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CONTENTS

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



32 Merlins Bridge Amateur Boxing Club - It's all systems go for the big boxing show!

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

8 RHYS WILSON Limits do not define you

14 FEELGOOD FOOD 6 pages of very good eats!

24 RED BUILDING SERVICES 30 years of pembrokeshire building

26 KATE FARR A credit to women's sport

32 THE BOXING SHOW Merlins Bridge is all ready

38 FARMING Farming from around the county

44 ENTERTAINMENT Film reviews and local events

50 KIDS PAGE Fun puzzles for the little'uns

54 LOCAL SERVICES Pembrokeshire's Experts

58 FEELGOOD MOTORING Looking forward to 2026

62 PUZZLE PAGE Test the grey matter with our Crossword and Sudoku

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FeelGood SNIPPETS

PEMBROKESHIRE STUDENT READY TO SHINE

A talented Pembrokeshire College student is preparing to put her culinary skills to the test against some of the country's brightest young talents after earning a place in the prestigious WorldSkills UK National Finals.

Heidi Askew, from Pembrokeshire, is among 126 Welsh competitors selected to take part in this year's national competition, which takes place from November 18th to 20th.

Competing in the Culinary Arts category, Heidi will have the opportunity to demonstrate her creativity, technical ability and passion for cooking as she goes head-to-head with other talented young chefs from across the UK.

Reaching the national finals is a significant achievement, with competitors required to demonstrate high standards of skill, knowledge and practical ability to secure their places.

For Heidi, the competition represents an exciting opportunity to showcase everything she has learned during her studies at Pembrokeshire College, while gaining valuable experience in a



highly competitive environment.

Speaking about her selection, Heidi said: "Being selected to compete at the WorldSkills UK National Finals is a great achievement, and I'm really looking forward to the opportunity."

WorldSkills UK competitions are designed to celebrate excellence in vocational and technical education, giving young people the chance to demonstrate their abilities, develop their confidence and gain recognition for their achievements.

The competitions also provide an important platform for students and apprentices to test their skills against national standards, while highlighting the talent emerging from colleges and training providers throughout the country.

Heidi's selection comes at an exciting time for Welsh competitors, following a successful WorldSkills Shanghai 2026 competition, where Welsh representatives helped Team UK achieve its strongest performance since 2017.

With Wales continuing to make its mark in skills competitions, the 126 competitors heading to this year's national finals will be hoping to build on that success and demonstrate the strength of vocational education across the nation.

For Pembrokeshire College, Heidi's achievement is another opportunity to highlight the talent, dedication and ambition of students pursuing careers in skilled industries.

As the November finals approach, Heidi will be looking forward to putting her culinary abilities into practice on the national stage and making the most of an experience that could prove invaluable for her future career.

Whatever the outcome, securing a place among the UK's leading young competitors is already an achievement worth celebrating.

We wish Heidi the very best of luck as she flies the flag for Pembrokeshire College and Pembrokeshire at the WorldSkills UK National Finals!

HISTORIC BLUEFISH CATCH REACHED UK TABLES

FeelGood SNIPPETS

Historic Welsh bluefin tuna catch reaches dinner tables across the UK

A pioneering fishing trial has reached an exciting new milestone after bluefin tuna caught off the Welsh coast and landed at Milford Haven went on sale to customers across the UK for the first time.

The first five tuna landed as part of the Welsh Government's commercial-scientific fishing trial were caught earlier this month before being transported to Burry Port for processing and sale.

Most of the catch was snapped up by customers at a Saturday walk-in fish market, while the remainder was distributed through a nationwide home delivery service, allowing seafood lovers across Britain to enjoy a taste of this historic Welsh catch.

The sales follow a landmark moment at Milford Docks on October 4, when skipper Anthony Court and the crew of the Safia Rose landed an impressive 131kg bluefin tuna measuring 2.2 metres, or more than seven feet, in length.

The catch marked an important step forward for an industry exploring the potential of



a sustainable commercial bluefin tuna fishery in Welsh waters.

Teddy Whitall, managing director of Whitfish Ltd, which purchased and marketed the fish, described the occasion as a proud moment for everyone involved.

"It means a great deal to be involved in purchasing and selling the first bluefin tuna commercially caught and landed in Wales," he said.

"This is about more than the fish themselves: it's the start of a new chapter for Welsh fishing, creating fresh opportunities for our fishermen, coastal communities and the wider seafood sector.

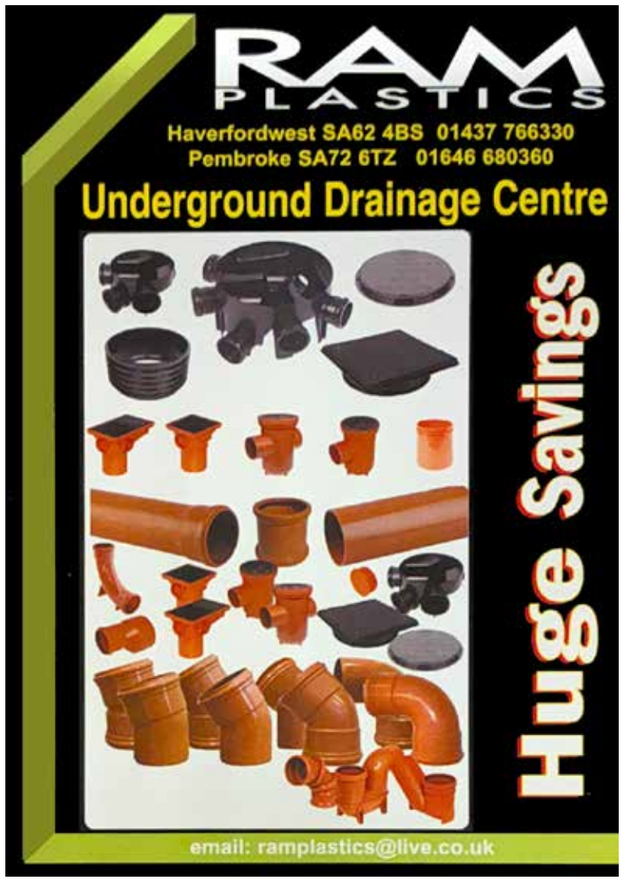
"I hope this marks the beginning of something exciting for the future of the Welsh fishing industry."

The Welsh Government trial combines carefully controlled commercial fishing with scientific research and data collection, helping experts assess the potential for a sustainable bluefin tuna industry.

Atlantic bluefin tuna are among the largest and most powerful fish found in British waters, capable of reaching extraordinary sizes and speeds. Their return to Welsh coastal waters in recent years has attracted considerable interest from anglers, scientists and the commercial fishing industry alike.

The species is highly prized for its quality and flavour, particularly in international seafood markets, making it a potentially valuable addition to the Welsh fishing economy. However, any expansion of commercial fishing will need to be carefully managed to balance economic opportunities with conservation and the long-term health of tuna populations.

For Milford Haven and Wales' wider fishing community, the successful landings and sales represent an encouraging first step towards creating new opportunities for fishermen and coastal businesses, while ensuring the long-term protection of this remarkable species.



HAVERFORDWEST HIGH RUGBY STARS CROWNED CHAMPIONS

Year 10 team celebrates Pembrokeshire glory and sets sights on national success

There's plenty to celebrate at Haverfordwest High VC School after its talented Year 10 rugby team battled their way to the title of Pembrokeshire Champions!

The young rugby stars put in a fantastic team performance to secure the county crown, earning themselves a well-deserved place in the next stage of the national competition.

It was a proud occasion for everyone involved, with the players demonstrating the



teamwork, determination and commitment needed to come out on top.

