

FREE

Feel Good

Magazine

Pembrokeshire

Animal Rescue Cymru



Scan here to donate now!

SAVE THE DATE!
1st - 5th JULY

Fun Week at The Harp
Letterston in Memory of
Mabli Cariad Hall



See Page 21

TREGROES: PEMBROKESHIRE'S PREMIER GLAMPING & CULINARY ESCAPE

SEE OUR SPECIAL
FEATURE ON PAGE 26



The perfect venue for your special occasion

Manorowen Road, Fishguard and Goodwick, SA65 9QF
In the grounds at Tregroes Caravan, Camping & Glamping Park

01348 871880 **www.tregroes.co.uk**



sales@abilitypower.co.uk 01437 766 984 www.abilitypower.co.uk

Professionals in the sector Specialist in Emergency Back Up Power Supplies

**GENERATORS
UPS**

**ATS & STATIC SWITCHES
BATTERY STORAGE**



Supplying, manufacturing and maintaining Power Generators
UPS, ATS and bespoke Power Products since 1999

CONTENTS

There's always more sport from Bill Carne at www.pembrokeshiresport.co.uk



30 Bill Carne takes a look at the long-awaited friendly fixture between Fishguard & Goodwick and The Pembrokeshire Vikings

4 LOCAL SNIPPETS

Keep yourself smiling with a host of Pembrokeshire FeelGood stories

8 HELEN CARRINGTON

Helen Carrington recently returned from a visit to Sun City, in South Africa with a gold medal

10 TALENTED SPORTING YOUNGSTERS

A great read as Bill Carne interviews more of our local sporting youngsters

12 FEELGOOD FOOD

7 pages of very good eats!

24 TREGROES PANTRY

What started as a leap of faith for owners Colin and Samantha Hancock has grown into a thriving retreat, complete with stunning accommodation and the popular Tregroes Pantry.

38 ENTERTAINMENT

Film reviews and local events

42 NATIONAL SNIPPETS

Feel good stories from outside the county

46 KIDS PAGE

Fun puzzles for the little'uns

48 PUZZLE PAGE

Challenge yourself with our games

50 LOCAL SERVICES

Pembrokeshire's Experts

56 MOTORING

Keep up to date with what's going on in the motoring world



FeelGood
Magazine *Pembrokeshire*

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



WWW.FEELGOODMAGAZINE.CO.UK



**TREE TRIMMING
FELLING
PRUNING
TOPPING**

OF ALL SILVER BIRCH, BEECH,
ROWAN AND WILLOW

ALL TYPES OF HEDGES REDUCED OR REMOVED

including conifers, beech, hawthorn, privet. We specialise in conifers, trimmed, shaped, crown raised and reduced in height or removed completely. All waste removed



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

Call Direct for a FREE estimate without obligation

07534 010965 (MIKE)

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

Checkatrade.com
Where reputation matters

myBuilder.com



PEMBROKESHIRE CARAVAN HIRE



Who we are and what we do.....

We are Debbie and Paul Watson, a husband and wife team who set up our business of hiring touring caravans in 2017. It is our aim to provide quality accommodation to suit every budget and having both come from customer service orientated backgrounds, we strive to do everything we can to make your experience with us a good one from making your booking to handing back the keys at the end of your stay!

Whether you have a wealth of experience with caravan holidays or are new to the idea of having the freedom to tour wherever you want to go, contact us and we'll help you every step of the way with your requirements.

We have a selection of 4 and 6 berth caravans available to suit your needs with comfortable modern interiors and all of our caravans come fully equipped with everything you need with the exception of bedding and towels (if you're unable to bring your own bedding, don't worry, this is an optional extra available to hire).

Caravans are not just for holidays! These are some of the other services we offer

- Caravans delivered and setup directly to the caravan site/location of your choosing anywhere around Pembrokeshire/Carmarthenshire
- We can provide additional accommodation space for visiting guests to your home
- Wedding guest accommodation
- Building Project/Renovation on site accommodation
- Eisteddfod
- Royal Welsh Show
- Festivals
- Looking at buying a caravan? Hire one to 'try before you buy' to find the layout that suits your needs.

Flexibility on bookings for short stay/weekend breaks or longer term.

DOGS GO FREE!!

Well behaved four legged family members are welcome in our caravans

Choosing your caravan couldn't be simpler but if you'd like to discuss your particular requirements, we're always happy to help you choose the right caravan to suit your needs.

Subject to availability, we can deliver and set up to sites within Pembrokeshire and Carmarthenshire (call us for a quote) OR if you are experienced at towing you can collect from us and self-tow to your destination(s).

See what people say about us! www.pembrokeshirecaravanhire.co.uk/local-events

07555 361698 • www.pembrokeshirecaravanhire.co.uk



PLAY AREA CAN STAY



A Pembrokeshire nursery that received a council grant for a covered play area has been granted retrospective planning permission, after the applicants were unaware that official approval was required.

Victoria Christie applied to Pembrokeshire County Council for retrospective permission for the covered external play area, which was built last year at ABC Pre-School Nursery, Castle High, Haverfordwest.

A supporting statement, submitted via agent Ian Bartlett Planning and Architectural Services, explained:

"Children are always supervised. Before the timber structure was erected to cover part of the play area, this space was open and its use was weather-dependent. Current guidelines recommend that covered play areas should be provided to meet children's needs.

"The applicant installed the timber structure with grant assistance from Pembrokeshire County Council but was unaware that planning permission was required."

The statement added that the covered area allows children to "play in a safe and secure environment and enjoy some of the messier play experiences in a sheltered space".

It concluded: "The proposed development complies with all relevant Local Development Plan policies. Granting permission will enable the nursery to meet its childcare obligations and continue enhancing the experience for children using the facility. No adverse issues have been identified, and the proposal is policy-compliant."

An officer's report, which recommended conditional approval, highlighted the economic benefits of the development:

"The siting of the covered play area has supported the economy by providing work for the construction industry and generating income for materials suppliers and distributors."

It also stated: "There are no adverse environmental impacts associated with the covered play area's location. While the pre-school grounds are adjacent to existing residential properties, the covered play area is situated 11.6 metres from the nearest dwelling.

"As such, there is no detrimental impact on the privacy or amenity of neighbouring properties. The application complies with the policies of the Pembrokeshire Local Development Plan, and planning permission is therefore granted."

FeelGood SNIPPETS

A NIGHT TO REMEMBER FOR NESS



One lucky winner is set to jet off to Ibiza after an unforgettable evening of fun, excitement, and competition.

Congratulations to Vanessa Castle, the winner of Pure West Radio's Ibiza Rocks competition!

With incredible support of Dynamite Competitions and Ocky White Travel, contestants battled it out in a series of thrilling games for the chance to win the ultimate holiday experience.

The competition, hosted by Pure West Radio, created an electric atmosphere as participants went head-to-head, all hoping to claim the incredible prize—a dream trip to Ibiza! After some tense and exciting moments, Vanessa emerged victorious, securing her well-deserved getaway to the sun-soaked party island.

Vanessa, we hope you have an amazing time soaking up the Ibiza sunshine, enjoying the stunning beaches, and making unforgettable memories.

TREE & GARDENING SERVICES



14 DAY COOLING PERIOD

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

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

FeelGood SNIPPETS

SAM KURTZ VISITS CANOLFAN ELFED



Canolfan Elfed Inclusion Centre in Carmarthen recently hosted Samuel Kurtz, Member of the Senedd for Carmarthen West and South Pembrokeshire, to showcase the vital work being done to support children with additional learning needs.

During the visit, Mr Kurtz met with staff, students, and Rotary Club members working together on the development of a fully accessible outdoor play area. The centre, which supports children from Pembrokeshire, Ceredigion, and Carmarthenshire, is seeking £275,000 in community funding for the project, which aims to create a safe, stimulating environment for physical activity, social interaction, and sensory play.

Samuel Kurtz praised the

centre's impact, saying, "It was a privilege to visit Canolfan Elfed. An inclusive outdoor play area would provide children with opportunities to develop key skills in a supportive environment. I fully support their efforts to secure funding."

Canolfan Elfed's leadership team highlighted the importance of outdoor play for children's well-being and are now appealing for support from local businesses and community fundraising.

Mary Adams of Rotary Club District 1150 added, "The Rotary Club is proud to support this project, as it aligns with our core values of inclusivity and excellence in education."

To support the fundraising, visit their JustGiving page or www.qehs.carms.sch.uk/ymlaen/.

TENBY STEAMPUNK FESTIVAL RETURNS WITH ECCENTRICITY AND INVENTION

The Tenby Steampunk Festival has just wrapped up another successful weekend, bringing a wave of eccentricity, creativity, and invention to the streets of Tenby. Held from March 28 to 30, 2025, the festival was bigger and bolder than ever, building on the success of its inaugural event last year.

Following its first-year triumph, which attracted visitors from across the UK and as far afield as Belgium, the festival gained national attention, with travel publisher Rough Guides describing it as "a fabulous new festival that offers a window into British eccentricity in one of the UK's best seaside towns."

This year's festival was packed with exciting highlights, including the chance to enjoy tea with the Time Traveller, inspired by H.G. Wells' The Time Machine. Returning favourites like teapot racing and Tea Duelling delighted visitors once again, with participants engaging in light-hearted but fiercely contested biscuit-dipping duels.

The festival, organised by Tenby's community engagement officer Anne Draper and a dedicated team of volunteers, continued to celebrate creativity, costume, and community. Anne reflected on the event's success, saying, "The reaction this year has been amazing. We've had people come



from all over. One person even travelled all the way from Belgium! Steampunk enthusiasts truly are the entertainment – the streets came alive with them."

This year, the festival introduced several exciting new additions. Airship racing from the iconic St Catherine's Island was one of the event's most eye-catching features, drawing large crowds. The ever-popular Peacock Parades took place on both Saturday and Sunday at 2:00 pm, parading through the town's streets, starting at the De Valence Pavilion and weaving through Upper Frog Street, Tudor Square, the Harbour, and Crackwell Street.

The De Valence Pavilion served as the heart of the festival, hosting a bustling Steampunk Emporium, a community art exhibition, and on-stage performances, including the much-loved Tea Duelling. A special

screening of Jules Verne's 20,000 Leagues Under the Sea, complete with a custom-written introduction, transported viewers to the steampunk world. Church House hosted a range of live music performances, including the dynamic steampunk artist Madam Misfit. For those looking for a more macabre experience, Victorian ghost walks, Scary Games, and a Paranormal Experiment provided a thrilling twist. Festival-goers also had the opportunity to capture a timeless moment in the Victorian photographic parlour, which was open throughout the weekend.

The Tenby Steampunk Festival continues to be a celebration of imagination, costume, and community, and 2025's event was proof that this quirky festival is here to stay.

For more information and updates on future events, visit the Tenby Steampunk Festival's Facebook page.

screening of Jules Verne's 20,000 Leagues Under the Sea, complete with a custom-written introduction, transported viewers to the steampunk world.

Church House hosted a range of live music



COMBINED 40 YEARS EXPERIENCE IN THE INDUSTRY, SPECIALISING IN BATHROOM AND WET ROOM FITTING. CURRENTLY TAKING BOOKINGS FOR BATHROOM INSTALLATIONS FOR 2025! CALL CRAIG OR IAN NOW FOR A NO OBLIGATION QUOTE



CRAIG : 07869 652935 • IAN : 07900355069

FeelGood SNIPPETS

MUSICAL TALENTS CELEBRATED



The Pembrokeshire Music Service recently hosted the Primary Valero Music Festival at Ysgol Caer Elen, where pupils showcased their musical talents.

The overall winner was Wolfgang Evans from Ysgol Bro Penfro, who impressed with his piano performance of "Jackson Street Blues" and also won the Open Brass class with a trumpet rendition of "Rondino." Other winners included saxophonist Autumn Sheppard (Open

Woodwind), violinist Denisa Rusu (Open Strings), and drummer Ifan Murphy (Open Drums). Saundersfoot CP School's orchestra won the Ensemble category but couldn't perform in the afternoon due to scheduling conflicts.

Philippa Roberts, Head of Pembrokeshire Music Service, congratulated the students for their hard work, while adjudicator Karin Jenkins praised the festival as a fantastic celebration of musical talent.



Dolphin Fish & Chips

The Parrog, Goodwick, SA64 0DE

01348-218167 dolphinfishnchips.com



HELEN WINS COMMONWEALTH GOLD IN SUN CITY



by Bill Carne

Helen Carrington recently returned from a visit to Sun City, in South Africa, and a new item included in her luggage was a coveted gold medal as reward for her

superb performance in the recently-held Commonwealth Powerlifting Championships.

Helen and her husband John also included a deserved holiday after the event as they took the chance to explore other parts of the country but the main focus was the ten days of competition which began for Helen with her acclimatisation work before the day of her main event, which was in the Bench Press discipline of her sport.

WINNING GOLD – AN AMAZING FEELING!

Helen Carrington - full of determinationShe was a member of the team of over 40, the largest-ever Welsh squad to enter the competition and after good pre-competition practice sessions in the M1 category for females aged 40-49, weighing up to 84kgs, that at the end of the competition she had achieved a personal best of 82.5 kgs (a new Welsh competition record) - her name was



flashed up on the electronic scoreboard in first place and the coveted gold medal was hers!

