

FREE

# Feel Good Pembrokeshire

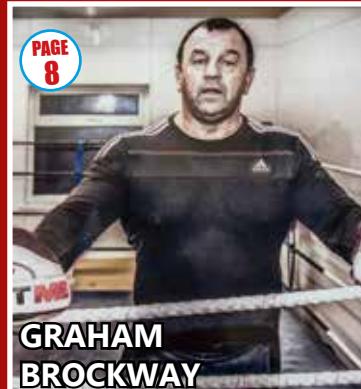
Magazine



Animal Rescue Cymru



Scan here to donate now!



PAGE 8

GRAHAM BROCKWAY



PAGE 40

A NEW ARRIVAL!



PAGE 42

XMAS TV!



FESTIVE PHOTOS THANKS TO  
IMAGE BY VANESSA ON MILFORD MARINA

**THE BAY FURNITURE COMPANY**  
Your Local Furniture Store



See our double page spread on Page 36-37

**RENATUS**  
HAIR & BEAUTY SALON



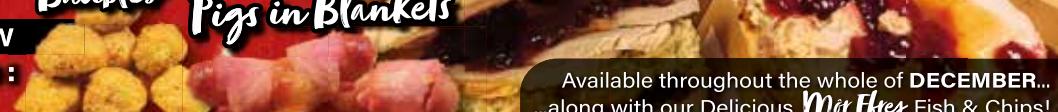
See our ad on Page 18

**Mar Ffres**  
Fish & Chips Scod n Scods



Dinas Cross - SA42 0UW  
Order Online or Phone :  
07546 357194

Fancy a Festive Feast...?  
Battered Stuffing Baubles The Christmas Cob  
Pigs in Blankets



Available throughout the whole of DECEMBER...  
...along with our Delicious **Mar Ffres** Fish & Chips!



## LYNCH CARPENTRY & ROOFING SPECIALIST

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

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

Complete House Renovation | Bathrooms & En-suites | Extensions

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

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



Contact us today for a free no obligation quote;

07791 970615 | lynchcarpentry26@hotmail.com



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

## CONTENTS

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

**10 SAINT BRIDES INN -** Tradition, family and great food by the sea!

**12 FEELGOOD FOOD** 4 pages of very good eats!

**21 WEST WALES RNLI** A year of life saving with the RNLI

**22 HAKIN UNITED** Let's look back at what happened in May

**34 FOXHILL FISHERY** Read all about what's going on down at Foxhill Fishery in our new column with Steve Evans

**42 ENTERTAINMENT** Film reviews and local events

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



**8 Bill Carne** • Bill reports on Graham Brockway's trip to the Welsh Amateur boxing Association...

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

**54 LOCAL SERVICES** Pembrokeshire's Experts

**60 FEELGOOD MOTORING** Looking forward to 2026

**FeelGood**  
Magazine *Pembrokeshire*

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



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



**TREE TRIMMING  
FELLING  
PRUNING  
TOPPING**

OF ALL SILVER BIRCH, BEECH,  
ROWAN AND WILLOW

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

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

Call Direct for a FREE estimate without obligation

**07534 010965 (MIKE)**

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

[Checkatrade.com](http://Checkatrade.com)  
Where reputation matters

[myBuilder.com](http://myBuilder.com)



# FeelGood SNIPPETS

## NEW TUDOR ATTRACTION COMING TO PEMBROKE

Pembrokeshire County Council in partnership with the Henry Tudor Trust have announced a £249,813 grant from The National Lottery Heritage Fund for the new Henry Tudor Centre in South Quay, Pembroke.

The Henry Tudor Centre will bring to life the largely untold story of Henry Tudor, son of Pembroke, who took the Welsh language to the English court and went on to achieve the greatest prize – the Welsh and English crown. In doing so he began one of the most influential dynasties in British history, the Tudors.

The Henry Tudor Centre will tell this fascinating story, Henry's Welsh ancestry and his impact on our national story, Welsh culture and our wider British heritage.

Funding from The National Lottery Heritage Fund will support this exciting new attraction, due to open in Spring 2027. The award will also fund a one-year Community Programme Coordinator post to deliver a vibrant calendar of events and activities at the new Centre, a volunteering programme and educational resources for schools.



This project is part of wider local improvements in the South Quay area by Pembrokeshire County Council which also includes a new library and community café, a healthcare, social services and supported employment facility in the adjoining premises.

Clr Paul Miller, Deputy Leader of Pembrokeshire County Councillor, said: "Thanks to National Lottery players, these prominent, listed buildings, directly adjacent to the magnificent Pembroke Castle have been rescued from dereliction and given a new lease of life exploring the history of Henry Tudor and his association with the town of Pembroke. The new centre will be a great draw for visitors and is a key part of our wider programme to regenerate Pembroke Town Centre."

## 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-soing, 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 Reparier

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

07564114292

## SANTA COMES TO MILFORD HAVEN WITH THE HELP OF THE RNLI TO LIGHT UP THE TOWN!



**Milford Haven was once again at the heart of festive cheer on Saturday, December 6, as the town's Christmas lights switch-on drew large crowds for what has become a cherished seasonal tradition.**

From early afternoon, families and visitors lined the streets, braving the winter chill, eager to take part in an event that has long marked the start of the town's Christmas celebrations.

The day began with a lively parade, departing from Charles Street, outside the old police station, at 4.30pm. The procession made its way through the town, passing Hamilton Terrace and culminating at the Town Hall. Children carried lanterns and waved enthusiastically, their excitement mirrored by parents and grandparents who gathered along the route. Santa and his helpers joined the parade, spreading cheer and bringing the festive spirit to life.

Adding a distinct Pembrokeshire touch, Santa's arrival earlier in the day was



nothing short of spectacular. RNLI crew members from Milford Haven escorted him into the marina aboard their all-weather lifeboat, a dramatic and unforgettable entrance that delighted crowds. Volunteers posed for photos with Santa, and the spectacle served as a reminder of the town's close connection with its maritime heritage.

Once the parade reached the Town Hall, the atmosphere was electric. Stalls and entertainment welcomed attendees, offering festive treats and local crafts. As anticipation built, the countdown began, and the Christmas tree lights were switched on to resounding applause. The glow of colourful illuminations reflected off the faces of children and adults alike, capturing the wonder and warmth of the season.

This year, the switch-on came with a slight change. The traditional lighting along Hamilton Terrace was absent, as newly installed lamp posts were

not yet ready to accommodate Christmas fittings. While some might have missed the familiar street display, the Town Hall area more than compensated, glowing brightly with lights draped across the building and a towering Christmas tree standing proudly at the entrance.

As evening fell and the festivities continued, the echoes of music, laughter, and cheer filled the air. For many, the Milford Haven Christmas lights switch-on serves as a reminder that, despite the cold, the heart of the community burns bright. It is a celebration of togetherness, of shared experiences, and of the simple joy that comes from seeing a town come alive in lights.

Looking back on the day, it was clear that Milford Haven had delivered yet another magical start to the holiday season. The event captured the essence of Christmas—joy, wonder, and community spirit—and set the tone for festive weeks ahead. Residents and visitors alike left with memories of a day when the town shone brighter than ever, a reflection of both its heritage and its warmth.

Observers noted the skill and dedication of the RNLI volunteers, whose role in Santa's maritime entrance highlighted the town's enduring ties to its waterside

## Dolphin Fish & Chips

The Parrog, Goodwick, SA64 0DE

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



# FeelGood SNIPPETS

## NATIONAL ACCOLADE FOR NARBERTH



centres.

Shoppers are encouraged to start at Wisebuys, praised as the perfect stop for locally produced chutneys, cheeses, chocolates, hamper fillers, and pantry essentials.

The Guardian's festive shopping guide, published this week, ranked the vibrant Pembrokeshire market town among the UK's top ten destinations for those seeking a "local flavour" during the holiday season. The article highlighted Narberth's growing reputation as a haven for food lovers, showcasing its thriving independent shops along the bustling high street.

The guide describes Narberth as "fast becoming Wales's premier foodie hub," noting that its mix of delis, bakeries, and specialist stores helps it stand out from larger retail

## 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**

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

# FeelGood SNIPPETS

## CHRISTMAS CHEER AS YOUNG AT HEART GROUP FILLS PEMBROKE TOWN HALL



Pembroke Town Hall was filled with warmth, laughter and festive cheer earlier this month as the Pembroke Young at Heart group came together for its much-loved annual Christmas service and dinner.

Held on Friday, December 5, the event once again proved to be a highlight of the seasonal calendar, bringing together members from across the local community for a memorable afternoon of music, companionship, and celebration. The packed hall was beautifully decorated, creating a welcoming and joyful atmosphere that perfectly captured the spirit of Christmas.

Guests were treated to a freshly prepared traditional Christmas meal, which received plenty of praise from those attending. Special thanks were extended to Dai Powell, who prepared the dinner, and to the hardworking team of volunteers who helped ensure the event ran smoothly throughout the afternoon. Among those lending a hand were Liz, Ann, Anne, Kaylee, Jayne, Dennis, Jo, Gareth, Jenny, Rob, Mo, Heidi and Will, all of whom played a vital role in creating such a successful

gathering.

From setting up tables and decorations to serving food and welcoming guests at the door, the volunteers' dedication and kindness helped make everyone feel valued and included. Pembroke Town Council expressed its sincere appreciation, noting that events like this simply would not be possible without the commitment and generosity of those who give up their time to support others.

The service and dinner formed part of the Council's wider programme of festive activities aimed at supporting older residents during the Christmas period — offering not just a seasonal celebration, but an important opportunity for people to connect, socialise and share the joy of the season.

As another Christmas draws to a close, the Pembroke Young at Heart celebration stands as a reminder of the strong sense of community that continues to thrive in the town, and of the many individuals who work behind the scenes to ensure no one feels alone at this special time of year.

## TRUST INVITES LOCAL BUSINESSES TO JOIN THE BIG BEACH CLEAN



Following a hugely successful beach clean at Manorbier in October, Pembrokeshire Coast Charitable Trust is once again calling on local businesses and volunteers to come together to help protect the county's beautiful coastline.

During the autumn clean-up event, volunteers collected five full bags of litter, along with an unexpected — and particularly unpleasant — discovery in the form of a very stinky discarded cool box. While the find raised a few eyebrows (and noses), it also highlighted the importance of regular clean-up efforts and the impact that even a small group of people can have when working together for a shared cause.

Building on that momentum, the Trust has announced that the next Big Beach Clean will take place at Amroth Beach on Wednesday 21 January 2026 at 2pm. The event is designed not only to help clear litter from the shoreline, but also to raise awareness of the environmental challenges facing coastal areas and to inspire continued action throughout the community.

The beach clean offers a fantastic opportunity for businesses, employees, families and individuals to step away from their daily routines, enjoy some fresh sea air and play an active role in preserving Pembrokeshire's natural beauty. It also provides a valuable chance for participants to meet like-minded people, strengthen local partnerships and build a shared sense of pride in the area's stunning environment.

Sam Morgan from Signspeed, one of the businesses that took part in the Manorbier clean, shared their positive experience. "Getting out of the office for some fresh air, meeting new people, and helping protect our fantastic coastline was a brilliant experience," Sam said. "The whole Signspeed team loved being part of the beach clean and we're looking forward to getting involved again."

Special thanks have been extended to the partners who supported the previous event, including Milford Haven Port Authority, Blue Horizons CIC, Tir Coed, Signspeed, the Field Studies Council and Sakura Coast Clothing. Their combined support and community spirit played a vital role in making the clean-up such a success.

Businesses, organisations and volunteers who would like to take part in the January 2026 clean are invited to confirm their attendance by contacting Abi Marriott, Funding Officer, at [abim@pembrokeshirecoast.org.uk](mailto:abim@pembrokeshirecoast.org.uk) or on 07773 788 196.

By joining the effort, participants will be making a real and lasting difference to Pembrokeshire's coastline — ensuring it remains clean, safe and beautiful for future generations to enjoy.



# PREMIER SHINE DETAILING

## Award-Winning Vehicle Perfection



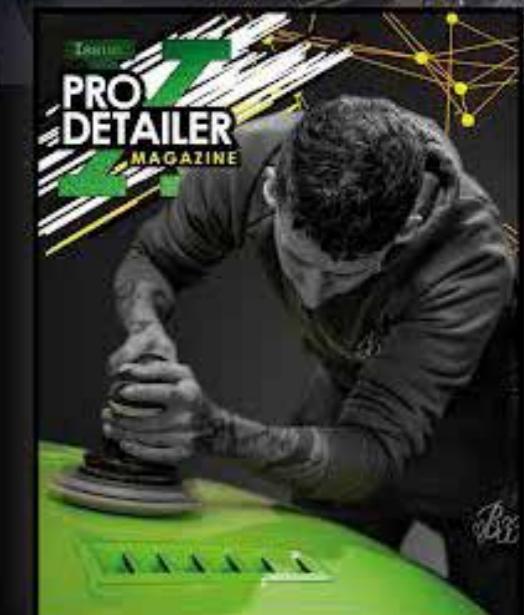
### ★ PROFESSIONAL CAR VALETING

### ★ PAINT ENHANCEMENT & MACHINE POLISHING

### ★ PAINT CORRECTION

### ★ CERAMIC PAINT PROTECTION COATINGS

### ★ HEADLIGHT RESTORATION



Founded in 2012 by local expert Craig Davies, Premier Shine Detailing delivers elite vehicle care — from precision valeting and paint correction to ceramic coatings and leather repair.

Trusted locally, recognised nationally — multi-national award winners bringing world-class detailing to Pembrokeshire.

VISIT - [PREMIERSHINEDETAILING.CO.UK](http://PREMIERSHINEDETAILING.CO.UK)

CALL - 07856793642

GIFT  
VOUCHERS  
AVAILABLE

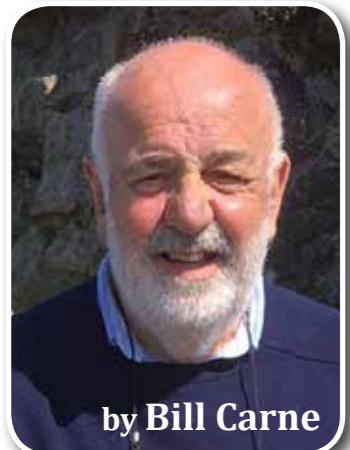


Solva, St Davids & Brawdy  
Weds - Sun 5 - 9pm 07967402054  
Free delivery on orders over £20.00



Find us on Facebook and Instagram for our latest Special Offers

# WABA LIFE MEMBERSHIP FOR GRAHAM BROCKWAY



by Bill Carne

Champion and three-times World Champ in kick-boxing as he held the middleweight, super-middleweight and light-heavyweight titles simultaneously.

He also had four bouts as a professional boxer but after four successive wins he severely damaged his hand in an accident involving a cement mixer in his family business and at 19 thought his involvement with boxing was over but he went back to Pembroke Amateur Boxing Club to regain some fitness and was persuaded by head coach Roy Wiggs to become his assistant.

## Took up training like a duck to water

When Graham Brockway recently travelled up the headquarters of the Welsh Amateur Boxing Association to collect some documents, little did he realise that he would also return with a framed certificate from this governing body to mark his elevation to life membership.

In recognition of his 55 years as a boxer and coach, as a former Welsh Junior



Graham took to it like a duck to water and stayed there until Roy moved away to Canada, whereupon Graham helped the legendary Eddie Davies at Merlins Bridge ABC and eventually took over the reins when Eddie passed away.

The club's headquarters consisted of one hall on their land at Merlins Bridge and since then have

added two superb extensions to cater for the huge numbers who flock there to train and attend fitness sessions organised by Graham's wife Gill, who is an equal partner in the club's great popularity, which has some fellers training along with a crowd of females of all ages.

He was helped by his assistants like Barry Frearson, Ian Roberts and Ian Smith to name a few and now the facility has been enhanced beyond all recognition and has boxers and many others who love the ambience there and just want to train.

## High praise from someone who knows

One such person is outstanding local sports journalist Fraser Watson, who told me,

"It's impossible to summarise what Graham has done for Merlins Bridge Boxing Club.

"It's not just about the fighters, the national champions and the success stories. It's also about the youngsters he takes in, the people he helps get fit, get stronger, and grow in confidence. The levels of commitment and dedication he's shown every week for so many years now never relents.



**D&O**  
CONSTRUCTION  
PEMBROKE  
LIMITED

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

Congratulations to Graham on your Lifetime Achievement Award!

**The Experts in Vehicle Electrics**

**PROLEK**  
WEST WALES

Lighting, Batteries  
Starters, Alternators  
Wiring Faults

**HELLA**

Tel: 01437 767885  
27 Pembroke Road, merlins Bridge, Haverfordwest, SA61 1JW



"When I first started out there, I learnt more about attitude and application to training in just a few weeks than I had in any other sport for any period of time - his life membership is fitting reward. But I also so know being recognised won't change his approach to what he does, or any of the people he trains, a single bit.

He's hard-nosed but humble and he deserves this."

## Early start – and a combative boxer from the outset

Graham started his own boxing days as a ten year old and after one bout 'up the line' he made his local debut at the old Drill Hall adjacent to Pembroke Castle and I was lucky enough to be the MC and even to my untrained eye he had something special that is hard to define – and in 40 years in that role across the boxing clubs in the county I followed his course as a hugely talented boxer and then trainer where he had

Steve Burton as his first Welsh champion, followed by a host of others like Micky McDonagh and Charlene Jones (who were respectively a medallist and quarter finalist at Commonwealth Games), Andy Robinson and others, followed more recently by Wayne and Chris O'Sullivan and now Ffion Evans, as current British Champion, then Sean Bolger and Alex O'Sullivan as Welsh champs.