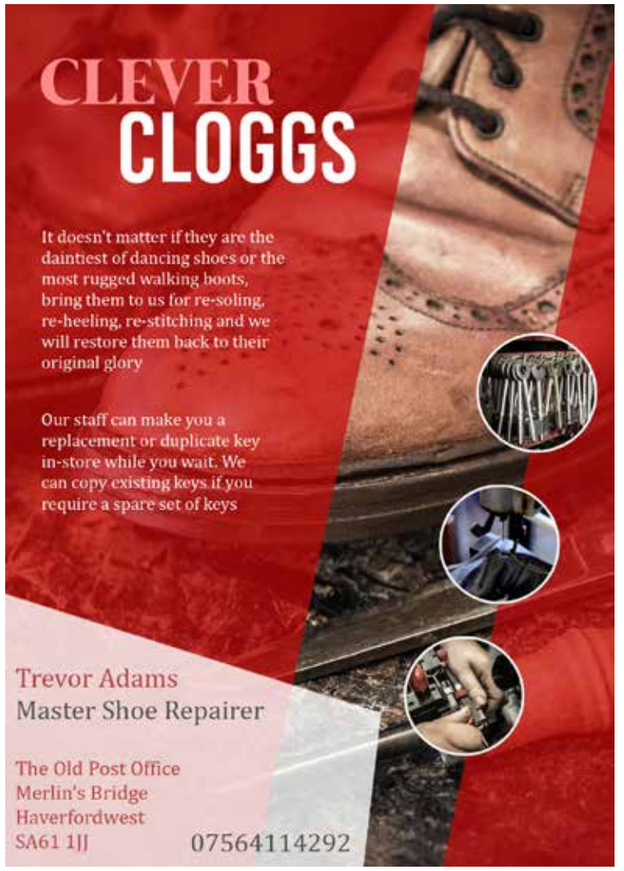
Among the celebrations, Kian received a special mention after being named Man of the Match for his outstanding contribution.

The occasion also included a moment of reflection, with pupils observing a minute's silence in memory of the victims of the Aberfan disaster.

With the county title now safely in the bag, attention turns to the next challenge as the team prepares to fly the flag for Pembrokeshire on the national stage.

The school has congratulated all the players on their fantastic achievement and wished them every success in the next round.





FeelGood SNIPPETS

PORT OF MILFORD HAVEN CELEBRATES PRESTIGIOUS NATIONAL AWARD SUCCESS

Pembrokeshire port recognised for creating a workplace where everyone has the opportunity to thrive



The Port of Milford Haven has plenty to celebrate after picking up a prestigious national award for its commitment to making the workplace more welcoming, supportive and inclusive.

The Port was named winner of the Inclusive Workplace Award at the British Ports Association Annual Awards, recognising its efforts to ensure that employees from all backgrounds feel valued and have the opportunity to succeed.

It's another feather in the cap for one of Pembrokeshire's biggest names, which was also recognised as one of the UK's Best Workplaces for Women in 2026, securing a place among the country's top 100 organisations.

The latest award reflects several years of work to make inclusion a genuine part of everyday life at the Port, rather than simply a policy on paper.

Over the past three years, staff across the organisation have taken part in equality, diversity and inclusion training, while more recent initiatives have focused on neurodiversity, helping colleagues better understand and support different ways of thinking and working.

The Port has also put these principles into practice at its new support services headquarters, Sybil House, developed in 2025.

The building was designed with accessibility and wellbeing in mind, incorporating step-free access, automated doors, accessible facilities, dedicated wellbeing spaces and flexible working environments.

Port Chief Executive Tom Sawyer welcomed the recognition, praising the people behind the achievement.

"Winning the Inclusive Workplace Award is a fantastic achievement for the Port and a reflection of the culture we are building together," he said.

"Inclusion isn't a standalone initiative for us, it's embedded in how we lead, how we support one another, and how we create opportunities for future generations. I'm incredibly proud of our people and everything they have done to make the Port a place where everyone can thrive."

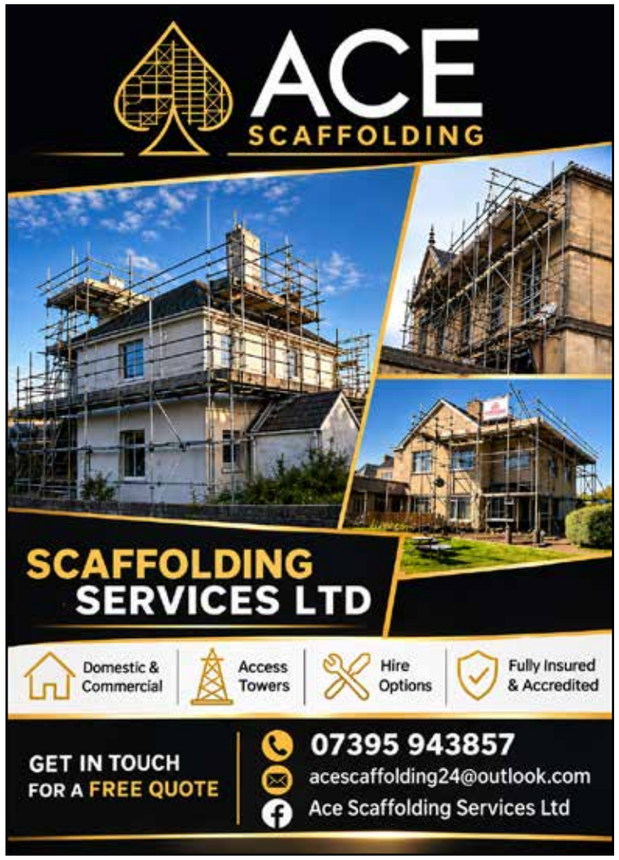
And the Port's efforts don't stop at its own doors.

Through its involvement in the SPARC Alliance, the Port is also helping to encourage the next generation of young women to consider careers in science, technology, engineering, mathematics and the energy industry.

Working alongside a range of local and national partners, the initiative has already reached more than 200 female pupils across seven Pembrokeshire secondary schools, helping to raise awareness of career opportunities and build confidence in subjects and industries where women have traditionally been underrepresented.

Supported by Swansea Bay City Deal funding, the programme is helping young people discover opportunities they might never previously have considered.

For the Port of Milford Haven, the national award is recognition of the progress already made – and a reminder that creating opportunities for everyone can make a real difference, both in the workplace and across the wider Pembrokeshire community.







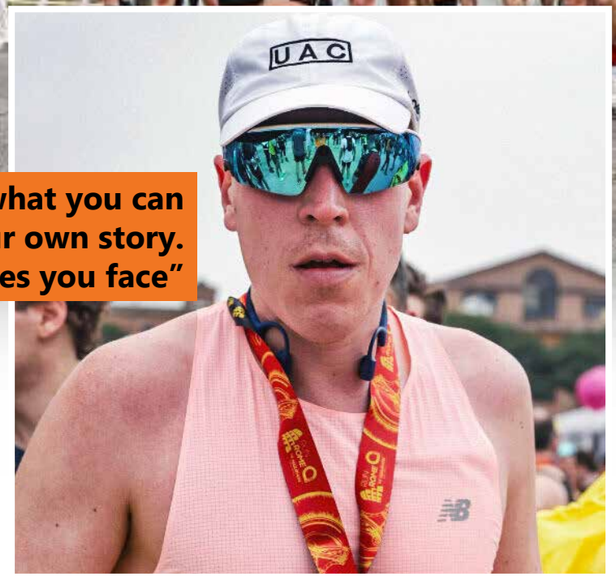
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From the historic streets of Rome to the finish line of his first marathon, Pembrokeshire runner Rhys proves that limits do not define you.



26.2 MILES OF DETERMINATION, COURAGE AND BELIEF.

"Do not let anyone tell you what you can and cannot do. You write your own story. No matter what challenges you face"



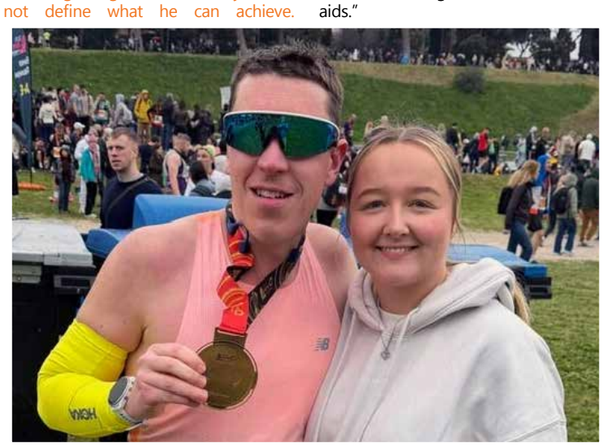
LIMITS DO NOT DEFINE YOU

YOU WRITE YOUR OWN STORY

Running a marathon is an extraordinary challenge for anyone. Twenty-six point two miles demands months of training, physical resilience and no shortage of determination.

For Rhys, completing his first marathon also meant navigating crowded streets, refreshment stations and miles of uneven Roman cobbles while unable to see the ground beneath his feet.

On 22 March 2026, he crossed the finish line of the Run Rome The Marathon — proving something he had set out to demonstrate from the beginning: his disability does not define what he can achieve.



THE INSPIRATION

Rhys has lived with cone-rod dystrophy for 22 years and is registered as severely sight impaired. The degenerative genetic condition has taken away almost all of his central vision, affecting the detailed sight most of us take for granted.

