Specialist, expressed her excitement about the Scarlets' involvement: "We are absolutely thrilled that the Scarlets are supporting our Wish Fund campaign. The Wish Fund allows us to provide extra opportunities for our patients and their families that go beyond

NHS funding. These include fantastic group activities, family day trips, therapeutic play toys to help young patients process their experiences, and wellbeing resources for families and young siblings. It enables us to create cherished memories together."

Wales international and Scarlets player Gareth Davies stated, "We are delighted to be part of the Wish Fund campaign, and we hope to make a real difference for families across mid and west Wales. Our goal is

to help them create wonderful memories that will last a lifetime, and we hope to inspire people throughout the region to join us in bringing a bit of joy into their lives."

The collaboration between the Wish Fund campaign, Hywel Dda Health Charities, and Scarlets Rugby will continue, focusing on both fundraising efforts and raising awareness about the valuable work done by the Paediatric Palliative Care team.

XMAS...



You can almost taste it!

**The Harp at Letterston
All Day Christmas Party
Menus 2024**

Available Monday-Saturday throughout November and December served 12-8.30 - Groups of 2-60 bookings taken

Starters

- Cream of winter vegetable soup with herb croutons
- Crispy whitebait, with a fresh dill mayomaise
- Breaded Brile wedges, on a bed of mixed leaves, red onion and with a hot port and recurrent sauce
- Sour cream, Tomato salsa and Mozzarella Nachos

Main courses

- Traditional roast Pembrokeshire turkey served with chipolata and bacon roll, Homemade sage and onion stuffing, served with cranberry sauce.
 - Roast Topside of beef with Yorkshire pudding and hot horseradish sauce.
 - Fillet of Salmon, with a white wine, cream and caper sauce.
 - Traditional Nut Roast with orange and cranberries (suitable for vegans)
- All our main dishes are served with Roast Potatoes; creamy Mashed Potatoes, Roast parsnips, Brussels sprouts and Swede and carrot mash.

Desserts

- Citrus lemon and lime cheesecake with a drizzle sauce
- Traditional Christmas pudding served with a hot rum sauce.
- Apple and blackberry pie with custard
- Chocolate brownies with dark hot chocolate sauce

Any Dietary Requirements are required on confirmation of booking
1 course £14.95; 2 courses £21.95; 3 courses £27.95 per person
To Book Call: 01348 840061

**The Harp at Letterston
Christmas Day Menu 2024**

£75.00 per person. Children under 12, £37.50

Starters

- Cream of Leek and Potato soup, served with a mini wholemeal loaf
- Tiger prawn and Atlantic prawn stack with our homemade Marie rose sauce and wholemeal bread
- A bowl of Garlic Mushrooms topped with parmesan cheese
- Homemade smoked trout pate, served with granary toast
- Smoked salmon, smoked trout and Atlantic prawn Terrine with a fresh lemon grass mayomaise.

Mains

- Traditional roast Pembrokeshire turkey served with chipolata and bacon roll, homemade sage, onion and lemon stuffing, bread sauce and cranberry sauce.
 - Roast local topside of beef with Yorkshire pudding and horseradish sauce.
 - Searched fillet of salmon, poached in white wine with fresh caper sauce
 - Traditional five nut roast with orange and cranberries (suitable for vegans)
- All our main dishes are served with roast potatoes, creamy mashed potatoes, Roast parsnips, Brussel sprouts and Swede and carrot mash

Desserts

- Traditional Christmas pudding served with a hot rum sauce.
- Strawberry Meringue toulade with a winter berry couli.
- Lemon citrus Cheesecake on a traditional biscuit base and drizzle sauce
- Cookie dough ice cream with a warm caramel sauce
- Sticky toffee pudding and vanilla ice-cream
- Coffee and Warm mince pies.

To Book Call: 01348 840061

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FISHGUARD PHARMACY: TOM & THE TEAM CELEBRATE THEIR FIRST YEAR



Last year, local lads Nathan Raymond and Tom Miles purchased the former Lloyds Pharmacy in Fishguard and rebranded it as Fishguard Pharmacy. Having now completed their first year in business, they are celebrating this milestone. Our own Tim Evans sat down with Tom to discuss their journey and how things have been going.

What inspired you to become a pharmacist?

My old Chemistry teacher Kemes Bishop was a big influence in my decision at the time. It was a choice between Pharmacy, Optometry and Physiotherapy. Ultimately I'm glad I went down this road.

Where did you train and what did you think of uni life?

Cardiff University. Started 2002. It's a cliché but University life was probably the time of my life. It was a challenging degree but I managed to work hard and play even harder.

What was your first job role?

I qualified in 2007. From there I worked in the Rhondda valleys primarily for the first 3-4 years. Then had stints working in branches in Maesteg, Tenby, St.Clears, Haverfordwest then ultimately Goodwick and now Fishguard. I've slowly been working my way back to Pembrokeshire from the beginning!



Buying Fishguard Pharmacy, was that always your plan and what made you take the first steps?

To be honest I didn't think buying a pharmacy would ever be an option for me. I'd resigned myself to always working for someone else. But as chance would have it, an opportunity came up with Lloyds pharmacy going into liquidation. Nathan (my business partner) and myself took a punt on it and fortunately it came off. We couldn't be happier with how its all unfolded

Being in business, was it what you imagined? What have been the highs and lows

So we have a small team.

But one of the hardest working teams I've worked with. Obviously there's myself as the Pharmacist. Then we have Mel as the only current technician. Georgia is currently training to be a tech, then there's Charlotte who's a top dispenser and Paula who we like to call the face of the pharmacy. She's our counter staff who helps provide plenty of "banter". Our customers love her, and rightfully so!

If you had to describe the pharmacy and its offerings what would you say?

I would describe Fishguard Pharmacy as highly efficient, professional and friendly.

What are your plans for the next 12 months within the pharmacy?

We have big plans as it stands. I'm in the process of getting my Independent

Prescribing qualification. It is a lot of work but once qualified we'll be able to provide consultations to our patients who have any kind of acute infections. Saving the need for Doctors appointments. So for instance chest infections, ear infections etc. Two members of staff are also in the process of getting further qualifications to be able to check prescriptions. This will should ultimately lead to increased patient care and efficiency.

Just for fun, we focus heavily on food in the magazine, what would be your ideal 3 course meal?

Prawn cocktail, Steak and chips, Chocolate fudge cake and ice cream!

All of us here at Feelgood Magazine Pembrokeshire would like to wish Tom & the team all the very best of luck for the future.





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Shelby is a sweet Bichon Frise cross Cavalier, approx 3yrs old, who is looking for a new home because her previous owner has passed away. She is a friendly little girl who loves her cuddles but is a bit confused as to all the changes that have happened recently. She could live with another dog, but may be happier as an only dog, where she can have all the attention, & - at the moment - she is untried with cats. A nice quiet home is needed for this lovely girl, preferably with no young children.



Mac is a 5½ yr old Collie cross who is looking for a new home through no fault of his own. He is quite an energetic dog so we feel a home with no young children will be best for him, only because he may knock younger children over with his enthusiasm, but he will love to have older children as playmates! He could live with another dog, but would prefer a female dog as a friend. He will need a secure garden & may prefer a crate as his own den at night. Mac enjoys plenty of exercise & may do well at agility, flyball or any other energy led games. He loves people & having lots of cuddles & tummy rubs & will give kisses in return!