## Interesting experiences at World Title fights

I was lucky enough to travel with Graham and a couple of others to watch Colin Jones lose to Don 'Cobra' Curry

at the NEC and Barry McGuigan beat Eusebio Pedroza at Crystal Palace's football ground and both occasions were memorable, the former fight not quite what we had hoped for because we ran out of petrol in thick snow driving up the M5 and had to push it uphill into the next services, which were luckily nearby - and then seeing ringside fighting when Jones suffered a cut eye and the fight was called off after only four rounds.

Chairs were being thrown and the fighting spread like a Mexican Wave and throughout it I made sure I stood just behind Mr Brockway because, coward that I am, I knew he was the toughest man I have ever met and I knew they wouldn't get past him to me!

But he was as cool as a breeze and I have never seen him lose his temper, which is a great help in the gym environment because the air of self-discipline there is never far from the surface.

The citation from The WABA said, "This year marks 35 years since Graham became head coach of Merlins Bridge Boxing Club, a role he has held since 1990. Having boxed from the age of 10 at Pembroke BC, Graham went on to become a world champion in kickboxing before returning to boxing as a coach. Under his guidance, Merlins Bridge has produced Welsh, British and international champions, including Commonwealth Games medallist Micky McDonagh. Now in his 55th year in the sport, Graham remains hands-on, running the gym, leading West Division coaching teams, and investing countless hours to ensure his club thrives.

**TBS** **RECYCLING**  
Call now on 01437 890074

Why go to a tip when you can hire a TBS skip?  
Congratulations to Graham on his achievement award

**LINK TAXIS**   
**01646 695060**  
link2016taxis@gmail.com

**J.P.Scaffolding**  
All across  
Pembrokeshire  
**07800  
558466**

**S7**  
FITNESS

#ThePeoplesGym

www.s7fitness.co.uk

S7 Fitness, Withybush Industrial Estate, Haverfordwest, SA62 4BN  
Congratulations to Graham on his recognition by the Welsh Amateur Boxing Association

**JAMANGIE**  
TRADING

Unit 17 Withybush Ind Est, Haverfordwest, SA62 4BS • Tel: 01437 531234 • www.jamangietrading.co.uk

## YOUNG CARER HONOURED AT WESTMINSTER

FeelGood  
SNIPPETS

A young carer from Haverfordwest was among those honoured at a special Christmas carol service at Westminster Abbey on Friday, December 5, hosted by HRH The Princess of Wales, patron of Action for Children.

The fifth annual Together at Christmas service celebrated people across the UK who show love, compassion, and community spirit in their daily lives. Ambassadors, staff, and young people supported by the charity were invited to join the 1,600-strong congregation, which included Members of the Royal Family, for a festive occasion reflecting on the power of kindness within families, friendships, communities, and even between strangers.

Sixteen-year-old Meghan, from Haverfordwest, attended the event with Vikki Phillips from Action for Children's Pembrokeshire Young Carers service. Meghan cares for her younger sister, who has autism, OCD, and a learning disability.

"Being invited to Westminster Abbey felt amazing – it's

something I'll never forget," Meghan said. "The carol service was so festive and uplifting, and it made me proud to be part of a community that cares so much about helping others. It was wonderful to see everyone come together to celebrate love and kindness."

Vikki Phillips described the experience as "an incredible honour. The service was a beautiful reminder of how love and kindness can transform lives, and it was inspiring to see so many people celebrated for the positive impact they make in their communities. Moments like this show our young carers and families that their efforts and resilience truly matter."

Action for Children praised the dedication of the young people and staff representing the charity at the event, highlighting the organisation's commitment to fostering a more caring and connected society.

The carol service was filmed for broadcast and will be shown as part of a special programme on ITV and ITVX on Christmas Eve.



Cinnamon grove is a small family - owned Distillery situated on the outskirts of Haverfordwest in the heart of beautiful Pembrokeshire at Cinnamon grove farm

Recognised as Pembrokeshire's first Gin Distillery they create wonderful, unique, handcrafted premium Gins, vodkas and Rums using fresh fruits and pure well water from a well at cinnamon grove farm

Tours of the distillery and Gin tastings are offered in the Gin barn along with Gin tasting and cocktail making sessions ideal for a Christmas get together and available to book by email or telephone

Products can be seen sampled and purchased at the Distillery shop every Thursday and Friday along with local shops and festivals around Pembrokeshire

**Cinnamon Grove Farm old Hakin Road  
Haverfordwest SA61 1XG**  
07946 906309 / [www.cinnamongrovegin.co.uk](http://www.cinnamongrovegin.co.uk)



MILK WOOD HOUSE

LUXURY LODGES



*Explore the festive season*

Discover a season of indulgence at Milk Wood House, where winter unfolds in glowing terraces, serene spa rituals and exceptional festive dining overlooking the tranquil Taf Estuary.

SCAN TO EXPLORE

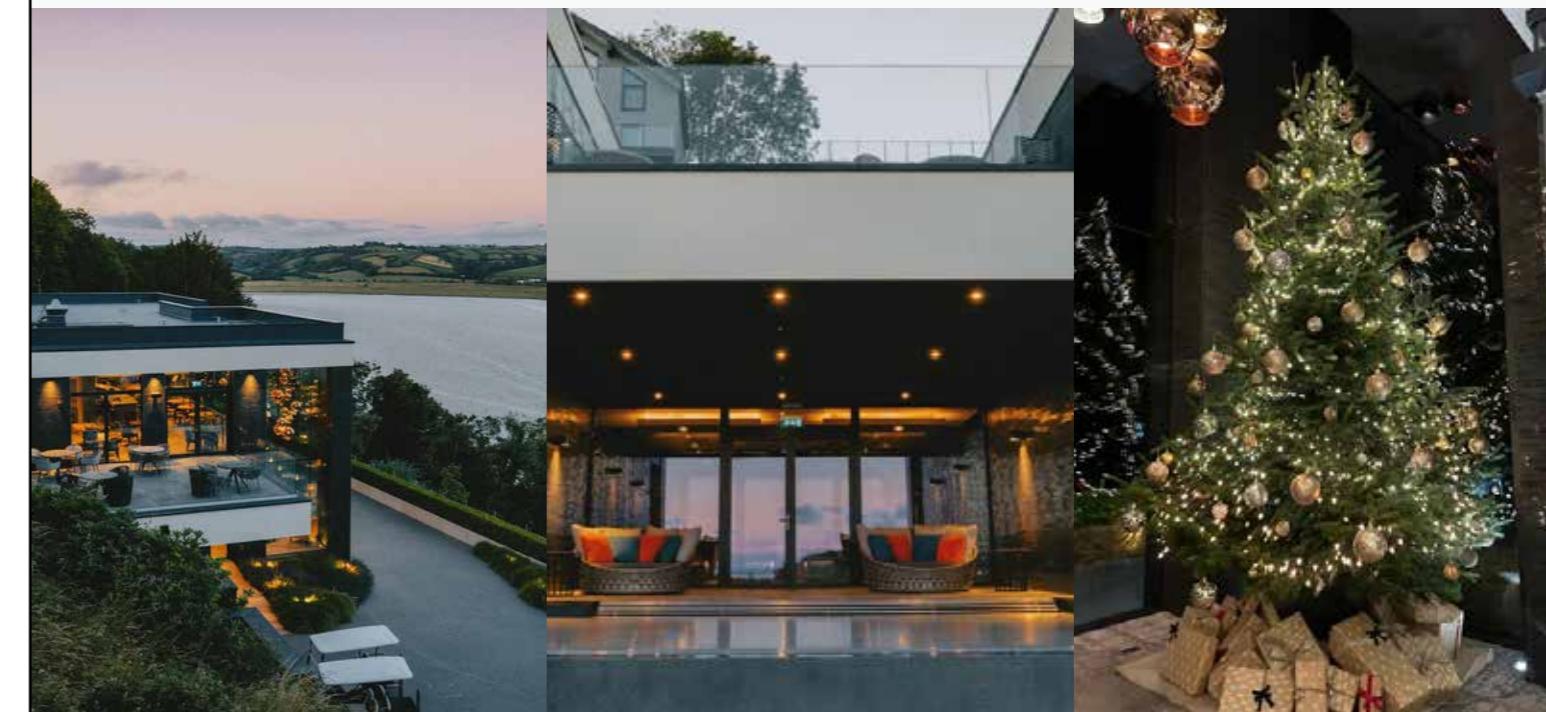


Call 01994427332

[hello@milkwood-house.co.uk](mailto:hello@milkwood-house.co.uk)



The Dylan Coastal Resort, Laugharne, Carmarthenshire, SA33 4SG





**The Rising Sun**  
RESTAURANT AND GRILL

The Rising Sun Inn  
St David's Rd  
Pelcomb Bridge  
Haverfordwest  
SA62 6EA

01437 765 171  
[www.therisingsun.wales](http://www.therisingsun.wales)

"Our food was delicious, ribs and veggie burger. Our first visit and most definitely not our last!"  
- Erika F

The FeelGood

# Food & Drink Guide

## SEVEN SPICE FUN DINING

28 Market Street, Haverfordwest, Pembrokeshire, SA61 1NH

**OPEN 7 DAYS A WEEK**

01437 762789 - 5.30pm - 11.00pm

10% DISCOUNT ON ALL TAKEAWAY ORDERS OVER £15.00

**NEW MENU!**

**THE FARMERS ARMS**  
MATHRY  
Your Traditional Welsh Pub

**FREE HOUSE**

01348 831284

WEDDINGS CHRISTENINGS FUNERAL TEAS BIRTHDAYS GATHERINGS

**THE HIGHGATE INN**  
HUNDLETON

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

Hundleton, Pembrokeshire SA71 5RD - 01646 685904

# Food & Drink Guide

## STAR GRILLS

**DELIVERIES AVAILABLE NOW!****CALL IN OR CALL US 07817 637404**

Right next to City Plumbing, Old Hakin Rd, Merlins Bridge, Haverfordwest, SA61 1XJ (Formerly Wendy's Baps)

**The PUMP on the GREEN**  
Spittal, Haverfordwest  
SA62 5QT  
01437 741881

**The Jolly Sailor, Burton**  
Fine Dining | Lounge Area | Beer Gardens  
The Perfect Place to Relax

jollysailorburton.co.uk  
01646 600378 | chris@jollysailorburton.co.uk

**môr Ffres**  
Fish & Chips Scod a Scodds

Dinas Cross - Pembs - SA42 0UW

**WEEKLY SPECIALS**

OPEN DAILY 5.00PM - 8.30PM

DINAS CROSS

Fishguard

Telephone Orders Welcome  
07546 357194

**môr Ffres**  
Fish & Chips Scod a Scodds

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

The Ferry House Inn, Hazelbeach, Llanstadwell - SA73 1EG  
01646 600270 • [www.ferryhouseinnhazelbeach.co.uk](http://www.ferryhouseinnhazelbeach.co.uk)

## SEVEN SPICE FUN DINING

Magdalen St, Haverfordwest SA61 1JJ

01437 767997

5.30pm - 11.00pm

**BT Sport** **sky sports**

**THE RAILWAY INN**

Julie and all staff @ The Railway Inn would like to wish a Merry Christmas and Happy New Year to all our customers XXX

22 St Peters Rd, Johnston, SA62 3PR  
01437 890 500

Open 12:30 Daily

**TREGROES PANTRY**

Manorwen Road, Fishguard and Goodwick, SA65 9QF

In the grounds at Tregroes Caravan, Camping &amp; Glamping Park

01348 871880 [www.tregroes.co.uk](http://www.tregroes.co.uk)

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

GATE INN  
UNDER NEW MANAGEMENT

Scleddau - Fishguard - SA65 9QY

In association with

**CELTIC WINES**  
Tel: 01646 681 369  
Tel: 01646 622 755  
info@celticwines.com

# FeelGood Cookin'!

## THE PERFECT CHRISTMAS TURKEY

### How to Prepare a Show-Stopping Turkey Breast for the Perfect Roast Dinner

With Christmas just around the corner, it's time to pull out all the stops at the dinner table — and this year, we've got a real treat for you.

If you're looking to serve up a perfectly juicy, flavour-packed turkey with crispy golden skin, this method will guide you step by step to festive perfection. Simple, indulgent and packed with seasonal flavour, this roast turkey breast is guaranteed to be the centrepiece your Christmas dinner deserves.

Great turkey starts long before it goes into the oven. Ideally, you should begin preparing your Aldi Specially Selected British Roly Poly Bronze Free Range Whole Turkey Breast up to 48 hours — and at least 12 hours — before you plan to cook it. Carefully loosen the skin with your fingers and season the bird generously all over, including under the skin, using two tablespoons of sea salt. Place the turkey in a large roasting tin, breast-side up, and leave it uncovered in the fridge. This allows the skin to dry out slightly, helping it to crisp beautifully during cooking.

On the day itself, remove the turkey from the fridge at least an hour before roasting to allow it to come to room temperature. Preheat the oven to 240°C (220°C fan/gas mark 9). In a small pan over low heat, melt the butter and add crushed garlic, chopped herbs and a squeeze of lemon



juice. Let this cook gently for about a minute before removing it from the heat to cool slightly.

Take the turkey out of the tin and scatter onions, carrots, the turkey neck and giblets into the base. Sit a roasting rack or trivet on top and place the turkey back over the vegetables. Stuff the cavity with whole and squeezed lemons, herb stalks and extra thyme. Carefully lift the skin again and spoon around four tablespoons of the herby butter onto the meat underneath, then massage the skin to distribute the flavour. Brush most of the remaining butter over the outside

of the bird, reserving a little for later basting. For a tidy finish, tie the wings and legs together.

Place the turkey in the oven and reduce the temperature to 180°C (160°C fan/gas mark 4). Roast for an hour before basting with more butter, turning the tray and returning it to the oven. Continue roasting and basting every 30 minutes. After two hours in total, check the temperature with a probe thermometer: the thickest part of the breast should read around 65°C, and the thigh 75°C. If needed, return the turkey to the oven in 15-minute intervals until fully cooked. Allow it to rest

#### INGREDIENTS

- Nutrition
- 5-6kg oven-ready Aldi Specially Selected British Roly Poly Bronze Free Range Whole Turkey with the neck, chopped, and giblets included
- 150g butter
- 3 garlic cloves finely grated
- large handful of mixed herbs
- 2 lemons both halved, 1 juiced
- 1 onion roughly chopped
- 2 carrots roughly chopped

For the gravy

- 2 tbsp plain flour
- 1 tbsp soy sauce
- 1 tsp yeast extract
- large glass of red wine (about 200ml)
- 500ml chicken or turkey stock



What does it go with?

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

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



## The FeelGood Food & Drink Guide

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

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

**THE ROSE & CROWN**

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

ROSE & CROWN, GOODWICK SQUARE  
01348 873155  
[ROSEANDCROWNGOODWICK@GMAIL.COM](mailto: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](http://thegalleoninn.com) | 01437 781157

**crugglás** Restaurant with Rooms

**Restaurant with Rooms of the Year - Wales 2018**

[info@crug-glas.co.uk](mailto:info@crug-glas.co.uk) 01348 831302

**CROSS INN, PENALLY**  
GOOD FOOD • ALES

**Our Famous Sunday Lunch**  
2 - course £15.95  
Served 12 - 2:45pm  
Book now to avoid disappointment

**01834 844665**

**NEW INN**  
Amroth — Narberth

**Amroth, Narberth SA67 8NW**  
Call us on 01834 812368  
[www.facebook.com/newinnamroth](http://www.facebook.com/newinnamroth)

**THE SAINT BRIDES**  
- LITTLE HAVEN -

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

THE ST BRIDES INN, ST BRIDES ROAD  
LITTLE HAVEN, PEMBROKESHIRE. SA62 3UN  
01437 781266 - [WWW.SAINTBRIDESINN.CO.UK](http://WWW.SAINTBRIDESINN.CO.UK)

In association with

**CELTIC WINES**

Tel: 01646 681369  
Tel: 01646 622755  
[info@celticwines.com](mailto:info@celticwines.com)

**IECHYD Teifi HEALTH**

**Clinic lechyd  
Breifat**

**Private Health  
Clinic**

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

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

01239 802802  
[www.TeifiHealth.co.uk](http://www.TeifiHealth.co.uk)

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

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

**Health is Wealth**

Cryotherapy  
Ear wax removal  
Anti-wrinkle injections  
Toe nail cutting

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

01239 802802  
[www.feelgoodmagazine.co.uk](http://www.feelgoodmagazine.co.uk)

## MAJOR MILESTONE FOR NEW PILOT BOAT SNIPPETS

The Port of Milford Haven's new pilot vessel has reached a critical milestone with a successful launching ceremony held in the Netherlands, where the boat is currently under construction.

Last month, the 22 metre vessel made its transition from the shipyard to the water in front of representatives from the Port of Milford Haven, BMT and Next Generation Shipyards. Designed with cutting-edge technology and world-leading capabilities, the new pilot boat will strengthen the Port's existing fleet by continuing to deliver safe, reliable and efficient pilotage operations.

The vessel is now undergoing rigorous sea trials in Holland, while the Port of Milford Haven's crews receive their initial training to operate the state-of-the-art craft in all sea states and weather conditions. The boat is scheduled to arrive at the Port in Spring 2026, when a formal naming ceremony will take place.

Tom Sawyer, Chief Executive at the Port of Milford Haven, praised its performance after experiencing it first hand:



"This vessel represents a remarkable achievement. Its cutting-edge operational capabilities and exceptional finish set a new benchmark in our industry. Above all, it has been designed with safety at its core, ensuring the highest standards for our crew and customers. It's something our team can truly take pride in, enhancing our existing fleet and enabling us to continue delivering a safe, efficient service to our customers. This project has been a tremendous collaborative effort, with our marine team playing a pivotal role over the past five years, and I'm thrilled with the result. We look forward to welcoming the vessel to Pembrokeshire this spring."