"I can't describe how I felt but when I stood on the podium and the Welsh Flag was hauled up to the top, I sang the National Anthem with gusto, like I had done previously when I was in a Llanelli RFC supporters' choir which sang at The Principality Stadium - and I must admit there were a few tears in my eyes.

"I had my leg pulled because of my age but there is no limit to age because there was one other team member who was 70+!"

SOON BACK IN ACTION – HELPING OTHER WELSH COMPETITORS

Within an hour of having her medal, however, Helen was back in the arena helping to advise other competitors in her role as a British Powerlifting Level Two coach who was assistant coach to the Welsh team on this occasion.

She had gained that qualification a while ago after attending an on-line course over a period of weeks and then attended the assessment sessions in Swindon, so she now enjoys that new development in her powerlifting career.

"It has helped me become even more involved at the wonderful SAW Gym in Haverfordwest, where I train up to four nights a week and try to help others – I try and encourage as many others as possible to get involved and get them to enjoy taking part in physical activity, especially lifting free weights.

ALWAYS READY TO SING THE PRAISES OF OTHERS

Helen with Chloe Hood"I hope like me they can benefit because in 2022 I made the decision to stop being a life-time couch potato and plucked up courage to go to SAW, where I was immediately

made welcome by the likes of Simon Roach and Chloe Hood and I haven't looked back since.

"During my involvement I have been very lucky to have Chloe giving me every encouragement but she is a natural weight-lifter, rather than a powerlifter so although I have still worked with her every time I have visited the gym until recently, I now have a new coach in Lawrence Farncombe, who I work with remotely as he's based in England. I video all my sessions and send them to him so that we can do a zoom meeting to analyse them every week.

LOVED POWERLIFTING FROM THE START

"At first my main thought was losing weight and gaining fitness but once I plumped for Powerlifting I decided on competing after The Wales' team had returned from the Commonwealth Championships in New Zealand - and after watching videos of them I decided there and then,

"I want to be there in South Africa in two years' time.

"I really enjoyed the hard work from the start as I learned the differing techniques of the squat, bench press and dead lift - and it is amazing how quickly I got into the swing of things, and even had the confidence to take part in competitions, where I was amazed how supportive every competitor was of their rivals.

"I was soon competing for a place in the Welsh squad and after I had been chosen, which was a great thrill in itself, I attended the training sessions at the National Sports Centre in Cardiff, which were naturally increased in frequency before we went off to South Africa.

SOME GREAT HIGHLIGHTS IN 2024

"Whilst there I also competed in the 'Full Power' component of the competition, which means competing in all three disciplines, where the winner of course has the highest total combined weight.

"I was delighted that I

broke the Welsh records for the squat (130kgs) and Bench Press (85kgs) but had a bit of an off-day on the Deadlift and just missed out on the Bench bronze medal because although I tied in terms of weight my opponent was marginally lighter than me so she took the medal!"

Of course, winning her gold medal was an absolute highlight, Helen would also nominate the fact that this year has seen her lift for Great Britain in the European Championships in the bench press category, where again she only just missed out on a medal as she came a close fourth.

A VERY IMPORTANT MESSAGE FOR OTHER WOMEN OF HER AGE!

But perhaps even more important for Helen is the fact that she so pleased that her sporting interest is helping her deal with the Menopause and highly recommends to others that they try the same way to deal with it, no matter what the activity is, but offering powerlifting as an excellent help because it is physical, good fun and has wonderful camaraderie with other sufferers.

"I know it can't completely get rid of the hot flushes and other symptoms, but as I have just told Mr Carne, women are facing something that the men would find intolerable, and it not only helps me cope but I have lost over 20kgs in weight and that is another factor that has been so beneficial.



"I also know of one Scottish lady who competes after she had been diagnosed with breast cancer and her surgeon had recommended that she get involved in such a sport as ours - which she has, and she says it has been a great help!"

"All anyone has to do is log on to the SAW website or call up to the gym at the new school any evening and I can categorically assure you of a warm welcome and some great company - and, who knows, one day like me, you

could feel so much better about yourself and have a gold medal taking pride of place at home!"

STOP PRESS

Since this article has been in the process of completion and checking, Helen has also received wonderful local acclaim at the Sport Pembrokeshire Awards for 2024, where she felt honoured to be nominated in a big class and short-listed in the final three nominees.

But she readily admits that when her name was announced as the category winner and she received the beautifully-engraved cut-glass trophy - it really rounded off a wonderful 2024 for her!

And we at PembrokeshireSport.co.uk could only say that it was a pleasure to be in attendance and witness her joy when the result was announced!

A J Carrington & Sons

Potato Merchants and Haulage Contractors



Call us today on: 07979 533422

Congratulations to Helen on her GOLD MEDAL!



pembrokeshirebuilders.co.uk

WHY CHOOSE US?

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

CALL TODAY FOR AN OBLIGATION FREE QUOTE

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

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

gandgbuilders@btconnect.com

PHOENIX PLAYS CRICKET WITH A REAL PASSION



by Bill Carne

Phoenix Phillips - winning trophies That Phoenix Phillips should love cricket comes as no surprise because her family is steeped in the game, with dad Christian having been a stalwart player at Kilgetty but is now a regular in Cresselly's first team because he was spending so much time there with his daughter it made sense to switch clubs since he coaches there and spends much of his spare time that it has made life easier for him and mum Joy, who was also a cricketer in her younger days.

Joy is the daughter of Michael Cole, who played at Lawrenny

and is perhaps better known for his owning of horses like 'To Be Fair', which was a top hurdler and a great favourite with local followers of the equine sport. Joy played ladies' cricket alongside Jennifer Cole, Sharon Lewis, Rhona and Alison Williams, whilst her brothers Andrew and Steve (known to all as Spanner) have played for many years in the village.

Older children Dylan (captain of Kilgetty 2nds) and Isha, very busy these days after giving birth a few months ago to Zarina - and giving Joy and Christian their first grandchild, whilst Christian's late grandfather, Joe Dring, was a great character who was hugely respected as a scorer, with Kilgetty and Pembrokeshire.

EARLY START TO SOFT-BALL CRICKET

Phoenix, now 14, went to her first coaching session with Kilgetty Juniors when she was five years old and she was already used to going to the ground because of her dad Christian and she went along with mum Joy to



support him and play alongside other children on the boundary.

She clearly enjoyed herself with the soft balls they used and it wasn't much later that she went to regular sessions at Cresselly - and by the time she was six she was playing in matches where everyone batted and bowled in pairs so she quickly adapted to match situations.

"My coaches were my dad, Simon Cole, Stefan Jenkins, Phil Williams; Grant James and Haydn Shapcott," she told us, "and I couldn't wait for Sundays to come around so that we could play in local festivals against plenty of other teams."

ON TO HARD-BALL STUFF AT NINE YEARS OF AGE

"And it got even better when we were old enough to start using proper cricket balls at nine and I was in the Cresselly team which won our age-group section and final, with only Mali Cole and me alongside boys who included Harry Broadhurst, Ieuan Prout, Finley Rowlands, Cody James, George Hughes, Jack Mears, Bobby Shapcott and Alfie Morgan."

Another highlight came when Phoenix was invited to attend training with the Welsh Girls' team for her age group at Sophia Gardens, In Cardiff, with other hopefuls from all over Wales - and obviously

impressed because she attended other trials/training sessions at Cardiff and Baglan, followed by more weekly training sessions in Neath with coaches Mark Cox, Sara Jenkins, Sara Phillips, Seren Hughes, Kelsey Hughes and Georgia Parfitt.

PLAYED WELL FOR WALES

It demanded total commitment but at least her parents had the burden eased somewhat when they shared transport with Mari Cole and her dad Simon - and the end product was selection for the squad of 22 to represent Wales against the likes of Devon, Cornwall, Gloucestershire, Warwickshire and Millfield School.

She also played against the West Wales Boys' team that was a year younger and says, "We stuffed them," with a typical chuckle!

Phoenix grabbed 3 for 21 in that match and had a top score of 38 against Devon at Taunton as her best performances at that high level for the season.

THE YOUNGEST PLAYER FOR CRESSELLY LADIES

Phoenix Phillips Back home, Phoenix began to gain more experience by being the youngest player in the Cresselly ladies' team, marking her debut with a couple of wickets - and also playing more recently for them in the indoor league,

where she showed how much she has developed in a match against their counterparts from Llangwm, where she reached 26 before having to retire - and then in her two-over spell with the ball not only bowled a rare maiden over but finished with a 3 for 3 analysis!

"My team mates there are Ffion Ashman, Zoe Minnett, Chrissie Toy, Jess Lewis, Meg Arthur and Lucy Johnson - and we are doing well this campaign, as we did in the 2024 season."

AND FINALLY . . .

Phoenix Proudly shows off her Welsh cap Phoenix has also gained selection for the next outdoor campaign with the West Wales Region, not only at under 14 girls' level but with the under 16s as well. Her coaches there are Carl Harding, Dan Field, Rob Seymour, Sara Jenkins and Sara Phillips - and

she is quick to sing the praises of the work they are already doing!

She will also play for Cresselly, with boys and girls in the team, when the new season begins soon.

Not content with that little lot, Phoenix helped out last year as scorer for the club's first team whenever Cerys Jenkins was unavailable - and since Cerys will be too busy with her studies and cattle this year it is likely that Phoenix will take over the role, because she and mum Joy will be there anyway, cheering her dad on!

There is no doubt that Phoenix Phillips loves her chosen sport and at 14 years old it would be hard to find anyone who is more committed - and we at FeelGood Magazine wish her every success because she is a talented and modest young lady cricketer!



RENATUS
HAIR & BEAUTY SALON

NEAL WOLF APPROVED SALON

01646 690760 2 vanguard house, Nelson quay
Milford haven, SA73 3AH



FeelGood Cookin'!

Want the best Spanish dishes for a small plates feast?

MAKE-AHEAD SPICED LAMB

A slow-roast marinated lamb shoulder is the perfect dish for a special occasion or a family feast. This recipe combines fragrant spices, a rich yogurt marinade, and tender slow-cooked lamb, resulting in a dish full of deep, complex flavours. While the recipe requires some planning ahead, the end result is absolutely worth the effort. Here's how to prepare it:

Start TWO DAYS before cooking by patting the lamb dry with kitchen paper. Place it on a board with the meatiest side facing down. Feel along the length of the joint to locate the bone. Using a small, sharp knife, carefully cut down to the bone. At the narrower end of the leg, the bone is below a thin layer of fat, but at the thicker end, you'll need to cut about 4-5cm into the meat. Work carefully to cut the meat away from the bone, making sure to minimise waste. When you reach the joint in the middle, cut around it to release. You can discard the bone, or save it for making stock.

Next, slash into the thickest parts of the meat a few times. Transfer the lamb to a large container or food bag, then rub the meat all over with lemon juice and sea salt, ensuring it's evenly coated. Cover or seal the container and place it in the



fridge to marinate for 24 hours. If possible, turn the meat 2-3 times during the marinating process to ensure even flavour distribution.

Day 2: Toasting the Spices The next day, toast the cumin and coriander seeds, cinnamon stick, and peppercorns in a dry frying pan over medium heat for 2 minutes, or until they become fragrant and the seeds begin to pop. Remove from the heat and grind finely, in batches, using a pestle and mortar or a spice grinder.

Marinating the Lamb Pour away any excess liquid from the lamb, then mix the ground spices with yogurt. Spread this spiced yogurt mixture evenly over the lamb, making sure it's

completely covered. Poke the bay leaves into the meat, then return the lamb to the fridge for another 24 hours to marinate.

On the third day, remove the lamb from the fridge about an hour before you're ready to cook. Preheat the oven to gas 2½ (160°C, fan 140°C). Arrange two pieces of baking paper, longer and wider than the lamb, over two similarly-sized pieces of foil in a cross shape. Roll and reshape the lamb roughly, then secure it with kitchen string in 3-4 places along its length.

Place the lamb in the centre of the baking paper cross, then fold the paper and foil around it, scrunching the edges to seal. Lift the package into a roasting tin

INGREDIENTS

- 2.5kg leg of lamb (or larger)
- 3 lemons, juiced
- 2 tsp sea salt flakes
- 1 tbsp cumin seeds
- 1 tbsp coriander seeds
- 1 small cinnamon stick
- 1 tsp black peppercorns
- 150g full-fat Greek-style natural yogurt
- 8 bay leaves

and roast for 4 hours 30 minutes, or until the lamb is very tender.

Final Browning Increase the oven temperature to gas 7 (220°C, fan 200°C). Unwrap the lamb parcel, scrunching the paper and foil edges to the sides of the tin. Baste the lamb with any juices in the tin, then return it to the oven and roast for another 20 minutes, or until the lamb is nicely browned.

Once the lamb has finished roasting, cover it loosely with foil and leave it to rest for 25-30 minutes. Shred the lamb into large pieces, spooning over the pan juices. Serve the tender, flavour-packed lamb with your choice of sides and enjoy the incredible depth of flavour from the spices and yogurt marinade.

BAKLAVA CHEESECAKE



We've put a delicious Middle Eastern spin on the classic baked cheesecake with a tempting Baklava topping. While this recipe takes a bit of time, it's absolutely worth the effort and will certainly impress at any celebration, whether it's Easter, Christmas, or any special occasion.