"I cannot read print, recognise people or get myself around without assistance," he explains. "I'm unable to drive and I rely heavily on those around me in everyday life. The condition is currently incurable and cannot be corrected with glasses or other visual aids."

Yet two years ago, Rhys discovered running.

After progressing through 10Ks and half marathons, he began wondering just how far he could take it.

"I wanted to challenge myself and prove to both myself and others that my disability does not define me or stand in my way."

ALL ROADS LEAD TO ROME

Rhys wanted his first marathon to be memorable. During a holiday to Rome in 2025, the answer presented itself.

"I wanted my first marathon to be truly special. The idea of running around such a historic city and seeing sights like the Colosseum, Spanish Steps and Vatican City was too much to pass on."

The race itself didn't disappoint.

Starting in the shadow of the Colosseum, the route took runners through thousands of years of history, accompanied by cheering spectators, choirs, bands and live DJs.

"The energy was immense and massively helped me along," says Rhys. "I had so many jokes, banter and amazing conversations with the other participants. It truly brings out the best in people."

But Rome's historic streets presented a particular challenge.

"I cannot see my feet, let alone the cobbles beneath me, so I had to be very careful and hope for some luck."

Refreshment stations meant stopping and asking volunteers for assistance, while simply finding his family among tens of thousands of people after the finish became another obstacle.

Yet the toughest battle came in those final few miles.

"My knees and ankles were in bits and my legs were getting heavy. It literally became mind over matter.

"When I'm running I feel like I'm at no disadvantage, unlike in many other sports. It is almost a form of expression for me"

"Thankfully I somehow escaped hitting the dreaded wall. I was one of the lucky ones!"

And then came the moment that made every difficult mile worthwhile.

"Coming around that last corner and crossing the finish line — all the emotion, excitement, nerves and euphoria in that moment was like nothing I have ever experienced."

GETTING TO THE START LINE

Crossing the finish line was only part of Rhys's achievement. Simply making it to the start required an enormous amount of work.

Under the guidance of coach Nathan Turner, Rhys embarked upon a 16-week programme designed to take him from half-marathon fitness to the full 26.2 miles.

At its peak, training involved around 12 hours each week, combining running with strength work in the gym.

His sight impairment also means Rhys cannot simply lace up his trainers and head wherever he chooses.

"I'm reliant on others to take me to safe running spots and come to the gym to help me. I logged so many miles on the Neyland to Johnston footpath on dark, cold winter nights."

Then, halfway through the programme, disaster struck.

Rhys injured his posterior tibialis tendon. His final eight weeks became rehabilitation and cycling, with no running at all until just two weeks before Rome.

His longest training run had been only 14 miles.

"I had no idea whether I would even be able to run the distance or whether I would cause the injury to flare up again."

With support from Nathan and physiotherapist Georgia Ibberson, Rhys recovered sufficiently to stand on the start line.

Twenty-six point two miles later, he was a marathon runner.

WHAT'S NEXT?

You might imagine that completing one marathon under those circumstances would be enough.

Apparently not.

"Oh, most definitely I have the bug!" Rhys laughs. "I honestly thought I would hate the distance, but it proved to be the complete opposite."

He has already signed up for two marathons in 2027, while his longer-term ambitions are considerably bigger.

An Ironman with a guide is on the list.

So is the legendary Comrades ultramarathon in South Africa.

"I'm a real perfectionist, so I'm always seeking to push my boundaries and be the best I possibly can. Watch this space.

"YOU WRITE YOUR OWN STORY"

Rhys is quick to acknowledge that although visually impaired and blind runners have completed marathons before him, that doesn't diminish what crossing the finish line represents.

Only a small proportion of people will ever complete a marathon, and Rhys hopes his achievement might encourage somebody else facing their own barriers to discover what they're capable of.

"When I'm running I feel like I'm at no disadvantage, unlike in many other sports. I really enjoy that. It is almost a form of expression for me."

His message to anyone who thinks disability, illness or life's other challenges have already decided what they can achieve is beautifully simple:

"Do not let anyone tell you what you can and cannot do. You write your own story, no matter what challenges you face."

And, as his coach Nathan likes to remind him:

"Limits do not define you."

THE TEAM BEHIND THE MILES

Rhys says none of it would have happened without the people around him.

He thanks his family for their constant belief and support, and his girlfriend Holly, who signed him up for his first half marathon and has been his training partner throughout the journey.

He also credits Unbound Athletes coach Nathan Turner for creating the programme that took him from strength to strength, and Nathan's partner, physiotherapist Georgia Ibberson, whose work rehabilitating his injury proved instrumental in getting him to Rome.

"I really could not have done this without all of these people," says Rhys.

"I am so grateful to everyone."







A BUCKETFUL OF KINDNESS IN THE HEART OF HAVERFORDWEST



Volunteers, delicious cakes and community generosity help keep Adam's special legacy alive

A little kindness can make a big difference, and that's certainly the message at Adam's Bucketful of Hope Cancer Support Centre in Haverfordwest, where dedicated volunteers and generous local people continue to provide a helping hand to those who need it most.

County Councillor for Castle Ward and Chairman of the charity, Cllr Thomas Tudor, paid a visit to the charity shop on Dew Street alongside Chris Evans-Thomas, taking the opportunity to celebrate the wonderful work being carried out by everyone involved.

There was also a particularly tempting display of sweet treats, courtesy of The Forbidden Cakes at Adam's Eden Coffee Shop, adding a little extra flavour to the occasion!

In another lovely gesture of community spirit, a delicious cake was kindly donated to staff at Withybush Hospital, sharing a little appreciation with those who work tirelessly caring for others.

During the visit, Cllr Tudor was full of praise for the charity's volunteers, whose time, enthusiasm and commitment play such an important part in keeping its valuable services running.

For many local charities, volunteers are the heartbeat of everything they do, and Adam's Bucketful of Hope is no exception. Their generosity helps create a welcoming environment where people facing difficult circumstances can find understanding, friendship and support.

Established in loving memory of Adam Evans-Thomas, the charity has become an important source of comfort for cancer patients and their carers throughout Pembrokeshire.

Through a range of activities, counselling, complementary therapies and social events, the centre offers much more than practical assistance. It provides a place where people can share their experiences, make connections and find reassurance during what can often be an incredibly challenging time.

The charity's work is also a wonderful example of how a community can come together to turn a personal legacy into something that continues to benefit others.

From the volunteers who give their time to the local businesses and individuals who lend their support, every contribution helps ensure that Adam's memory continues to make a positive difference.

Based at 11 Dew Street in Haverfordwest, Adam's Bucketful of Hope remains a welcoming source of friendship, compassion and encouragement for people affected by cancer.

And whether it's through a helping hand, a friendly conversation or even a slice of cake, it's a reminder that sometimes the smallest gestures can bring the greatest comfort.

A heartfelt thank you to everyone helping to keep Adam's wonderful legacy alive.



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Run by Rory, Dan and their team, RTS is building a reputation for providing the machinery, tools and friendly service that help keep projects moving. Whether you're a professional contractor working to a deadline, a landscaper transforming a garden, a farmer tackling a practical job, or a homeowner finally getting stuck into that big DIY project, RTS wants to help you get the job done.

Our message to Pembrokeshire?
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There's no point trying to tackle a big job with the wrong tools. From groundwork and construction to landscaping and specialist access work, RTS offers a range of equipment designed to take the hard work out of demanding projects.

The range includes excavators, dumpers, rollers and specialist access equipment such as spider lifts, alongside other essential tools and site equipment. The company's website highlights excavators ranging from 2.5-tonne machines, with further equipment available beyond the selection shown online.

Need to dig foundations, shift materials, prepare the ground, tackle a landscaping project or reach somewhere that's difficult to access? Rather than spending a fortune buying machinery you might only need for a short time, hiring can be a practical and cost-effective solution.

And that's where RTS comes in.

MORE THAN JUST HIRE – IT'S ABOUT SERVICE!

What makes a good hire company? Of course, you need equipment that's suitable for the job, but you also want people who answer the phone, offer helpful advice and make the whole process as straightforward as possible.

That's the kind of service RTS aims to deliver.

Rory and the team understand that every project is different. If you're unsure which machine or tool you need, getting advice from people who know their equipment can save time, reduce hassle and help you make the right choice.

RTS also offers delivery and collection across West Wales, helping customers get equipment to site without the headache of transporting heavy machinery themselves. Its website highlights well-maintained equipment, regular maintenance and safety checks as priorities.