Technical Director at Next Generation Shipyards, Dirk Keizer, commented:

"The launch of this vessel marks an important step in our

collaboration with the Port of Milford Haven. We have worked with great care on a design and construction process that combines innovation, safety, and robustness. It is impressive to see how this new pilot boat performs exactly as expected. We are delighted that, together with the Port of Milford Haven, we have delivered a vessel that is ready for the future and can withstand the toughest conditions."

Camarc Design's Director, Arran Roycroft, said:

"It's great to see the latest vessel from the Camarc 22m design series being launched and performing to expectations. This particular vessel from the series brings together a number of design enhancements refined over the years, including our latest pilot specific hull design, our motion

ballast tank solution and our well-proven self-righting capability.

A successful cooperation between operator, builder and designer has been key to ensuring the vessel's performance and we are delighted to have been part of this process."

customers from incurring overdue fines.

The Coffee Shop will close for Christmas and New Year. However, it will remain open in January and will not be affected by the temporary library closure.

This project builds on previous Welsh Government investment to unlock the full potential of the Library, ensuring that the original vision is fully realised for the benefit of the entire community.

Library customers are thanked for their patience and understanding for any inconvenience caused.

**SOUDAL**

**GREENS GLAZING**

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

**PRODUCTS:**

- ✓ Expanding foam
- ✓ Silicone
- ✓ PVC frame cleaner
- ✓ Glass + Mirror cleaner
- ✓ Silicone spray

**CONTACT**

01437 763001 [sales@greensglazing.co.uk](mailto:sales@greensglazing.co.uk)

## CHANGE TO RIVERSIDE LIBRARY TEMPORARY CLOSURE PERIOD

Pembrokeshire Library Service is informing customers that, due to unavoidable delays with the delivery of key items required for scheduled improvement works, the planned temporary closure of the Riverside Library, Gallery and Visitor Information in Haverfordwest, has been moved to January.

As a result, the Riverside Library will remain open throughout December and will close at 1pm on Wednesday 24 December, for the Christmas break.

The library will reopen as



normal on Friday 2 January, and Saturday 3 January.

To allow the outstanding works to be completed, the library will then close for a two-week period from Monday 5 January, to Saturday 17 January 2026.

This is the least disruptive closure option available to enable

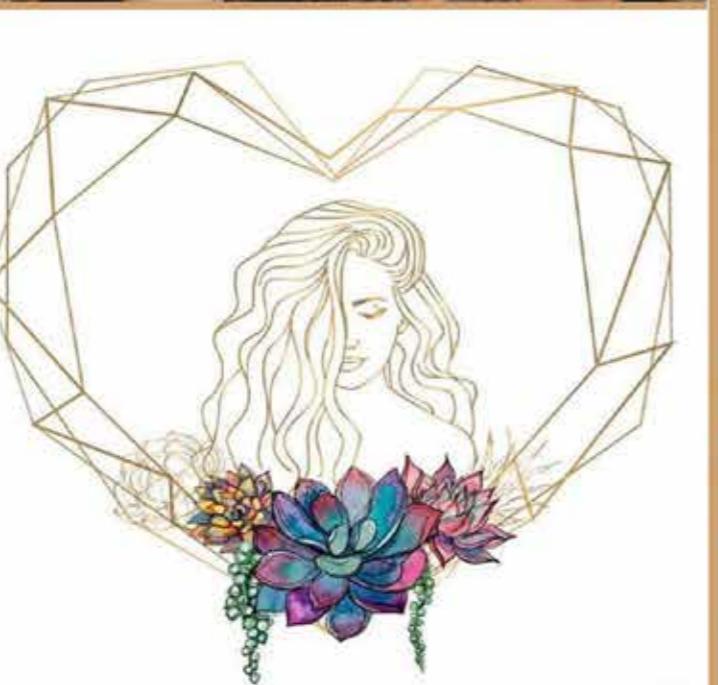
these works to be undertaken, and avoids what would have otherwise been numerous short closure and reopening periods over December and January.

During the closure period, all library books on loan from Haverfordwest Library will be automatically extended until the end of January to prevent

**FISHGUARD Kebab House**

**KEBABS - PIZZA  
BURGERS - FRIED CHICKEN**

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



**RENATUS**  
HAIR & BEAUTY SALON

01646 690760



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

**Treat your loved one  
to a Renatus Gift  
Card this Christmas!**



## MORE THAN £5,000 RAISED FOR YOUNG SURFER AFTER SERIOUS CAR CRASH



A fundraising campaign launched to support Delphi, a talented young surfer from South Pembrokeshire, has now passed the £5,000 mark, with donations continuing to pour in from across the county and beyond.

The teenager was seriously injured in a car accident earlier this month and was airlifted to the University Hospital of Wales in Cardiff, where she has remained under specialist care. The incident left her with significant injuries, including a broken pelvis, and she is now facing a long and challenging road to recovery.

Delphi had been preparing to compete in the Euros Surf Competition next year, and friends say the accident came as a devastating blow to a young athlete whose life is centred around the ocean, her training and the competitive surf scene. Since the news of her injuries emerged, the local surfing community and wider Pembrokeshire public have rallied around her and her family in a remarkable display of support.

A GoFundMe campaign titled "Back to the Waves – Support Delphi's Rehab Journey" was set up to help relieve some of the financial pressure on her family and to fund specialist rehabilitation once she is well enough to begin the next stage of her recovery. Within just a few days, the target was smashed as contributions arrived from fellow surfers, local residents, beach communities and well-wishers who had been touched by Delphi's story.

Many of the messages left alongside donations speak of her determination, kindness and passion for surfing. Supporters have described her as "a rising star," "a dedicated and fearless surfer," and "a bright, positive presence in the line-up." Others simply wished her strength, healing and a speedy return to the waves she loves.

Her family, who have been travelling back and forth to Cardiff to be by her side, have expressed heartfelt thanks for the overwhelming support they have received during what has been an incredibly difficult time. Friends say the kindness shown by the local community has provided both emotional comfort and practical help, allowing the family to focus fully on Delphi's care and wellbeing.

A spokesperson for the fundraiser said: "The response has been incredible. Delphi has big dreams for her surfing future, and while this accident has turned her life upside down, the support she is receiving is giving her real hope and strength. Every donation, message and share has made a huge difference to her family."

As the year draws to a close, the fundraiser continues to grow, standing as a powerful reminder of Pembrokeshire's strong sense of community and the way people come together in times of crisis. For many, it has become more than a fundraising page — it is a symbol of collective encouragement for a young athlete determined to one day return to the sea.

# FeelGood SNIPPETS

## CELEBRATING FOOD AND FARMING EXCELLENCE



Pembrokeshire came together for the inaugural Pembrokeshire Food & Farming Awards at the County Showground, celebrating the county's thriving agricultural and food community.

Organised by the Pembrokeshire Agricultural Society, the event recognised outstanding achievements across farming, food production, and rural initiatives, highlighting innovation, resilience, and dedication.

A standout moment of the evening was the Lifetime Achievement Award, presented to twin brothers Mansel and Meurig Raymond for their decades of leadership and impact on Pembrokeshire agriculture. The

Showstopper Award celebrated extraordinary stories of resilience and community spirit, including Nicola, Terrie, and Georgia Savage, who turned personal tragedy into charitable action, and Martletwy Young Farmers Club, recognised for supporting young people through challenging times.

Tim and Margaret Johns, Presidents of the Pembrokeshire Agricultural Society, said the awards "celebrate not just farming excellence, but the heart and soul of our rural communities, reflecting the values that make Pembrokeshire so special." The evening marked a memorable start to what is set to become a celebrated annual tradition.

**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 @scraigsscreeders for more details

**07775 666 166 / 01348 873 378**

# FeelGood SNIPPETS

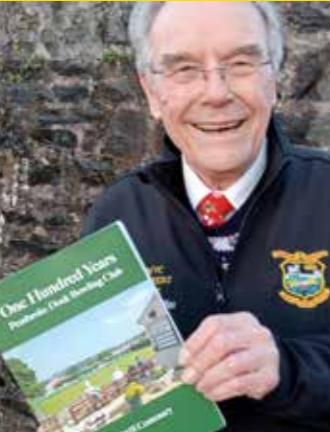
## NEW BOOK FOR BOWLING CLUB KEN

For more than forty years, Ken Edwards has been both a player and the unofficial historian of Pembroke Dock Bowling Club. Few people are better placed to tell the club's story — and its important role in Welsh bowling — than the man who has spent decades preserving its past.

This year, to mark the club's centenary, Ken has written and published a comprehensive new history of the club.

Pembroke Dock Bowling Club was founded in 1925 at the newly opened Memorial Park on Bush Street, created in honour of the town's servicemen who died in the First World War. The first woods were rolled on the new green that summer, beginning a tradition that continues to flourish a century later.

The result is One Hundred Years, a beautifully produced 132-page book featuring almost 250 photographs spanning



century of bowling in Pembroke Dock. Many familiar faces appear throughout, including Ken's wife Cynthia, a long-standing member of the club.

The book is available for £10 from the author on 01646 672501 or by emailing kae909@btinternet.com, and can also be purchased from the Bowling Club at Memorial Park. Printing was carried out locally by Monddi, Pembroke Dock.



**STEPHEN HANCOCK**  
**SH**  
**CONCRETE PRODUCTS**

**SERVING  
PEMBROKESHIRE  
FOR OVER 30 YEARS**



- Paving Slabs
- Porcelain Slabs
- Natural stone
- Window Cills
- Copings & Pillar Caps
- Wall Panels & Posts
- Balustrades
- Ornamental Chippings
- Composite Decking & Cladding
- Block Paving
- Mixing Aggregates
- Bison Beams
- Lintels
- Interlocking Blocks
- Hire Services

01437 710185



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

## SAUNDERSFOOT SANTA LIGHTS UP CROWDS



Saundersfoot's Christmas lights were officially switched on earlier this month, with hundreds braving wet and windy conditions to welcome Santa, enjoy live music and celebrate the start of the village's festive season.

The much-anticipated annual event began with performances from local singers and community choirs, who brought warmth and festive spirit to the cold December evening. Carols echoed along the high street as performers, some dressed in bright pink hats, entertained a growing crowd gathered beneath the first glow of the twinkling decorations.

Local business owner Sarah James described the evening as "a brilliant boost for the village," adding: "It was wonderful to see families, visitors and locals all together, supporting the shops and enjoying the atmosphere."

Volunteer steward Mark Evans said the evening ran smoothly thanks to teamwork: "There's a huge amount of effort that goes on behind the scenes. Everyone just pulls together to make it special."

Local businesses remained open late into the evening, creating a warm, welcoming atmosphere throughout the village. Harbwr Bar & Kitchen provided a vibrant backdrop as families and friends gathered to enjoy the celebrations before Santa made his departure.

Adding to the excitement were popular mascots, including a member of the RNLI lifeboat crew, a larger-than-life crab character and a familiar rugby mascot, who posed for photographs with delighted youngsters. One of the evening's most popular attractions proved to be the glowing bauble-shaped light installation, where many families paused to capture special festive moments.

As the crowd joined the countdown, Saundersfoot's towering Christmas tree burst into light, followed by the illuminated "Welcome to Saundersfoot" sign at the entrance to the village.

**RNLI**  
Lifeboats 200

## WEST WALES RNLI: A YEAR OF LIFESAVING

**THE SAINT BRIDES**  
- LITTLE HAVEN -  
PROUDLY SUPPORTING OUR RNLI



**RNLI stations across West Wales have experienced a busy and demanding year in 2025, responding to a wide range of incidents while continuing to promote vital water safety messages within coastal communities.**

From Pembrokeshire to Ceredigion and Carmarthenshire, volunteer lifeboat crews have been called upon time and again to assist people in difficulty at sea and along the coastline, reinforcing the critical role the RNLI continues to play in keeping the public safe.

Many of this year's callouts have involved small craft in trouble, including kayaks, paddleboards and small fishing boats, as well as walkers cut off by the tide along the region's rugged coastline. West Wales' popularity as a holiday destination and outdoor recreation spot has once again resulted in increased activity on, in and around the water, especially during warmer weather and school holidays.

RNLI crews from stations such as Tenby, St Davids, Fishguard, Cardigan and New Quay have responded swiftly and

professionally to emergencies in challenging conditions, including rough seas, strong tides and fading light. In many incidents, their skill and experience made the difference between a dangerous situation and a safe outcome.

Alongside emergency responses, 2025 also saw a strong focus on prevention. The RNLI's "Float to Live" campaign featured prominently across the region, with crews, volunteers and safety officers delivering key messages about what to do if you unexpectedly find yourself in the water. The advice — to fight the instinct to swim immediately, lean back and float while regaining control of breathing — has been promoted at beaches, in schools, at community events and through local media.

Community engagement has remained a cornerstone of RNLI work across West Wales. Open days at lifeboat stations attracted hundreds of visitors, providing opportunities for the public to meet the volunteers, explore the lifeboats and learn more about the organisation's lifesaving

work. Fundraising events such as sponsored walks, swims, coastal runs, coffee mornings and charity boat trips also helped to strengthen the bond between the RNLI and the communities it serves.

Many stations were supported by local businesses, schools and community groups, who held collections and donation drives in support of the charity. The funds raised contribute towards maintaining lifeboats, training volunteers and funding essential safety equipment — all crucial to keeping lifesaving services operating effectively.

The dedication of RNLI volunteers has once again been central to the organisation's achievements in 2025. Crew members, launch authorities, shop volunteers and fundraisers sacrifice countless hours of their own time, often dropping everything to respond to a call for help. This commitment, combined with rigorous training and local knowledge, ensures that West Wales' coastal areas are protected around the clock.

The year has also highlighted

the importance of personal responsibility when enjoying the coast. RNLI teams continue to encourage people to check tide times and weather forecasts, carry a means of communication, wear appropriate safety equipment, and let someone know their plans before heading out. Simple precautions can drastically reduce the risk of an emergency situation arising.

As the year draws to a close, RNLI stations across West Wales can reflect on a period of intense activity, meaningful engagement and countless lives helped — and, in some cases, saved. The combination of rapid response, community support and strong safety messaging has reinforced the RNLI's essential place at the heart of coastal life.

With its dramatic scenery and ever-changing conditions, the Welsh coastline will always demand respect. Thanks to the tireless efforts of RNLI volunteers and supporters, locals and visitors alike can continue to enjoy it with greater confidence and awareness.



**THE SAINT BRIDES**  
- LITTLE HAVEN -

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

ST BRIDES INN, ST BRIDES ROAD  
LITTLE HAVEN, PEMBROKESHIRE. SA62 3UN  
01437 781266 - [WWW.SAINTBRIDESINN.CO.UK](http://WWW.SAINTBRIDESINN.CO.UK)

*An exciting Boutique Hotel, Restaurant & Wedding venue*



**The Lord Nelson**

call us  
**01646 450445**

Hamilton Terrace - Milford Haven - SA73 3AW



# HAKIN UNITED - WEST WALES CUP CHAMPIONS!

Bill Carne takes a look back to May when Hakin United accomplished something very special indeed...

Belated congratulations to Scott Davies and his talented Hakin United squad as they can now boast of being not only the Pembrokeshire League Senior Cup winners but have proved themselves as the top team across our county, Carmarthenshire, Swansea and Neath after winning the West Wales Cup against Tenby at the swansea.com Stadium.

It also allows The Vikings to lay strong claims to being the county's most successful team since their proud record since 1945/46 reads:

- Division One Champs - 20
- Division One Runners-up - 13
- Senior Cup Winners - 13
- Senior Cup Runners-up 13
- West Wales Intermediate Cup Winners - 4
- West Wales Intermediate Cup Runners-up 2
- West Wales Senior Cup Runners-up - 1

This all-Pembrokeshire final emphasized the success from our county because as well as these two teams, Monkton Swifts also reached the last four before bowing out to The Seasiders at The Ogi Bridge Meadow Stadium - and The Vikings played a stormer at Stebonheath Park, Llanelli, as they beat a very experienced Swansea team in St Josephs in a tense last-four match where they kept their nerve and their huge crowd of travelling supporters cheered a late cracker of a goal from Leon Luby that saw them reach their second West Wales Final in three years.

They came second in the league to Goodwick United but showed their commitment in the Senior Cup by beating their old rivals 3-0 in the quarter finals and then a strong Pennar Robins' outfit 4-1 before and an all-Milford Haven Final saw them beat a gritty Milford United by 2-0.

## Beat four West Wales Premier League clubs in run to the final

In the West Wales Cup they showed their pedigree because in their five-match run-up to the final, four of their opponents were in the much-vaunted West Wales Premier League, which is



by Bill Carne



supposedly a step up for clubs in West Wales Football.

But Hakin showed they are no respecters of reputations because after a bye in the first round they beat West End 2-0 (Cameron Thomas and Liam Parks) at The Obs and then took on Clydach Sports at home from the top echelon of the Swansea Senior League and thrashed them 13-0 as Jack Britton (5), Liam Parks (3), Jordan Kilby, Jack Griffiths, Kieran King, Justin Harding and Morgan Dolling got on the scoresheet.

Next up was Seaside, another premier team, and on this occasion there were goals by Ashley Bevan, Shane Wilson, Jack Britton and Jack Griffiths before they were on the road to take on Dafen Welfare (Premier League) and came away with a hard-fought 3-1 thanks to Ryan Wilson, Liam Parks and Jack Britton being on target.

Ask manager Scott Davies for the toughest tussle and he would nominate the semi-final, not only for it being such an important day for the club but because of the quality and immense experience of the opposition.