Preheat the oven to gas mark 4, 180°C (fan 160°C). Place a deep 22-23cm round springform or loose-bottomed tin on a baking sheet.

Prepare the filo base: Melt 50g of butter. Unroll the filo sheets carefully and cover them with a clean, slightly damp tea towel to prevent them from drying out. Brush one side of a filo sheet with the melted butter and use it to line the tin, buttered-side down, pressing

the edges into the corners to ensure it fits flat. Repeat with 8 more sheets, buttering each one as you go, until the tin is evenly lined. Trim the excess pastry flush with the top of the tin, then brush the top of the pastry with a final coating of butter. Bake for 15-20 minutes, or until golden and crisp, but check after 10 minutes to ensure the pastry is not burning or overcooking in any hot spots. If needed, rotate the tin.

Prepare the pistachio base: Melt another 50g of butter. Place the pistachios in a food processor and pulse a few times to chop them coarsely. Measure 150g of the pistachio mixture into a small bowl and stir in the melted butter and 3 tbsp of sugar. Spread the pistachio mixture into the base of the

pastry case, pressing it down lightly with the bottom of a jar to compact it.

Prepare the cheesecake filling: Beat the cream cheese with an electric whisk for about 2 minutes until smooth. Gradually whisk in 100g caster sugar and 75g honey, followed by the flour and salt. Continue whisking, then add the vanilla extract, orange zest, eggs, and egg yolk, followed by the soured cream. Mix until smooth.

Assemble the cheesecake: Pour the filling into the pastry case, spreading it evenly. Sprinkle half of the remaining pistachios on top.

Add the filo topping: Melt the final 25g of butter and any leftover melted butter. Brush the last 3 sheets of filo with the melted butter and scrunch

INGREDIENTS

- 125g unsalted butter
- 250g pack filo pastry (12 sheets)
- 200g shelled pistachios
- 100g golden caster sugar, plus 3 tbsp
- 600g full-fat soft cheese
- 150g clear honey
- 2 tbsp plain flour
- 1 tsp vanilla extract
- 1 large orange, zested and juiced
- 2 eggs, plus 1 yolk
- 150g soured cream

them roughly before placing them on top of the cheesecake to cover the filling. Bake for 15 minutes, then reduce the oven temperature to gas mark 2½, 160°C (fan 140°C), and bake for a further 45 minutes, or until the filling is set and lightly golden. Let the cheesecake cool to room temperature, then refrigerate it overnight to set.

Prepare the honey-orange syrup: In a small saucepan, combine the remaining 75g of honey and orange juice. Bring it to a simmer over medium heat and bubble for about 1 minute. Remove from the heat and leave to cool to room temperature.

Carefully release the cheesecake from the tin and transfer it to a serving plate. Drizzle the honey-orange syrup over the top and scatter the remaining chopped pistachios. Slice into wedges with a serrated knife and enjoy!

This pistachio and honey cheesecake is the perfect combination of crunchy filo pastry, creamy filling, and a sweet citrusy syrup, making it a show-stopping dessert that's sure to delight your guests.

What does it go with?



CELTIC WINES

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

Address: Unit 1a Warrior Way, Pembroke Dock SA72 6UB
Tel: 01646 681369 - Web: www.celticwines.com



4 Main Street, Fishguard

01348 875544

TAKE A LOOK AT
OUR EXCITING
2024 MENU!

www.pizzapointfishguard.co.uk



Bottomless Brunch at JT



JT ABERGWAUN HOTEL

When I first heard the phrase "bottomless brunch," I thought, "Could this actually be a thing? A lunch and unlimited alcohol for an hour and a half?" But to my amazement, I read the offer correctly.

We decided to take the plunge and give it a go. There are a few venues around the county that offer this experience, but the one that caught my eye and tempted my taste buds the most was JT at The Abergwaun Hotel in Fishguard. I've eaten here many times and have never been disappointed; if anything, they keep raising the bar.

What's Included in the Offer?

For £35, you can choose from a selection of light lunches, including a steak and chips option. You can also opt for a club sandwich, chicken milanese, a burger, or, if you prefer something lighter to leave room for the drinks, a Caesar salad.

Being a hungry and thirsty bear, I opted for the minute steak and fries, cooked to perfection (rare), and seasoned fries that were a delight, served with a small side of



coleslaw. It was just the right amount for me to take full advantage of the free bar!

The Drinks

For liquid hydration, we started with a prosecco to warm up. I then moved on to a few cool ciders, Aspall to be exact. After a few of those, I transitioned to cocktails. The Espresso Martini and Pornstar Martini, made to order, were exquisite and really hit the spot.

The Experience

The food and cocktails are a true credit to JT's. Everything has that finer detail that you don't get at an ordinary pub or average restaurant—they're really at the high end of what Pembrokeshire has to offer.

The service is excellent,

too. I think people, including myself, might assume it could be a bit slow since you've already paid, but that certainly wasn't the case. We had our own waiter, Aaron, who was attentive and super fast with drink refills, ensuring we never went without.

Conclusion

All in all, this is a great experience whether you're enjoying lunch as a couple or with a group of friends. Well done again, JT! FeelGood definitely recommends your bottomless brunch offering.

Market square, Fishguard SA65 9HA
Call us - 01348 874584
www.jtabergwaunhotel.co.uk

The FeelGood Food & Drink Guide



Giltar
Dine at The Giltar
Deliciously Indulgent Moments

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

THE ROSE & CROWN

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

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

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

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

THE VIBE
Bistro - Alcoholic Beverages - Good Coffee

CHARLES STREET • MILFORD HAVEN • 07496 563959

FERRY HOUSE INN
RIVERSIDE BED & BREAKFAST, RESTAURANT AND BAR

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

NEW INN
Amroth - Narberth

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

Llyr and Paula look forward to welcoming you to the Gate Inn

Scleddau - Fishguard - SA65 9QY

OLD CROSS SAWS INN

Get in touch - 01646 682475
109 Main Street, Pembroke. SA71 4DB

GO for it

Driving School

WITH EDWARD

"POSSIBLY" THE BEST
OWN CAR TUITION
IN PEMBROKESHIRE



"From starting to learn to drive to passing my test the first time would not have been possible without my instructor Edward Perkins."

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

WHETHER YOU ARE A COMPLETELY
NEW DRIVER OR WOULD JUST LIKE A
REFRESHER, EDWARD IS THE
INSTRUCTOR FOR YOU.



APPRENTICES PLAY KEY ROLE



A recent visit to the site of the new Haverfordwest public transport interchange highlighted the significant role apprentices and skilled workers are playing in the development of this major infrastructure project.

Joyce Watson MS, who represents Mid and West Wales in the Senedd, toured the construction site on Friday, March 21, where she met with workers and learned about the opportunities the scheme is creating for local people.

As Chair of the Senedd cross-party group on construction and co-chair of the cross-party group on apprenticeships, Mrs Watson was briefed on the project's progress by Dean Williams, Kier Construction's project manager, and Sheila Holmes, engagement adviser for the Construction Industry Training Board (CITB).

Mrs Watson commented after the visit: "The Haverfordwest public transport interchange will transform the town's transportation infrastructure and provide a boost to the local

economy. With about a year left of work, it's already providing high-quality job opportunities, and I was thrilled to meet the talented apprentices working on-site."

One of the apprentices Mrs Watson met was Matthew Thomas, a local trainee working on the project. She said, "It was a pleasure to meet Matthew, and I believe he has a bright future ahead of him."

Dean Williams from Kier Construction said: "It was great to welcome Joyce Watson MS to our Haverfordwest public transport interchange project. This scheme, commissioned by Pembrokeshire County Council, will deliver a modern transport hub for the local community, improving connectivity and accessibility for residents and visitors alike."

CITB's Sheila Holmes added: "We are proud to support Kier Construction in developing their supply chain for this infrastructure project. By investing in local skills, we're helping to meet future demands for skilled workers in the sector, which is crucial for the regional economy."

FeelGood SNIPPETS

LOCAL HEROES TAKE ON OUR HIDDEN HOMELESSNESS CRISIS



Did you know homelessness in Pembrokeshire has increased by a staggering 500% in just five years?

PATH is leading the charge in providing life-changing support to those facing homelessness in our county.

Every year, PATH helps over 2,000 individuals who are sleeping rough, sofa surfing, or living in unsuitable housing. But they offer much more than just emergency assistance — they provide a clear pathway back to independence, giving people the tools and support they need to rebuild their lives.

With more than 5,500 people on housing waiting lists in Pembrokeshire, their work has never been more important. Homelessness can happen to anyone, whether due to job loss, illness, relationship breakdown, or domestic violence.

You can make a real difference! Join PATH by donating or volunteering and be part of the solution. Contact their Haverfordwest office at 01437 765335 to find out how you can help. Together, we can tackle homelessness and create lasting change in our community.



FISHGUARD Kebab House

KEBABS - PIZZA
BURGERS - FRIED CHICKEN

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



The Bridal Boutique

Narberth



SAMPLE SALE NOW ON

The Bridal Boutique 01834 862780
www.bridalboutiquenarberth.co.uk
60 St James Street, Narberth, SA67 6DA



M & M WINDOWS



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



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



Call us on 01834 860807

office@mmwindows.co.uk



S. CRAIG & SONS LTD

PLASTERING CONTRACTORS &
FLOOR SCREEDING SPECIALISTS

50 + Years Experience
Domestic & Commercial



Plastering in Pembrokeshire

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

Fibre Screeding

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



Internal Plastering

Smooth surfaces, ready for painting.

External Rendering

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

See our  page @scraigscreeiders for more details

07775 666 166 / 01348 873 378



MODERN PRACTICE
Appointments immediately
available



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



Patient Examinations

- Fillings
- Extractions.
- Root canal treatments
- Crowns



Routine Treatments

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



Advanced Treatments

OPENING HOURS

Mon: 09:00 - 17:00
Tues: 09:00 - 17:00
Wed: 09:00 - 17:00
Thurs: 09:00 - 17:00
Fri: 09:00 - 14:00
Sat: Closed
Sun: Closed



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

FeelGood Magazine

Pembrokeshire

Fun Week at The Harp Letterston in Memory of Mabli Cariad Hall



SAVE THE DATE! • 1st - 5th JULY

Tuesday • Cash Bingo

Wednesday • Ladies Darts tournament

Thursday • Curry and Quiz night

Friday • Finals night

Pool - Mens Darts - Ladies Darts

Saturday is the Funday!!

3pm till Late • Live Music with



**LOTS MORE THROUGHOUT THE DAY
INCLUDING KIDS GAMES AND DISCO**



**Animal
Rescue
Cymru**

Riptide®

For fitness, relaxation and fun

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



DELIVERING THE DREAM

AUTHORISED DEALERS OF

Riptide
For fitness, relaxation and fun

HOT TUBS
SWIM SPAS
SAUNAS
ICE BATHS
OUTDOOR LIVING

SHOWROOMS

JOHNSTON (PEMBROKESHIRE)
TEL: 01437 723320

SWANSEA
TEL: 01792 798475



Visit us
& try one
out



10-Speed Inverter Swim Pump
SYSTEM AVAILABLE ON SELECT MODELS

oasis
outdoor living



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



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

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



★REVIEWS★
over 1000 reviews

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

Friendly
Service



Industry
Experts



www.castlehottubs.co.uk

Sundance Spas

PS Platinum
SPAS

HEKLA

Zealux

FROM FAMILY DREAM TO PEMBROKESHIRE'S ULTIMATE GLAMPING & DINING RETREAT



EPOS SYSTEMS

Good Luck to Tregroes Pantry for the rest of 2025

edwards OFFICE EQUIPMENT

- Epos Systems
- Cloud Back Office
- Waitress Ordering Tablets
- Table Customer Web Ordering
- Takeaway Web Ordering
- Loyalty & Gift Cards
- Credit Card Integration

4 Charles Street, Milford Haven, Pembrokeshire, SA73 2AJ 01646 698833
sales@glymedwards.co.uk www.glymedwards.co.uk

Lush Wines

Wishing Tregroes Pantry all the very best for 2025

f @Lushwinesmerchant www.lushwines.co.uk

CAR WASH

HAND CAR WASH SERVICE

BASIC CLEAN - £6

SILVER CLEAN - £17

GOLD CLEAN - £30

WERN RD, GOODWICK

Aberblast

Wishing Tregroes Pantry all the best for the upcoming season

Serving Wales for over 30 years

At Stephen Hancock Concrete Products, we are your one-stop destination for all your concrete product needs in Pembrokeshire

SH CONCRETE PRODUCTS

Thornbush, Camrose, Haverfordwest, SA62 6HG

01437 710185 • www.concretetogardenproducts.co.uk

Stephen, Gaynor and the team wish Tregroes a successful 2025 season

HAS TREGROES CHANGED SINCE YOU TOOK OVER? WHAT HAVE YOU DONE?

Yes, it's changed massively! When we bought the site, it needed some serious TLC. The grass was long, hedges were overgrown, and everything looked a bit tired. Our first August Bank Holiday was a real eye-opener—a lot of lessons learned that weekend!

That winter, we began transforming the site. We reconstructed the roadways, planted new hedges and trees, and clearly defined each pitch—making them a generous 10m x 10m to give guests a sense of space and privacy.