For busy tradespeople, keeping a job on schedule matters. For homeowners, having equipment delivered when you need it can make a project much easier to manage. It's practical service that can make a real difference.

DON'T JUST TAKE OUR WORD FOR IT!

The customer feedback we found backs up the message that RTS is about more than simply handing over a set of keys.

Customers have praised the team for being knowledgeable and helpful, with one reviewer highlighting their advice on choosing the right equipment and approach for a job.

Other feedback describes the service as friendly and professional, praises the quality of the tools, and highlights equipment being delivered and collected on time. One customer also praised Rory and Dan for being incredibly helpful, even after a refuelling mistake.

That last point says a lot about the value of a helpful hire team. Things don't always go perfectly when you're tackling a project, particularly if you're not using machinery every day. Having approachable people at the end of the phone is a real bonus.

YOUR LOCAL PLANT HIRE TEAM – READY TO HELP

Based in Crymych, RTS Plant & Tool Hire is ideally placed for customers looking for a local hire company serving Pembrokeshire and the wider West Wales area.

Whether you're working on a building site, improving a property, landscaping a garden or taking on a project of your own, Rory and the team are ready to help you explore the equipment available.

You don't need to be a big construction company to benefit from hiring the right kit. Sometimes, having the right machine for a day or two is all it takes to turn a difficult job into a manageable one.

FEELGOOD MAGAZINE SAYS...

We love seeing local businesses providing a useful service to the people and trades that keep Pembrokeshire moving.

RTS Plant & Tool Hire has the equipment, the local focus and a team that customers praise for being helpful. So, if you're planning your next project and need plant or tool hire, make Rory and the team one of your first calls.

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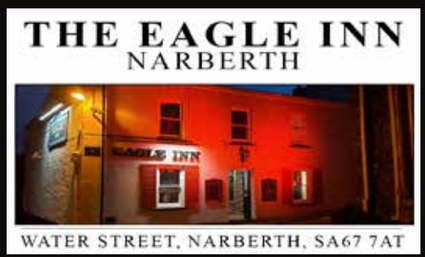

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FeelGood Cookin'!

A FEELGOOD TASTE OF AUTUMN

Three warming seasonal dishes to make the most of October.

There is something rather wonderful about cooking at this time of year. As the evenings become darker and the temperature begins to drop, light summer dishes give way to warming soups, slow-cooked suppers and comforting puddings.

This month we've put together a simple three-course autumn menu that makes the most of the season: a silky roasted butternut squash soup to begin, tender cider and mustard chicken for the main event and a classic apple and blackberry crumble to finish.

All three are straightforward enough for a family supper but impressive enough to serve when friends come round.

STARTER: Roasted Butternut Squash & Sage Soup



- 1 large butternut squash, peeled and cubed
- 1 large onion, chopped
- 2 garlic cloves, crushed
- 2 tbsp olive oil
- 750ml vegetable stock
- 100ml double cream
- 6–8 fresh sage leaves
- ½ tsp ground nutmeg
- Salt and freshly ground black pepper
- Pumpkin seeds and crusty bread, to serve

Sweet roasted squash, fragrant sage and just a hint of warming spice make this colourful soup a perfect October starter. Roasting the vegetables first brings out their natural sweetness and gives the finished soup a wonderfully rich flavour. Serves 4.

Preheat the oven to 200°C/180°C fan/Gas 6. Place the squash, onion and garlic on a large roasting tray, drizzle with the olive oil and season generously with salt and pepper. Scatter over half the sage leaves and roast for around 30–35 minutes, turning once, until the squash is soft and beginning to caramelise around the edges. Transfer everything to a large saucepan, pour in the vegetable stock and add the nutmeg. Bring gently to the boil before reducing the heat and simmering for around 10 minutes. Blend until completely smooth, then stir through the cream and check the seasoning. If the soup is a little too thick, simply add another splash of stock or hot water. For a lovely finishing touch, quickly fry the remaining sage leaves in a little oil until crisp. Ladle the soup into warm bowls and finish with crispy sage, a swirl of cream and a scattering of pumpkin seeds. Serve with plenty of warm crusty bread for dunking.

MAIN COURSE: Creamy Cider & Mustard Chicken

Few flavours say autumn quite like apples and cider, and this easy one-pan supper combines both with succulent chicken, wholegrain mustard and a creamy sauce. It's wonderfully comforting without being too heavy – and you'll definitely want some mashed potato to mop up that sauce. Serves 4.

Season the chicken thighs well with salt and pepper. Heat the olive oil in a large frying pan or shallow casserole and brown the chicken over a medium-high heat for around 4–5 minutes on each side. Remove from the pan and set aside. Turn the heat down slightly, add the onion and cook gently for 5 minutes until softened. Add the garlic and apple wedges and cook for another couple of minutes. Sprinkle over the flour and stir well, then gradually pour in the cider, scraping all those lovely caramelised bits from the bottom of the pan. Add the chicken stock, wholegrain and Dijon mustards and the thyme. Return the chicken to the pan and simmer gently, uncovered, for around 20–25 minutes, or until the chicken is completely cooked through. Stir in the cream for the final few minutes and allow the sauce to thicken slightly. Taste and adjust the seasoning before scattering over some chopped parsley. Serve with creamy mashed potatoes and seasonal greens – cabbage, kale or tenderstem broccoli all work beautifully.

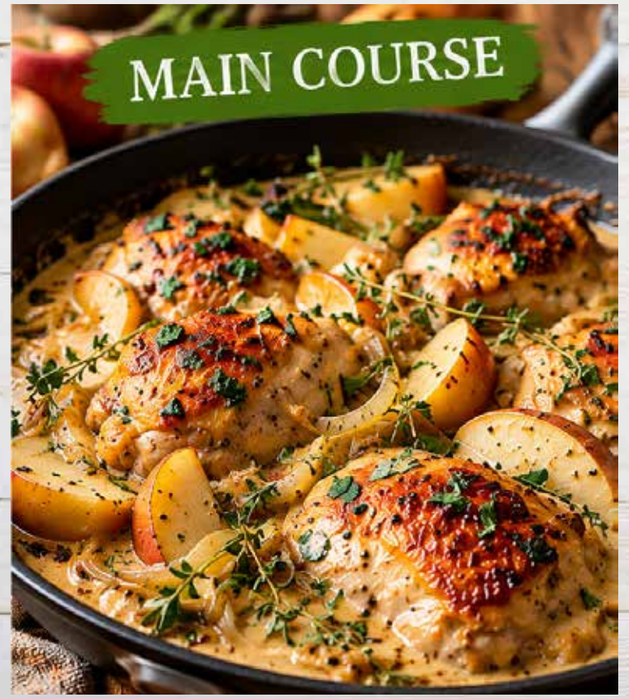
What does it go with?



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- 8 boneless chicken thighs
- 1 tbsp olive oil
- 1 large onion, finely sliced
- 2 garlic cloves, crushed
- 2 eating apples, cored and sliced
- 250ml dry cider
- 150ml chicken stock
- 150ml double cream
- 2 tbsp wholegrain mustard
- 1 tsp Dijon mustard
- 4–5 sprigs fresh thyme
- 1 tbsp plain flour
- Salt and freshly ground black pepper
- Fresh parsley, to garnish

Cook's tip: If you're cooking for children or simply don't want to use cider, cloudy apple juice makes a good alcohol-free substitute. Reduce the quantity slightly if it's particularly sweet.

DESSERT: Apple & Blackberry Crumble

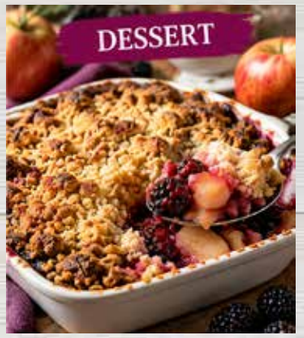
Sometimes the old ones really are the best. Apples and blackberries are one of autumn's great flavour combinations, and bubbling fruit beneath a golden, buttery crumble topping is difficult to beat when the weather outside starts turning chilly. Add custard and we're firmly into seconds, please territory. Serves. 6

Preheat the oven to 190°C/170°C fan/Gas 5. Peel, core and roughly chop the apples and place them in a saucepan with the brown sugar, cinnamon, ginger and lemon juice. Cook gently for around 5–7 minutes, just until the apples begin to soften. Remove from the heat and gently fold in the blackberries. Spoon the fruit into a medium-sized ovenproof dish. To make the crumble topping, place the flour and cold butter into a bowl and rub them together with your fingertips until the mixture resembles coarse breadcrumbs. Stir in the demerara sugar, oats and a small pinch of salt. Scatter the crumble generously over the fruit – don't press it down; those rough edges are what become beautifully crisp in the oven. Bake for 30–35 minutes until the topping is golden and you can see the purple blackberry and apple juices bubbling around the edges. Leave it alone for five minutes if you can resist it, then spoon generously into bowls. And while ice cream is perfectly acceptable, on a cold October evening there can surely only be one correct answer: lashings of hot custard.