Who can be better than one dog? Two of course & here we have - Lucy & Lucky, litter sisters. They are 3yr old terrier mixes who are friendly & playful They can live with children & seem fine with cats, but will need a home with someone there most of the time. We are not certain that they are 100% house trained, so they may need some help with this, but are willing to learn.



Zorro is a 2½ yr old Karakachan (Bulgarian Shepherd) boy who is looking for a new home through no fault of his own.

He is a large dog & will need a confident & experienced owner & due to his high levels of stamina & exercise demands, he will require lots & lots of exercise & stimulation. (although his recall is spasmodic!)

We would be looking for a rural home for Zorro, where he could live with another dog. Children of all ages will be fine, but - due to Zorro's size, young children may get bumped or knocked over. He is an affectionate dog, who will bond quickly with his new owner, so be prepared for a faithful friend. Zorro is being fostered in Pembrokeshire

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THE JENNINGS FAMILY: KEEN MEMBERS OF THE PEMBROKESHIRE SHARKS RUGBY HUB



with Bill Carne

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

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

LONG-TIME SERVICE AS A PLAYER

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

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

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

Back on the junior front Jason played for the club from under nine level right through to under



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

THREE DAUGHTERS - MAINTAINING THE RUGBY TRADITION

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

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

"Then there's Freya, who started off with an interest in ballet but soon found rugby and really enjoys playing in her role as a prop but I think she's going to be a second row as she's one of the tallest in the side. She was also interested in gymnastics and

is also involved in life-saving at Tenby.

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

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

COACHING - NARBERTH YOUTH AND THE SHARKS

The Narberth Youth team coached by Jason this campaign has shown a real improvement after a shaky start where they only had a bare 15 players to start their first two games but have gradually grown in number and showed improvement so that by the end, they had an average of 20/21 training regularly

and results were beginning to improve.

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

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

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

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

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

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

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LAND LEARNING OPPORTUNITIES AT TEGRYN

CHARITIES in Wales are receiving support from dairy cooperative Arla to help those in need increase their intake of dairy.

As part of a nationwide initiative to ensure fresh dairy provision in charities, local schemes including Sirhowy Community Centre, Canolfan y Bont Food Bank and Cwtch Angels Abergavenny will benefit from the donation of fully-stocked-and-sponsored fridges from Arla.

This comes after insights from the charity FareShare estimated 450,000 people who rely on its schemes do not have access to fresh dairy, with many forced to decline donations due to a lack of storage facilities.

In a recent survey of its charity partners, almost all (96%) said fresh dairy was in high demand and that they weren't able to store enough on site to meet the needs of users, while all agreed that not having enough fridge space prevented them



from always offering the most nutritious products to the people they support.

To mark the start of this initiative and raise awareness of this issue, Arla has also launched the world's first free milk ATM machine in London. The innovative milk dispensing machine appeared in North London earlier this week and allowed people to receive fresh milk at the push of a button.

Jonathan Dixon, Senior Vice President at Arla said: "We are on a

mission to enhance the accessibility of nutritious dairy products for communities across the UK. Too many charities have to turn away fresh dairy donations because they have nowhere to store it, but by working with FareShare we hope to overcome that."

Ben Ashmore, Head of External Affairs at FareShare, said: "Our charities report that the demand for nutritious dairy products in Wales is increasing, but many lack the infrastructure to store refrigerated items safely.

Thanks to Arla's generous commitment to donating fridges to charities across the UK, many of these organisations can now offer a more varied range of nutritious food.

"This donation helps strengthen the capacity of our charity network, enabling them to support their communities better. We are incredibly grateful to Arla for their ongoing support in helping us turn surplus food into a force for good, reducing waste, and creating healthier, more resilient communities."

PRESS RELEASE: ALL ABOARD THE ARC

Clynfyw Care Farm in Abercych has been offering a community apple juicing service in north Pembrokeshire since 2014.

Starting small, the service has grown steadily each year, and last year they processed over 11,000 bottles of juice for around 170 people.

"It's a simple system," explained Jim Bowen from Clynfyw. "People bring in their apples, we juice, pasteurise, and bottle them, so they can enjoy the juice for up to a year. Apples don't store well, but juicing preserves their goodness and prevents waste. After ten years, the only challenge we face is managing the overwhelming demand. We were close to becoming victims of our own success."

Clynfyw Care Farm supports ten adults with learning disabilities and offers a day service for around 25 others, all of whom participate in various farm-based activities. These include vegetable growing, making vermicompost, producing charcoal in the summer, and apple juicing in the autumn. Each project is tailored to the participants' interests, and many eagerly anticipate the juicing season. However,



this year, the wet spring, low bee populations, poor pollination, and adverse weather in September have drastically reduced the apple harvest.

"In previous years, we'd have made a couple of thousand bottles by now," said Jim. "This year, we've barely done a thousand. The trees have fewer apples, and the ones we do have are much smaller. It's concerning, not just for apples but for other soft fruits and seasonal crops too."

The effects of climate

change are becoming increasingly visible across Europe, with floods linked to Storm Boris in the east and wildfires in Portugal and Spain. While the UK has seen less dramatic events, the impacts are still significant.

"We created this service to boost local food security and reduce the carbon footprint of our food," Jim said. "But this year has shocked us. What we're seeing is happening everywhere, affecting not only human food systems but the entire ecosystem. There's a lot at

stake, and we're genuinely worried about how our communities will adapt to having less locally grown food, as well as the effects on wildlife."

Clynfyw's apple juicing service runs until the end of October. If you have apple trees and would like to use the service, call 01239 841236. The team is also working on a book about innovative and inclusive land use in the context of climate change. If you'd like to contribute, email jim.clynfyw@gmail.com.

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FeelGood SNIPPETS

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One of the advantages of Pension Credit is that it can be backdated by up to three months, provided you were entitled to it during that period. This means you could receive payments for up to three months prior to your application date. However, if you're applying online, make sure to specifically request that your

claim is backdated to ensure you receive what you're entitled to.

To check if you qualify for Pension Credit, you can contact the Pension Service or visit their official website at www.gov.uk/pension-credit/eligibility. Applying is straightforward, and you can do so online or by calling 0800 99 1234. Telephone lines are open Monday to Friday, from 8am to 6pm. When applying, be prepared with key information such as your National Insurance number, your partner's details (if applicable), and any relevant information about your income and savings.

It's important to apply for Pension Credit by 21 December 2024 if you wish to qualify for the 2024-2025 Winter Fuel Payment. Don't miss this deadline, as the extra support can make a significant difference in managing household costs during the colder months.

TESCO STORES IN WALES FIRST TO STOCK BLAS Y TIR MILK



Tesco stores in Wales will soon be the first to stock the newly launched Blas y Tir Welsh milk.

This milk, introduced in July by Pembrokeshire Creamery, is produced entirely in Wales. Pembrokeshire Creamery is the only BRCGS-accredited liquid milk facility in Wales, ensuring that the milk is sourced from Welsh cows, fed on Welsh pastures, and processed and bottled in Pembrokeshire.

The Blas y Tir Welsh milk will be available in 2-litre bottles, offered as both semi-skimmed and whole milk. Shoppers will find it in around 55 Tesco Superstores and Tesco Extras throughout Wales from 14th October.