## Followed their winning format for the big day

"We decided from the outset that were going to follow the same format as every other match," Scott told us, "so we all met at the clubhouse for 3.30pm and went straight to Swansea, where we were ready to go into the ground when it opened at 6.15pm, made ourselves comfortable in the changing room and then went out onto the pitch for a stroll.

"We were immediately spotted by our supporters, who have been immense all season but somehow gave us more of a lift when they saw us and the noise was amazing - and I still believe they were worth a goal start with their singing and cheering.

"We got changed and loosened up and then it was time to announce the squad and the starting line-up that Anthony (Mayhew) my trusty assistant, and I had picked and it is always the hardest part of the job because there are inevitably disappointments.

"But what is great about our squad is the fact that there are no big egos waiting to burst out and those who just missed out helped in every way they could, which was brilliant.

## Slow start but a fantastic second half

"Of the game itself, it has been well documented on PembrokeshireSport.co.uk and we didn't get off to the start we expected and had few grouses about trailing in the first half - but when we brought on Cameron Thomas and Jordan Kilby at half time and Shane Walsh five minutes later we seemed to lift our efforts and we were soon level and then in front as Ashley Bevan showed he still has what it takes with a shot and header to put us in front.

"Then Leon Luby fired in our third and although we conceded a late second goal for Tenby, who deserve every credit for making a match that Pembrokeshire Football could be proud of, it was an amazing relief and joy to collect the cup - and I will never forget the response we had from our supporters afterwards - they were fantastic!"

**A great moment to savour for stalwart club members**

The Vikings were thrilled to win the cup for the old-timers who have invested so much

time in the club, like current assistants Michael Cooper, Leigh Broome and Alex Greenish, plus other great club stalwarts like Chris Tansey and Jimmy Yeomans, Daisy Picton and Paddy Wheeler, Claire and Lance Rutherford, to name but a few.

"We finally got back to the changing room and relaxed together," Scott continued, "and then it was a quick shower and off to a night-club called 'The Cwtch' in Swansea city centre, which we had hired for the night and with about 150 of our supporters who, like us, had booked hotel rooms, celebrated until about 5am!"

## Celebrations continued next day

Some players and friends didn't even get to bed, such was their joy, but Scott admits he showed that at 39 he might be one of the youngest managers to win this coveted silver but still has become a little more sensible than when he was a player because he did go back to the hotel and get his head down for all of two hours!

When the players regrouped, some with a hint of a hangover, it was straight back to

their Obs headquarters and further celebrations as some actually managed down the pizza and chips made available for them, whilst others still persisted in having a liquid diet - but nicely rounded off their wonderful celebrations as they were again joined by a heap of supporters!

## Great moments recalled

Scott had earlier mentioned great characters like Chris Tansey and Jimmy Yeomans, who have both been excellent players in their time and served the club as sponsors with Manderwood - with Chris as an outstanding manager who experienced the joy of winning the West Wales Cup, initially in 1999-2000 when Colin Fawcett was player/manager and Chris took over on the touchline - and then in 2004 when he led the team alongside Gregg Dalton and 'Daisy' Picton.

Jimmy was a very talented player with The Vikings and went for trials with Coventry and Bolton Wanderers - and reached a final trial for Wales, where he was selected - but on the day of the match, where it was being played at The Bridge Meadow, it was discovered that he had an English birth certificate and so he was withdrawn from the match!

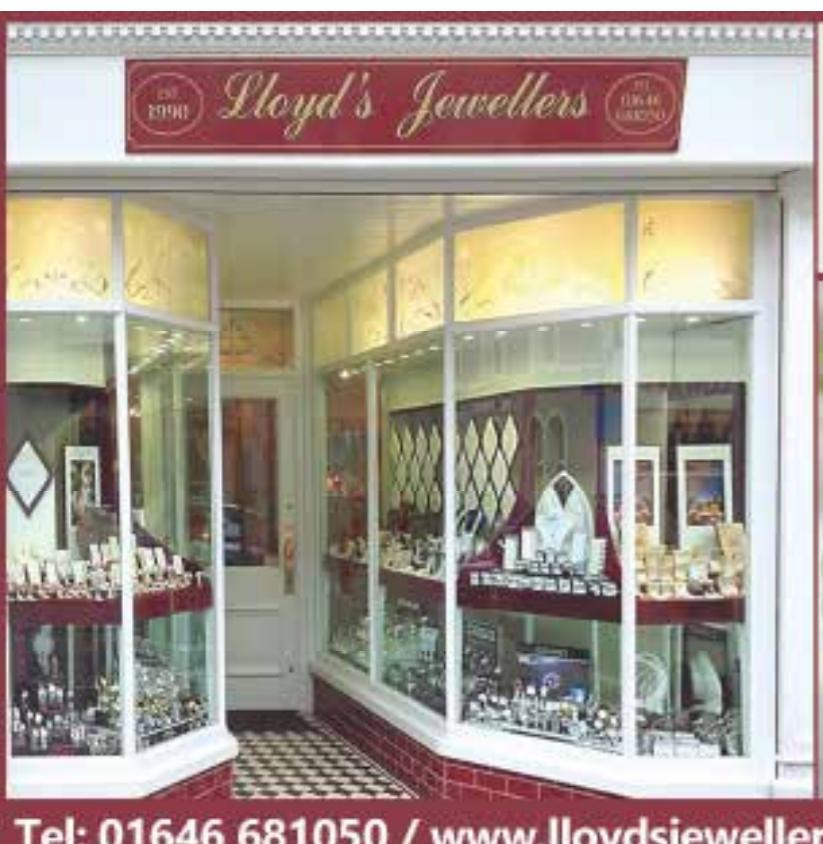
## A night to remember for the local press too

This correspondent was delighted to travel to the match with former player and manager Colin and Karen Fawcett, and enjoyed his excellent summarization of the way the game was going - and also travelling together were Daisy P and Paddy Wheeler, other great Viking club men, with Mr Picton even caught on camera, wiping a tear away when the trophy was being presented!

Daisy has been involved at The Obs for 48 years and recently stepped down after a long spell as president - what a nice way to go for a great club man!

It all adds up to a club which clearly knows how to keep their conveyer belt of talent moving, with work always going on outside of actually playing. For Scott Davies and his dedicated assistants, it is now a chance to refresh before another campaign where they will certainly have the same management duo.

As to the players, they will surely be looking forward to another challenging season but are already out together at a new sport as a number of them have been seen watching team mates Jake Merry (Haverfordwest) and Jay Power (St Ishmaels) playing cricket - but are not quite ready to put the whites on yet!



**Lloyd's Jewellers**  
A family run independent jewellery & watch retail business since 1990

40 Diamond Street  
Pembroke Dock. SA72 6BT

Tel: 01646 681050 / [www.lloydsjewellers.com](http://www.lloydsjewellers.com) / [info@lloydsjewellers.com](mailto:info@lloydsjewellers.com)



# sanz



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

- New to Sanz: Chalk ladies fashion
- Also stockists of the hugely popular Jellycat soft toys - check out the latest Summer range!
- Hair Syrup - the Tik Tok viral hair oil from our lovely local girl Lucie Macleod.
- Also brands such as Joules, Weird Fish, Superdry, Goose Island, Mud & Water, Batela, Crocs, Reef, C-Skins Wet Suits, Caroline Gardner, Wild Olive, Coachhouse, IB Laursen and many more...

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

**PIZZAPPOINT**

PIZZAS - KEBABS - BURGERS - CHICKEN

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

OPEN 7 DAYS A WEEK  
SUN-THU:4PM-12 MIDNIGHT  
FRI-SAT:4PM-1:30AM  
HOME DELIVERY  
MINIMUM ORDER £7.00  
DELIVERY CHARGE LOCAL £1.50  
OTHER AREAS MAY VARY

**TEL:01348 875544**  
4 MAIN STREET, FISHGUARD, SA65 9HH

TEL: 01348840509

★REVIEWS.io  over 1000 reviews

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

Showrooms in Johnston SA623NY and Swansea SA68Q



HEKLA  
SAUNAS



CHILL TUBS®  
ICE BATHS



BUY A SAUNA AND ICE BATH TO GET 10% OFF WITH CODE **FEELGOOD**

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



**Friendly  
Service**



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



**Industry  
Experts**



Platinum  
SPAS

HEKLA

Zealuh

LUKSUS  
SAUNAS

## CAPTURING THE STORIES OF THE STARS AT THE TORCH THEATRE

Renowned storytellers Daniel Morden and Hugh Lupton have created a new intimate theatre experience looking at classic myths inspired by the stars, which will tour across Wales in Spring 2026 and will visit the Torch Theatre during March.

Produced by Adverse Camber Productions, Stars and their Consolations will share well known Greek myths of the stars illuminated by an electro-acoustic soundtrack created by award winning Welsh composer Sarah Lianne Lewis.

In 2022, Adverse Camber worked with Daniel Morden, Hugh Lupton and Welsh composer Sarah Lianne Lewis and a creative team to develop Stars and their Consolations, following its premiere performance in west Wales at Beyond the Border Storytelling Festival 2021.

This enhanced version for theatres and rural touring is a majestic, intimate and hypnotic re-imagining, weaving ancient stories, with beautiful projected animations of the night sky on stage, and Sarah Lianne Lewis's spine-tingling electro-acoustic soundscape.

Stars and their Consolations is an extraordinary and accessible way to experience stories that have been shared around fires for thousands of years.

"Stars and their Consolations is a way of restoring the night sky. Ever since humanity has existed, we have used stories to understand our experiences. When we listen to these myths we are connecting with our ancestors. It is as if a hand has reached out from the past and taken our own, and we feel less alone." Daniel Morden, storyteller and co-creator of Stars and their



Consolations.

The two hour show, suitable for those 12+, dives into an enthralling and truly magical adventure. Witness the gods playing mercilessly with mortals with stories of lust, pride and passion that will leave audiences with a hunger to discover more. Listen to well known constellations and star clusters such as Orion, Pegasus, the Pleiades, Sirius and the Milky Way itself.

The epic sweep of the night sky brings a cosmic, eternal perspective to human troubles, offering much needed consolation for our times.

"Stories shared together help to bring people together. We all live under the same sky, though it can look very different depending on where you are standing. Star-related stories help us to remember constellation patterns, which can help us to find our way, and mark our seasonal changes.

the environmental impacts light pollution and climate change are having in Wales, and leaving an impactful storytelling legacy for future generations. The 10 bilingual storytellers will be working with communities near venues over the next 6 months leading up to Dark Skies Week in February 2026 and connecting with the tour in March and April 2026.

While Stars and Consolations looks at Greek myths, Wales has some of the best protected night skies in the world. This production allows audiences to rethink about stories of the night sky in Wales.

Daniel Morden explains: "The Welsh landscape used to be populated with stories. So many Welsh place names come from stories, many of which have been forgotten. The same is true of the heavens. If STARS helps make night sky magical and precious again, perhaps we will do more to protect."

"Rural and coastal people in Wales in past centuries knew so much about constellations, and interest in Dark Sky watching across Wales is really growing right now. Sadly we suspect we've lost a lot of the stories people might have told about the stars in the past, but Cysur y Sêr might uncover stories people remember hearing, which is very exciting. These projects mean many more people will get to hear and retell these stories, which helps pass this really important knowledge forward to the future," said Dani Robertson, Dark Sky Officer for the Prosiect Nos Partnership.

Cysur y Sêr (the comfort of the stars) is a Welsh-led and bilingual project that is about developing stories in Welsh, highlighting

# SAVE £7500 ON YOUR HEAT PUMP\*



## RESIDENTIAL & COMMERCIAL RENEWABLE SOLUTIONS

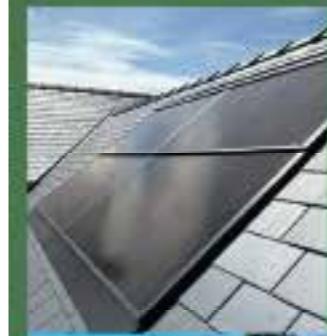
01437 765888

info@greenwarmth.co.uk

### Slash your energy bills with Solar PV!

We have been installing domestic and commercial Solar PV systems since 2007, using market leading technology.

### Expert In-House Solar PV & Electrical Team



### \*Off Air or Ground Source Heat Pump installation cost



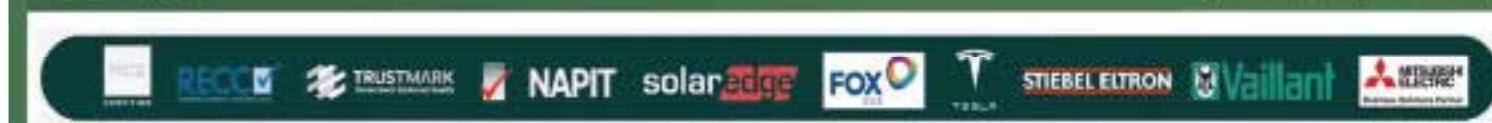
- ✓ We handle all aspects of grant & application
- ✓ Local, trusted installation company based in Haverfordwest
- ✓ Ongoing support, service & maintenance available
- ✓ Award winning, MCS certified renewables installers



### BATTERY STORAGE SOLUTIONS

We have a dedicated in-house fully qualified MCS accredited team to install battery solutions. Maximise self consumption with a storage battery. Battery back up also available for grid outages.

The Boiler Upgrade Scheme (BUS), run by Ofgem, provides capital grants to support the installation of heat pumps in homes and non-domestic buildings in England and Wales. Grants are NOT means tested and are available for retro fit and custom build properties.



For more services and information, please visit [greenwarmth.co.uk](http://greenwarmth.co.uk)

or scan this QR Code



# Lush Wines

07806  
722804

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

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

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

# FeelGood SNIPPETS

## WELSH PEAK CHALLENGE SUPPORTS CHILDREN

A determined team from Glangwili Hospital's estates department has raised thousands of pounds for young patients by completing the gruelling Welsh Three Peaks Challenge in just 24 hours.

Staff joined forces with Wales Roofing Solutions to climb Snowdon, Cadair Idris and Pen y Fan, all with the aim of raising vital funds for the Cilgerran Children's Ward at Glangwili Hospital, which provides care for children from across Carmarthenshire, Ceredigion and Pembrokeshire.

The challenge tested the group both physically and mentally, with long hours, changing weather conditions and demanding climbs. Despite the difficulties, the team remained focused on their goal, spurred on by the knowledge that their efforts would help improve the experience of children and families during some of their most challenging times.

Paul Hill, estates manager at Glangwili Hospital, said the team wanted to give something back to the ward that provides such



vital care every day. He also paid tribute to Wales Roofing Solutions for taking part in the challenge and for their generous decision to match fund the total raised.

In total, the walkers raised £6,390, with the money going towards supporting children recovering from surgery, undergoing treatment or coping with short-term illness. The funds will also help enhance facilities on the ward and provide equipment, activities and resources to

create a more comfortable, child-friendly environment.

Bethan Parry, social values coordinator at Wales Roofing Solutions, said it was an honour to take on the challenge and support the work of Cilgerran Ward. From Snowdon to Cadair Idris and on to Pen y Fan, she said, the team remained focused on one goal – helping the young patients and their families who need it most.

Bethan Osmundsen, senior nurse

manager for acute paediatrics, thanked everyone involved for their generosity, saying the donations would have a direct and lasting impact on the infants, children and young people in the ward's care.

She added: "Your support helps us create a more positive environment where families feel reassured and children feel safe, supported and cared for during their time in hospital. Thank you for making a real difference."

**TREE MANAGEMENT  
DOMESTIC  
COMMERCIAL  
SURVEYING**

**VEGETATION  
MANAGEMENT  
COMMERCIAL  
SPRAYING  
INVASIVE PLANTS  
CLEARANCE**

**Birch  
UTILITY  
SERVICES**

We are **Specialists in**  
**Arboricultural Contracting**

[LIKE US ON FACEBOOK](#)

[FOLLOW US ON INSTAGRAM](#)

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

## MINDFUL MOMENTS

BY SM BESPOKE CARE

TIER 2 & 3

### DAY OPPORTUNITIES!

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

Monday - Friday  
9:30-3:30

#### Activities & Events Include:

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

Lunch & Refreshments Included

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

30-32 Dimond Street, Pembroke Dock, SA72 6BT  
Tel: 01646 563 587

The  
Bridal  
Boutique  
Narberth



### SAMPLE SALE NOW ON

The Bridal Boutique 01834 862780  
[www.bridalboutiquenarberth.co.uk](http://www.bridalboutiquenarberth.co.uk)  
60 St James Street, Narberth, SA67 6DA



### Discover Unique Gifts

Find something special for everyone



PERFUMERY  
GIFTS  
HOME

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

#### Opening Times

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

5quaystreet@gmail.com

[No.5 Quay Street](#) [no.5quaystreet](#)



Ladies Boutique selling  
Clothing, Shoes & Accessories



#### Opening Times

Tuesday - Saturday 11am - 4pm

Evening appointments available

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

[Boutique 1625](#) [boutique\\_1625](#)

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

# AWARDS CELEBRATE ALL THAT IS GOOD ABOUT PEMBROKESHIRE SPORT



Pembrokeshire's incredible sporting year was honoured in style on Friday night as the Sport Pembrokeshire Awards returned to Folly Farm for another action-packed celebration.

The night was all about shining a light on the very best of local sport — across every discipline, age group and ability level — and, just as importantly, the dedicated volunteers working tirelessly behind the scenes. BBC Wales Sport's Ceri

Coleman-Phillips once again took centre stage as host, with Cris Tomos on hand to keep the evening flowing smoothly.