- For the filling:
- 4 large cooking apples, peeled and sliced
- 200g blackberries
- 75g soft brown sugar
- 1 tsp ground cinnamon
- ½ tsp ground ginger
- 1 tbsp lemon juice
- For the crumble topping:
- 175g plain flour
- 100g cold butter, cubed
- 75g demerara sugar
- 50g rolled oats
- Pinch of salt

AN AUTUMN FEAST

The beauty of this menu is that much of the work can be done ahead of time. The soup can be prepared the day before, the crumble can be assembled ready for the oven, leaving just the chicken to cook when you're ready to eat. So light the fire, shut out the autumn weather and gather everyone around the table. October comfort food doesn't get much better than this.



The Harp at Letterston

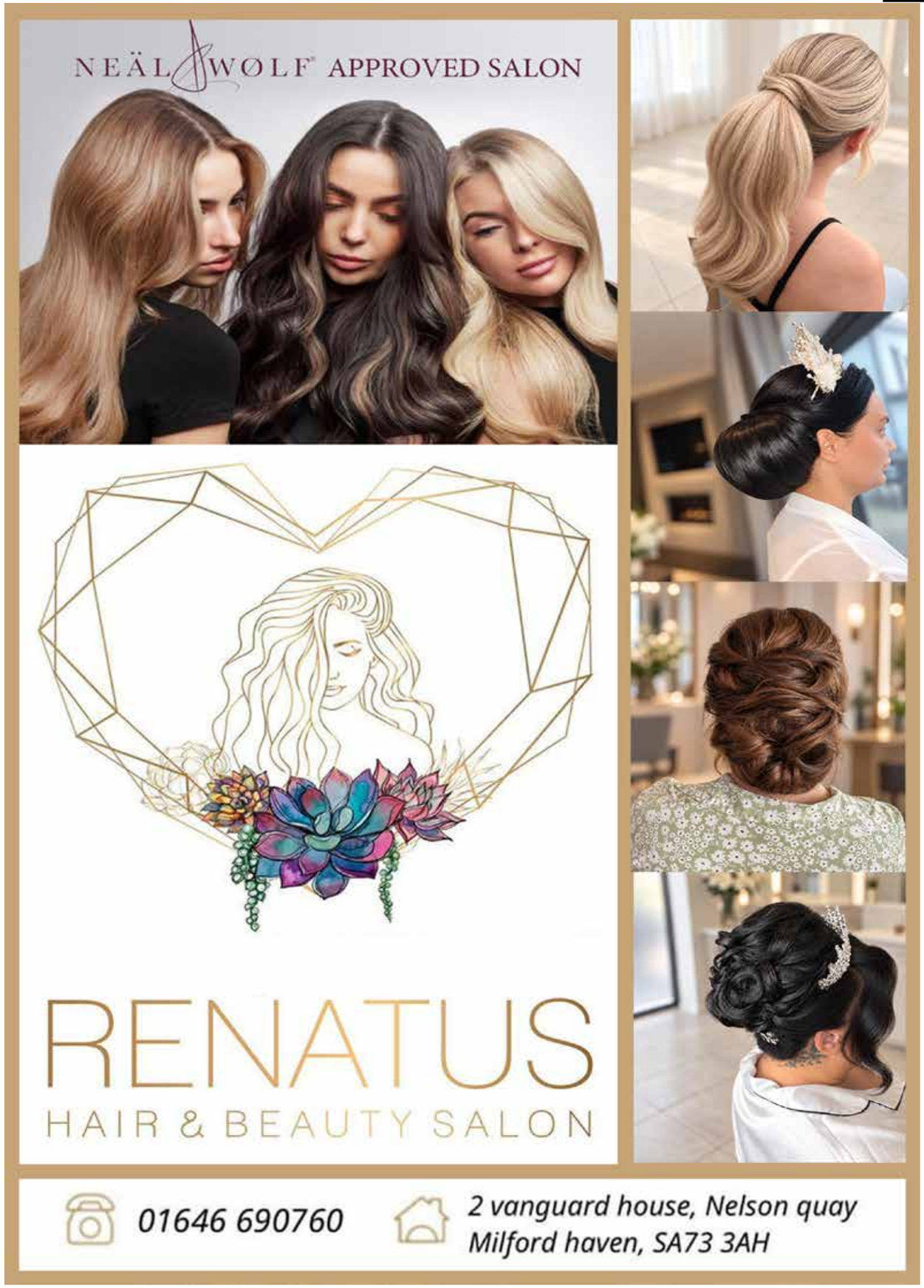
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HAVERFORDWEST OPTOMETRIST HAS HIS SIGHTS SET ON NATIONAL GLORY!

FeelGood SNIPPETS

Award-winning eye care specialist Andy Britton shortlisted for prestigious UK honour as local Specsavers team celebrates triple recognition

There's plenty to smile about at Specsavers Haverfordwest, where an award-winning optometrist is hoping to add another prestigious title to his collection!

Andy Britton, ophthalmic director at the town's Specsavers store, has been shortlisted for Optometrist of the Year at the national Optician Awards 2026, following his success at last year's Optometry Wales Awards, where he was crowned Wales' Optometrist of the Year.

Having spent more than two decades helping people across Pembrokeshire look after their eyesight, Andy is delighted to see his work recognised on a national stage.

"Winning the award in Wales last year was a real highlight, so to be shortlisted nationally this time around is an incredible honour," he said.

"I've been part of the Haverfordwest store for more than 20 years and it's been great to see how much we've developed in that time.



For me, it's always been about making sure people across Pembrokeshire can access the eye care they need close to home."

And it's not just Andy who has reason to celebrate!

Specsavers Haverfordwest has also been shortlisted for two further honours – Technology Practice of the Year and the Enhanced Optical Service Award – making it a particularly exciting year for the whole team.

Under the leadership of Andy and retail director Wayne Jones, the business has undergone a remarkable transformation, growing from just four testing rooms to an impressive 14 at its £1.2 million premises at Riverside Quay.

The expansion has helped bring a wider range of specialist eye care services to the local community, with advanced clinical technology and enhanced services, including glaucoma monitoring, allowing more patients to receive important care without having to travel further afield.

For Wayne, the national recognition is a reflection of the hard work and commitment shown by everyone at the store.

"It means a lot to have the team's work recognised alongside Andy's individual achievement," he said.

"There's a huge amount of dedication behind the scenes to keep improving what we do and everyone plays a part in that. Being the only Specsavers store in Wales to make this year's shortlist makes it particularly special and I hope the team feels proud of what they've achieved."

With three award nominations to celebrate, all eyes will now be on London when the winners are announced at the Optician Awards ceremony at the Royal Lancaster Hotel on 11 December.

Whatever the outcome, the nominations are already a fantastic achievement for Andy and his colleagues, highlighting the quality of eye care available right here in Pembrokeshire.



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30 YEARS OF BUILDING PEMBROKESHIRE

For nearly three decades, RED Building Services has been helping shape homes and communities across Pembrokeshire.

From impressive new builds to stunning renovations, the company has earned a reputation for quality workmanship, reliability and strong customer relationships.

Feelgood Magazine caught up with Liz Dorey to find out more about the story behind RED, the people who make it all happen, and what the future holds for one of Pembrokeshire's most respected building companies.

What is RED Building Services and what do you offer?

"We are a complete building company and can cover anything from a new build to a garden wall," explains Liz. "Our services include new builds, renovations, extensions, rendering, patios and much more."

With decades of experience and a highly skilled team, RED offers a comprehensive service for homeowners and businesses alike.

When did RED start?

RED Building Services began life in 1997 as a one-man operation. Over the years, the business has steadily expanded into the thriving company it is today.

Who started RED?

The company was founded by husband-and-wife team Rob and Elizabeth Dorey. In fact, the name RED comes from their initials – Rob and Elizabeth Dorey.

Who are the people behind RED and what are their roles?

The business remains very much a family affair. Rob oversees quotations and manages the building side of the company, while Liz looks after the accounts and administration.