Blas y Tir, which means 'Taste of the Land' in Welsh, is a brand created by Puffin Produce, Pembrokeshire Creamery's sister business. Under this brand, a range of Welsh produce is supplied, including Pembrokeshire Earlies PGI and Welsh Leeks PGI, all grown by local farmers and packed in Wales.

Huw Thomas, CEO of Pembrokeshire Creamery, expressed his enthusiasm for the new launch: "We're excited to be working with Tesco to bring our new branded Welsh milk to supermarket shelves for the first time. Our experience with the Blas y Tir brand has shown that customers in Wales prefer products

with a clear and authentic Welsh provenance."

He added, "Blas y Tir Welsh milk is produced in Wales for Welsh consumers, without needing to be sent across the border for processing. It offers shoppers a more sustainable choice, one that is truly 100% Welsh and supports Welsh farmers and producers."

Nathan Edwards, Tesco Wales buyer, also highlighted the importance of this partnership: "We are proud to work with Pembrokeshire Creamery, a company that embodies entrepreneurship and community spirit, creating jobs and opportunities for local people. Supporting local producers who are committed to quality and community is vital to us."

He continued, "Pembrokeshire Creamery has made an impressive start, and we're eager to see how this partnership will benefit our customers and the wider community. We look forward to continuing this successful relationship as Pembrokeshire Creamery continues to grow."

The introduction of Blas y Tir Welsh milk marks a significant step in supporting local Welsh produce, offering Tesco customers in Wales the opportunity to choose a high-quality, sustainable product that supports local farmers and the Welsh economy.

FeelGood SNIPPETS

Pembrokeshire students have had the opportunity to take part in an educational and immersive experience on the Aquaculture Remote Classroom (ARC) on its maiden voyage to Wales.

The exciting visit gave future generations an introduction to aquaculture and to explore the opportunities for Pembrokeshire.

The ARC was developed in Ireland by Bord Iascaigh Mhara (BIM).

This fantastic educational tool has enabled schools across Ireland to learn how aquaculture, agriculture and natural resources interact.

Donna Page, Aquaculture Officer for Pembrokeshire County Council said: "The interactive classroom highlighted the benefits of aquaculture in supplying sustainable seafood and creating employment.

"It represents a valuable opportunity to learn lessons and forge partnerships with our neighbors in Ireland in order to explore what this sector could do for Pembrokeshire."

EVERYONE'S ABOARD THE ARC!



There were also opportunities for the students to visit various displays and engage in conversation with local businesses and industry partners whilst viewing local aquaculture products, including a variety of cakes made with different species of seaweed.

These included beetroot and dulce cake and sugar kelp slices, with the seaweed brownie voted the winner at the tasting table.

As well as demonstrating potential career paths and raising

awareness of the sector, the ARC visit has enabled discussions around the development of new supply chains for Pembrokeshire businesses and career opportunities locally.

Pembrokeshire company Câr-Y-Môr said: "What an amazing visit from the ARC.

"We had the opportunity to support the aquaculture and food team from Pembrokeshire County Council when they visited Pembrokeshire College and Ysgol Penrhyn Dewi with the ARC to

inspire the next generation.

"It was so exciting to see the schools, colleges, communities and local businesses come together to experience the ARC and all aquaculture has to offer for our land and seas."

The ARC visit to Pembrokeshire was supported by BIM and part funded by the UK Government Shared Prosperity Fund (UKSPF).

For information on Aquaculture in Pembrokeshire please contact Donna Page at: donna.page@pembrokeshire.gov.uk

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FeelGood NATIONAL SNIPPETS

MYSTERY FUEL MONEY!



An unknown gift-giver has delighted residents after posting cards through their letterboxes, with a fiver each to contribute towards the mounting cost of energy bills.

People living on a street in Chatham, Kent, were blown away by the man's altruism and kindness.

Maxine Parker-Gallagher is a resident on the street that received the surprise, and was overwhelmed by the altruistic gesture.

The 58-year-old explained: "Yesterday evening there was a card put through the letterbox and I went to pull it out and saw that it was blank on the front and I thought that was strange."

"I opened it up and inside it had that little message and it just blew me away - I thought it was just so kind."

Ms Parker-Gallagher spends 70 percent of the time in a wheelchair and lives in a small close of eight houses.

All home disabled and elderly people live in bungalows.

Having opened the card, she called her friend who lives several doors down to discover if she had received the same thing - and was surprised to hear that she had.

She added: "My friend had seen him come through her gate and he

had a little stack of cards and he was going round and popping them all in the letterboxes.

"She'd never seen him before, because we do live in this little community everybody knows everybody and when somebody different comes in to the close everybody notices."

One neighbour recalled that the man seemed to be in his late 20s or early 30s.

Ms Parker-Gallagher added: "I just think it's amazing and it's such a small thing but it's made everybody smile."

"With everything that's going on with all the death and destruction in the world it's just a glimmer of kindness and hope. I thought it was lovely."

"We have no idea who he is so we can't thank him, but it just proves that there's some lovely, kind people out there."

Joan Green resides in the area and was unable to understand where it had come from when she received the card.

The 92-year-old said: "I got hold of it and there was no name on the envelope and I thought 'where's this from' and I opened it and I saw the fiver."

'THANK YOU FOR SAVING MUMMY'

The children of a woman given a kidney by a total stranger have written to their "hero" to say thank you for saving their mum's life.

Mum-of-five Ann Gath, 43, said she felt like she'd won the lottery after a Facebook appeal came up with a match.

A fellow mum, Nicola Hinds, got in touch and said she would like to donate her kidney.

In December Ann had the life-saving kidney transplant and both women are recovering at home.

Ann says since the operation she is able to play with her children.

Delighted Holly, 19, Poppy, 17, Erin, 15, Gabriel, 10 and Saffron, eight, have sent a thank you card to their "hero".

Saffron wrote: "Thanks for saving my mum" while Erin wrote: Thank you for giving my mum a chance to have fun again."

Ann's rare blood type meant she had been struggling to find a suitable transplant match.

But then Nicola, 36, from Doncaster messaged her and said she would be happy to donate if she was a match.

Ann said: "I never really believed that a stranger would come forward and donate."

"I never thought anything would come of it. I had to put it out there and see what happened. When I got the phone call to say we were a match, it was just like winning the lottery."

"It was just unbelievable really and very surreal. I realised I could do stuff with my children again and live normally, rather than being absolutely exhausted all the time."

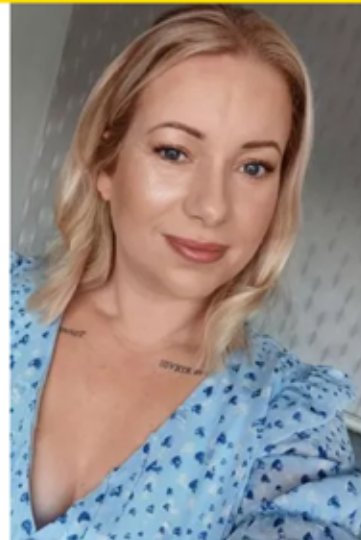
"It was just getting harder and harder being on dialysis so it was just amazing and incredible."

Ann was diagnosed with Autosomal Dominant Tubulointerstitial Kidney Disease in 2017 which means her kidneys were gradually deteriorating.