We've worked hard to keep the site green and natural while upgrading key features—like the electrics and the toilet block. We also transitioned from Mongolian yurts to brand-new, spacious geodomes that are absolutely brilliant. And we introduced our own website and booking platform, which makes it easier than ever for guests to plan their stay directly with us—no middlemen, no extra fees.

How did Tregroes Pantry come about?

Tregroes Pantry Restaurant & Venue was born in 2020—though not exactly by design! It started after we went on a North Pembrokeshire bus tour (which was fabulous, by the way) and stopped at a busy little eatery. That sparked a lightbulb moment: why not offer something similar right here?

The old clubhouse was crying out for a new lease of life, so we gave it one. Tregroes

Pantry became a warm, welcoming spot for both guests and locals to enjoy delicious homemade meals in a laid-back setting. Since then, our kitchen and menu have grown, and we now host everything from intimate dinners to larger parties and weddings.

WHAT DO YOU OFFER ALTOGETHER AT TREGROES?

Tregroes is a four-star campsite on the edge of Fishguard and Goodwick, offering around 30 spacious pitches for tents, touring caravans, and motorhomes. We also offer fantastic glamping options, with seven fully equipped units—including cosy pods and roomy geodomes.

Each unit is designed to provide a stylish retreat with plenty of creature comforts, without losing the outdoor adventure feel. We're proudly dog-friendly, too—there's lots of space to explore, and coastal walks nearby make it a perfect stay for guests with four-legged companions.

A highlight for many is Tregroes Pantry, which has even been recognised by The Times as one of the top "foodie campsites" in the UK.

WHAT DO YOU OFFER AT TREGROES PANTRY?

Tregroes Pantry serves up hearty, homemade food alongside warm hospitality and a welcoming atmosphere. With rustic charm and a cosy interior, it's the kind of place where you can kick back and let someone else

handle the cooking (and the washing up).

From Welsh breakfasts to indulgent Sunday roasts and themed dining evenings, our menu is designed with comfort and quality in mind. The licensed bar ensures your glass stays full, and our team has built a reputation for friendly, attentive service.

You don't need to be staying on-site to enjoy a meal here—locals are always welcome. Whether it's a midweek dinner, weekend feast, or special occasion, the Pantry is the place to be. We also host weddings, dinner parties, and private events, all tailored to your vision with beautifully prepared food and great vibes.

WHAT CAN YOU OFFER PEOPLE WHO LIKE TO PITCH A TENT?

Tregroes is a dream for campers—whether you're arriving with a tent, caravan, or motorhome. We offer spacious grass and hardstanding pitches, with optional electric hook-ups. Each pitch includes a picnic table and optional fire pit, perfect for cooking under the stars.

Our facilities include free hot showers, modern washrooms, a covered washing-up area stocked with complimentary washing-up liquid, and free Wi-Fi. It's everything you need to enjoy the outdoors—without sacrificing comfort.

Plus, Fishguard and Goodwick are just a short walk or cycle away, offering independent shops, cafés, restaurants, and pubs. It's a great base for exploring the Pembrokeshire Coast Path and all the natural beauty nearby.

sanZ

Specialising in Home, Gifts & Clothing including brands such as Jellycat, Hair Syrup, Joules, Superdry, Weird Fish & many more...

joules **hair syrup**

We would like to wish Tregroes Caravan Camping & Glamping Park all the best for the 2025 season.

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

crug glâs Restaurant with Rooms

Wishing Tregroes Pantry all the very best for 2025

info@crug-glas.co.uk 01348 831302

TEMPLETON Beer Wine & Spirit Co

Order 24hrs a day
Delivering 7 days a week
No minimum spend

07811 296 325
01834 860 992

Wishing Tregroes Pantry all the best for the upcoming season

KAO CARPETS BEDS

01437 890003

VINE ROAD JOHNSTON

Good luck to Tregroes Pantry for the rest of 2025

Môr Ffres Fish & Chips Seafood

WEEKLY SPECIALS

OPEN DAILY 5.00PM - 8.30PM

Telephone Orders Welcome - 07546 357194
morffres www.morffres.co.uk morffres

Wishing all the team at Tregroes Pantry all the very best for 2025

FROM FAMILY DREAM TO PEMBROKESHIRE'S ULTIMATE GLAMPING & DINING RETREAT



Celtic Camping
& Bunkhouse Accommodation

Wishing everyone at Tregroes all the very best for 2025

Pwll Caerog Farm - St Davids - SA62 6DG
01348 837405 - www.celticcamping.co.uk

S.L.BELL MINIBUSES

Call us now on: 07383 290 990
S.L. Bell Minibuses, Rectory Road, Haverfordwest. SA62 5XP

www.slbellminibuses.co.uk
Wishing Tregroes Pantry all the very best for 2025

AB Evans Engineering

01348 840 603

Wishing Tregroes Pantry all the very best for 2025

DAVIES Builders Merchants

Whitland St Clears
FAMILY RUN SINCE 1989

All the best to Tregroes Pantry for 2025

01994 240228 • www.daviesbm.co.uk

can stay in geodomes, pods, or their own campers—so everyone can relax without worrying about getting home.

WHO IS THE TEAM BEHIND TREGROES AND WHAT ARE THEIR ROLES?

We have a dedicated and hardworking team at Tregroes, each bringing their own skills (and sense of humour) to keep things running smoothly!

Colin & Samantha Hancock – The owners and driving force behind Tregroes. Colin is chief problem solver, fixer of all things, and general man-with-a-toolbox, but he also proudly considers himself Tregroes Pantry's No.1 washer-upper—often found up to his elbows in suds or pulling pints behind the bar! Samantha is the mastermind behind operations, guest experience, and wedding coordination, making sure everything runs like clockwork. Together, they ensure everything from campsite improvements to delicious meals at the Pantry is top-notch.

The Kitchen Team – These talented chefs and kitchen wizards keep the Tregroes Pantry running, serving up everything from hearty breakfasts to indulgent Sunday roasts. They handle the heat so you can sit back and enjoy a fantastic meal!

The Front of House Crew – The friendly faces who greet guests, serve up drinks at the licensed bar, and keep everything flowing smoothly at the Pantry. Among them is Jacob Hancock, Colin and Samantha's eldest son, who, when not

busy at university, can be found shaking up cocktails and keeping the drinks flowing—because nothing says relaxing holiday like a well-mixed tipple!

The Campsite Maintenance Team – The unsung heroes who mow, fix, clean, and keep the whole place looking fantastic. From maintaining the geodomes and pitches to making sure the showers are hot and the electrics are working, they're the backbone of the site. Joshua Hancock, the younger of the Hancock boys, is an integral part of this team, always on hand to tackle the never-ending to-do list and keep everything in top shape.

Housekeeping Team – The wonderful people who ensure that the glamping pods and geodomes are spotless, beds are made, and everything is fresh and welcoming for new arrivals.

It's a tight-knit team that works hard to make sure every guest, whether staying at the campsite or just popping in for a meal, has a brilliant experience at Tregroes!

SO, IN A FEW WORDS —WHAT IS TREGROES?

Tregroes is a welcoming campsite, glamping retreat, and restaurant on the edge of Fishguard, Pembrokeshire. We offer spacious pitches, cosy glamping options, and delicious homemade food—all with a laid-back vibe and access to the best of the coast and countryside.

“Wishing Tregroes Pantry all the best for the upcoming season”

Maenclochog, Clynderwen SA66 7LB

01437 532078

JUST FOR FUN WHAT WOULD BE YOUR IDEAL 3 COURSE MEAL?

Colin's ideal three-course meal kicks off with crispy duck and hoisin sauce. For the main event, it's a perfectly cooked steak smothered in a rich port and Stilton sauce—because if you're going to do steak, do it right! And to finish? Ice cream with a generous splash of Barti Ddu rum—a sweet, boozy treat that rounds things off in true Pembrokeshire style!

Samantha, on the other hand, starts with king prawns. For the main, it's a perfectly cooked steak with port and Stilton sauce—great minds think alike! And for dessert, classic crème brûlée. All finished off with a Tia Maria coffee.

And, of course, Colin enjoys all of this as a home-cooked meal by Samantha!

HOW DO PEOPLE GET IN TOUCH?

Come and visit us:
Tregroes Caravan, Camping & Glamping Site, SA65 9QF

- Call us: 01348 871880
- Email: info@tregroes.co.uk
- Website: www.tregroes.co.uk

Follow us on social media for the latest news, events, and delicious food updates from Tregroes Pantry!

Pop in and say hello if you're passing by—we'd love to see you!

DAIRYPOWER EQUIPMENT
SLURRY MANAGEMENT SYSTEMS

Bringing you the Best Slurry Management Solutions

Wishing Tregroes Pantry All the Very Best for 2025!

SMART SLURRY AERATION SYSTEMS PRO-CLEAN RATCHET SCRAPER SYSTEMS ECO-CLEAN ROPE SCRAPER SYSTEMS

www.dairypower.com T | 01348 811184

UPTON FARM

WELCOMES! Wishing Tregroes Pantry all the best for the upcoming season

Upton Farm Frozen Foods, Unit 5 Warrior Way, Pembroke Dock. SA72 6UB.
Telephone: 01646 685 777

WYAU MAES SIR BENFRO
WYAU PENBICAS EGGS

Good luck to Tregroes Pantry for the year ahead

Tel: 01348 840 603
Penbicas, Letterston, Pembrokeshire SA62 5XD

T. Glyn Davies Butchers
EST - 1895

Wishing Tregroes Pantry all the very best

Waltham House, Market Street, Newport - SA42 0PH

FeelGood SNIPPETS

TWO WORLD RECORDS AFTER COMPLETING GRUELLING 3,200 MILE ATLANTIC ROW

Four brave women have made history by setting two new world records after completing a gruelling 3,200-mile Atlantic row.

Janine Williams, 70, has become the oldest woman to ever complete the challenging row, while Sophie Pierce, 32, is the first person to finish the row with Cystic Fibrosis. Joining them on the 53-day journey were Miyah Perriam and Polly Zipperlen.

The incredible challenge began in Lanzarote on February 1 and came to an end early on Thursday, March 27, when their boat, The Spirit of Bluestone, reached the shores of Antigua. Awaiting their arrival were family members and loved ones, celebrating their momentous achievement.



The women successfully completed the 3,200 nautical mile journey in 53 days, 12 hours, and one minute, pushing their physical and mental limits every step of the way. They endured the harshest of conditions,

including waves reaching up to 4.5 metres in height, with their tiny ten-metre boat battling the relentless ocean. Their diet consisted solely of air-dried meals, and their toilet was a bucket. With broken sleep due to

the discomfort of their foul-weather gear, everyday tasks like brushing their hair and teeth became near-impossible.

But their determination and grit proved unshakable. Their achievement is not only a testament to their resilience but also a historic moment for Pembrokeshire. Their journey has inspired countless others, showing that with unwavering perseverance, even the toughest challenges can be conquered.

Despite the hardships, the women's efforts have resulted in setting two new world records, making their place in history all the more significant. Their incredible achievement is a powerful reminder of what can be accomplished when boundaries are pushed and limits are exceeded.



NEW LIFE GAURDS NEEDED

THE SAINT BRIDES - LITTLE HAVEN - PROUDLY SUPPORTING OUR RNLI



The Royal National Lifeboat Institution (RNLI) is calling on aspiring lifesavers to join its team of beach lifeguards for the 2025 season, ensuring the safety of visitors on some of Wales' most stunning coastlines.

Recruitment is now open for North Pembrokeshire, where lifeguards will patrol Poppit Sands, Newport Sands, Whitesands, Newgale, Nolton Haven, and Broad Haven.

These dedicated professionals don't just save lives in the water—they provide first aid, issue safety advice, and help prevent accidents before they happen.

In 2023 alone, RNLI lifeguards in West Wales responded to 753 incidents, assisting over 1,148 people and saving seven lives. Last summer saw them rescuing swimmers from rip currents, saving children drifting offshore, and performing

lifesaving CPR.

Successful applicants will receive world-class training, competitive pay, and flexible working options.

"Being a beach lifeguard is a rewarding challenge," said Stuart Penfold, Lead Lifeguard Supervisor for North Pembrokeshire. "You get to work outdoors, develop incredible skills, and most importantly, make a real difference."

Lifeguard Experience

Manager Lee Fisher added: "Lifeguarding changes lives—including your own. Whether you're a student looking for a summer job or someone seeking a long-term career in lifesaving, this role offers invaluable experience."

Applicants must be 16 or older and meet the required fitness levels. To apply, visit the RNLI website and take the first step toward an unforgettable summer.



SPECSAVERS HAVERFORDWEST

a locally owned multiple award winning practice

"This practice is a blueprint for the future of community practice"

Opticians Awards 2022

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



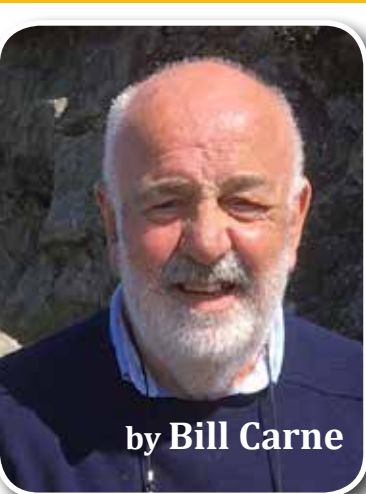
Specsavers



01437 767788

www.specsavers.co.uk

SEAGULLS BEAT THE VIKINGS IN MEMORABLE MATCH



by Bill Carne



Referee: Gary Wilkes, who had a good game with his sensitive use of the whistle!