Together, they have built a business that combines practical expertise with strong customer care.

What was Rob's history before RED?

Rob's journey in the construction industry began in 1980 when he started a two-year bricklaying apprenticeship while living in West Sussex. He progressed through the building trade, eventually becoming a foreman by 1988.

A move to Pembrokeshire saw him embark on a completely different challenge as a pub landlord, a role he enjoyed for eight years. In 1996 he returned to the building industry, shortly after meeting Liz, and together they established RED Building Services.

If we were to see your work around Pembrokeshire, what would be the standout projects?

Among RED's many successful projects, two stand out in particular.

The renovation of an old bungalow at St Catherine's on Haroldston Hill in Broad Haven showcases the company's ability to transform properties, while the impressive Giddanmu project at The Gann, St Ishmaels, demonstrates the high standard of craftsmanship RED is known for.

Both projects can be viewed on the company's website.

How many people work for RED?

RED currently employs 13 members of staff and takes great pride in the loyalty and development of its workforce.

Two of the company's longest-serving employees, Gary Beckerleg and Philip Williams, have each been with RED for more than 25 years.

The company has also helped develop local talent through apprenticeships, with Pratham Pusalkar, Ashley Roberts, James Vaughan Thomas and Adam Khan all starting their careers with RED as apprentices before becoming valued members of the team.

The business covers virtually every trade required for construction projects, working closely with trusted specialist electrical contractors when needed.

What does the future hold for RED?

Liz's answer is simple but telling:

"To keep our customers happy for as long as possible."

After almost 30 years in business, maintaining customer satisfaction remains the company's primary goal.

What does RED pride itself on?

At the heart of RED's success is a commitment to quality and customer relationships.

"We like to have a good working relationship with our customers and complete the work to a standard that we would expect in our own homes."

That philosophy has helped RED build a strong reputation throughout Pembrokeshire and generate much of its work through recommendations and repeat customers.

Just for Fun: What's your perfect three-course meal?

When it comes to dining out, Liz and Rob enjoy exploring the many fantastic eateries Pembrokeshire has to offer. However, when pushed to choose, they both agree it's difficult to beat a traditional Sunday lunch at The Harbourmaster, Milford Haven.

A fitting choice for a couple who clearly appreciate quality, consistency and a warm welcome.

Building for the Future

As RED Building Services approaches three decades in business, the company continues to demonstrate the values that have underpinned its success since 1997 – skilled craftsmanship, trusted relationships and a genuine commitment to delivering work to the highest standard.

For homeowners across Pembrokeshire, RED remains a name they can rely on.







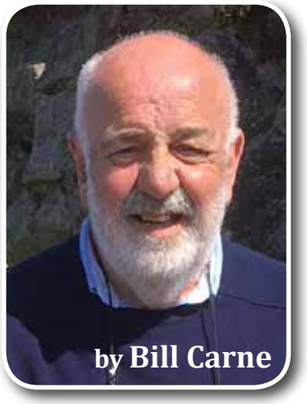








KATE FARR IS A CREDIT TO WOMEN'S SPORT IN OUR COUNTY!



by Bill Carne



Kate (front row) with the players at Milford haven RFC



Kate (standing, far right)



Kate & Co celebrate silverware

Kate Farr really loves just being involved in a range of sports for their own sake, rather than just winning trophies, although they do still turn up because in last year's Pembrokeshire Ladies' Indoor Cricket League it was Hook who were champions for the fourth year on the trot.

And someone who played a key role was opening bat and wicketkeeper Kate, who shared the honour of being the league's top run-maker as proof of her ability across a range of sports to make the best use of her ability.

Rapid conversion to a pole vaulter

And never was this better demonstrated than in her school days at the Milford Haven Comprehensive School, where she was a very good athlete who specialised in the 100 metres, high jump and 1,500 metres - but became a coveted holder of a Welsh vest for competing in - THE POLE VAULT!!

It came about as she was due to compete for her school in her speciality events at the County Sports, when about an hour before they were due to start, her games teacher, Richard Stubbs, told her he was looking for someone to compete in the pole vault and to her surprise asked her if she would 'volunteer'.

When she patiently told him she had never tried this highly technical event he said he could soon show her, and using his own experience in the event, went off and five minutes later returned with a broom handle.

Pembrokeshire, Dyfed and Welsh Champion

Not quite like a carbon-fibre pole, you might say, but Kate gave it a try in a nearby sand pit, and as Kate told us.

"I just sprinted up the run-way, launched myself upwards and to my complete surprise, cleared the bar!

"Then to add to my astonishment I repeated the process a couple more times as the height increased, - AND I WAS PEMBROKESHIRE SCHOOLS' POLE VAULT CHAMPION!"

Having won the competition, Kate practised in school and went on to win the Dyfed title and then became a Welsh Champion after competing at the Leckwith Stadium in Cardiff.

Kate actually won it two years in succession and represented Wales against England, Scotland and Ireland at Jenner Park, Barry,- and was understandably jubilant with a bronze medal, having come third out of the eight competitors involved.

Competitive spirit inherited from her family

"I think that was down to the competitive spirit I have inherited from my family, as we played a range of games in the garden," Kate told us, "because my late father Steve and brother Jim, who was a long-time outside half for Milford Haven, were heavily involved at Milford Haven Rugby Club after we moved here from St Albans, with my mother Gill as a great cheer leader for The Mariners.

"Back in England, I had played for a boys' team from under 8 to 10 called the Old Albanians (where the Underwood brothers started) until I had my appendix removed on holiday and the boys were physically stronger by the time I got back so it was a bit too much of a challenge - and there was no girls' team to play for.

Encouraged to play rugby by 'Josie'

"When we moved to Pembrokeshire, Steve 'Josie' Joseph persuaded me to join the Milford Haven Ladies' team he coached and I played at scrum half or on the wing, and I soon settled in and actually played for Pembrokeshire and West Wales - and was eventually selected for a Welsh trial but was already committed to athletics and the dates clashed.

"But I still retained my interest after the team folded because of a lack of numbers and after qualifying as a first-aider. I spent a number of years in that role with Milford Haven's first team.

The players always showed me total respect and I enjoyed my involvement until hockey moved to Saturdays and I wanted to continue playing for Milford Haven Hockey Club.

Remarkable dedication to hockey

And there is no doubt that Kate's dedication to hockey is remarkable because she has been involved throughout a remarkable transformation whereby she was part of the Milford Haven Hockey Club that at one time played in the Pembrokeshire League before joining the Welsh League in Division Five and has since moved through every section until they now play in the top echelon.

"I played for Pembrokeshire in school as well as the Milford Haven Club when I was old enough - and in those early days Sharon Grundy used to drive us to away matches and we played on grass;

whereas now we play on the Astroturf at Milford Haven School.

So, there is a greater skill level involved. It demands a great deal of travel because most of our opponents are well up the M4 in places like Chepstow and Cardiff and real commitment since it can involve being away from home for up to nine or so hours for a game lasting 70 minutes!

Now helping bring on young players with the seconds

"It has been great to play alongside great characters like Rachel Coe, Diane Davies (and since then her daughter Charlotte) - and in recent times I am still playing for the second team, which we introduced recently because we had so many talented young players ready to play for us.

'There are just a few of us 'old timers' playing and we won division five in our first season and are holding our own in division four now. I am really enjoying my involvement but I must admit it was nice to have one game back in the firsts towards the end of last campaign when they were short for a game in Cardiff - and although the pace is much quicker it was nice to test myself and feel I had played a solid part in our play."

Football for Milford Haven Ladies too

Not content with that little lot, Kate has also played football for Milford Haven Ladies at Marble Hall. "I was having a swim at the leisure centre when Tracy Parks, who works there, asked me if I had ever fancied a game and I told her it would be nice to try it - and that evening there was a knock at my door and Claire Rackley, who was heavily involved, was there with the papers needed to sign on!

"We had some very talented players like Lucy and Kate Sutton, Amanda Hood, Linzi Picton, Angela Lloyd and Jackie Williams - and I also played for the county alongside some of my team- mates in a team coached by Jerry Rigby and John Deason.

"On one occasion we played an American Eagles team and one of the oppositions took a shine to my jersey because she was also named Kate and I agreed to swap - and was astonished to have presented to me a whole set of superb kit to keep.

"When I was asked to return my jersey later on that evening, I had to admit I had given it away, which was a bit embarrassing, but my word did I benefit from the exchange!