Ann, of Barnsley, South Yorks., said: "I'm back to my normal self - I can go shopping and it's not an ordeal and I can go for a walk and then make dinner for my kids."

"Over Christmas I was even able to play Uno and Monopoly with the kids."

"I remember as I was getting



more mobile I was tickling the kids and I had a proper belly laugh. I don't remember the last time I laughed so hard.

"I've started doing yoga again and I can take my kids to the park so life is starting to return to normal."

Mum Nicola, who has Mason, 14 and Tommy two, told how she saw Ann's Facebook post by chance.

"I read it and was immediately struck by the picture of Ann with her children," she told The Mirror. "She'd put on there about her rare blood group - O negative. I knew I was O negative."

"My husband was really supportive and was not surprised one bit that I wanted to donate."

"I made it my mission to do as much research as possible to answer every question he had to make sure he was comfortable. If he had not been comfortable I would have taken that into consideration before my final decision."

"But he came to understand it was very unlikely that anything adverse was going to happen to me but extremely likely that Ann would lead a more fulfilling life."

"I did not realise how much of a difference my decision to donate was going to make."

"The fact she is able to do all of those things she wanted to do but she was unable to do, makes me think that my decision to donate was the right decision. I just feel like now, the mission is complete."

KNOCK-OFF NESSA IS RIDING HIGH

Kaz Barrett, who goes by Knock Off Ness, said her life has been "absolutely mental" since the final Gavin and Stacey episode was announced

A carer has said her life has been turned upside after embracing a striking resemblance to one of the UK's best-loved TV characters.

Kaz Barrett, from Barry, Vale of Glamorgan, said her hairdresser believes Gavin and Stacey co-creator Ruth Jones must have based the character of Nessa on her.

After beginning work as a professional impersonator in 2019, she said demand has exploded in recent months as Gavin and Stacey mania sweeps the nation ahead of the show's final episode.

Her bookings include Barry Island coach tours and pub crawls, student club nights and even one upcoming funeral.

"It's been immense, my life has been completely turned upside down," said Kaz.

Shortly after the announcement of the show's return, Kaz told BBC Wales how much Gavin and Stacey means to Barry

Kaz first became Nessa in 2019, when the real Ruth Jones visited Barry to turn on the Christmas lights. Such was the interest in seeing the star, Kaz described the event as "a disaster, an absolute logistic nightmare".

"It's only a small square, and over 5,000 people turned up," she said, joking: "They're not even allowed to invite her back up again."

But the massive popularity of the evening was the spur for Kaz's unlikely new role.

"I was running a little local charity cafe on the high street... so I dressed up as Nessa as a joke and ran up and down the street," she said.

"The video went viral, everybody loved it, and I thought 'oh, hang on a minute, there's something, here'."

Knock Off Nessa was born, and she since amassed tens of thousands of followers on social media.



Kaz, 47, who still works as a carer, said after the viral video, she was approached by a lookalikes agency.

Now, five years into the role, she hosts tours for two companies in character, and does events and appearances, including some more unusual than others.

"I got a funeral to go to on Friday," she said.

"I said yes because the guy who passed away was a massive Gavin and Stacey fan."

"He always used to say to me 'can I be Bryn, can we sing Islands in the Stream?'. So when he passed, I said to his sister that I'd love to come down and do it for him."

She added that the show is still so popular with young audiences she's often asked to do nightclub appearances, often for students.

"I turned up to a nightclub in Bristol and the event was for me to throw burgers at the students off a fire escape," she said.

"When I got down on the fire escape, they were all going 'I saw the way to throw that burger at me Ness, it was lush'."

However, she said during the last

six months since the final episode was announced, things have gone "absolutely mental".

"Everyone is like 'oh, can I have photos with you? Will you do a little skit for me?', she said.

"I'll not even be dressed as Ness. The buzz in Barry is electric. The last time I've seen it this busy was the Radio 1 roadshow when they came to Barry with Kylie."

"The current hype, I can only compare it to that."

Despite her work, and even filling in for the real Ruth Jones for the BBC, Kaz had never met the woman herself until last week.

"It was immense. I was shaking - star struck," she said.

"All I could say to her was 'alright, what's occurring? You good?' and she just looked at me and laughed."

She said she has also emailed and offered her services as a Nessa stand in for the show - but hasn't heard back yet.

"Even if she just needs me as a decoy around Barry I'll go do it," she said.

Kaz said the positive impact the show has had on Barry is

unmeasurable. "I just want to give a lot of credit to Ruth and James, if I'm honest, because what they've done for Barry has been immense," she said.

"There's no one in the world, anywhere in the world, that's not heard of Barry - and that's because of them."

Putting her Nessa hat on, Kaz dampened the anticipation for how Nessa's cliffhanger proposal to Corden's Smithy in 2019's Christmas episode will pan out.

"Don't break something that's not broken," she said.

"They're fine, we don't need a wedding - Dave's gonna turn up and spoil it... it'll open a can of worms."

"Think of all the men that will be devastated turning up at the church because she's getting married."

She also said she has inside information on what happened on Uncle Bryn's and Jason's fateful fishing trip.

"What I can tell you is, it was cold that night, it defied the laws of the gravity, but it was legal in Wales so we'll leave it there," she said.

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BRIDE REPLAYS HER WEDDING IN CARE HOME FOR SUFFERING GRAN



Hannah Jobey was devastated when grandma Liz, 86, couldn't attend her wedding to Jay Harris so the pair made sure she didn't miss out - by throwing a special second one!

A caring bride had a second 'magical' wedding day as a special treat for her grandma who suffers from dementia.

Hannah Jobey and Jay Harris enjoyed a dream ceremony when they tied the knot in front of their loved ones.

But Hannah's grandma Liz Jobey, 86, missed out because of her condition. So the couple decided to have two weddings and re-enacted their big day at her care home.

Afterwards she said: "I always wanted my gran to be part of our wedding. Doing it this way meant that she could be involved in a way that meant she felt at home."

Hannah, 29, will "treasure" the memories forever. The primary school teacher donned her wedding outfit and cut a cake alongside her husband at the Eothen care home in Wallsend, North Tyneside.

She added: "I really wished she could have been there on the actual day. But in the end I was so



pleased we chose to do it this way.

"My gran was so relaxed and happy and that was so important to all of us. She kept holding my hand, not letting go, and looking at my dress.

"It allowed me and my family to create memories." Hannah, of Gateshead,

Tyne and Wear, and Jay were married at Brinkburn Priory, near Rothbury, Northumberland in August.

They waited five months for their second day with Liz so that Hannah's sister and chief bridesmaid, Esme, was home from college.

The decision not to take her to the original ceremony had been "incredibly hard", Hannah's dad and Liz's eldest son Steve, 62, explained.

"Mam has been unable to get into a car for the best part of two years," he said. "She gets very distressed. We concluded that it

wouldn't be in her best interests.

"We didn't mention to mum that Hannah had got married to all of us. She kept holding my hand, not letting go, and looking at my dress. On the day itself, my sister Ruth went and got her ready and then Hannah and Jay came in dressed to the nines.

"When Hannah came in my mum was absolutely thrilled to bits. It was like a light was switched on.

"Mum grabbed her hand and said 'You look absolutely beautiful'. It was absolutely magical."

Care home manager Christine Henderson, who has worked for Eothen for 24 years, watched as Liz's face lit up.