This long-awaited friendly fixture between Fishguard & Goodwick and The Pembrokeshire Vikings finally came to fruition as they met at The Moors in front of a large and enthusiastic crowd, most of whom were cheering on The Vikings, despite being regular supporters of The Seagulls.

The match was organised by The Seagulls' team manager for the day in Steve Rowe



Fishguard & Goodwick 34 Pembrokeshire Vikings 14

and Gethin James, the new coach of the Vikings, and was sponsored by Mark George, Micro Digger Hire, and Sarah Sinnott Hair.

LOVELY LINK BETWEEN THE TEAMS – AND A GREAT FAMILY FINISH

There was a lovely link between the teams because Luca Morrillo is one of the most important supporters of The Vikings, not least for his ability to raise their morale, but also because he is the regular team mascot and showed his ability to play her alongside his father Andrew, who was a tough as teak prop for many years with Fishguard but on this occasion was playing

alongside his son against his former team-mates.

And the loudest cheer of the match came in the closing seconds when The Vikings went on the attack and gained good possession from a line out which allowed scrum half Shaun Treadwell to find Luca with a perfectly-timed pass, before the Vikings' skipper cleverly used his wheelchair to evade the clutches of the home defence and sped to the corner to claim the touch-down.

Then came the icing on the Morrillo family cake as Andrew showed he wasn't just a big old prop by casually lining up the touch-line conversion and sending it unerringly between the posts!

LEGENDS LEADING THE WAY FOR THE SEAGULLS

It nicely rounded off an entertaining tussle where The Seagulls were able to include genuine 'Legends' like skipper Romeo Colella and his lieutenant, Randall Williams, with former hooker Graham Williams showing that all that running around at Iron Man and other extreme sport events has never excited him as much as this did!

Gerwyn Reynolds, the PC49 of Fishguard & Goodwick RFC, showed he can still handle the close exchanges and the George twins also featured, although no-one knows who scored the try brace credited to them because of their still being almost identical, even in early middle age!

Gez Mathias and Mark James also got their names on the scoresheet and there were

cameos from younger players like Ed Rathbone, Ritchie Hunter, and Alun George.

SENEDD SAM APPEARS FOR FISHGUARD

Of special interest was the fact that also making a special appearance, fresh from sitting around chatting all day at The Senedd in Cardiff, was the area's assembly member in Sam Kurtz, who serves the region so well - and who allegedly landed one conversion from his position at outside half but certainly wasn't a new Phil Bennett or Barry John!

For The Vikings, new coach Gethin Bateman continued to show his good form on the pitch, as he has done since the early Viking days, with his teenage daughter Megan also deserving a mention as the only female on view.

SKIPPER LUCA LEADS BY EXAMPLE

Luca had been elected captain for the day and certainly led by example, as did Dafydd Cole, who was his usual effervescent self and not only scored a good try but was the popular choice as post-match Man of the Match – well done Daf!

Other Vikings to catch the eye were Ben Couceiro, Paul Clayton, John-Joe McDonagh, Graham and Jack Elliott, Dave Roberts and Kyron Owens - although the whole squad were stars in their own right for playing against such an experienced team.

Both teams deserve every credit and there is no doubt a return match will be in the pipeline after such a great afternoon here at The Moors



Sam Kurtz looks sharp, with some real old-timers beside him!



Player-Coach Gethin Bateman



Man of the Match, Dan Cowl with supporters!

SAMUEL KURTZ MSIAS
Member of the Welsh Parliament for Carmarthen West and South Pembrokeshire
Aelod Senedd Cymru dros Gorllewin Caerfyrddin a De Sir Benfro

Caidwadyr Cymreig Senedd Cymru Welsh Parliament

For help, advice or to book a surgery appointment contact 0300 200 7295

Os hoffech unrhyw help, cyngor neu os hoffech wneud apwyntiad cysylltwch â 0300 200 7295

16 High Street, Narberth, SA67 7AR

@samuel.kurtz@senedd.wales SKurtzCWSP

www.samuelkurtz.wales SKurtzCWSP



COUNTY SPORTS
LIFESTYLE, ADVENTURE & SPORTING GOODS

Haverfordwest 01437 763 740

www.county-sports.co.uk

Well done to all involved in such a great game

G. Williams & Sons
MONUMENTAL MASONS

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

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

High Street, Fishguard, SA65 9LJ
Tel: 01348 872858 fishguard@gwilliamsandsons.com

"What a great game, well done to all those who took part!"

WELSH FARMLAND BIRDS SHOW RECOVERY

A recent survey of Welsh farms participating in the Breeding Bird Survey has shown promising results for several bird species of conservation concern.

Conducted between April and July 2024, the survey was a collaboration between Farming Connect and RSPB Cymru. It recorded 49 different bird species across farms in the Farming Connect Our Farms Network, with an average of 29 species per farm.

The project connected volunteers with farmers to monitor and survey farmland birds, generating valuable data to help farmers understand biodiversity on their land. These findings contribute to UK-wide biodiversity monitoring and highlight the vital role of farmland in supporting wildlife.

Significantly, eight species recorded in the survey are classified as farmland birds of conservation concern in the UK: House Martin, House Sparrow, Spotted Flycatcher, Grey Partridge, Mistle Thrush, Tree Pipit, Meadow Pipit, and Cuckoo. Their presence

underscores the importance of agricultural landscapes in maintaining biodiversity across Wales.

The survey reports provide insights into species distribution and abundance, equipping farmers with the knowledge to adapt their practices to safeguard these birds and encourage greater biodiversity. The data will also contribute to broader research on wildlife populations in agricultural environments.

Lynfa Davies, Farming Connect Biodiversity Officer, highlighted the significance of farming practices in wildlife conservation:

"With approximately 90% of Wales consisting of farmland, farming plays a crucial role in the future of many UK wildlife species. The results of this survey are encouraging and show the positive impact of collaboration between farmers and volunteers. We hope this information inspires farmers to create additional habitats as they engage with the new Sustainable Farming Scheme in Wales."



The Volunteer Monitoring Farmland Wildlife (VMFW) Project Team at RSPB Cymru also emphasized the importance of these surveys for both farmers and conservation efforts:

"It is a crucial time for farmers to understand the state of biodiversity in their landscape, as both farms and wildlife face challenges from climate change and evolving agricultural practices. Wildlife surveys empower farmers by

providing knowledge of species presence, reasons for their presence, and how they can be encouraged to thrive.

"Surveys also help projects like VMFW assess what resources are needed to inspire and inform farmers about taking action for wildlife."

For more information about the Breeding Bird Survey and other Farming Connect services, visit businesswales.gov.wales/farmingconnect.

Andrew Davies Agriculture Ltd.

- Agronomy Services
- Agri Chemicals
- Seeds
- Fertilizer



Preseli View,
Redlands Farm,
Hasguard Cross,
Haverfordwest
Pemb
SA62 3UX

01437 781 150
07836 211 268

DAIRYPOWER
EQUIPMENT
SLURRY MANAGEMENT SYSTEMS

SINCE 1973

01348 811184 - rhys@dairypower.com

Unit 3, Celtic Link Industrial Park, Dwrbach, Fishguard, SA65 9RY



TREE MANAGEMENT
DOMESTIC
COMMERCIAL
SURVEYING

**VEGETATION
MANAGEMENT**
COMMERCIAL
SPRAYING
INVASIVE PLANTS
CLEARANCE

Birch
UTILITY
SERVICES



We are Specialists in
Arboricultural Contracting

LIKE US ON FACEBOOK

FOLLOW US ON INSTAGRAM

• 01437 765 997 • www.birchutilityservices.co.uk •

EVERYTHING YOU NEED FOR YOUR BATHROOM



WWW.TERRYSTILES.CO.UK

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



TERRY'S TILES 01646 601 121

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



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

FeelGood SNIPPETS

COMMUNITY PRIDE AS LITTER PICKED



Dyfed-Powys Police Community Support Officers (PCSOs) 8042 and 8020 joined forces with staff from McDonald's and Year 5 and 6 pupils from Cosheston VC School for a community litter pick in Pembroke Dock.

The pupils, equipped with gloves and litter-picking tools, collected an impressive seven bags of rubbish throughout the area. As they worked, they also kept a detailed log of the types of litter they found, which will help to inform future environmental initiatives and community efforts.

PCSOs, who are uniformed civilian members of the police force, work alongside regular officers to engage with the community, providing support and building relationships. The involvement of the PCSOs in the litter pick not only helped with the task but also promoted positive engagement between the local police force and the young participants. Their presence in the event helped to foster strong community ties, creating a sense of shared responsibility and encouraging mutual respect.

The aim of the event was twofold: it sought to raise awareness about the importance of keeping the local environment clean while also instilling a

sense of pride in the community among the children. Through such initiatives, young people are encouraged to recognise the value of caring for their surroundings and taking an active role in maintaining a cleaner, greener Pembroke Dock.

The event also served as a reminder to members of the public about the importance of disposing of waste responsibly. With more and more communities working together to tackle littering, it's crucial that individuals play their part by using bins and being mindful of their environmental impact.

This successful collaboration between local schools, the police, and businesses such as McDonald's demonstrates the power of community action and the positive results that can be achieved when everyone works together for a common cause. The pupils involved were not only able to contribute to a cleaner environment but also gained a greater understanding of the importance of maintaining and protecting the spaces they live in.

We encourage everyone to take inspiration from this initiative, to continue fostering a sense of pride in our communities, and to always dispose of waste responsibly.

DAD DISCOVERS A MILLION



A routine trip to the car for a half-eaten bag of crisps turned into a life-changing moment for one West Wales family when dad Darren Burfitt discovered a forgotten EuroMillions ticket worth £1 million.

Darren, 44, a greenkeeper at Langland Bay Golf Club in Swansea, had kept a handful of lottery tickets in the central console of his grey Citroën DS4 — a place he thought was safe but hadn't checked in months.

"I kept meaning to scan them, but just never got around to it," Darren said. "That Sunday morning, my son asked for some crisps, and I remembered there was a bag in the car. While I was there, I grabbed the tickets and scanned them on the app."

One ticket returned a modest £3.60 win, but a crumpled one wouldn't scan at all.

"It was so scrunched up I had to manually check it against the results," he explained. "When I saw the date and matching Millionaire Maker code, I couldn't believe it. I just kept checking it over and over."

It then dawned on him: the winning ticket had been sitting in his unlocked car for four months.

"My car is basically a shed on wheels, held together with mud," Darren laughed. "I never

lock it — there's nothing of value in there. I dread to think what could have happened!" His wife Gemma, 34, a teaching assistant, was away overnight at the time. "When I called her, my voice was shaking. She thought something terrible had happened to the kids. When I finally blurted out that we'd won £1 million, she just wouldn't believe me."

The couple, who have a four-year-old son and a six-year-old daughter, are now planning to buy their first home. Darren also hopes to swap the unreliable Citroën for a family pick-up truck.

"I've always dreamt of seeing the Ashes in Australia," he added. "But first up is a truck that can get us out on even more adventures."

Gemma added: "It still doesn't feel real. I keep pinching myself. We've always loved our family caravan holidays, but this changes everything. It gives us real security for our future — and for the kids' future."

Darren bought the winning EuroMillions ticket at Morrisons Daily in Penllergaer on the way to a caravan break. The winning draw took place on October 18, 2024, and the ticket matched the Millionaire Maker code JDDF38095, securing the £1 million prize.