One of the biggest cheers of the night was reserved for Lifetime Achievement Award winner Simon Davies. The former Wales international enjoyed an outstanding career in the Premier League, lining up for Fulham, Tottenham Hotspur and Everton. He even found the net in Fulham's famous 2010 Europa League Final, earned 58 caps for

Wales, scored six international goals, and proudly captained his country during the 2010 World Cup qualifiers. As if that wasn't enough, he was named Welsh Footballer of the Year in 2002 and Fulham's Player of the Season in 2007-08. Proving he never forgot his roots, Simon returned to his boyhood club Solva in 2013 — and even paid his £3 subs to play against St Ishmaels!

From one Welsh sporting icon to another, rugby legend Gareth Thomas stepped up to present a special award honouring the incredible achievements of the Wales Women's Street Football Team.

Their inspiring run to the quarter-finals of the Homeless World Cup in Oslo captured hearts across the nation.

Training in Haverfordwest, the team featured five outstanding Pembrokeshire women — co-captains Tor Planner and Marie Tilley, alongside Claire Mantripp, Sam Lewtas and Bryony Davies.

Wearing the Welsh jersey with pride, they made history while overcoming immense personal challenges, including homelessness, mental health

struggles and social exclusion.

Pembrokeshire was also strongly represented off the pitch, with former Wales and Arsenal goalkeeper Jo Price serving as team manager, and Anji Tinley — manager of the Garth Youth & Community Project and a Pembrokeshire councillor — part of the support team.

Adventure and determination

were front and centre again as

the Chairman's Award for 2025,

presented by Councillor Maureen

Bowen, went to 'Cruising Free'

of Neyland Rowing Club. In a

truly jaw-dropping achievement, Sophie Pierce, Janine Williams, Miyah Periam and Polly Zipperlan completed a gruelling 3,200-mile row across the Atlantic Ocean, from Lanzarote to Antigua, raising funds for Cystic Fibrosis and the Paul Sartori Foundation.

At just 32, Sophie became the first person with cystic fibrosis to row an ocean, while 70-year-old Janine made history as the oldest woman ever to complete the challenge. Together, the team proved that courage, teamwork and pure determination can conquer even the greatest of odds.

A true showcase of talent, heart and community spirit, the Sport Pembrokeshire Awards once again proved that Pembrokeshire punches well above its weight when it comes to sporting greatness.

accessible and enjoyable for people of all ages and abilities. A huge thank-you as well to our sponsors Valero, Folly Farm, and Pure West Radio for helping make this fantastic celebration possible each year."

## ALL THIS YEAR'S WINNERS

- Girls U16's Ava Tyrie (Brazilian Ju Jitsu Pembroke MMA)
- Boys U16's Ned Rees-Wigmore (Hockey)
- Club of the Year Milford Haven Hockey Club
- Junior Disability Award Jake Evans (Llangwm RFC)
- Young Volunteer of the Year Alannah Heasman (Haverfordwest High School)
- Junior Team Merlin's Bridge FC Under 14's 2024/25
- Unsung Hero Jenny Lewis (Clarbeston Road AFC)
- Senior Team Fishguard & Goodwick Ladies Hockey Club
- Male Achievement Liam Bradley (Triathlon)
- Female Achievement Sanna Duthie (Running)
- Disability Sport Award Rachel Bailey (Boccia)
- Club Organiser Silfan Rhys-Jones (Fishguard Table Tennis Club)
- Coach of the Year James North (Kilgetty AFC)
- School Award Tavernspite & Templeton Federation of Schools
- Chairman's Award Cruising Free (Neyland Rowing Club)
- Special Award Street Football Wales
- Lifetime Achievement Simon Davies (Wales, Spurs, Fulham, Everton & Solva AFC)

**Your Personal Private Chef**

Want your event to be remembered for all the right reasons?

Don't worry - I'm here to help

1. Bespoke fine private dining in the comfort of your own home
2. Luxury vip catering for parties and exclusive gatherings
3. Catering for Special Events, Weddings, Birthday etc
4. Menu Design & Consultancy for individuals & restaurants

Contact: 07367 753776 / [info@chef4life.uk](mailto:info@chef4life.uk)

**Chef Joshua**

## EVERYTHING YOU NEED FOR YOUR BATHROOM



[WWW.TERRYSTILES.CO.UK](http://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**

[www.stc.wales](http://www.stc.wales)



SHARE THE COMMUNITY

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

## COMPANIONSHIP & BEFRIENDING SERVICE

- **Companionship in the Home**
- **Accessing the Community**
- **Shopping**
- **Domestic Support**
- **Chaperoning to Appointments**
- **Support with Form Filling**

Contact 01437 805165

[Facebook.com/sharethecare88](https://www.facebook.com/sharethecare88)



Welcome to this month's column and what a busy few weeks it has been up here at Foxhill. I'm not sure where the time has gone, but the last month has flown by, and I'm pleased to say the fishery has been in fine form despite a real mix of weather thrown at us.

We started the four weeks with those heavy downpours that left everyone wondering whether summer had taken a detour. Thankfully, the lakes handled it well. The extra water really freshened things up and the trout responded brilliantly. There were some cracking catches in the days following the rain, especially from those anglers who weren't put off by a bit of drizzle and a muddy pair of boots. Fair play to them – they were rewarded for their persistence.

As the weather settled, we saw a steady stream of regular faces and a few new ones too, which is always great to see. It's been nice having a good mix of experienced anglers and complete beginners sharing the banks and swapping tips. A couple of families even tried a bit of night fishing for the first time, and I'm pleased to report there were some very happy (and slightly tired!) faces the next morning.

Over the past month, we've topped the lakes up with another healthy batch of quality trout, including some very decent-sized fish that have kept everyone on their toes. Buzzers and small nymph patterns have been doing particularly well in the calmer spells, while spinners and lures picked up nicely on the slightly breezier days. There seems to be a little bit of everything working at the moment, which always makes



things interesting and keeps people experimenting.

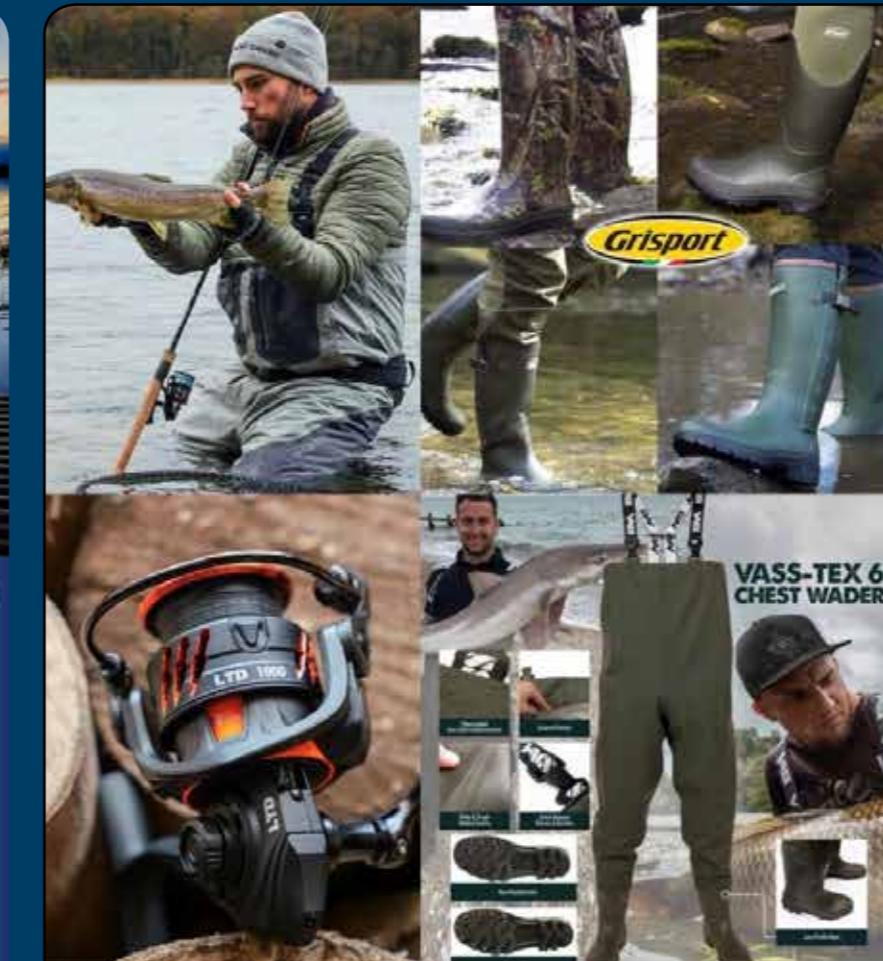
Behind the scenes, we've also been busy with general maintenance around the fishery. The paths have been tidied up, a couple of pegs repaired, and the grass is just about accepting defeat after trying to grow at record speed. I'd like to thank everyone who has been patient while we've been getting those little jobs sorted – it all helps to keep Foxhill looking and fishing at its best.

We also had a very successful weekend match recently, with some impressive weights recorded and great sportsmanship all round. It's always good to see the friendly competition and the respect shown for the fish and the water.

Looking ahead, as the evenings start to draw in, fishing can become even more productive in those quieter hours. If you haven't tried an early morning or dusk session recently, I'd definitely recommend giving it a go. There's something special about the calmness of the lake at that time.

As always, thank you to everyone who has visited, supported the fishery, and taken the time to have a chat. It really does mean a lot.

Until next time – tight lines, and see you all on the bank soon.



**COUNTY SPORTS**  
LIFESTYLE, ADVENTURE & SPORTING GOODS



Haverfordwest [www.county-sports.co.uk](http://www.county-sports.co.uk) 01437 763 740

Your one stop fishing shop.  
Trusted quality brands and  
advice from beginners to  
seasoned anglers!



Pembs Anglers permits

Frozen and fresh bait

Rod & Reel combos

Big range of  
fishing  
accessories





**THE BAY**  
FURNITURE COMPANY

# CHRISTMAS & NEW YEAR CLEARANCE SALE NOW ON!



At The Bay Furniture Company, we offer top-quality household furniture including sofas, beds, dining sets, rise & recliner chairs, bedroom furniture, acoustic wall panels in six colours, and even bespoke beds and sofas — all at unbeatable prices. Our fast and reliable service means many items can be delivered within days, sometimes even within hours. To complete your home, we also provide stylish finishing touches such as soft furnishings, fragrances, artwork, mirrors and more. With two large stores open 7 days a week from 10am, you can explore thousands of products designed to make your home look, feel, and smell beautiful.



**It's that magical time of year...**  
Massive savings, cosy style upgrades, and our biggest clearance deals of the season are here!

Whether you're getting the home guest-ready for Christmas or stepping into the new year in comfort, we've got everything you need — and more.

- Sofas & Rise and Recliners
- Beds & Mattresses
- Bedroom Furniture
- Dining Tables & Furniture
- Acoustic Panels & Wall Art

Both stores open 7 days a week.  
Fast delivery available, and we can even remove your old sofa suite for a small fee.



## FAST DELIVERY

We offer Fast & Delivery to England and Wales. For Scotland and UK Islands please contact us with your postcode and the items you are interested in purchasing for our best courier quote.



## 12 MONTH WARRANTY

Our brand new furniture comes with a 12-month manufacturer's warranty. After the warranty expires, if we can source and supply components, we will offer them at cost price.



## EXCELLENT REVIEWS

Customer satisfaction is our top priority. We are committed to ensuring that every customer has an amazing experience with us. If you have any questions or need assistance, we are always here to help.

## Visit Us at Either Store:

Bridge Meadow Lane, Haverfordwest – SA61 2EX  
Beulah Road, Bryngwyn, Newcastle Emlyn – SA38 9QA  
Opening Times: Mon–Sat 10am–4pm • Sun 10am–3pm  
[www.thebayfurniturecompany.co.uk](http://www.thebayfurniturecompany.co.uk)

# DAIRY FARM DEVELOPMENT APPROVED



**Plans for a major new heifer accommodation building and associated works at one of Pembrokeshire's biggest dairy farms have been given the green light by the county council.**

Hugh James of Langdon Mill Farms Ltd sought permission for a 160-metre-long heifer building, alongside a slurry separation and dewatering unit and associated yard areas at the 1,215-hectare Langdon Mill Farm near Jeffreyston, Kilgetty. The application was recommended for approval at the December 2 meeting of Pembrokeshire County Council's planning committee.

A supporting statement, submitted through Reading Agricultural Consultants, explained that the farm currently has a milking herd of around 2,000 cows, most of which are housed indoors for the majority

of the year. Dry cows and heifers are turned out to graze when weather and ground conditions allow.

The report highlighted the significant investment made in buildings and infrastructure over the past decade, including upgrades to cattle accommodation, slurry storage, milking facilities, the Anaerobic Digestion (AD) plant and feed storage. More recently, the council approved new calf and weaned calf accommodation buildings, with construction now nearing completion.

Langdon Mill Farm operates a highly efficient system, achieving yields of more than 10,000 litres per cow each year. Cows are milked three times a day using a 60-point rotary parlour. The farm currently employs 21 full-time and three part-time members of staff, four of whom live on site, with the remaining employees

living locally.

Although heifers were previously purchased to support herd expansion, the farm now breeds most of its own replacements. This approach helps to improve genetics within the herd while reducing the ongoing risk of bovine tuberculosis (bTB).

Once the new calf and weaned calf buildings become fully operational, all cattle under seven months old will be reared at Langdon Mill Farm before being transferred to three nearby farms. At around 22 months of age, in-calf heifers are brought back to the maternity building to calve before being introduced into the main milking herd.

The proposed building will be used to house heifers aged between seven and 22 months. Its location has been carefully chosen in relation to the existing calf and weaned

calf buildings, allowing livestock to move between facilities as they grow older.

Approval of the application was proposed by Cllr Brian Hall and seconded by Cllr Danny Young, with additional support from Cllr John T Davies.

"It's common sense," Cllr Davies said. "The fact we approved a calf-rearing shed, it follows that you need a heifer-rearing shed too."

He added that the scheme would also support biodiversity and, at a time of falling milk prices, backing a large-scale operation provided "safety in numbers".

Chairman Cllr Mark Carter said it was "a pleasure to be supporting the farming industry," as members unanimously backed the recommendation for approval.

# VISITORS FLOCK TO ROYAL WELSH WINTER FAIR

FeelGood  
FARMING



**Thousands of visitors flocked to the Royal Welsh Winter Fair for two days of competition, celebration and festive atmosphere at the showground in Llanelwedd, Builth Wells.**

First held in 1990, the event has grown into one of the most popular fixtures in the British agricultural calendar and continues to maintain its position as one of the finest prime livestock shows in the UK. This year, nearly 700 exhibitors from across the country took part.

Opening the fair in line with the 2025 theme Ein Bwyd / Our Food were father-and-son

butchers Ieuan and Sion Edwards of the renowned Edwards of Conwy. Ieuan highlighted the vital role farmers play in feeding a growing global population, while acknowledging the pressures facing the industry. He praised its resilience and stressed the importance of creating an environment where sustainable, affordable, high-quality food can be produced.

Sion spoke optimistically about the future, but noted the need for the industry to remain efficient and economically viable. Quoting Michael Pollan, Minister Huw

he said: "Food is not just fuel. Food is about family, community and identity."

Achievements across the agricultural community were recognised throughout the event. John Owen, 2025 Royal Welsh Agricultural Society president, presented several key awards, including the John Gittins Memorial Award to Kevin Parry, the Oxford Farming Conference Bursary to Eiry Williams, and the RWAS Nuffield Farming Scholarship to Tudor Roderick. The inaugural Dai Jones Llanilar Memorial Award was presented to Elen Gwen Williams of Anglesey.

Education played a central role, with more than 2,000 schoolchildren attending. Workshops, demonstrations and interactive sessions helped pupils learn more about food production. Rhys Jones of Cattle Strength Gym in Lampeter presented certificates and spoke about the importance of healthy eating, exercise and mental health in agriculture.

The Winter Fair also provided a platform for policy discussion, attended by Welsh and UK Government ministers and international Deputy First

Irranca-Davies MS addressed the Hybu Cig Cymru breakfast.

Livestock competitions once again formed the heart of the event. The Supreme Cattle Champion title went to Glangdwen Velvet, a Limousin heifer exhibited by Edwards Brothers of Denbighshire, which sold for a record-breaking £27,000. The Sheep Supreme Champion was awarded to a pair of Dutch Texel lambs bred and exhibited by Tirion Griffiths of Corwen.

In the pig section, the Single Supreme Champion was shown by Teulu Jenkins of Newcastle Emlyn, while the Pairs Supreme Champion went to Mark Horsley of East Yorkshire. The Supreme Horse

Champion was Llanmorlais Buster, a Section D yearling colt exhibited by Mark Swistun of Swansea.

There were more than 370 trade stands across the site, with an additional 80 in the bustling Food Hall. Shearwell Data won the Best Overall Stand Award, while Mountainview Ice Cream from Carmarthenshire claimed Best Food Hall Stand. The Gwledd Welsh food and drink village offered live entertainment alongside a wide range of Welsh produce.

Honorary Winter Fair director William Hanks said the event had delivered a wonderful festive atmosphere and showcased the very best of Welsh agriculture and rural life.

**Dyfedgas**  
CELLAR GAS SPECIALISTS

Supplier of high quality cellar gases throughout West Wales  
Supplier of high quality cellar gases throughout West Wales

01834 473002 • info@dyfedgas.co.uk

## Andrew Davies Agriculture Ltd.

- Agronomy Services
- Agri Chemicals
- Seeds
- Fertilizer



Preseli View  
Redlands Farm  
Hasguard Cross  
Haverfordwest  
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

# FeelGood SNIPPETS

Folly Farm in Pembrokeshire is celebrating the birth of another critically endangered eastern black rhino calf – and it's a boy!

This is the second rhino calf to be born at the family-run zoo, and the second in Wales as part of a managed breeding programme through its membership with EAZA (the European Association of Zoos and Aquaria).