She said: "She had a very lucid moment where it was very real for her. We are one big family and for us it is really important that residents can still be part of those special moments with their loved ones."

WAITING FOR DOG: CATHEDRAL'S WELCOME TO CANINES

A Scottish terrier playing an organ and a cocker spaniel using a kneeler are among 12 dogs featured in a cathedral's calendar.

St Edmundsbury Cathedral in Bury St Edmunds, Suffolk, came up with the concept to show how warmly it welcomes our furry friends.

Marketing manager Catherine Rayson said: "We've always been dog-friendly but perhaps haven't pushed it as much, so this year it was very much an excuse to promote that fact."

The 2025 calendar has been released a few weeks before Bury St Edmunds competes to be crowned England's most dog-friendly town once more, external in the National Dog Friendly

Awards.

All the models, including December's Maisie the husky, were drawn from the cathedral community, say organisers

Adam Musgrove with shoulder length light brown hair and close cropped beard, smiling up at the camera, crouching down with an arm around his boxer/staffie cross who is looking away in St Edmundsbury Cathedral

A different breed was chosen to represent each month of the year, with models supplied by those from the cathedral community.

Adam Musgrove's boxer/staffie cross was among the hounds who took part in the photoshoot.

"It was an opportunity



I couldn't resist... this little photogenic face of hers needed to be on a calendar and preferably one with a month with 31 days," said the 39-year-old from Bury St Edmunds.

The cathedral's marketing manager, Catherine Rayson, said the two-morning photoshoot was a success with "no divas" among the pooches

Mikey was another one of the featured canines and was already "very at home in the cathedral", according to his owner.

Dee-dee Dobell, 82 and also from Bury St Edmunds, said: "He regularly comes to the morning service most mornings and he comes to the 08:00 communion

on Sundays - and when I'm sidesman, he collects the offertory with me and comes up to the altar."

The animals were photographed across two mornings and were "very well behaved", according to Ms Rayner.

"It was relatively straight forward and we didn't have any divas," she said.

Visitors have been asked to keep their furry companions on a lead.

They can enjoy a water bowl outside the cathedral and dog treats from the welcome desk.





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PEMBROKESHIRE COLLEGE STUDENT NAMED FINALIST IN NATIONAL AWARDS

For the third consecutive year, a student from Pembrokeshire College's ECITB Scholarship programme has been recognised as one of the best in the UK.

Luke Roberts, a dedicated engineering student, has been named one of three finalists in the New Entrant Award category at the prestigious 2024 ECI Training and Development Awards.

The annual ECI Training and Development Awards celebrate excellence within the engineering and construction industries, recognising both individuals and organisations for their contributions and achievements. Luke's shortlisting for the New Entrant Award acknowledges his outstanding potential and commitment, marking a significant achievement for someone new to the industry.

Reflecting on his nomination, Luke expressed his gratitude: "I'm honoured to have been selected as a finalist; this is a really proud moment for me as a student. I'd like to thank my tutors for all their help and support throughout my journey."

Luke's recognition highlights

not only his personal dedication but also the ongoing success of Pembrokeshire College's ECITB Scholarship programme, which continues to nurture top talent in engineering and construction. For three years running, the programme has produced students who have earned national recognition, showcasing the exceptional quality of education and training available at Pembrokeshire College.

William Bateman, Curriculum Area Manager for the Faculty of Engineering and Computing at Pembrokeshire College, expressed his pride in Luke's achievement. He said: "We are incredibly proud that Luke has been shortlisted as a finalist. This recognition is a true reflection of his dedication and hard work. Luke has consistently demonstrated exceptional commitment, always being the first to arrive and the last to leave. His success is also a credit to the outstanding guidance he has received from our excellent lecturers and tutors, who have helped him develop an impressive skillset across all welding processes. We couldn't be more thrilled to celebrate his achievements!"



The ECITB Scholarship programme at Pembrokeshire College is designed to equip students with the core skills needed for successful careers in engineering and construction. Developed in partnership with industry experts, the programme ensures a steady flow of talent into the sector, addressing skills shortages while providing students with hands-on experience and real-world learning opportunities. Scholars like Luke benefit from high-quality instruction and the support of experienced tutors, preparing them for successful

future. Luke's success in reaching the finals of the New Entrant Award not only recognises his hard work but also highlights the strength of Pembrokeshire College's ECITB Scholarship programme. The College remains committed to fostering talent and providing its students with the knowledge and skills they need to thrive in competitive industries. For more information about the engineering courses offered at Pembrokeshire College, visit: www.pembrokeshire.ac.uk.

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TATTOOS IN SOCIETY: A PROGRESSION OF ACCEPTANCE

Not long ago, tattoos were considered rebellious, reserved for sailors, criminals, and biker gangs. Many believed that getting a tattoo would damage your social standing.

However, society's view of tattoos has changed significantly. Today, tattoos are widely regarded as a form of art and self-expression, embraced by millions worldwide.

What is a Tattoo?

A tattoo is a form of body art where ink is inserted into the skin. Traditionally, tattoos were done with rudimentary tools, but modern techniques involve electric machines for precision. Tattoos can be placed anywhere on the body, though common areas include the arms, legs, back, and shoulders. They have evolved over centuries, yet their cultural significance remains potent.

Tattoos Throughout History

Tattoos have existed for centuries, with different meanings in various cultures. In ancient times, they were used to signify rank, status, or religious devotion. Ancient Egyptians used tattoos for spiritual purposes, while in Polynesia, they symbolised rites of passage. However, in the modern era, tattoos were often linked to deviant behaviour, particularly in association with sailors, criminals, and gangs.

In the late 19th and early 20th centuries, tattoos were often considered vulgar and associated with dangerous subcultures. Sailors used tattoos to document their sea journeys and experiences, which further contributed to the association with rebellious behaviour. It wasn't until later in the 20th century that tattoos began to transition into a more mainstream art form, shedding much of their negative connotations.

Women and Tattoos

A Symbol of Empowerment As society's acceptance of tattoos grew, they became an important symbol in the women's liberation movement. Historically, women with tattoos were seen as outcasts, but today, many women use tattoos as a way to reclaim ownership of their bodies and challenge traditional beauty standards.

For many women, tattoos are a form of self-expression and a way to commemorate personal milestones or cope with loss. Tattoos are no longer viewed as a mark of rebellion but rather as a form of artistic expression. This shift reflects the changing social norms, where tattoos are now celebrated for their individuality and creativity.

Tattoos in the Workplace

One of the biggest shifts in tattoo acceptance has been in the workplace. In the past, visible tattoos were considered unprofessional, and many believed they would hinder job prospects. However, this perception has changed over time. Many employers now recognise tattoos as a sign of creativity and personal expression.

A recent survey by CareerBuilder found that 36% of employers said visible tattoos have no impact on hiring decisions, and 32% said tattoos could even improve an applicant's chances. While some industries still frown upon visible tattoos, many creative or casual workplaces embrace them. However, it's important for employees to understand their company's policies regarding tattoos, as attitudes can vary.

The Role of Social Media in Tattoo Culture Social media has played a huge role in the normalisation of tattoos.

Platforms like Instagram, Facebook, and Twitter have allowed people to share their tattoo stories and designs, making tattoos more visible and accepted. What was once hidden is now proudly displayed online, helping tattoos become part of mainstream culture.