SUPPORT YOUR LOCAL BARBER, BOOK A HAIRCUT NOW



01437 768974

freestylebarbers.com
64A Portfield, Haverfordwest

PEMBROKESHIRE
BUILDING & PLUMBING
SUPPLIES LTD

Open 7 days a week

01646 695529

ENQUIRIES@PBPSLTD.COM

BUILDING
DIY

PLUMBING
BATHROOMS

OPEN 7 DAYS A WEEK
FREE EXPERT ADVICE
A COMPREHENSIVE RANGE AT COMPETITIVE PRICES
FAST AND RELIABLE DELIVERY



FOR ALL YOUR ROOFING NEEDS

COVERING ALL AREAS

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

CHOOSE YOUR LOCAL ROOFING SPECIALISTS

CONTACT US FOR A FREE QUOTATION OR ADVICE

CALL LEWIS ON 07960 758 643

CLEVER CLOGGS

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

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

Trevor Adams
Master Shoe Repairer

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

07564114292



GREENS GLAZING

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

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

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

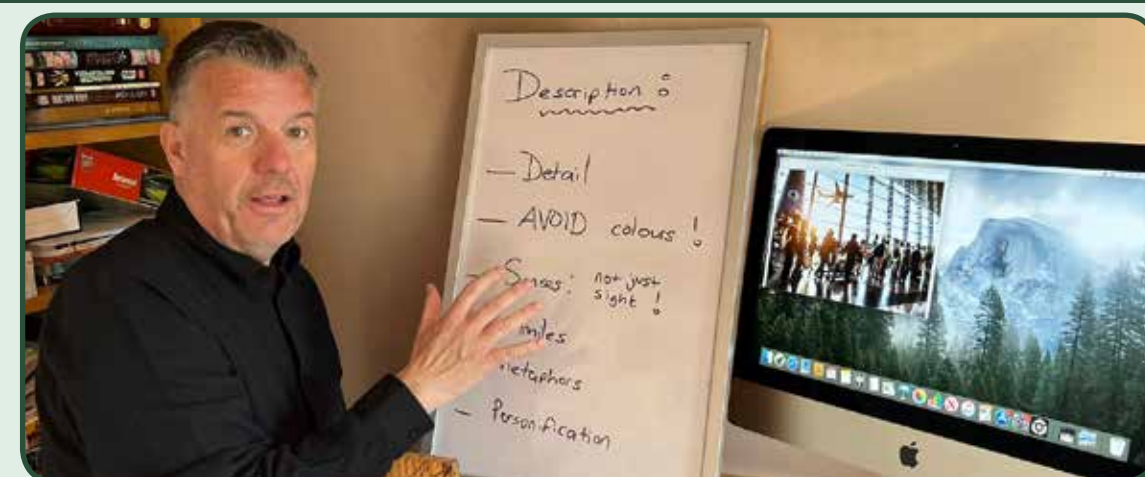
CONTACT

01437 763001
sales@greensglazing.co.uk

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

THE POWER OF PRIVATE TUITION: AN INTERVIEW WITH A DEDICATED TUTOR

With increasing pressure on students to perform well academically, many parents are turning to private tuition to give their children the best possible support. But what does private tutoring really involve, and how can it make a difference? We sat down with John Vaughan from Tuition Matters, an experienced tutor with over a decade in the field, to discuss his passion for education, the impact of one-to-one learning, and why he believes private tuition is an essential service.



FeelGood: Private tuition is becoming increasingly popular. Why do you think that is?

John Vaughan: Parents are always striving to provide the best education possible for their children. Unfortunately, the school system has limitations, and classroom teaching doesn't always allow for enough one-to-one support. Private tuition helps bridge that gap, ensuring students get the focused attention they need to succeed.

FeelGood: What inspired you to become a tutor?

John Vaughan: I had been teaching in schools for years but found myself frustrated by the lack of individual support available to students. Resources are stretched, and the focus is often on the broader group rather than each student's specific needs. Tutoring gave me the opportunity to make a real difference by tailoring my teaching to each student's unique challenges.

FeelGood: What impact have you seen private tuition have on students?

John Vaughan: The results have been incredible. When students are engaged and put in the effort, success is almost guaranteed. I've helped students improve their grades dramatically, whether for SATs, the 11+, entry exams, or GCSEs. The ability to focus on the areas where they struggle most really contributes to them achieving those crucial grade improvements.

FeelGood: How do you make your services accessible to as many families as possible?

John Vaughan: I firmly believe tutoring is an essential service, so I keep my prices as low as possible. Private schooling can cost up to £5,000 a term, and even then, students are in classes of around ten. In contrast, my bespoke service costs around £650 per term for both Maths and English tuition—half that for just one subject. Even state schooling isn't entirely free when you consider council tax contributions.

FeelGood: Have you had any particularly challenging cases?

John Vaughan: Yes, I am currently tutoring a college student who is working towards his GCSE English but cannot read or write independently.

Everything has to be scribed for him. In school, he didn't receive the support he needed, so I had to develop unique methods from scratch to help him progress.

FeelGood: That sounds like an incredible effort. Have you received any feedback from parents?

John Vaughan: Absolutely. His mother recently shared some kind words about our work together:

"Giving my son a realistic prospect of passing his GCSE English, boosting his confidence immensely to work on a one-to-one basis with someone who believes in his inherent ability and sees the talent he has, despite the

challenges his autism and severe dyslexia pose. John definitely goes over and above his contact hours to provide the advice and support we need."

FeelGood: That's truly inspiring. What do you find most rewarding about tutoring?

John Vaughan: Knowing that I'm making a real difference in students' lives. Even though I dedicate a lot of extra time to planning and assessing, it's incredibly fulfilling to see students grow in confidence and achieve their goals. The value it provides to both parents and pupils is something I'm very proud of.



Tuition Matters

07447 908195
John.tuitionmatters@gmail.com
www.tuitionmatters.co.uk

FeelGood

ENTERTAINMENT

FeelGood

ENTERTAINMENT

MARISA ABELA SHINES IN DARK BIOPIC

“Back to Black,” directed by Sam Taylor-Johnson, is a biographical film that chronicles the life and career of the late British singer-songwriter Amy Winehouse.

Known for her raw talent and deeply personal lyrics, Winehouse remains an enduring musical icon, and the film attempts to capture her essence, from her early days in Camden to global stardom and personal struggles.

Marisa Abela delivers a commendable performance in the titular role, capturing Winehouse’s distinctive mannerisms, voice, and the vulnerability that made her such a compelling artist. Her portrayal has been widely praised, with The Guardian noting that Abela conveys Winehouse’s tenderness and youthful spirit with remarkable sensitivity. The film’s visual style and nostalgic nods to the singer’s London roots add authenticity, immersing



audiences in the world that shaped her music.

However, the film has received mixed reviews regarding its narrative depth and approach to Winehouse’s complex life. The Evening Standard criticised the film for being a poor piece of filmmaking, questioning its moral standpoint and execution,

while Sight and Sound argued that while it aims to celebrate Winehouse’s musical genius, it falls short of its aspirations by not delving deeply enough into her artistry or personal struggles. Some have felt that the film sanitises aspects of her story, avoiding the more painful realities of fame, addiction, and

media scrutiny that ultimately contributed to her tragic demise.

On the other hand, some reviewers have found merit in the film’s portrayal. Film Ireland Magazine described “Back to Black” as a soulful and sensitive portrait, brimming with energy and affection for its subject. The film does succeed in showcasing moments of joy and the profound passion Winehouse had for music, offering glimpses into her artistry beyond the headlines.

In summary, Back to Black presents a heartfelt homage to Amy Winehouse, anchored by Marisa Abela’s strong performance. Yet, while it captures her essence in parts, it struggles to provide a truly comprehensive exploration of the singer’s multifaceted life and legacy, leaving some viewers yearning for a deeper, more unfiltered portrayal of the artist behind the music.

THE BLIMS RETURN TO THE QUEENS HALL

Music fans are in for a treat this summer as The Blims, the beloved Welsh folk-rock band, make their highly anticipated return to the stage.

On Saturday, July 12, 2025, The Blims will perform live at The Queen’s Hall, bringing their signature blend of heartfelt lyrics, infectious melodies, and energetic performances to audiences once again.

A Band with a Story

The Blims have long been known for their distinctive sound, crafting original songs that reflect real-life experiences from both home and abroad. Their music resonates with fans through its authenticity and emotional depth, making them a standout act in the folk-rock scene.

However, the band’s journey has not been without hardship. Following the heartbreaking loss of their brother and bandmate, Jenx, The Blims took a hiatus from performing. Now, with renewed passion and dedication, they are ready to hit the road again, embracing their love of live music and sharing it with their fans.

This upcoming performance promises

to be a powerful and emotional night, filled with both nostalgia and excitement for the future. As The Blims return to doing what they do best—playing live—their fans can expect a show that celebrates resilience, passion, and the power of music to bring people together.

Don’t miss this incredible night of live folk-rock—secure your tickets in advance and be part of The Blims’ triumphant return!

Event Details

Date: Saturday, July 12, 2025

Venue: The Queen’s Hall

Doors Open: 7:30 PM

Standing Event (Ages 14+)

Tickets: £15.00 (Advance Purchase Recommended)

Support Act: SUPERGENE

All attendees under 18 must be accompanied by an adult.

A Night of Music and Emotion



BOOK YOUR EVENT NOW!

Weddings, Parties and everything in between!

DRESS UP ACTS NOW AVAILABLE!

EVERYTHING FROM PAVAROTTI TO DINOSAURS AND MANY MORE!!

PLANNING YOUR NEXT EVENT? GET IN TOUCH TODAY!



DJ CHRIS LEE

Call: 01437 929423

Mob: 07966 778567





THE CONNECTIONS

SOUL, FUNK & MOTOWN





THE WELSH NATIONAL WEDDING AWARDS Finalist

Make your wedding night extra special!

Voted as one of the best wedding bands in Wales 2024.

Call us now

07974 790546

http://Theconnections.co.uk



LYNCH CARPENTRY & ROOFING SPECIALIST

19 years of experience, local & professional

All aspects of Roofing & Carpentry | Rubber 4 Roofs Supplier & Installer

Complete House Renovation | Bathrooms & En-suites | Extensions



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



Contact us today for a free no obligation quote;

07791 970615 | lynchcarpentry26@hotmail.com



Thanks to donations, Hywel Dda Health Charities, the official charity of Hywel Dda University Health Board, has been able to fund sensory items worth over £800 for patients with dementia or Alzheimer's who attend the Emergency Department (ED) at Withybush Hospital.

FeelGood SNIPPETS

DONATIONS FUND SENSORY ITEMS

The items include books and jigsaws which help reduce anxiety and reassure patients with dementia or Alzheimer's.

Josephine Dyer, Senior Nurse Manager, said: "We're very grateful that charitable funds have enabled us to purchase the sensory items for ED."

"It can be very distressing for patients with dementia or Alzheimer's to be removed from their home environment and placed into a clinical space. To try and reverse these anxious effects, it is essential to try and make their care environment as comfortable and familiar as possible.

"Sensory stimulation can provide several benefits including relaxation, mood improvement, and the promotion of positive

feelings. The sensory items also provide engagement which can be calming, prompt special memories and this can lead to improved mood and contentment whilst in the ED at Withybush."

Nicola Llewelyn, Head of Hywel Dda Health Charities, the official charity of Hywel Dda University Health Board, said: "The support of our local communities enables us to provide services over and above what the NHS can provide in the three counties of Hywel Dda and we are extremely grateful for every donation we receive."

For more details about the charity and how you can help support local NHS patients and staff, go to www.hywelddahealthcharities.org.uk



PEMBROKESHIRE HEARING

01646 428420

BOOK ONLINE AT
PEMBROKESHIREHEARING.CO.UK

HEARING TESTS - HEARING AIDS EARWAX REMOVAL

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

WHY CHOOSE US

Experienced Team

Specialist hearing care from our fully qualified and regulated audiologists

Competitive Price

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

Home Visits

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



FeelGood NATIONAL SNIPPETS

CCTV SHOWS LIFE SAVING CPR



This is the moment a boxing club coach's life was saved after he collapsed during a children's sparring session in south-east London.

Actor and boxing coach Jon McKenna collapsed during a youth session at Double Jab Boxing Club in New Cross on 25 February.

Within seconds, the club's founder, Patrick Harris, leapt

into the ring and began performing CPR.

Once medics arrived, the actor was taken to hospital and he plans to return to the ring soon having made a full recovery.

The 77-year-old said: "There is no way I can repay him for saving my life, he will always be my friend and I will always stand up for Pat in any way I can."

VILLAGE AWARD FOR GILL



A village has bestowed its highest accolade for the first time ever - to honour a "selfless and extraordinary" volunteer.

Woburn Parish Council, in Bedfordshire, said awarding Gill Green, 86, the freedom of the parish recognised the "exceptional service and outstanding contributions she had made to the community".

Mrs Green said it was a "fantastic honour" she had no idea she was getting.

The Duke of Bedford, who made the presentation, said her 36 years of service had left an "indelible mark".

Gill Green was presented with her certificate by the Duke of Bedford, who lives at Woburn Abbey

Now known as the Freewoman of Woburn, Mrs Green, chair of the Woburn Heritage Centre, said the whole occasion was "fantastic".

"I had no idea that it was going to happen.

"I'm so honoured to be the first. I hope there will be more in the future, as I can think of some other people in the village that are just as eligible and worthy as I am.

"At nearly 87, I think it's nearly time to retire.

"I'm gradually shedding a few jobs, but I will always keep my association with the Heritage Centre, because we have a fantastic team of volunteers who man it."

Simon James, from the council, said for several months there had been

discussions about who to give the award to and Mrs Green was voted for "unanimously".

She has lived in the the village since 1988 and began volunteering in 1989.

"Gill really is a remarkable lady, she is selfless," he said.

Mrs Green's son, John Green, daughter Imogen Allen and son-in-law, James Allen, were at the ceremony.

As well as being chairman of the Woburn Heritage Centre, she has produced, edited and distributed "News around Woburn", was involved in the Oyster Festival, runs Woburn Open Gardens, supported the local branch of the Royal British Legion, helped start Woburn in Bloom, is president of the village hall and set up a Wednesday Club, which provides a social meeting place.

She is also co-ordinating and writing a new history of Woburn.

Andrew, the 15th Duke of Bedford, said Mrs Green "embodies the very heart and soul of our community".

"Her dedication, passion, and leadership have left an indelible mark on Woburn.

"Gill has been a driving force behind so many of the initiatives that make our village a vibrant and welcoming place."

He said her work had "strengthened the bonds of our community" and she was a "true pillar of Woburn and a beacon of community spirit".