After a 15-month long pregnancy, mum Dakima gave birth to a healthy male calf on Thursday 27 November. With only an estimated 39 eastern black rhinos born in the UK in the past 25 years, it's a significant achievement for the captive European Endangered Breeding Programme (EEP) for black rhinos.

Eastern black rhinos are classed as critically endangered due to poaching and loss of habitat. There is thought to be an estimated 1471 Eastern black rhino left in the wild and around 109 in zoos across Europe, including Folly Farm's newest addition.

The calf made its appearance at 6.34am and within a couple of hours was standing up, following mum around the enclosure and had started suckling.

12-year-old eastern black rhino Dakima arrived at Folly Farm in May 2017 as part of a European breeding programme and met her mate, 14 year-old male Nkosi.

Mating rhinos can be unpredictable, but their relationship blossomed and Dakima gave birth to her first calf at the start of 2020. Eastern black rhinos are solitary animals and therefore usually reside in their own paddocks. But when the time was right, Dakima and Nkosi were reintroduced again for some carefully planned 'date nights' - and keepers predicted she fell pregnant sometime in August 2024. After having Dakima's stool sample analysed at a specialist lab in Chester Zoo, who run the breeding programme for Eastern black rhino, it was confirmed that baby number

## ANOTHER IMPORTANT BIRTH AT MANOR PARK



two was on the way, with a due date of mid-November 2025.

Conservation Officer, Jack Gradidge, said: "It's always heart-warming to welcome new arrivals as part of the European Breeding Programme through our membership with EAZA (The European Association of Zoos and Aquaria) – but it's even more special when it's such a significant animal and one who's wild cousins are under threat.

"Dakima was a great mum with Glyn so it's wonderful to see these instincts are still just as strong the second time around. She's being very protective of her new baby, showing they have a strong bond

already.

"This is such a monumental event for all the staff here and the zoo team have worked incredibly hard to create an environment where the rhinos felt comfortable enough to mate.

"Not only is this calf helping to increase numbers of a critically endangered species, he's also the second rhino ever to be born in Wales – with his brother being the first!"

Along with other zoos across Europe, Folly Farm is part of a breeding programme to help increase the numbers of Eastern black rhino in captivity and, ultimately, the wild. They support

a number of conservation projects alongside various animal charities – including their new partnership with 'Helping Rhinos', a UK based organisation who, amongst various other conservation initiatives, support a rhino orphanage in South Africa, caring for young calves who have become victims of the poaching crisis.

Simon Jones, the CEO of Helping Rhinos was delighted with the zoo's happy news; "We are absolutely delighted to welcome news of this beautiful eastern black rhino calf at Folly Farm.

We are grateful for their support of Helping Rhinos' efforts including the care of young calves orphaned by poaching."

Most animals give birth at night under the cover of darkness – and Dakima gave birth early in the morning, just before the keepers arrived to start their day.

Jack explains: "Our rhino keeper opened up the rhino house and the first thing he saw was the security camera footage where a tiny newborn rhino was seen happily padding about the enclosure. After quietly taking a sneaky peak at the beautiful new calf to confirm what he had seen – he let the team know the happy news that baby had arrived!

Folly Farm's rhino keepers will monitor mum and baby closely over the coming weeks and they will be back out in the enclosure in due course.

Visitors shouldn't expect to see the calf for a while but Folly Farm will be posting updates on their social media channels.

Folly Farm's Kifaru Reserve welcomed rhinos to the park ten years ago almost to the day! It is a £500,000 purpose-built exhibit which tells the story of the role of modern zoos in conservation and highlights Folly Farm's hands-on commitment to conservation through the projects it supports in the wild and closer to home.

For further information please visit <https://www.folly-farm.co.uk/>.

PEMBROKESHIRE  
BUILDING & PLUMBING  
SUPPLIES LTD

Open 7 days a week

01646 695529

ENQUIRIES@PBPSLTD.COM



BUILDING  
DIY

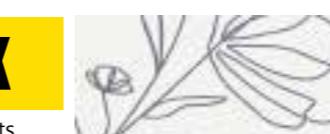
PLUMBING  
BATHROOMS

OPEN 7 DAYS A WEEK

FREE EXPERT ADVICE

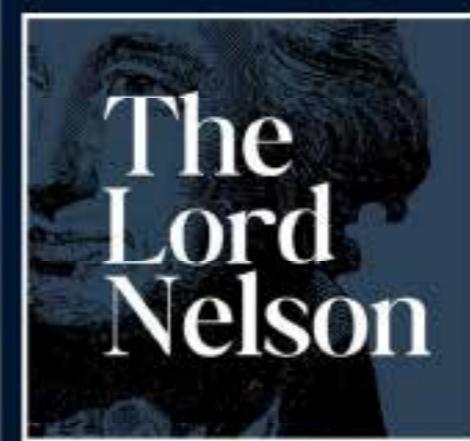
A COMPREHENSIVE RANGE AT COMPETITIVE PRICES

FAST AND RELIABLE DELIVERY



### ABOUT THE VENUE

Step into timeless elegance at The Lord Nelson Hotel, a boutique gem established in 1800. Discover the perfect blend of history and luxury with 22 exquisite rooms, two versatile event spaces, three vibrant bars, and a charming outside terrace. Experience the legacy, embrace the ambience, and make memories that stand the test of time.



### WEDDING PACKAGES

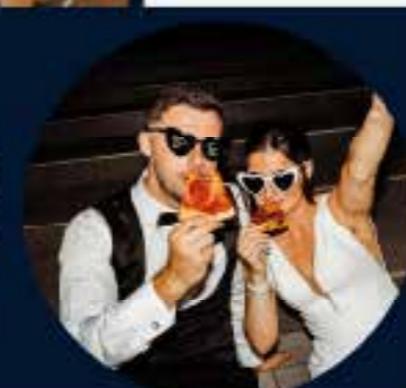
A great range of wedding packages available to cater to all aspects of your big day. Which can include everything from food, to drinks to table décor.



### OUR SERVICE

Elevate your wedding experience with our impeccable services. From enchanting décor to personalised planning. We're here to make your special day truly unforgettable. Our dedicated team ensures seamless coordination, exquisite catering, and an enchanting ambience, so you can savour every moment.

Let us turn your dream wedding into a reality.



### FEEDBACK

"We cannot recommend The Lord Nelson highly enough — it was the perfect venue for our wedding day! From our very first meeting to the big day itself, Jenna and the team went above and beyond to make everything flawless. Nothing was too much trouble, and we felt completely looked after from start to finish. The food was phenomenal, with every detail and dietary request catered for so beautifully — it made the whole meal service stress-free and truly impressive. Thank you, Lord Nelson team, for making our dream a reality!" — Mr and Mrs Hutchinson - 19th September 2025

Contact us: [jenna@nelsonmilford.com](mailto:jenna@nelsonmilford.com) - Hotel: 01646 450445 / Jenna: 07891 882426



THE LORD  
NELSON HOTEL

WEDDINGS AND EVENTS

WEDDING  
BROCHURE



# FeelGood ENTERTAINMENT

## YOUR FEELGOOD 2025 CHRISTMAS TV GUIDE: WHAT TO WATCH!



### Your 2025 Christmas TV Guide: What to Watch Over the Festive Season

As the winter nights draw in and the Christmas jumper comes out, UK television is stepping up with a festive season packed full of charm, laughs, nostalgia — and a dash of drama. Whether you're breaking bread,

wrapping presents, or curled up on the sofa with mulled wine and mince pies, there's something for everyone.

This year, BBC One and iPlayer deliver a strong dose of Christmas spirit. The beloved comedy-drama *Call the Midwife* returns with its two-part Christmas special, offering the comforting mix of empathy and community spirit fans love.

For lighter fun, look out for *Amandaland's* Christmas special — a laugh-out-loud treat as Lucy Punch leads a stellar cast in festive chaos.

If you're in the mood for competition, the celebrity version of *The Celebrity Apprentice* returns for Christmas specials — with a merry twist on boardroom drama.

For those who enjoy tradition, seasonal favourites like *The Repair Shop* and *Stuffed* (a comedy set in Lapland) provide gentle festive viewing, while classics like *Wallace & Gromit* are rumoured to pop up in BBC's Christmas Day line-up — perfect for younger viewers or a cosy

family watchathon.

Over on Channel 4, don't miss the glitz of the festive-special edition of *The Great Peep Show Christmas Bake Off*, where the cast of the cult sitcom reunites to attempt seasonal baking under the gaze of judges — mayhem and laughs expected.

Then there's the new Christmas film *Dear Father Christmas*, airing on Christmas Eve — a heart-warming story about belief, family and hope.

ITV offers a range of entertainment for the holidays too, from game shows to specials and family-friendly fare — ideal for after-dinner viewing or catching up during the Boxing Day lull.

For those who love to stream, this holiday promises a generous serving of binge-worthy content. *Man vs Baby*, starring comedy legend Rowan Atkinson, lands on Netflix this December. Think slapstick chaos, festive mayhem, and enough laughs to rival any Christmas cracker joke.

If romance, cozy vibes or animated magic are what

you need after turkey and pud, the new animated film *That Christmas* — released on Netflix earlier this month — is ideal for a quiet, early-evening watch.

Of course, Netflix and other on-demand platforms remain a haven for holiday-themed romances, feel-good comedies, and family entertainment — perfect for wrapping up the day with a film, or background bingeing while wrapping gifts or prepping leftovers.

For every mood: laughter, nostalgia, comfort or a bit of drama

What makes this year's festive TV lineup stand out is sheer variety. Want warmth and nostalgia? There are classic festive films, family-friendly animations and heart-warming dramas on BBC and Channel 4. Prefer laughs and light-hearted fun? Sitcom holiday specials, comedy dramas and competitive baking chaos have you covered.

Looking for crime, drama or a bit of spice? Some of the specials deliver a little more edge and story-driven tension, too — perfect for when the kids are in bed and you just want to settle

down with something engaging.

### Tips for making the most of your festive screen time

**Mix it up:** Don't settle for the same kind of show all day. Try pairing a light comedy or animation with something more dramatic or thought-provoking.

**Pick according to company:** With kids? Go for the animations or family films. Adults only? Try dramas or festive specials aimed at older viewers.

**Stream smart:** Use streaming for flexibility — background shows, binge sessions, or late-night wind-downs. Perfect for wrapping presents or post-dinner relaxing.

**Share the magic:** Watch with family or friends — some of the specials play best in a group, especially cheerful comedies or nostalgic classics.

This Christmas, the TV screens are well and truly loaded. From festive comedy chaos to heartfelt dramas, animated adventures to traditional specials, there's a little something for every

taste and mood. So grab a blanket, a mince pie (or three), and settle in — these holiday programmes are ready to bring cheer, laughs and maybe even a few tears.

Until next time — here's hoping your telly stays on, the cups stay full, and your Christmas viewing is as great as the season itself.

**The PUMP on the GREEN**

## Christmas PARTY MENU

**STARTERS**

Broccoli & stilton soup with a crusty bread roll  
Grilled goats cheese & onion chutney tart  
Creamy garlic mushrooms topped with toasted parmesan served on toasted bread  
Grilled halloumi & clementine skewers with sweet chilli dipping sauce

**MAIN DISHES**

Roasted Turkey served with pigs in blankets & sage, onion & sausage stuffing  
Roasted Silverside of Beef served with Yorkshire pudding  
Butternut squash and beetroot Wellington  
Cod fillet topped with a herby crust on a pool of tangy tomato sauce

**DESSERTS**

Traditional Christmas pudding with brandy sauce  
White chocolate & raspberry roulade  
Apple pie served dusted with cinnamon sugar served with custard  
Vanilla cheesecake topped with a berry compote

2 course £24.95    3 course £27.95

**BOOK NOW TO AVOID DISAPPOINTMENT 01437 741881**

**The PUMP on the GREEN**

## Christmas LUNCH MENU

**MAIN DISHES**

Roasted Turkey served with pigs in blankets & sage, onion & sausage stuffing  
Roasted Silverside of Beef served with Yorkshire pudding  
Butternut squash & beetroot Wellington  
Cod fillet topped with a herby crust served on a pool of tangy tomato sauce

All served with creamy mashed potatoes, broccoli in cheese sauce, brussel sprouts, mashed swede & carrot, roasted potatoes & parsnips & homemade gravy

**DESSERTS**

Traditional Christmas pudding with brandy sauce  
White chocolate & raspberry roulade  
Apple pie dusted with cinnamon sugar served with custard  
Vanilla cheesecake topped with a berry compote

£24.95

**BOOK NOW TO AVOID DISAPPOINTMENT 01437 741881**

# FeelGood ENTERTAINMENT

## BLOCKBUSTERS AND HIDDEN GEMS ARRIVING IN CINEMAS 2026



Here's a look ahead to some of the films to get excited about in 2026 — especially if you're in the UK. I'm highlighting upcoming releases, fresh adaptations, British films, and a few wildcards that look especially promising.

### What's coming to big screens in 2026

#### Shaun the Sheep: The Beast of Mossy Bottom

A new stop-motion film from the much-loved UK franchise, due 31 October 2026. It's likely to be a hit with families and anyone who's grown up with the quirky humour of sheep-on-the-run adventures.

#### Chork — A gritty UK

movie from celebrated director Shane Meadows (co-written with Jack Thorne). It tells the story of two young runaways on a tense road-trip up the UK coast. Filmed in 2025, it's set to arrive in 2026 and could be a powerful, local drama worth watching.

#### Wuthering Heights (2026 adaptation)

A brand-new take on the classic novel by Emily Brontë, starring a strong cast including Margot Robbie and Jacob Elordi. Its release in early 2026 offers an opportunity to revisit a beloved story, but with modern cinematography and a fresh sensibility.

#### The Thomas Crown Affair (2026 remake)

— A remake of the 1968 classic, this version is set to be directed by and star Michael B. Jordan, alongside Taylor Russell. Expect a slick, modern-style thriller that updates the heist/romance story for 2026 audiences.

One Last Deal — An Irish-Brit film starring Danny Dyer as a football agent hoping for one last big payday. It's slated for release in March 2026 — could be an interesting, character-driven drama particularly for fans of gritty, real-life stories.

28 Years Later: The Bone Temple — For horror fans: this upcoming entry in the "28 Years Later" franchise is scheduled for January 2026. Directed by Nia DaCosta and written by Alex

Garland, it promises a chilling post-apocalyptic atmosphere and a darker edge to a familiar universe.

### A mix of nostalgia and newness

You've got films rooted in British humour and heritage (like Shaun the Sheep and Wuthering Heights), while others push toward immediacy and realism (Chork, One Last Deal) or go full-on genre (28 Years Later: The Bone Temple). It feels like an especially rich moment for cinema that both entertains and resonates locally.

### Diverse styles and audiences

From family-friendly animation, to literary drama, to tough social realism — 2026's slate spans genres and tones. Whether you want a lighthearted, whimsical watch or a film that challenges you, there's something for nearly every taste.

### Supporting British stories, voices, and talent

With British casts, filmmakers, and settings, these films spotlight voices and experiences that are homegrown. That matters — for representation, for relatability, and for keeping the UK's film scene vibrant.



## CODA - LED ZEPPELIN TRIBUTE HITS THE QUEENS HALL - NARBERTH

**CODA - a Tribute to Led Zeppelin** are Europe's most authentic and exciting Led Zeppelin tribute band, replicating the power, excitement and magic of a Led Zeppelin show like no other.

They are the only proper fourpiece Zep tribute band in Europe that looks and sounds as close to the real thing as possible, featuring authentic-looking and sounding instruments as well as incredible, hand-made replica costumes that will take you back to the time when the Gods of Rock ruled the world!

Every show features a fantastic selection from classic

Led Zeppelin songs such as Whole Lotta Love, Stairway to Heaven, Rock and Roll, Black Dog, as well as Led Zeppelin live rarities such as When the Levee Breaks, Ramble On, Wanton Song and much more. The band can also perform a wide variety of Led Zeppelin's acoustic songs such as Going to California and That's the Way and every year CODA add more and more new songs to their repertoire. CODA's show takes its inspiration from the studio recordings, as well as official (and unofficial!) live recordings to bring you the best of all facets of Led Zeppelin.

If you like your Led Zeppelin

tribute band with big hair, all the stage moves and excitement of the original band, an incredible attention to detail unrivaled by any other Led Zeppelin tribute band, a singer with all the range and power of Robert Plant, a guitarist with all the riffs and groove of Jimmy Page, a drummer with the feel and power of John Bonham and a multi-instrumental bassist like John Paul Jones, this is the Led Zeppelin tribute band for you!

Sat, 07 Feb 2026 - Presented by: The Queens Hall Event Style: 14+ This is a Standing Event Doors Open at 7:30pm



# PEMBROKESHIRE HEARING

## HEARING TESTS - HEARING AIDS EARWAX REMOVAL

Award winning hearing care from Pembrokeshire'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

01646 428420  
BOOK ONLINE AT  
PEMBROKESHIREHEARING.CO.UK



**4 Main Street , Fishguard**  
**01348 875544**

TAKE A LOOK AT  
OUR EXCITING  
2025 MENU!