Outdoor cricket at 'Herbie'

Kate has also played a lot of outdoor cricket in this county, starting out at Herbrandston in a side that included quality players like Diane and Charlotte Davies, Jackie Williams, Clare Rackley, Amanda Hood, Caroline Cooper, Amanda Lloyd, Alison Thomas and Cherie Pitcher-Schofield.

"All of them were also good at other sports and we were a committed bunch who won more than our fair share of the league and cup competitions. I enjoyed batting and bowling in those days but when we were fielding at Cressely I was patrolling the boundary, which I also loved, dived to save a four and heard a nasty triple 'crunch', which I eventually found was my shoulder dislocating, resetting as I ploughed on - and then jumping out again before I stopped!"

The injury took Kate out of the game for some time and she hasn't been able to bowl since then, but she turned her hand to wicket-keeping, and has enjoyed that ever since, indoors and outdoors!

Joined Hook after a long time out of the game

But she didn't play for almost a decade but one day received a phone call, quite out of the blue, from her old friend Jemma Phillips, asking if she would be prepared to help Hook Ladies out.

"My grandparents had lived in the village at one time and I thought it would be nice to play there, so agreed - and found players of the calibre of Jemma, Sam Rossiter, Maisy Davies, Tia Rees and Emilia Wilson playing there, and because I couldn't bowl any more, I was asked to keep wicket, which was just up my street!

"We actually won the league and a real bonus was the fact that we also won the Clive Huxley Memorial Cup as a bonus

Loves indoor cricket with Hook too

"Another great plus for me has been playing the indoor game for Hook and we have done really well for the past four years, winning the first division, with me opening the batting, which really suits me because I have always been quick between the wickets and that is vital in such a confined space to play."

What Kate is too modest to mention is the fact that she played a huge part in the 2025/26 indoor campaign, which Hook won as they beat a very strong Llanrhian team in their final game - and in the post-event presentations she shared the 'Most Runs' award to show just how consistent she had been.

Her total was an impressive 174 runs for twice out, once from a run out, which she was a bit sick about, and the other when she was bowled by Bobby Neale's accurate stuff for Pembroke.

And finally . . .

At the moment she is again playing consistently well for Hook Ladies' outdoors but, competitor that she is, admits that she has not been happy about a couple of recent low scores - but is determined to battle back into her 'Miss Consistency' mode.

It is always a pleasure to chat to her because she loves her participation in that wide range of sports and is absolutely modest about all she has done for well over 30 years.

We wish Kate Farr much more taking part because she is a credit to sport in our county!



BEAUTY WITHIN AT CRUG GLÂS

A little luxury, a lot of experience... and a whole new way to feel good!

Imagine escaping the everyday, stepping into the beautiful Pembrokeshire countryside and giving yourself permission to simply switch off.

No rushing, no distractions, no endless to-do lists. Just relaxation, expert treatments and a little well-deserved luxury. Welcome to Beauty Within at Crug Glâs!

Set in the stunning surroundings of Crug Glâs Country House, just a short distance from St Davids, Beauty Within is beginning an exciting new chapter, bringing together more than two decades of beauty and wellbeing experience with one of Pembrokeshire's most beautiful country house settings.

And this is no ordinary beauty appointment!

Step inside the beautiful new dual treatment room, where soothing aromas, peaceful surroundings and expert hands create the perfect environment to relax, restore and reconnect.

Whether you're treating yourself to some precious time alone or sharing the experience with a partner, friend or loved one, this is somewhere to slow down and savour the moment. Better still, why not make a whole occasion of it? With the opportunity to enjoy brunch, lunch or traditional afternoon tea in the welcoming surroundings of Crug Glâs, your treatment can become a truly special experience.

For Sara Griffiths, founder of Beauty Within Pembrokeshire, this exciting venture brings together everything she has loved about the beauty and wellbeing industry throughout her career.

Sara explains:

"I've always believed that one of the greatest luxuries is having time to yourself. Life is busy for all of us, juggling work, family, children and the endless demands of everyday life. Sometimes we all need a little looking after, too.

"That's one of the reasons I love our dual treatment room. Couples can enjoy a relaxing treatment together, switch off from their daily routines and simply enjoy each other's company. Afterwards, there's the pleasure of sharing a lovely lunch or afternoon tea.

"At Crug Glâs, I wanted to create somewhere everyone feels welcome, where taking time for yourself, or for each other, feels like the most natural thing in the world."



More than 20 years of experience, expertise and passion

Sara's journey in the beauty industry began long before the exciting new Crug Glâs venture.

Following professional training in Staffordshire and experience working in luxury spas, hotels and leisure establishments across the UK, Sara established Beauty Within at the Ivybridge Hotel in Goodwick in 2003.

She later went on to create The Ivybridge Spa, building a reputation for professional treatments, genuine hospitality and a wonderfully personal approach to looking after clients.

But Sara has never been one to stand still. Alongside traditional beauty and holistic therapies, she has continually embraced new technology and advanced treatments.

In 2014, she introduced CACI non-surgical facial technology to Beauty Within and has continued to invest in the latest developments, including the CACI Synergy Flex system. Using specialist microcurrent technology, CACI treatments help lift, tone and rejuvenate the appearance of the skin.

It's this combination of experience, innovation and genuine passion for her work that makes Beauty Within so special.

Meet the talented team bringing Beauty Within to life

Joining Sara at Crug Glâs are two talented therapists, each bringing their own specialist skills, experience and passion for wellbeing.

Ellie specialises in Swedish massage and advanced CACI facial treatments, combining professional expertise with a thoughtful and relaxing approach to client care.

Betsan is a classically trained spa therapist with experience of prestigious skincare brands including Thalgo and Elemis, alongside specialist expertise in professional beauty and nail services.

Together, Sara, Ellie and Betsan offer a carefully curated collection of advanced facials, restorative massage and holistic treatments, where quality, attention to detail and genuine care always come first.

Whether you're looking for a rejuvenating facial, a soothing massage or simply an opportunity to escape for a little while, the team is there to help you find the perfect treatment.

Three exclusive memberships – your invitation to feel good!

One of the exciting features of Beauty Within at Crug Glâs is its collection of three exclusive wellbeing memberships, thoughtfully designed to make regular self-care a little easier and a lot more enjoyable.

There are three experiences to discover:

Cwtch: Offering a precious moment of relaxation for those busy lives when you need a little time to yourself.

Cynefin: Combining restorative treatments with the added pleasure of afternoon tea.

Hiraeth: The ultimate indulgence, with extended treatments and leisurely dining.

Each membership offers something different, but they all share the same philosophy: making time for yourself should be something to look forward to.

Sara explains: "We wanted to create memberships that fit into people's lives. Whether you have only an hour to spare or a whole afternoon to enjoy, looking after yourself should never feel like a luxury you can't make time for."

And with the beautiful surroundings of Crug Glâs, it's easy to see why these memberships could become a very welcome addition to someone's regular routine.

A little mermaid magic, created right here in Pembrokeshire!



Now for something particularly special!

Inspired by the beautiful Pembrokeshire coastline, Môr Forwyn is an exclusive skincare collaboration between Beauty Within Pembrokeshire and Julia, John and their talented team at The Really Wild Soap & Skincare Co. in St Davids.

Bringing together Sara's professional treatment expertise with specialist skincare formulation, this collaboration celebrates a shared passion for beautiful products, local ingredients and the healing power of touch.

The result is a collection with a real connection to our wonderful corner of Wales.

At the heart of the range is the signature Môr Forwyn Holistic Facial, offering a deeply relaxing experience of soothing aromas, beautiful textures and indulgent massage melts.

It's a chance to enjoy something a little different, with a treatment inspired by the very coastline and countryside that make Pembrokeshire so special.

A little local magic, created to help you completely escape the everyday!

Come along and celebrate the launch!

The exciting new Beauty Within experience at Crug Glâs will be officially unveiled on:

SUNDAY 8TH NOVEMBER 2026 – FROM 4PM

Guests are invited to join Sara and the team for a fabulous launch celebration, with:

- A welcome of prosecco and delicious canapés.
- Live beauty treatment demonstrations.
- The exclusive Môr Forwyn skincare reveal.



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PEMBROKESHIRE

FeelGood SNIPPETS

PEMBROKE CASTLE SEEKS NEW TRUSEE

One of Pembrokeshire's most iconic historic landmarks is looking for a new trustee to help preserve its heritage and ensure it continues to play a vital role in the local community.

Pembroke Castle Trust is inviting applications from individuals who are passionate about protecting the county's rich history and helping to shape the future of the much-loved attraction.