BUTCHER REUNITES BOY 3, WITH ELEPHANT

The mother of a three-year-old boy who has been reunited with his toy elephant which had been sitting in the window of a butcher's shop has trumpeted the power of community for its swift return.

Catherine Wilson, an independent property expert, retrieved the grey toy from M Moen & Sons in Clapham, south London, on Wednesday following an online tip-off 24 hours after Elephant had been reported missing at bedtime by her tearful son.

The 42-year-old told BBC London: "This situation would never happen anywhere else - it's testament to Clapham and the people here."

Matt Smith, head butcher at M Moen & Sons for 14 years, said: "When social media works, it works."

The call went out on Tuesday for any sightings of



Elephant, who according to Mrs Wilson is her son's "pride and joy".

Following a reported sighting of the four-legged fluffy toy, with whom her son is "obsessed", Mrs Wilson's husband trawled the streets near their home late at night - but to no avail.

Unbeknown to the Wilsons, Elephant had already been spotted on a zebra crossing by the owner of the butcher's, Garry Moen,

and placed in the window of his store.

Mrs Wilson, who like her son was in tears about Elephant's disappearance, told BBC London: "I felt like a bit of an idiot to be so upset about this but it instantly calms him when he's upset.

"I never thought I'd see him again: if you lose it, it's the worst thing in the world. He went to bed in tears, it was awful."

But in a dramatic turn of

events, a woman who had seen Mrs Wilson's appeal on Instagram spotted the toy in the window of the butcher's on The Pavement, close to Clapham Common station, and messaged her.

Mr Smith - who described Mrs Wilson as "over the moon" about finding her son's toy - told BBC London he came to realise he and Elephant had become the talk of the town.

"I've just served a customer who said he's seen me all over social media," he said.

"It's a close-knit community round here."

Mrs Wilson added: "For me, I'm all about community and this is one of the reasons why we wanted to move home from New York.

"I've lived in this area a long time. I'm so committed and love this area. I live, sleep and breathe Clapham."



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

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

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



£67!

GAS/LPG BOILER SERVICE

By A Local Pembrokeshire Company



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

**GET A BOILER SERVICE
PEMBROKESHIRE.CO.UK**

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

01646 824018

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

FeelGood NATIONAL SNIPPETS

REWILDING THE CURRICULUM

A GCSE in natural history has been given the go-ahead by the UK government, paving the way for children to "understand and protect the nature on their doorstep and beyond".

The qualification, which is set to become one of the first new GCSEs to be introduced in over a decade, was confirmed in parliament last week (21 March), by education minister Catherine McKinnell. Nature lovers have been campaigning for it for more than a decade, but despite a curriculum being drawn up some time back, progress had slowed.

Environmentalist Mary Colwell spearheaded the drive, working on it since 2011. Speaking at a seminar in 2021, she said a GCSE in natural history would "reconnect our young people with the natural world around them. Not just because it's fascinating, not just because it has benefits for mental health,

but because we'll need these young people to create a world we can all live in, a vibrant and healthy planet."

In an interview with the Guardian last week, following the announcement, Colwell added: "To start to create a society that knows and understands the natural world is the biggest step forward we can take. David Attenborough said we need to fall in love with the Earth again. This is one way of helping the next generation do that because it will show them the wonder of it."

The course will be designed to be delivered "as effectively" in city centres as it can be in the countryside, said OCR – the UK exam board of Cambridge University Press & Assessment – which will assess the qualification.

Students will develop a "rigorous understanding" of the natural world, from their own local wildlife, environment and



ecosystem to "critical global challenges such as climate change, biodiversity and sustainability," OCR added.

The government is set to consult on the GCSE's subject content later this year. Colwell told the Guardian that criteria drafted under the previous UK government would need to be revised to ensure the GCSE gave young people in England, Wales and Northern Ireland fieldwork opportunities to learn

about the wildlife in their local neighbourhoods.

The campaign for the qualification has been backed over the years by the likes of Bear Grylls, Chris Packham and Floella Benjamin, as well as institutions like the Eden Project and Natural History Museum.

The governmental review group is expected to publish a report on the proposed subject content in the autumn.

64 YEAR SESSION STILL GOING STRONG!

Every month is an opportunity for Kim Bright, David Day, Brian Wells, John Collins and Michael Stephens to meet up for a pint at The Old Swan Inn, in Evesham.

It is an event in the calendar they have all looked forward to for the past 64 years with some travelling from as far as South Africa to make the monthly "lads' night".

The "lads" first met at Prince Henry's School in Evesham in 1953 and when they left in 1960 they got together for a farewell pint, but did not want to say goodbye.

Instead they arranged to have a regular pub gathering on the first Tuesday of every month.

The group, all now aged in their 80s, said they felt like a "band of brothers".

"We talk about all sorts of stuff, reminiscence. I never thought for one minute, we'd still be here doing it all these years later," Mr Stephens said.

"I feel that perhaps we



would be letting the others down if we didn't turn up."

Mr Day described himself as a newcomer to the group, only joining the monthly drinks 22 years ago after living in London before retiring in Evesham.

He said as soon as he joined, familiar faces and nostalgia took him back to his boyhood days.

"When I returned after a long gap of 40 years, it was just like we've been drinking the night before," he said.

"It didn't take very long to pick up again on what everybody had been up to and feel comfortable chatting to people about it."

Mr Wells travels from Cheltenham with fellow school mate Mr Collins every month and said: "It's just nice to see the familiar faces and chew the bit."

"I'm not a very chatty person as a rule, I just enjoy listening to this lot rabbiting on."

The group said despite technology offering various ways to communicate and stay connected, nothing beat the moments and memories created when they met up in person.

Mr Wells encouraged young people to meet up more.

"More often than not, they're just talking individually on their phones to their phone group chat, rather than face to face."

NEED A PLUMBER?

Contact Pembrokeshire's No 1!



Toilet, Tap, Shower issues or other plumbing issues?



The Best Plumbers In Pembrokeshire Guaranteed!

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

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

Telephone: 01646 824019

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

www.expertplumberpembrokeshire.co.uk



Which?
Trusted Trader



UP TO £150 OFF YOUR EXCESS
ON INSURANCE CLAIMS

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

www.haworthautobody.co.uk 01437 779911

KIDS FUN PAGE!



Words to find:

BUNNY
CHOCOLATE
DUCKS
EASTER
EGGS
GRASS
RABBIT
SPRING
SUNDAY
TRADITION
TULIPS
BASKET
CHICKS
CELEBRATION
HUNT

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

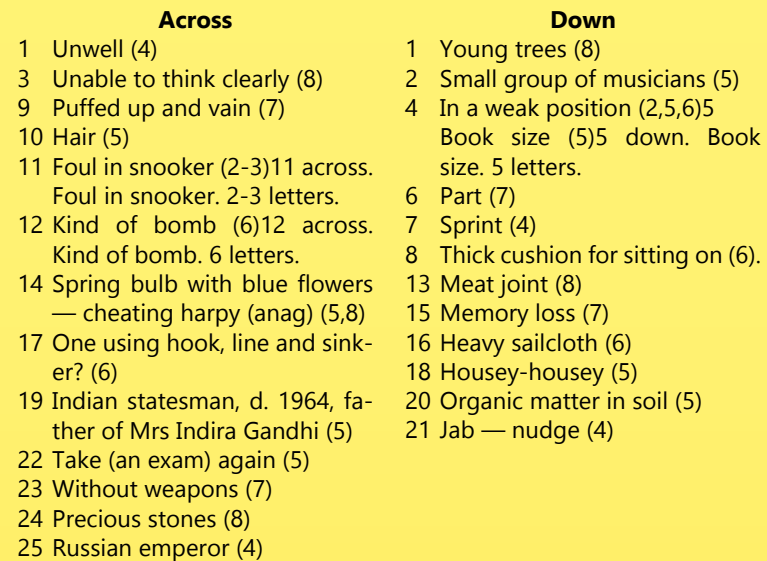


COUNTY SPORTS
LIFESTYLE, ADVENTURE & SPORTING GOODS

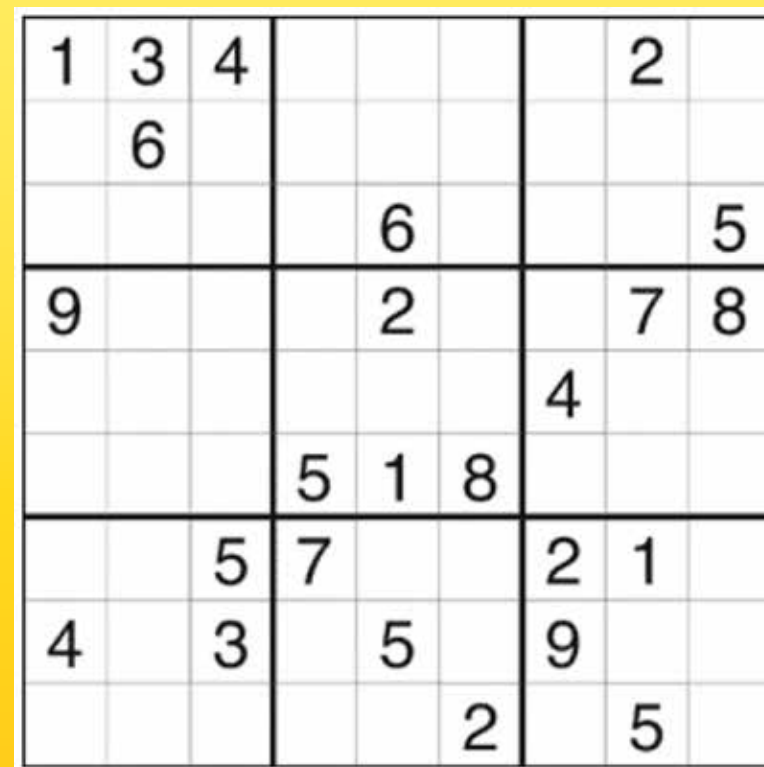


WWW.COUNTY-SPORTS.CO.UK

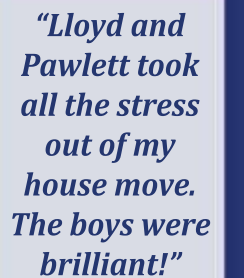
Crossword



Crafty Sudoku



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



**Jane from
Haverfordwest**

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

**Brian from
Pembroke**

Home Removals
Helping you move your belongings safely.



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



Experience our hands on, interactive farm.
See what each species eats & produces
along with their daily care in a safe
environment for the whole family.

ADULTS £5
CHILDREN £3

Farm Animals

Cafe

Play Area

Disabled Friendly





CARPETS KAO BEDS

PEMBROKESHIRE'S LEADING SUPPLIER OF DOMESTIC AND CONTRACT FLOORING

01437 890003

VINE ROAD JOHNSTON

**07794720391**



KP·PLASTERING

COVERING ALL ASPECTS OF PLASTERING AND RENDERING WORK



JOE GEORGE ELECTRICAL

DOMESTIC / COMMERCIAL

07539 171684

JOEY.GEORGE86@GMAIL.COM



UPTON FARM

WELLS FROZEN FOODS

It's the service that counts



WELCOME! TO OUR FARM



VEGETARIAN AND VEGAN

Good mind, delicious



GLUTEN FREE RANGE

So Tasty...



LOCAL PRODUCE

Home Grown, Goodness

Upton Farm Frozen Foods, Unit 5 Warrior Way, Pembroke Dock. SA72 6UB.

Telephone: 01646 685 777

01437 783 748

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



www.westwalestowing.co.uk



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

Pembrokeshire tyres & MOTs



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



The Old Coachworks, The Green, Tenby. SA70 8EU

01834 849489 • Find us on Facebook

G. Williams & Sons

MONUMENTAL MASONS




New memorials
Large selection to choose from

Marble • Granite • Slate


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

High Street, Fishguard, SA65 9LJ


Tel: 01348 872858 fishguard@gwilliamsandsons.com



M & M WINDOWS




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



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

Call us on 01834 860807 office@mmwindows.co.uk





Carningli Scaffolding 2002 Ltd

Dont Hire Scaffolding Before Getting A Quote From Us!

www.carningli-scaffolding-newport.co.uk

01239 821 075 / 07968 120 949



LETTERSTON TAXI

Contact: Imran

07360 144 548

letterstontaxi@gmail.com

07360 144 548 letterston_taxi @letterston_taxi



gwaun valley meals



CUT TO ORDER OVERNIGHT DELIVERY READY TO COOK

3 St. Davids Road, Letterston, Pembrokeshire, SA62 5SF

Tel: 01348 840838



H.R.Havard & Son

MONUMENTAL MASONS

New memorials
Large selection to choose from

Marble • Granite • Slate

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

Perrots Avenue, Haverfordwest, SA61 2DX

Tel: 01437 762751 H.R.Havardandson@gmail.com





PHOENIX YARNS

www.phoenixyarns.com



01646 839230

89 CHARLES ST • MILFORD HAVEN • SA73 2HA

TREE & GARDENING SERVICES



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

14 DAY COOLING PERIOD

FOR A FREE NO-OBLIGATION QUOTE CALL

07403 554780 • 0800 6965351



Ashmole & Co

Williamston House
7 Goat Street
Haverfordwest
Pembrokeshire. SA61 1PX

Telephone: 01437 765556
Facsimile: 01437 767125
www.ashmole.co.uk



PROFESSIONAL DECORATING SERVICE

01437 763490 OR 07977 780589
MATTHUGHESDEC@HOTMAIL.CO.UK

KEEPING PEMBROKESHIRE IN COLOUR FOR 25 YEARS!