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



# Christmas Sporting Quiz

Our quiz has half the questions involving local sport and the remainder dealing with sport in general - so have a try before checking the answers on page 56

1. Which top local football team is known as 'The Vikings'?
2. Which local cricket team plays its home games at Oatfield Park?
3. Which professional footballer, who plays for Swansea City, comes from Kilgetty?
4. Who are the two brothers from Llanelli RFC who are known as 'Fox' and 'Cub'?
5. If you were watching 'The Otters' at home in rugby, which town would you be in?
6. Which radio station in our county might you listen to sport on Monday evenings from 7-9pm?
7. Which sport might you watch at Phoenix Park - and who plays there?
8. Which cricket team is known as 'The Rooks'?
9. Their neighbours are nicknamed 'The Doves' - who are they?
10. Who is the well-known manager of Haverfordwest County?
11. In which sport might you search for blennies, dabs and flounder?
12. Which famous football team plays at 'The Emirates'?
13. What is the name of the national rugby ground in Cardiff?
14. Which sport has 'short leg', 'silly mid off' and 'third man' as places to stand?
15. Who is the only England football captain to raise the World Cup?
16. In which year did this historic event take place?
17. Who are the current world champions in rugby union?
18. Which sport has techniques known as 'flick-flacks', 'Arab springs' and 'biranis'?
19. Which sport was known earlier as 'whiff-waff' and 'ping-pong'?
20. Where were the World Cliff Diving Championships once held in Pembrokeshire

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



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



Give us a call on 01437 764405 to discuss your requirements



## Christmas Day Menu

£75.00 per person, Children under 12 £37.50

### STARTERS

#### Cream of Homemade Vegetable Soup

With garlic croutons and a mini wholemeal loaf

#### Deep Fried Battered Mushrooms and Atlantic Prawns

With a Marie rose dip on a bed of mixed leaves

#### Garlic Mushrooms

Served in a hot bowl, topped with Parmesan Cheese

#### Grilled Goats Cheese Round

With red onion marmalade and pine nuts on a crisp salad

#### Smoked Salmon, Smoked Mackerel and Atlantic Prawn Terrine

With a fresh lemon grass mayonnaise

### MAIN COURSE

#### Traditional Roast Pembrokeshire Turkey

Served with Chipolata and Bacon Roll, with a homemade sage, onion and lemon stuffing, bread sauce and Cranberry sauce

#### Roast Local Topside Beef

With Yorkshire Pudding and Horseradish Sauce

#### Seared Filled of Salmon

Poached in white wine with fresh caper sauce

#### Traditional Five Nut Roast

With Orange and Blueberries ( v/vg )

### DESSERTS

#### Traditional Christmas Pudding

Served with a hot brandy sauce

#### Homemade Apple Strudel

With Custard

#### Lemon and Lime Citrus Cheesecake

On a traditional biscuit base and drizzle sauce

#### Toffee Fudge Ice Cream

With a warm caramel sauce

#### Chocolate Brownie

With a hot dark chocolate sauce and Vanilla Ice Cream

#### Coffe and Warm Mince Pies

01348 840061

# FeelGood SNIPPETS

Staff from Glangwili Hospital's Estates Department and Welsh business Wales Roofing Solutions took on the gruelling Welsh Three Peaks Challenge recently, to raise money for the hospital's Cilgerran Children's Ward.

The challenge saw the team climb the three highest peaks in north, mid and south Wales – Snowdon, Cadair Idris and Pen y Fan – all within 24 hours.

Their aim was to raise funds to help children across Carmarthenshire, Ceredigion and Pembrokeshire who are facing short-term illness, ongoing treatment, or who are recovering from surgery, as well as to give back to the staff on Cilgerran Ward who provide vital care and support.

And they managed to raise the grand total of £6,390 for the children's ward after completing the extremely challenging hikes in September.

Paul Hill, Glangwili Hospital's Estates Manager said the challenge was tough but worth it.

He said: "We believe every child deserves the very best care and the warmest possible

experience when they're unwell, and we want to give something back to a team that gives so much every single day."

He added: "We are incredibly grateful to Wales Roofing Solutions for joining us on the challenge and match funding the challenge."

Bethan Parry, Social Values Coordinator at Wales Roofing Solutions said: "It was an honour to join the Estates Department at Glangwili Hospital and take on the Welsh Three Peaks Challenge.

Bethan Osmundsen, Senior Nurse Manager, Acute Paediatrics, said the donation would make a real difference to the patients.

She added: "We are incredibly grateful for the generous

donations made to Cilgerran Ward. Your kindness has a direct and lasting impact on the infants, children and young people in our care, enhancing their comfort, wellbeing, and overall patient experience."

"Your support helps us create a more positive, child-friendly environment where young patients and their families feel safe, supported, and cared for. Thank you for making a real difference."



**EST 1796**  
**Bisley H Munt & Sons**  
*the jeweller's on the hill with the clock*  
We stock Clogau Gold

**AMMWSYL**  
The word amysyl, meaning 'Yeast', has its roots firmly established in Welsh cultural heritage. The Amysyl collection is influenced by the amysyls behind Welsh national pride, integrated with the Clogau's iconic 'Welsh Love' patterns which have long been associated with Wales.

**MEN'S COLLECTION**  
Whether for everyday or a special occasion, these expertly hand-finished rings are as versatile as they are unique. Contemporary yet timeless designs provide the reassuring reassurance of every piece, meeting with the user and cherished with pride.

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

43 High Street, Haverfordwest, SA61 2BN  
01437 763532  
[www.bisleyhmuntandsons.co.uk](http://www.bisleyhmuntandsons.co.uk)

**RDJ DEVELOPMENTS LTD**  
NEW BUILDS • EXTENSIONS • WINDOWS • DOORS • CONSERVATORIES

Our team prides itself on professional service, attention to detail, and making your vision a reality — on time and on budget.  
Call us today for a free quote and consultation!  
**07929 745 397 | 07932 408 702**

# PEMBROKESHIRE LOTTERY MAKE CHRISTMAS EXTRA SPECIAL

The Pembrokeshire Lottery has helped make one local resident's festive season truly unforgettable by awarding a massive £10,000 in its Christmas Superdraw.

The draw took place on Wednesday 3rd December, and the lucky winner was Mr Damon McGarvie, formerly of Milford Haven and now living in Llangwm. Damon played using his lucky lottery number, 41475, through a convenient salary deduction scheme run by his employer, Pembrokeshire County Council.

After the winning numbers were confirmed, the Pembrokeshire Lottery team contacted Damon and were delighted to present him with his cheque later that same day, marking an exciting and emotional moment for the winner and his family.

When asked how he planned to spend the prize money, Damon revealed that he and his wife would be treating themselves to a once-in-a-lifetime holiday over the festive period, turning an already special time of year into an unforgettable celebration.



Pembrokeshire Lottery Manager, Abigail Owens, said: "I am absolutely thrilled for Mr McGarvie. He has supported the Pembrokeshire Lottery for many years, and it is thanks to the continued loyalty of players like him that we are able to support so many local businesses and community groups through interest-free funding from our loan fund. Every ticket truly

makes a difference within Pembrokeshire."

The regular weekly £2,000 draws will continue as normal, leading up to the next January Superdraw, which will offer players the chance to win £4,000.

The Pembrokeshire Lottery is a local initiative designed to support communities, charities, and small businesses across Pembrokeshire. By purchasing a ticket, players are not only in with a chance of winning cash prizes, but they are also helping to fund vital projects and services throughout the county. A portion of every ticket sold goes directly back into the community, providing interest-free loans and financial assistance to organisations that make a positive local impact. With regular weekly draws and special Superdraw events held throughout the year, the Pembrokeshire Lottery offers residents an exciting way to give back while potentially winning big.

Anyone wishing to take part, or to order Pembrokeshire Lottery Gift Subscriptions as Christmas presents, can call 01646 690800.

**Which? Trusted Trader**

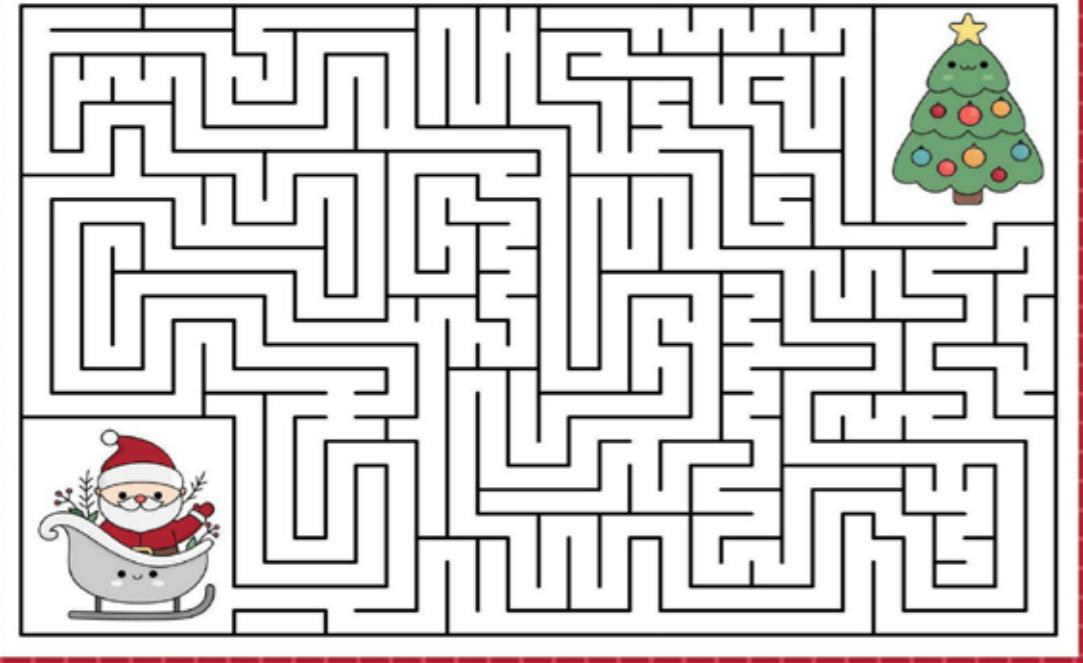
**UP TO £150 OFF YOUR EXCESS ON INSURANCE CLAIMS**

**HIGHEST RATED BODYSHOP IN PEMBROKESHIRE ON GOOGLE**

**www.haworthautobody.co.uk 01437 779911**

# KIDS FUN PAGE!

## COLOUR ME!



**Carmarthen Dental Centre**

**BRAND NEW DENTAL PRACTICE**  
Appointments immediately available

- New patient
- Routine health check examinations
- Scale & Polish.
- Fillings
- Extractions,
- Root canal treatments
- Crowns
- Implants
- Veneers
- Partial to complete dentures
- Invisalign.

**OPENING HOURS**

Patient Examinations	Mon: 09:00 - 17:00
Routine Treatments	Tues: 09:00 - 17:00
Advanced Treatments	Wed: 09:00 - 17:00
	Thurs: 09:00 - 17:00
	Fri: 09:00 - 17:00
	Sat: Closed
	Sun: Closed

Carmarthen Dental Centre, 72 Water Street, Carmarthen, SA31 1PZ

PHONE: 01267 643370 EMAIL: [reception@carmarthendentalcentre.co.uk](mailto:reception@carmarthendentalcentre.co.uk)

*Making a real difference to local businesses & helping them prosper for over 125 years*



We combine high quality accounting, taxation and audit services with business advice and planning

**We are delighted to support the county show**  
**Rydym yn falch iawn o gefnogi Sioe Sir Benfro**

Ashmole & Co, Chartered Certified Accountants, are one of the largest accountancy and auditing practices, specialising in agriculture, operating from thirteen offices throughout south and west Wales.

Haverfordwest office

01437 767125  
[haverfordwest@ashmole.co.uk](mailto:haverfordwest@ashmole.co.uk)

Tenby office

01834 845685  
[tenby@ashmole.co.uk](mailto:tenby@ashmole.co.uk)

Cardigan office

01239 612162  
[cardigan@ashmole.co.uk](mailto:cardigan@ashmole.co.uk)

Carmarthen office

01267 237095  
[carmarthen@ashmole.co.uk](mailto:carmarthen@ashmole.co.uk)

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



## What we Offer

Multi-Award Finalist Company  
Trusted & Registered with Care Inspectorate Wales

• Personal Care/Medication Support

• Meal Preparation/Light Cleaning

• Companionship/Shopping/Appointments

• Overnight Care/Respite

Telephone: 07710268380  
Email: [cacandcompanionshipwithemma@gmail.com](mailto:cacandcompanionshipwithemma@gmail.com)  
Website: [cacandcompanionshipwithemma.co.uk](http://cacandcompanionshipwithemma.co.uk)  
Facebook: [www.facebook.com/cacandcompanionshipwithemma](http://www.facebook.com/cacandcompanionshipwithemma)

Premier Stoves & Fireplaces Ltd,  
Unit 4 Rushacre Enterprise Park  
Redstone Road, Narberth,  
Pembrokeshire SA67 7ET

01834 869 448

**PREMIER**  
**STOVES AND FIREPLACES**  
Experience True Luxury

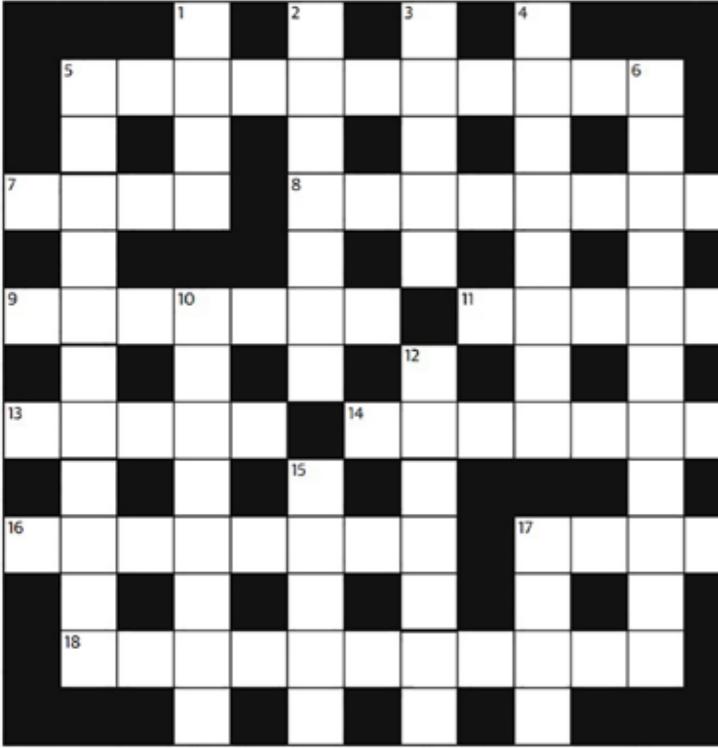


**NEW ELECTRIC SHOWROOM NOW OPEN**



# The FeelGood Puzzle Page

## Crossword



### Across

- 5 Tactic intended to confuse or obscure (11)
- 7 King of Mercia with a dyke to his name (4)
- 8 Breakfast food (in prison?) (8)
- 9 Rudeness (7)
- 11 Parent's siblings (5)
- 13 Web-footed bird (5)
- 14 Wind storm (7)
- 16 Anticipated (8)
- 17 Summit (4)
- 18 Interruption of a peaceful state (11)

### Down

- 1 Concluding passage, event or section (4)
- 2 Let-up (7)
- 3 Match result (5)
- 4 What remains after the rest has been removed (8)
- 5 Progress has been satisfactory up to now (2,3,2,4)
- 6 Songbird (11)
- 10 Spread out (8)
- 12 Anon (2,3,2)
- 15 Roman counterpart of Aphrodite (5)
- 17 Small horse (4)

## Crafty Sudoku



Solutions for  
last issue



Pembrokeshire most trusted  
removal company!

Local, Nationwide and International



Removals & Storage from  
**LLOYD & PAWLETT**

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

Brian from  
Pembroke

Home Removals  
Helping you move your  
belongings with



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



# LOCAL SERVICES

**prowaste**  
(Pembroke Ltd)  
Established 2000

**DRAINAGE & SEPTIC TANK SERVICES**

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

**FOXCOMBE**  
AIR RIFLE & PISTOL SHOOTING RANGE

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

**D&O CONSTRUCTION PEMBS LIMITED**

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

**Freestyle BARBERS HAVERFORDWEST**

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

**01437 783 748**

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

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

**West Wales Towing Centre**  
[www.westwälstowing.co.uk](http://www.westwälstowing.co.uk)

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

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

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

**G. Williams & Sons**  
MONUMENTAL MASONS

New memorials Large selection to choose from  
Marble • Granite • Slate  
All types of monumental work undertaken including renovation re-gilding & house name plates.

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

**John Morley ELECTRICAL**

+ Solar PV & Battery storage  
+ CCTV  
+ New builds and re-wire

07971 584554

**John Morley ELECTRICAL**  
APPROVED CONTRACTOR  
DOMESTIC INSTALLER

**Carningli Scaffolding 2002 Ltd**

Dont Hire Scaffolding Before Getting A Quote From Us!

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

**RED BUILDING SERVICES**  
PROFESSIONAL AND AFFORDABLE BUILDING SERVICES  
A family business with family values

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

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

**gwaun valley meats**

CUT TO ORDER  
OVERNIGHT DELIVERY  
READY TO COOK

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

**ADEILADWAITH • BUILDING • GETHIN DAVIES**

[info@adeiladwaithgethindaviesbuilding.co.uk](mailto:info@adeiladwaithgethindaviesbuilding.co.uk)  
07585 004012  
Adeiladwaith Gethin Davies Building, Ceredigion, Llandysul, Blaenhoffnant, SA44 6ED

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

New memorials Large selection to choose from  
Marble • Granite • Slate  
All types of monumental work undertaken including renovation re-gilding & house name plates.

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

**DAVID REES**  
FENCING & CONSTRUCTION

FOR ALL YOUR FENCING NEEDS, SPECIALISING IN STOCK FENCING, DOMESTIC & COMMERCIAL FENCING  
VARIOUS EXCAVATOR AVAILABLE 180' (3CX) AND 360' FOR SITE CLEARANCE, DRAINAGE AND COW TRACKS. HEDGECUTTING, MUCK SPREADING, SLURRY TANKERS ALSO AVAILABLE

ENQUIRIES WELCOME FROM CUSTOMERS OLD & NEW

**Kelson Boarding Kennels & Cattery**

Telephone 01239 623755  
07717754874  
VIEWINGS WELCOME BETWEEN 9AM AND 5PM  
NO APPOINTMENT NEEDED

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

**Matt Hughes**  
PROFESSIONAL DECORATING SERVICE

01437 763490 or 07977 780589  
[MATHUGHESDEC@HOTMAIL.CO.UK](mailto:MATHUGHESDEC@HOTMAIL.CO.UK)

KEEPING PEMBROKESHIRE IN COLOUR FOR 25 YEARS!