Celebrity tattoos have further helped normalise body art. For instance, Kim Kardashian and Justin Bieber, both once criticised for their ink, now sport numerous tattoos and showcase them proudly on social media. Their tattoo journeys reflect the broader cultural shift, where tattoos are no longer associated with rebellion but with personal expression.

Tattoo Styles and Trends

With the growing popularity of tattoos comes a diverse range of styles. Tattooing has evolved into a broad art form, with styles reflecting different cultural traditions and personal preferences.

Tribal Tattoos: One of the oldest tattoo styles, tribal tattoos originate from indigenous cultures and feature bold black patterns. These designs often have cultural or spiritual significance.

Celtic Tattoos: With intricate knotwork and symbolic designs, Celtic tattoos are rooted in ancient traditions. Today, they are chosen for their aesthetic and cultural significance.

Japanese Tattoos: Known as Irezumi, these tattoos are often large, colourful, and detailed, depicting mythological creatures or

historical figures. This style is deeply embedded in Japanese culture and history.

Traditional Tattoos: Also known as "old school" tattoos, these designs are characterised by bold outlines and simple, symbolic imagery like anchors, hearts, or swallows.

New School Tattoos: Emerging in the 1980s, new school tattoos feature vibrant colours and cartoon-like imagery. They are often larger and more exaggerated than other tattoo styles.

Tattoo Meanings

Tattoos often carry personal meaning for the individual wearing them. While each tattoo is unique, certain symbols are popular for their deeper significance:

Heart Tattoos: Often symbolising love, passion, or resilience, heart tattoos are a common choice for those wishing to honour relationships or personal strength.

Dragon Tattoos: Seen as symbols of power, wisdom, and freedom, dragon tattoos are popular across many cultures.

Butterfly Tattoos: Butterflies often represent transformation or rebirth, making them meaningful for those experiencing significant life

changes. **Star Tattoos:** Representing guidance, hope, or inspiration, star tattoos are chosen by people seeking direction or clarity in their lives.

Rose Tattoos: A classic symbol of love and beauty, rose tattoos are popular for their elegance and emotional depth.

Moon Tattoos: Often associated with femininity, transformation, or new beginnings, moon tattoos are a popular choice among those looking to symbolise personal growth.

Tattoos have come a long way from their origins as symbols of rebellion and status. Today, they are widely accepted as a form of personal expression and artistic creativity. Women, in particular, have embraced tattoos as a way to challenge traditional beauty norms and reclaim ownership of their bodies.

As tattoos become more mainstream, their role as a powerful tool for self-expression is becoming increasingly entrenched in modern society. No longer just symbols of rebellion, tattoos are now a celebrated art form that allows individuals to tell their stories in a permanent and meaningful way.

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A NOSTALGIC RETURN THAT DOESN'T QUITE RECAPTURE THE ORIGINAL'S MAGIC

LISTEN TO THIS...

We are not robots - Terrorvision

I've always liked Terrorvision, but when a band hasn't released an album for this long there is a real mix of excitement and hesitation.

After such a long break, you wonder if they could still capture the magic that made them stand out in the first place.

After the first few minutes in, all doubts have been flattened.

We Are Not Robots is a vibrant and energetic return to form, filled with the creativity and infectious spirit that defines Terrorvision. From the opening track, "Electrocuted," the band proves they haven't lost their edge. The song bursts to life with an electric pace, setting the tone for an album that's equal parts fresh and nostalgic. One of the stand out moments is "The Night That Lemmy Died," a raw tribute to the Motörhead legend that blends the band's signature sound with a heartfelt nod to their influences.

The album manages to strike a balance between high-energy anthems and slower, more reflective tracks. Songs like "Daydream" bring an uplifting, feel-good vibe, while "Opposites Attract" slows things down for a more introspective moment without losing any of the band's characteristic grit. "Opposites Attract" became an instant favourite for me, with its combination of catchy melodies and rugged instrumentation showing off Terrorvision's ability to create music that's both accessible and deep.

One of the album's highlights

is "Baby Blue," a song that feels like it's always been part of the band's discography despite being brand new. It strikes the perfect balance between the familiar and the fresh, demonstrating the band's ability to evolve their sound while staying true to what made them great.

Another banger of a tack track is "You Gotta Want to Be Happy." With its irresistible chorus, you just have to sing along. It radiates positivity, showcasing the band's ability to create music that is both powerful and uplifting.

Produced by Rick McNamara and mixed by Chris Sheldon, We Are Not Robots has a polished yet raw feel, clocking in at a tight 37 minutes. Despite its brevity, the album is packed with memorable hooks, riffs, and moments that will appeal to both longtime fans and newcomers.

Terrorvision isn't just revisiting past glories—they're moving forward. Overall, We Are Not Robots is an energetic, uplifting album that leaves you feeling both satisfied and eager to hear more.



While it's usually wise to avoid saying Beetlejuice's name three times, today we're in luck because we're taking a look at the long-awaited sequel, Beetlejuice Beetlejuice.

Revisiting a film over 40 years after the original is always a risky venture. Can it capture the same magic that made Beetlejuice such a hit all those years ago? That's exactly what we're here to explore.

To set the scene, it's been many years since Lydia Deetz (Winona Ryder) helped the Maitlands in their ghostly adventures. She's now a mother and the host of a hit TV show, Ghost House with Lydia Deetz, where she investigates paranormal phenomena. Yet, out of the corner of her eye, she keeps seeing a familiar figure—a man with green hair and a striped suit. One

day, while filming her show with producer Rory (Justin Theroux), Lydia receives an urgent call from her stepmother Delia (Catherine O'Hara) with the shocking news that her father has died. The family must return to Winter River for the funeral, including Lydia's estranged daughter Astrid (Jenna Ortega), who doesn't believe in her mother's supposed ability to communicate with the dead. As if mourning weren't enough, a mysterious woman named Delores (Monica Bellucci) begins wreaking havoc in the afterlife, killing souls and forcing Beetlejuice (Michael Keaton) into hiding. This funeral may be the perfect opportunity for him to reconnect with his almost-wife from all those years ago.

From the outset, it's clear the cast is having a fantastic time, which

really elevates the film. Michael Keaton, as Beetlejuice, devours every scene with his usual chaotic energy, making him an absolute joy to watch. Catherine O'Hara's return as Delia is a pleasant surprise.

Her character is more developed this time around, yet she remains recognisable as the quirky, self-absorbed woman from the original. Willem Dafoe's role, though unexpected, adds even more flair, with him stealing every scene he's in, guns blazing.

However, Beetlejuice Beetlejuice has its share of narrative quirks, some of which work better than others. The film cleverly handles the absence of certain characters, explaining their exclusions in amusing ways, such as using stop-motion animation. On the flip side, the explanation

for the Maitlands' absence feels underwhelming, even when the film itself acknowledges it.

Visually, the sequel retains much of the original's gothic charm, with the addition of modern digital elements. Danny Elfman's score is a nostalgic treat, and the film wisely leans into the strange prosthetic work and surreal sequences fans love. Yet, the subplot involving Delores feels unnecessary and muddles the narrative, especially as the film becomes increasingly disjointed toward the end.

Ultimately, Beetlejuice Beetlejuice is a fun return to a beloved world, even if it doesn't quite live up to the original. It's worth watching, as long as you manage your expectations—while it's a nostalgic ride, the story isn't quite as strong as the first.