RED BUILDING SERVICES

PROFESSIONAL AND AFFORDABLE BUILDING SERVICES

A family business with family values

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

CALL US ON 07970 153161

www.red-building-services.co.uk

redbuildingservices@gmail.com



pro waste

Established 2000



DRAINAGE & SEPTIC TANK SERVICES

01834 814900 prowaste@yahoo.co.uk

www.prowaste-pembrokeshire.co.uk

NARBERTH HIGH STREET PHARMACY



The community pharmacy on the high street



Opening Times: 9am - 8pm Mon to Fri,
9am - 6pm Sat, 10am - 4pm Sunday

01834 860486 / 39 High Street, Narberth

LOCAL SERVICES

GRD
Carpentry & Construction
+ Mini Digger Hire

Delaneygr@googlemail.com

CALL US ON 07809 480394



**HAVERFORDWEST
AUTO CENTRE**

MOTORSPORT PREPARATION • GENERAL REPAIRS
MOT • DIAGNOSTICS • SERVICING

All Makes & Models

Tan Bank, Prendegast, Haverfordwest
Call 01437 762323

**FISHGUARD
PHARMACY**

5 Ropewalk • Fishguard • SA65 9BT

telephone: 01348 875 177
email: info@fishguardpharmacy.com
www.fishguardpharmacy.com

Monday to Friday 9am - 5.30pm
Closed Saturday & Sunday



**MASON
BROS**
QUARRY PRODUCTS LTD

Suppliers of General Fill, Concreting
Aggregate, Ornamental Stone,
Drainage Stone, Sand, Top Soil,
Road Plainings and much more.

01437 710361 | 07970 249453
WWW.MASONBROSQUARRYPRODUCTS.CO.UK



DAVID REES

FENCING & CONSTRUCTION

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

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



FLEETWOOD
Groundworks

TELEPHONE: 07487785195
EMAIL: mathewfleetwood@hotmail.com



HAVEN ELECTRICAL SERVICES

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

32 HAVEN ROAD, HAVERFORDWEST - 07855 315141



**NH
ELECTRICAL**

Domestic & Commercial Installations
Electrical Testing

07972 180 885
natnan.nnelectrical@gmail.com



**D&O
CONSTRUCTION
PEMBS LIMITED**

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



Aberporth
HolidayCottages.co.uk



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



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



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



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



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

Call us: 07970 637705 or 01239 810215



www.sharethecarewithlaura.co.uk



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

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

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

Contact us **01437 805165**
sharethecarewithlaura88@outlook.com
[Facebook.com/sharethecare88](https://www.facebook.com/sharethecare88)

HYWEL DDA TEAM WINS THREE AWARDS

Hywel Dda University Health Board's Maternity and Neonatal Risk and Governance Team has won three awards at the 2025 UK MUM (Maternity Unit Marvels) Awards™ in recognition of their role in improving safety for expectant mothers.

The team, who attended a special gala evening in London on Thursday, 13 March, already knew they had won two awards in the Workforce category – the Promoting Collaboration and Team Working award and the Achieving Excellence Through Service Improvements award.

However, they were surprised on the night to learn they had also won the prestigious National Award as the overall winners of the Workforce category, triumphing over strong competition from across the UK.

Representing Hywel Dda at the ceremony were team members Cerian Llewellyn (Interim Head of Midwifery), Dr Tipswalo Day (Obstetrics and Gynaecology Consultant), Dr Mathew Pickup (Consultant Paediatrician), Angela Morgan (Midwife), Bethan Osmundsen (Senior Nurse Manager, Acute Paediatrics), and Leah Andrew (Senior Nurse).

The Baby Lifeline Awards celebrate outstanding maternity and neonatal care, recognising the work of midwives, obstetricians, neonatal doctors and nurses, anaesthetists, GPs, and paramedics who help deliver babies safely and care for mothers and birthing people.

A prestigious judging panel selected one winner from each of four categories for the Workforce Award, announced at the ceremony in the historic Palace of Westminster on the evening of 13 March.

The event was hosted by Professor the Lord Darzi of Denham, who opened the evening with an address. Linda Bassett, star of Call the Midwife and a patron of Baby Lifeline, was also in attendance to present the

awards to the winners.

The ceremony was attended by senior leaders from NHS England, the Royal College of Obstetricians and Gynaecologists, the Royal College of Midwives, the Nursing and Midwifery Council, NHS Resolution, and other distinguished guests.

Dana Scott, Director of Midwifery at Hywel Dda University Health Board, said: "Winning these awards is fantastic recognition of our team's collective efforts. Knowing that our work to make childbirth a safe and positive experience for mothers and their families has been recognised by expert judges means so much to us."

Sharon Daniel, Interim Director of Nursing, Quality and Patient Experience at Hywel Dda University Health Board, added: "I'm delighted for the team – they have worked incredibly hard to support our communities. Pregnancy can be both exciting and daunting, and our teams do their very best to provide compassionate, high-quality care to all mothers, birthing people, and their families. Thank you to every team member who played a role in achieving this award."

Nearly 3,000 babies are born each year in Hywel Dda, with the midwifery team supporting families at home, in the community, and in hospitals.

Find out more about the Baby Lifeline 2025 Maternity Unit Marvels (MUM) Awards at UK MUM Awards 2025 | Baby Lifeline.

About Baby Lifeline Baby Lifeline is a national mother and baby charity founded by Judy Ledger after the tragic loss of her first three babies. The organisation works to improve maternity care across the UK, aiming to prevent avoidable loss. Baby Lifeline supports NHS professionals by providing essential equipment, training, and research to enhance maternity services, impacting thousands of families each year.



FeelGood SNIPPETS

ONE EXTRAORDINARY CHALLENGE



Merched y Môr are four women from Pembrokeshire taking on an extraordinary challenge—rowing unaided across the Atlantic Ocean for charity. This gruelling six-week journey will see them rowing 24/7 in all conditions.

Their preparations have begun, but they need your support. By December 2025, they must cover significant costs, including equipment, training, shipping, and supplies. While they

have secured an ocean rowing boat, funding remains a major hurdle.

Every donation helps them reach the start line and raise funds for RNLI, Action for Children, Sea Trust Wales, and Popham Kidney Support.

Beyond fundraising, they hope to inspire others—showing that anything is possible with determination and courage. Be part of their journey and push your own limits!

THE PEOPLE'S GYM

All under one umbrella at S7 playground



#ThePeoplesGym

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

www.s7fitness.co.uk

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



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

DVSA ANNOUNCE RULE CHANGES FOR DRIVING TEST CANCELLATIONS TO REDUCE WAITING TIMES

The Driver and Vehicle Standards Agency (DVSA) has revealed new plans to reduce waiting times for driving tests.

There will now be an extension to the cancellation notice period for driving tests, aiming to reduce wasted slots and prevent last-minute changes.

From April 8th 2025, those who are learning to drive will be required to give more notice when changing or cancelling their driving test in order to avoid losing their fee.

Currently, learners can cancel up to three days before their test without losing the fee.

Under the new regulations, learners must provide 10 full working days' notice to change or cancel their test without incurring a fee.

DVSA classes Monday to Saturday as working days, with Sundays and public holidays not included.

The new rule only applies to car driving tests, as learner drivers will still need to give three full working days' notice to change or cancel their theory tests.

In 2024, approximately 60,000 test appointments were missed due to people not showing up. This is equivalent to the number of tests that 45 full-time driving examiners could conduct in a year.

The driving test rule change is part of the DVSA's seven-point plan to reduce waiting times.



As part of the plan, the DVSA is recruiting 450 new driving examiners across Great Britain. It is also reviewing and improving the driving test booking process and implementing stricter terms for driving instructors managing test bookings for their students.

DVSA is running a consultation on new proposals to increase the amount of time people have to wait to book another test if they fail and explore ways of changing how far ahead car driving tests can be booked - which is currently set at 24 weeks.

Loveday Ryder, DVSA's Chief Executive, said: "Extending the



short notice cancellation period for driving tests forms part of our seven-point plan to reduce driving test waiting times.

"This will encourage learners to change or cancel their test sooner so we can offer up those slots to other customers."

Following the announcement, Minister for the Future of Roads, Lilian Greenwood, commented: "The measures announced today are another vital step in tackling

the driving test backlog and ensuring that more learners who are ready to take their test can do so without unnecessary delays.

"These new measures will ensure that driving test appointments are used efficiently, encouraging learners to make adjustments to their schedules sooner, should they not be fully prepared."

AR AUTOMOTIVE

SERVICING & REPAIRS - TYRES - EXHAUSTS - WELDING & FABRICATION - BATTERIES - WHEEL ALIGNMENT - DIAGNOSTICS

01348 218641

ARAUTOMOTIVEWALES@GMAIL.COM

Instagram Facebook

WRM

Wern Road Motors

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

01348 872726 - Goodwick, Fishguard

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

MILLFORGE

Garage LTD

24 hour light and heavy breakdown and recovery service

Car and commercial workshops

Class 4,5 & 7 MOT testing station

Stockwell Rd, West Llanion SA72 6TQ 01646 684599

T&S MOTORS

JOHNSTON 01437 890199

Local family run business for all your vehicle repairs

SERVICING • MOT REPAIRS

DIAGNOSTICS • WELDING • TYRES

PARTS AND ACCESSORIES

ALL AT VERY COMPETITIVE PRICES

JACKS VEHICLE REPAIRS

Big or Small I Fix them All

Tel: 07359 172364

Email: jacksvehiclerepairs@outlook.com

Facebook: Jacks Vehicle Repairs

Online: jackvehiclerepairs.com

Thornton Motors

T : 01646 663866 M : 07976 563424

info@thorntonmotors.co.uk

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

MOT @AUTOS ELECTRICS

MOT WHILE YOU WAIT

WE PROVIDE A WIDE RANGE OF SERVICES TO SOLVE ALL YOUR CAR MECHANICAL AND ELECTRICAL PROBLEMS

2 MOT BAYS TO DO CARS CLASS 4, MINIBUS, VANS AND MOBILE HOMES CLASS 5 AND 7 MOTS

WE WILL COLLECT YOUR VEHICLE WITHIN A 7 MILE RADIUS ALL CARRIED OUT BY FULLY TRAINED AUTOMECHANICS

OPENING TIMES

MON-FRI 8.30 AM - 5.30 PM

SAT - 8.30 AM - 12.00 NOON

01437 765608 OR 01437 766868

Motec

Tel: 01437 763999 or 0800 0837635

CAR SALES

SHIPMAN LANE, HAVERFORDWEST



Letterston

PART-WORN AND NEW TYRES



GREAT TYRES AT GREAT PRICES



CALL: 07592 450131

Pembrokeshire's Reliable Part-Worn and New Tyre Centre
Old Station Yard (Opposite CCF), Letterston, SA62 5RY

and finally...

PEMBROKESHIRE BUILDING PROJECTS SHINE AT LABC AWARDS 2024

Pembrokeshire County Council's Building Control Team is congratulating local building and design projects for their success at the LABC Building Excellence Awards 2024. The LABC Building Excellence Awards are the largest business-to-business awards in the building control sector.

They celebrate buildings and design teams that have overcome the challenges of complex technical and construction issues, highlighting innovative and creative building work. In Pembrokeshire, D & O Construction Ltd, Julian Bishop Architect, Redstone Architecture, AB Rogers & Son Ltd, and Hayston Development & Planning Ltd all achieved success with some high-profile local projects.

At the Regional LABC Building Excellence Awards 2024, Berry Lodge in Newport won the Best



Residential Extension in Wales award, with work carried out by D & O Construction Ltd, and agents Julian Bishop Architect and Redstone Architecture. Plas Y Castell, Llawhaden, was Highly Commended, with development carried out by AB Rogers & Son Ltd and Hayston Development & Planning Ltd. The Berry Lodge project then progressed to the Grand Finals at Grosvenor House

in London, where the UK's top projects were celebrated. Council Building Control Manager Sam Goodwin said: "Building Control is delighted to work on these projects, which showcase the skill and innovation of local developers."

"Pembrokeshire County Council Building Control is proud to be part of the LABC Awards. The Local Authority Building Control (LABC)

awards were established to celebrate excellence achieved through high building standards, technical innovation, and sustainable designs. "The Awards offer the industry a chance to celebrate good building practices, and winners demonstrate how positive working relationships with local Council building control teams result in high-quality, sustainable buildings.

"The awards are unique because they recognise how this cooperation improves building standards and professionalism across the industry. It is fantastic to see local contractors, agents, and designers within Pembrokeshire recognised for achieving these standards." If you would like to contact Building Control at Pembrokeshire County Council, please visit the website at www.pembrokeshire.gov.uk/building-control or call 01437 764551.

MIKE HOWLIN MOTORS LTD

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



M.O.T from £54.85

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

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

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

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



VEHICLE TESTING STATION
APPROVED BY THE
VEHICLE INSPECTORATE

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

CAN YOU HELP?

 animals looking for their forever homes 



**Animal
Rescue
Cymru**



SCAN TO DONATE

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