FOR ALL YOUR FENCING NEEDS, SPECIALISING IN STOCK FENCING, DOMESTIC & COMMERCIAL FENCING  
VARIOUS EXCAVATOR AVAILABLE 180' (3CX) AND 360' FOR SITE CLEARANCE, DRAINAGE AND COW TRACKS. HEDGECUTTING, MUCK SPREADING, SLURRY TANKERS ALSO AVAILABLE

ENQUIRIES WELCOME FROM CUSTOMERS OLD & NEW

TEL: 01437 731 308 - MOB: 07875 109 776  
[accounts@davidreesfencing.co.uk](mailto:accounts@davidreesfencing.co.uk)

**LETTERSTON TAXI**

Contact: Imran  
07360 144 548

[letterstontaxi@gmail.com](mailto:letterstontaxi@gmail.com)

07360 144 548 [letterston-taxi.co.uk](http://letterston-taxi.co.uk) [facebook.com/letterston-taxi](http://facebook.com/letterston-taxi) [twitter.com/letterston\\_taxi](http://twitter.com/letterston_taxi)

**LING ELECTRICAL**  
DOMESTIC | COMMERCIAL | INDUSTRIAL

WWW.LINGELECTRICAL.CO.UK | JOHN@LINGELECTRICAL.CO.UK  
07791 134 486 | 01646 278 280

# LOCAL SERVICES

**SRF TRAILERS**



Expert Waste Collection Service  
CALL ON: 07448 836 836  
[www.srftrailers.com](http://www.srftrailers.com)

**C&I**  
BATHROOM AND WET ROOM SPECIALISTS  
COMBINED 40 YEARS EXPERIENCE  
IN THE INDUSTRY  
CALL CRAIG OR IAN NOW FOR  
A NO OBLIGATION QUOTE  
CRAIG: 07869 652935 • IAN: 07900355069



**AQUACLEAR**  
Water Management  
Specialists in Lake and Pond Maintenance and Restoration. Based in West Wales, we cover the whole of the UK.  
OUR SERVICES:  
Aquatic Weed Cutting and Clearing  
Blanket Weed Removal  
Reed and Bull Rush Removal  
Dredging and Silt Pumping  
Rubbish and Flotsam Removal  
Tree Work  
[www.aquaclearwatermanagement.com](http://www.aquaclearwatermanagement.com)  
07814 741491  
[info@aquaclearwatermanagement.com](mailto:info@aquaclearwatermanagement.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

**Sport Quiz Answers:**

1. Hakin United	United	15. The late, great Bobby Moore
2. Burton CC	8. Carew CC	16. 1966
3. Liam Cullen	9. Cresselly CC	17. South Africa
4. Jonathan and James Davies	10. Tony Pennock	18. Gymnastics
5. Narberth	11. Sea Fishing	19. Table tennis
6. Pure West Radio	12. Arsenal FC	20. The Blue Lagoon, Abereiddi
7. Football - Goodwick	13. The Principality Stadium	
	14. Cricket	

**Tidy Dog Grooming & Spa LTD**  
Particular. Professional. Passionate about pets.  
Making the world beautiful one pet at a time.  
Contact us: Unit 32 Withybush Trading Estate, Haverfordwest SA62 4BS - 01437 224006  
[www.tidydoggrooming.co.uk](http://www.tidydoggrooming.co.uk) [info@tidydoggrooming.co.uk](mailto:info@tidydoggrooming.co.uk)



**GRD**  
Carpentry & Construction + Mini Digger Hire  
[Delaneygr@googlemail.com](mailto:Delaneygr@googlemail.com)

CALL US ON 07809 480394



**FLEETWOOD**  
Groundworks



TELEPHONE: 07487785195  
EMAIL: [mathewfleetwood@hotmail.com](mailto:mathewfleetwood@hotmail.com)

**NH**  
ELECTRICAL  
Domestic & Commercial Installations  
Electrical Testing



NICEIC APPROVED CONTRACTOR  
DOMESTIC INSTALLER  07972 180 885  
[nathan.nhelectrical@gmail.com](mailto:nathan.nhelectrical@gmail.com)



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



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



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



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



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

Call us: 07970 637705 or 01239 810215



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



# Pembrokeshire's Waste. Sorted.



**Reliable waste collection for local businesses — from bins to skips, we've got you covered.**

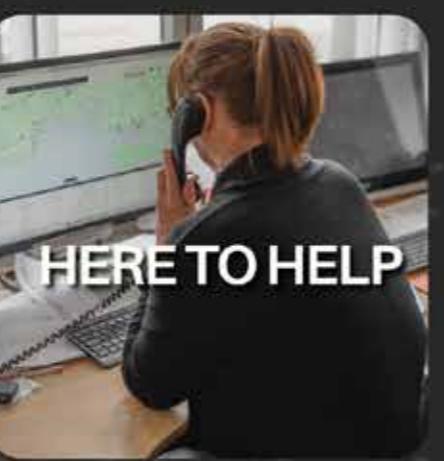
Flexible collections, transparent pricing, and local service you can trust.



## WHEELIE BINS



## SKIPS



## HERE TO HELP

Scheduled collections to suit your business — hassle-free and reliable.

From small jobs to major clearances, we've got the right skip for you.

Local team. No call centers. Friendly support when you need it.

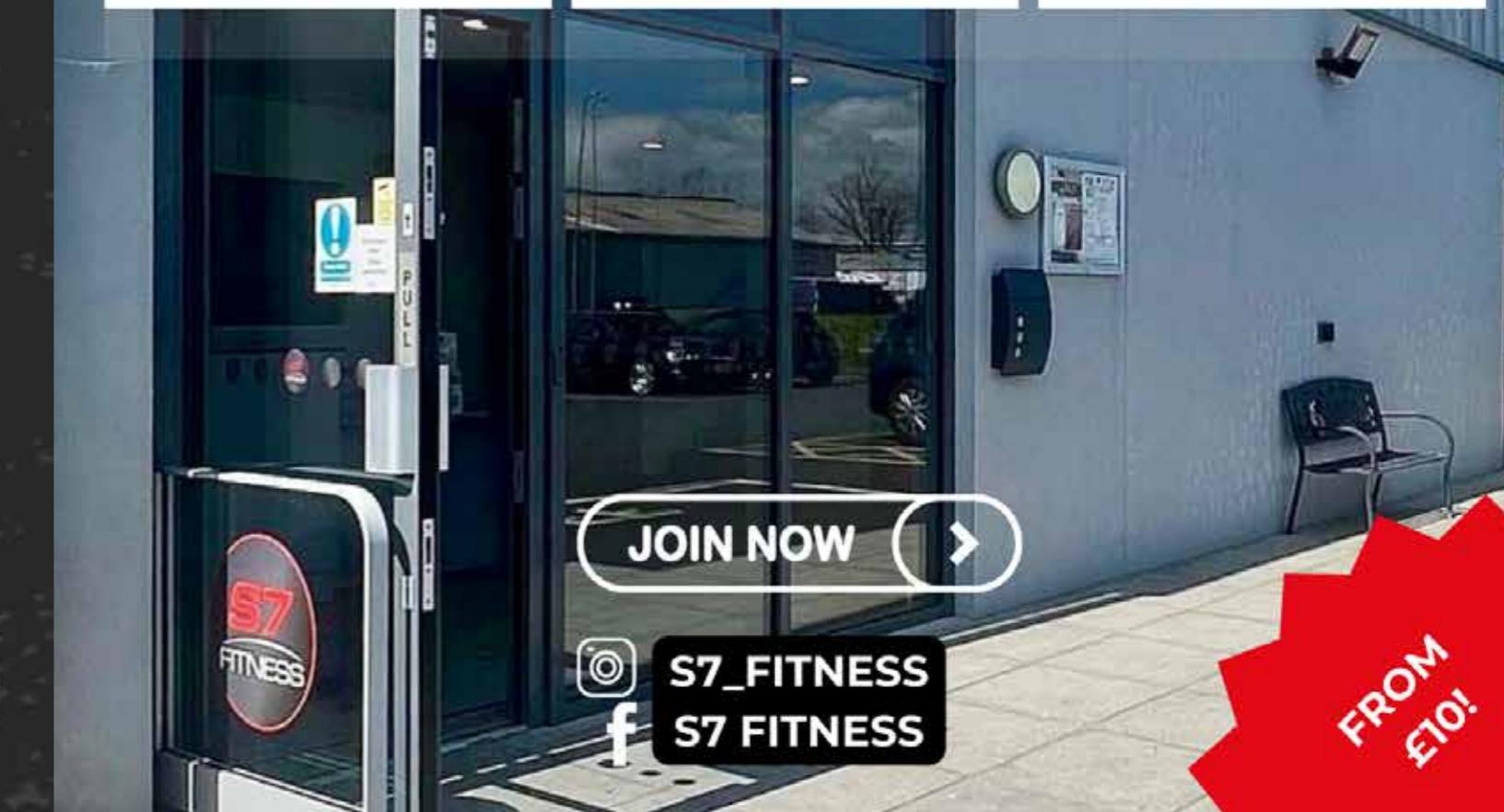
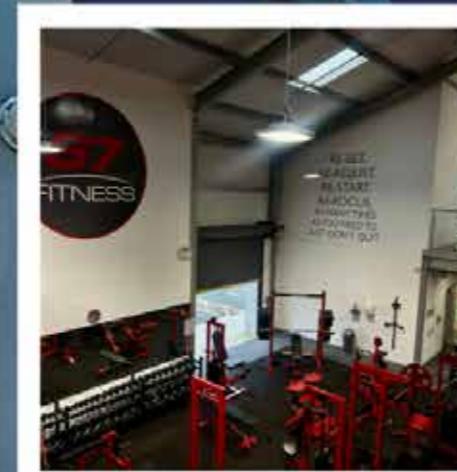
Book Your Collection Today®

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



**WEST WALES' BIGGEST & BEST 24/7 GYM**

[WWW.S7FITNESS.CO.UK](http://WWW.S7FITNESS.CO.UK)



**JOIN NOW**



**S7\_FITNESS**



**S7 FITNESS**

**FROM  
£10!**

# LOOKING FORWARD TO 2026 ROAD TRIPS!

As 2026 approaches, anticipation is building for a new wave of road trips across the United Kingdom. With improving transport links, a growing focus on sustainability, and a renewed passion for discovering what lies closer to home, the open road is calling louder than ever.

For many, a road trip is far more than just a holiday — it's an opportunity to slow down, take the scenic route, and reconnect with the simple joy of travel.

In 2026, British road trips are expected to be more accessible than ever before. The continual expansion of electric vehicle charging networks will make longer journeys more practical, opening up distant and rural areas that were once considered difficult to reach. Iconic routes such as Scotland's North Coast 500,



the winding mountain roads of Snowdonia, and the rolling countryside of the Cotswolds will once again attract travellers eager for both adventure and tranquillity. At the same time, petrol and hybrid vehicles will continue to play an important role, ensuring that road trips remain a viable option for everyone.

Yet, technology is only part

of the appeal. The real magic of a UK road trip lies in its diversity. In a single journey, travellers can pass through bustling city centres, peaceful seaside towns, ancient forests, and dramatic, windswept landscapes.

Along the way, there is a growing emphasis on supporting local. Independent cafés, family-run guesthouses,

farm shops, and small campsites are becoming an essential part of the road trip experience, transforming each stop into a meaningful connection with local communities.

Road trips in 2026 will also reflect a shift in lifestyle and working habits. With remote and flexible working continuing to shape how people live, many are choosing to extend their journeys, blending work with exploration. This new freedom allows travellers to stay longer in places that inspire them, rather than rushing to the next destination.

In many ways, the road trip of 2026 is less about ticking off landmarks and more about embracing the journey itself — a journey defined by discovery, freedom, and the beauty of the British landscape.

## 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



## Gwaun Garage

WELCOME TO GWAUN GARAGE - A FAMILY RUN BUSINESS  
WITH PROPRIETORS BRIAN AND MARY MORGAN

(01348) 840480

WWW.GWAUNGARAGE.CO.UK  
ST DAVID'S ROAD, LETTERSTON, HAVERFORDWEST, SA62 5SL

## Thornton Motors

T : 01646 663866 M : 07976 563424

info@thorntonmotors.co.uk

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



Collision Repair  
Vehicle Diagnostics  
After an Accident



Dent Repair and  
Removal  
Car Air Conditioning



Paint Scratch Repair  
Alloy Wheel Repair



### Welcome to Fix Auto Pembrokeshire

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

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

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

Unit 6, East Estate  
Haverfordwest, Pembrokeshire SA62  
4BW

Phone:  
01437 762642

E-Mail:  
pembrokeshire@fixauto.co.uk



## MIKE HOWLIN MOTORS LTD

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

M.O.T from £54.85

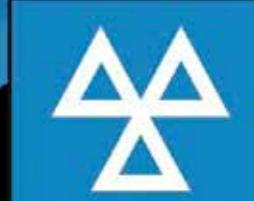
Our modern, appointment only, one man testing station is available for testing at the following opening times:  
Monday – Friday 8.30am until 5.30pm Saturday 8.30am until 1pm

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

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

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

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



VEHICLE TESTING STATION  
APPROVED BY THE  
VEHICLE INSPECTORATE



# 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...

## TRIBUTE FOR NIGEL WALTERS BSC FRGS



NIGEL WALTERS BSC FRGS  
1941-2025

Following the sad news of the passing of Nigel Waters, Local County Councillor Thomas Tudor said: "It was so sad to hear about the passing of my friend Nigel Walters who was truly an extremely inspiring and wonderful person. My deepest sympathies and condolences to his family at this very sad time."

The British Society of Cinema photographers pay tribute to him in this obituary written by Phil Méheux BSC -

Born in Haverfordwest, Wales, Nigel's interest in photography came via his father's 8mm camera and being a regular filmgoer from an early age. His uncle and father both worked as newspaper editors in South Wales and his brother became a renowned reporter in Cardiff.

At first, Nigel wanted to be a foreign correspondent, his ambitions growing naturally from his background. His heroes were the journalists Hannen Swaffer and Tom Driberg.

He had access to the darkroom at his father's newspaper and was became the unofficial school photographer. His English teacher encouraged him to enter his photographs into the local

Eisteddfods, where he won several competitions.

He joined BBC Wales in 1963 and trained as an assistant film cameraman, eventually relocating to the BBC's Ealing Studios and working up through their ranks.

A mentor in his early career was fellow BBC film cameraman, Peter Sargent BSC.

During his 30 years as a film cameraman, Nigel worked on over 100 programmes, including filming episodes of Panorama in Vietnam, Israel and Northern Ireland as well as documentaries for Horizon, Arena, 40 Minutes and many BBC drama films and series. Omnibus: The Treble, a biography of the young singer Aled Jones, won a

1985 International Emmy Award and Around the World in 80 Days (with Michael Palin) was nominated for a BAFTA TV Craft Award for Film Cameraman.

He became freelance in 1992, filming the first 15 episodes of Kavanagh QC (1995), as well as films such as Screen Two: Streetlife (1995 d. Karl Francis) and the television series Alive and Kicking (1991 d. Robert Young). He also photographed the groundbreaking Queer as Folk (1999) and the feature film One of the Hollywood Ten (2000 d. Karl Francis) which opened the Seville European Film Festival and then promptly disappeared!

Nigel became a member of

the BSC in 1998, and inspired by Alex Thomson BSC, served on the board of governors from 2005-2020. He has been the society's vice-president under Sue Gibson, John de Borman, Barry Ackroyd and Mike Eley.

Past president, Tony Imi BSC, encouraged him to become president of Imago (International Federation of Cinematographers). During his nine years, they became a global force, culminating in the American Society of Cinematographers finally joining in 2020. He was a member of IMAGO's Working Conditions and authors rights committee and also helped orchestrate the creation of Screen Craft Rights in co-operation with BECTU, GBCT and the guild of British Film Editors.

Nigel acted as an adviser for the Manaki Brothers Film Festival, where he established and ran the Balkan Conference for cinematographers, working to unite the profession internationally. He spoke German and Swedish and was an honorary member of the Greek, Australian and Irish Societies of Cinematographers and a fellow of the Royal Geographical Society, proposed my Sir Michael Palin.

**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**

# Animal Rescue Cymru



ANIMALS LOOKING FOR THEIR FOREVER HOMES



# A DOG IS FOR LIFE NOT JUST FOR CHRISTMAS

A dog is for life, not just for Christmas. Every year, countless puppies are given as festive gifts, only to be abandoned once the novelty wears off. Owning a dog is a long-term commitment, often lasting over a decade, and comes with daily responsibilities, costs, and care. Dogs need love, training, exercise, and stability and not to be treated as seasonal toys. Choosing to bring a dog into your home should be a thoughtful, lifelong decision.

This Christmas, give kindness and joy, but remember: a pet deserves more than a holiday. They deserve a forever



We are a small, independent rescue charity, (charity reg: 1146676), based on the beautiful west Wales coast, and our sole aim is to rescue and re-home domestic animals. We do this with the aid of a small band of dedicated volunteers and experts whose sole aim is the welfare of animals.

**You can ring us on 0345 4755958  
or email [rehomming@animalrescucymru.co.uk](mailto:rehomming@animalrescucymru.co.uk)**



Scan here to donate now!