GOLDIE LOOKIN' CHAIN: THE 420 TOUR

Friday, 08 November 2024 | Venue: The Queen's Hall



Fans of Goldie Lookin' Chain are in for a nostalgic treat as the Welsh rap collective embarks on The 420 Tour, celebrating the 20th anniversary of their debut album Greatest Hits.

Taking the stage for this milestone event, the group is set to perform 20 shows across the UK, each featuring 20 songs for just £20 per ticket—a nod to their 20-year legacy.

The tour has already proven to be a massive hit, with tickets for the Queen's Hall show on 8th November 2024 now sold out.

Services, adding an extra layer of excitement to the night.

Marking two decades since the release of Greatest Hits, this tour promises to bring back the iconic sounds and irreverent humour that made Goldie Lookin' Chain a household name. Fans can expect a lively evening of throwback hits and new surprises in what promises to be a unique celebration of the group's enduring appeal.

Prepare for a night of nostalgia, humour, and unforgettable performances, as The 420 Tour honours 20 years of Goldie Lookin' Chain's distinctive style.

A BIG BANG FOR SAUNDERSFOOT

Each autumn, Saundersfoot transforms into a vibrant hub of excitement for a full weekend, bringing together the thrills of Halloween and the sparkle of Bonfire Night in a spectacular event known as the Big Bang Weekend.

This annual celebration is packed with family-friendly activities and unforgettable moments, making it a must-visit occasion for locals and visitors alike.

The Saundersfoot Big Bang Weekend offers a perfect blend of spooky Halloween-themed events and traditional Guy Fawkes Night attractions. Attendees can get into the Halloween spirit with pumpkin carving competitions, spooky trails through the town, and fancy dress

contests where the best costumes get their moment to shine. For Bonfire Night, the harbour area is taken over by a seaside funfair, offering rides and attractions for all ages. The real highlight, however, is the breathtaking fireworks displays that light up the sky—not once, but twice—over Saundersfoot's beautiful waters.

This year's Big Bang Weekend takes place from Friday, 25th October, to Sunday, 27th October. The festivities kick off with the funfair on Friday at 2pm, offering an afternoon and evening of rides and entertainment. On Saturday, the funfair starts at noon, leading up to two exciting firework displays—a mini display at 6:30pm for early viewers, followed by the main event at 8pm, which



promises to be an unforgettable spectacle over the water. The weekend wraps up with the funfair again on Sunday, starting at noon for those looking to squeeze in one last bit of fun before the festivities come to a close.

Bring the whole family and enjoy a weekend packed with excitement, laughter, and memories that will last long after the final firework fades from the sky.

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THE AMAZING AUTUMN MAZE

Autumn colours are wonderful
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Hot chocolate

Hello Autumn!

Autumn WORD SEARCH

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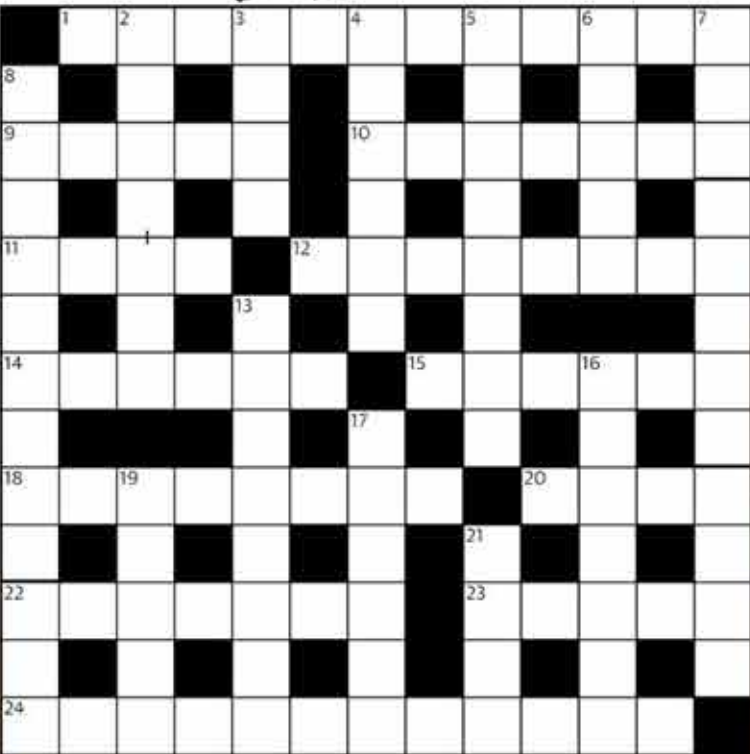
Crossword

Across

- 1 One who talks too much (12)
- 9 Ring-shaped coral reef (5)
- 10 City of the central Netherlands (7)
- 11 Eyelid attachment (4)
- 12 Enrol to vote (8)
- 14 King of the Fairies (6)
- 15 Closed political meeting (6)
- 18 Many (8)
- 20 Knife (4)
- 22 Close associate (7)
- 23 From which a mighty tree could grow! (5)
- 24 Resistant to liquid (12)

Down

- 2 Dekko (4-3)
- 3 Daring (4)
- 4 Avoided (6)
- 5 Sweet almond paste (8)
- 6 Full length (5)
- 7 Traditional Good Friday fare (3,5,4)
- 8 Writing instrument (9,3)
- 13 Handle (8)
- 16 French car (7)
- 17 Book page size (6)
- 19 Eejit (5)
- 21 Side post of a doorway (4)



Crafty Sudoku

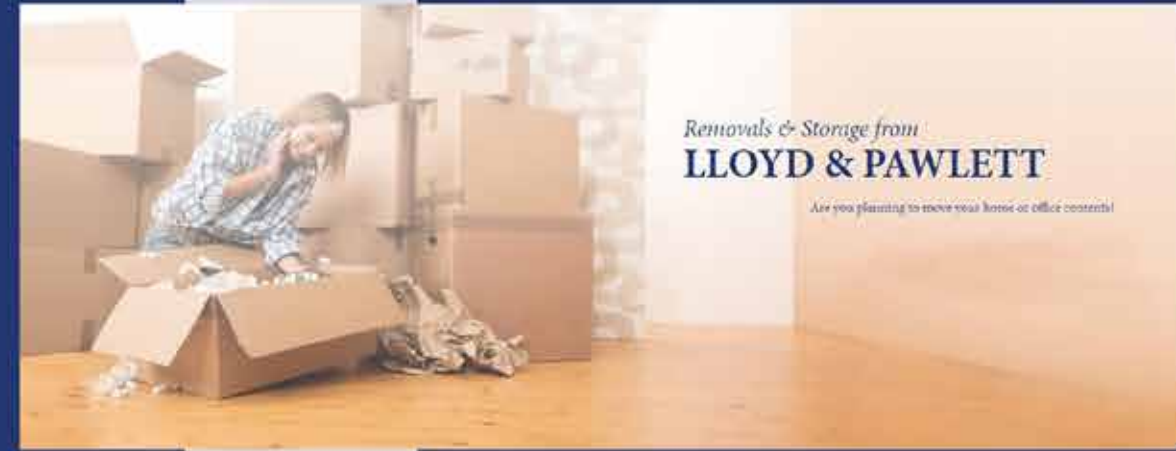
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4	6					2

Solutions for last issue

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



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with Bill Carne
One of the attractions for visitors at Haverfordwest Cricket Club is undoubtedly the catering services provided by the club's chef Peter and his wife Kay, who organises the front-of-house service.

Always with a smile and willingness to make the visit for food a good one, they have been providing their excellent cuisine at The Racecourse home of the cricket club for 16 years - and their aim is very straightforward - good food at reasonable

prices is their motto. Meals are tasty, hearty and provided promptly (and having used their quality service for family occasions like special birthdays we can vouch for the fact that they certainly achieve at that aim). They also provide food to suit every occasion, with weddings, christenings and, sadly, funerals as well as their regular daily provision - and they also cater for the cricket and football teams who use the club, including the junior sections, with sausage and chips the favourite



hearty post-match offering on Saturday afternoons, summer and winter. Their ability to provide a quality service stems from Peter starting out at catering college and then cooking at The Nest, in Little Haven, national food outlets and then the cricket club. Peter met Kay almost 30 years ago when she clearly liked his cuisine and agreed to his invitation to go out for a meal - and they have been together ever since, with him in charge of the kitchen but with her sorting everything else out, like bookings, service and finding suitable assistants. We can only recommend their quality food but the proof of the pudding (or main meal) is in the eating so if you are looking for good, affordable food in a pleasant ambience then give them a ring on 01437 763615 - you will be guaranteed a warm welcome!



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ANGLE LIFEBOAT STATION



Angle All-Weather Lifeboat was requested to launch at 3:44pm yesterday afternoon following a call for assistance from the skipper of a 30ft yacht in Dale Anchorage. The vessel was suffering from electrical issues, and after an unsuccessful attempt to rectify the issue the yachts crew contacted the coastguard for assistance. The lifeboat launched shortly after and was soon with the vessel. They found the yacht at anchor, but with an increasing easterly wind expected overnight the skipper was reluctant to remain in the area. They found crew swiftly set about rigging a tow and not long after the yacht was safely under tow, bound for Milford Marina. Once off the entrance to the docks channel, the yacht was transferred into an alongside tow and taken safely into the marina. With no further assistance required, the lifeboat departed the marina and was back alongside the jetty and readied for further service by 6pm.



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16-11 Mark Mason (ON 1291): Tamar class lifeboat

When our Tamar class lifeboat was introduced into the RNLI fleet in 2005, she was our most sophisticated and safest lifeboat of the time.



The Tamar lifeboat was the first to be fitted with an integrated electronic Systems and Information Management System (SIMS), allowing the crew to operate the all-weather lifeboat from the safety of their shock-absorbing seats. When crashing through the waves, the Tamar's pioneering seat design absorbs most of the energy on impact, reducing the strain on crew members' backs. The Tamar is designed to be launched from a slipway - her mast and aials can be lowered to fit inside a boathouse - and she can also lie afloat. Tamar class lifeboats have gradually replaced some of our Tyne class lifeboats that have reached the end of their operational lives as part of our plans for a faster and more efficient 25-knot all-weather lifeboat fleet. Following a tradition of naming our modern lifeboats after rivers, the Tamar is named after the Tamar River, which is 50 miles long and forms a natural boundary between Devon and Cornwall.

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WINTER ROAD SAFETY - STAY SMART



The weather can change drastically during the winter months, and you need to be prepared to keep yourself and other road users safe.

Adverse weather conditions and longer periods of darkness make driving more hazardous, which in turn increases the risks on the roads.

As a result, you must ensure that you adjust your driving to suit the conditions.

SNOW DRIVING TIPS UK

There are several top hints and tips you can follow to make your journey safer in winter, and these include:

AVOID DRIVING

- If possible, avoid driving in snow and other treacherous conditions.
- Never set off when it's

snowing heavily or snow is forecast, and avoid other adverse conditions like heavy rain, ice, or fog.

- Consider using public transport.
- If you drive to work, try to arrange to work from home (especially if you live in a rural area).

BE PREPARED

- Ensure your vehicle is well-maintained with an up-to-date MOT, regular servicing, and routine checks by yourself.

- Check your tyres to make sure they are in good condition and have a tread depth of at least 1.6mm.
- Ensure there is antifreeze in your radiator and windscreen washer bottle.

- Keep an ice scraper and de-icer in your vehicle. Pack a winter driving kit in case of emergency. This could include a torch, cloths, a blanket and warm clothes, food and drink, a first-aid kit, a spade, a warning triangle, and a high-visibility vest.

- Always have a well-charged phone for any emergencies.

- Check the weather forecast in advance and plan your journey.

CAREFUL, CAUTIOUS DRIVING

- Slow right down and only travel at speeds where you can stop within the distance you can see to be clear.

- Maintain a safe distance between you and the vehicle in front. If you haven't already, increase it to as much as 10 times the usual distance immediately.

- Be extra vigilant for pedestrians and hazards. Stay in control and avoid harsh braking, accelerating, or sharp steering.

- Take corners very slowly and steer gently and steadily to avoid skidding.
- Never brake if the vehicle skids; instead, ease off the accelerator and steer slightly in the direction of the skid until you regain control. Use lights appropriately - fog lights should be used in foggy conditions, and dipped headlights when visibility is reduced, etc.

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ASCONA GROUP NAME AMONG FASTEST GROWING COMPANIES

Pembrokeshire-based forecourt operator, Ascona Group, has once again been recognised as one of the fastest-growing businesses in the UK.

For the fourth consecutive year, Ascona has secured a spot on the prestigious UK Fast Growth Index, which highlights the top fifty rapidly expanding companies across Wales. This achievement places Ascona in the spotlight among over 5.6 million businesses nationwide.

The final rankings will be revealed at the highly anticipated UK Fast Growth Awards, taking place in London on Thursday, 28th November 2024.

Ascona Group also enjoyed further success at the 2024 Forecourt Trader Awards, where the company's performance was recognised on a national level. The Springfield Road site in Aberdeen received the title of Regional Forecourt Trader of the Year for Scotland (up to 4mlpa), while the Machynlleth service station in North Wales was victorious in the West Country & Wales category (up



to 4mlpa).

The Machynlleth service station's award follows a £3 million redevelopment project completed in 2023, which aligns with Ascona's vision to transform its forecourts into next-generation roadside retail destinations.

Darren Briggs, Founder and CEO of Ascona Group, expressed his pride in the company's recent

accolades. He stated, "I am delighted to see Ascona being recognised as one of the fastest-growing businesses in the UK. This is a testament to our team's hard work, dedication, and the strong 'Team Ascona' ethos that has driven our success over the years."

He added, "The recognition at this year's Forecourt Trader Awards also reflects our commitment to

providing customers with high-quality roadside retail destinations."

Ascona Group, which operates 60 sites across the UK and employs over 820 staff, has become known for its innovative approach to forecourt retailing. The company offers a mix of commercial partnerships and in-house brands, catering to over 300,000 customers each week.

Beyond its commercial success, Ascona Group is deeply committed to community engagement through the Ascona Foundation. Since 2017, the foundation has donated over £375,000 to local causes, supporting initiatives such as children's sports teams and food bank charities.

Ascona Group's continued growth and recognition reflect its dedication to delivering quality services while maintaining strong ties to the communities it serves. With further achievements on the horizon, including the upcoming UK Fast Growth Awards, Ascona is well-positioned to continue its success story.

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