The successful candidate will join the Trust's board for a seven-year term, contributing around 12 to 20 days each year to support the charity's work.

As well as overseeing the conservation and preservation of the historic castle, trustees play an important role in developing its educational programmes, community events and heritage activities, ensuring the landmark can be enjoyed by generations to come.

The Trust is particularly interested in hearing from people with experience in areas



such as conservation, finance, law, fundraising, tourism, marketing and education. It is also hoping to attract applicants from a wide variety of backgrounds, bringing fresh ideas and perspectives to the board.

While previous experience as a trustee would be an advantage, it is not essential. More important are sound judgement, strategic thinking and a genuine commitment to the castle's long-term future.

Applicants should ideally live in Pembrokeshire or have strong connections to the county and a good understanding of the local area. The unpaid position forms part of a proud tradition of charitable stewardship dating back to 1969, when Pembroke Castle was placed into a private charitable trust by the daughter of Major-General Sir Ivor Philipps. Sir Ivor purchased the castle in 1928 and played a significant role in restoring the historic fortress, helping to secure its future as one of Wales' most treasured heritage attractions. Reasonable travel and associated expenses may be reimbursed in accordance with Trust policy. The appointment offers an opportunity to make a lasting contribution to the preservation of Pembroke Castle while helping it remain at the heart of Pembrokeshire's cultural and community life.



HEALTHCARE HUB GETS GREEN LIGHT



A former Narberth art gallery is set to be transformed into a new healthcare hub after revised plans were approved by Pembrokeshire County Council.

The former Kadinsky gallery on Redstone Road will become Winchester House Healthcare, bringing a range of medical and dental services together under one roof.

Plans include routine and emergency dentistry, specialist dental treatments, ear, nose and throat (ENT) services, physiotherapy and a dedicated sleep clinic.

The scheme had previously been refused in April following concerns over parking and highway safety. The proposals were subsequently revised to address those issues, and conditional planning permission has now been granted.

The project is being led by Dr Ahmed Abouserwel, founder of Narberth's Winchester House Dental Practice, and is expected to create up to 19 full-time jobs within five years.

As well as bringing a vacant commercial building back into use, the new centre aims to improve access to a wider range of healthcare services for people in Narberth and across Pembrokeshire.

MORE FAMILES URGED TO CONSIDER ADOPTION

FeelGood SNIPPETS

Families across Mid and West Wales are being encouraged to consider adoption as new figures show the number of children waiting for a permanent home has increased.

During National Adoption Week, from October 19-25, the National Adoption Service for Wales is highlighting the experiences of parents who have already built their families through adoption.

Across Wales, initial enquiries from prospective adopters increased by 10 per cent over the past year, reversing several years of decline. However, the number of children waiting to be adopted has also risen by 11 per cent, with 310 children currently in need of adoptive families.

Among those sharing their story is Carys from Ceredigion, who adopted through Adoption Mid and West Wales with her husband, Aled.

Shortly before the couple married, Carys learned she would be unable to have children naturally without fertility treatment. After considering the options available to them, they decided adoption was the right way to grow their family.

Carys said: "When that child comes home and they're in your hands, it's all worth it.

"There's never the perfect time. The perfect time is when they're home."

Cllr Marc Tierney, Cabinet Member for Young People and the Well-being of Future Generations, said every child deserved the opportunity to grow up feeling "safe, valued and loved".

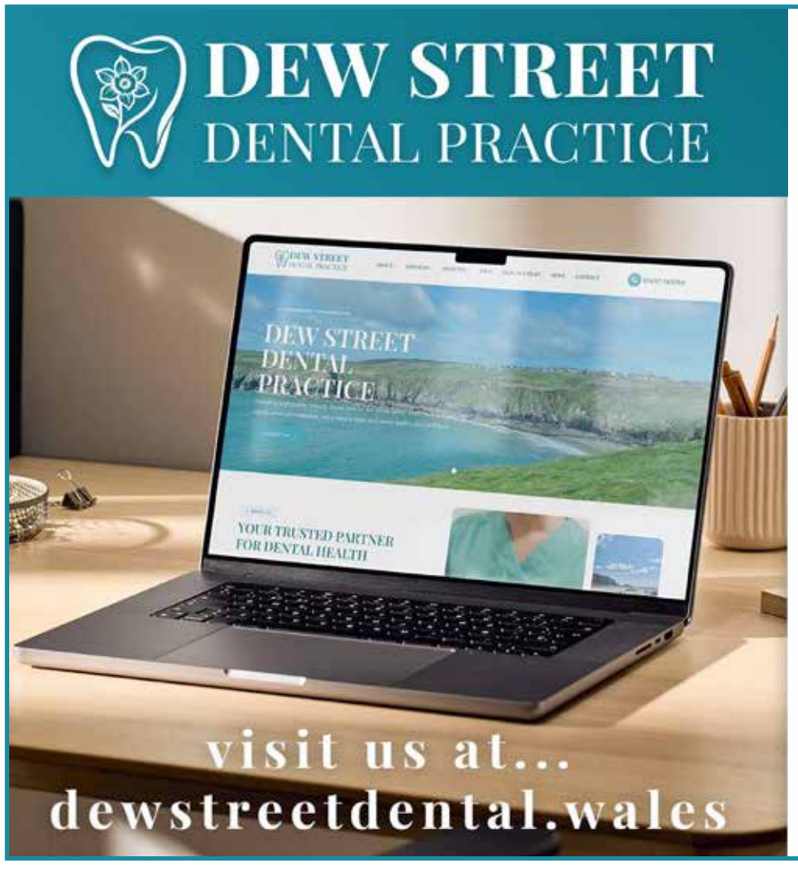
He encouraged anyone considering adoption to take the first step and find out more about the process and the difference they could make to a child's life.

Eifion Burke, Director of the National Adoption Service for Wales, said adoption could bring unique challenges but was also an incredibly rewarding journey, with support available to children and adoptive families throughout the process.

He added: "Adoption is one of the most powerful ways we can change a child's future."

More information and advice for anyone considering adoption is available from Adoption Mid and West Wales.







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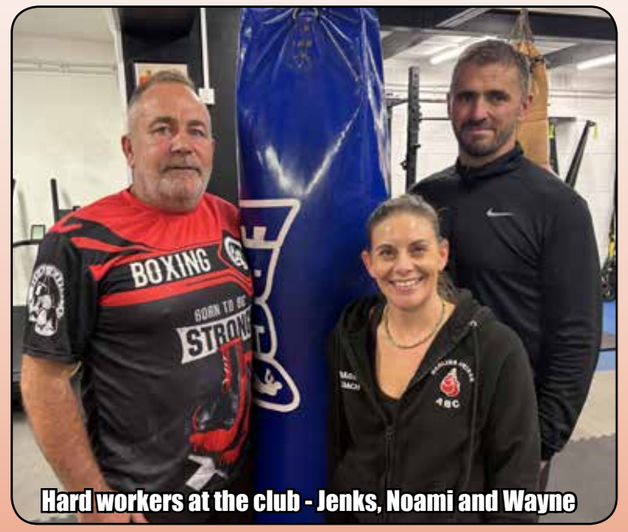
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IT'S ALL SYSTEMS GO FOR THE BIG BOXING SHOW



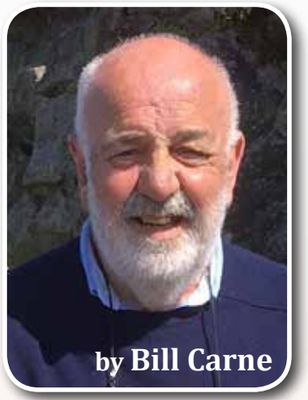
The O'Sullivans - four brothers and dad Wayne as coach



Hard workers at the club - Jenks, Noami and Wayne



Alex Ward with Graham Brockway and Mali


by Bill Carne

Coaches, boxers, parents – everyone involved at Merlins Bridge Amateur Boxing Club is busily preparing for their forthcoming show, featuring their talented youngsters against the best from across South Wales and even further beyond before what is sure to be a huge crowd of boxing fans at the Park House Building at the Haverfordwest Show Ground.

It means a tremendous amount of work in arranging the bouts because they are all carefully managed in terms of age, weight and experience, confirming the availability of the referees, judges, timekeepers and medical staff (indeed, a local doctor has already visited the club's excellent facilities at Merlins Bridge to conduct medical check-ups on all those hoping to take part – and all this work organised under the watchful eye of head coach Graham Brockway, who took over the club from another boxing 'legend' in the late Eddie Davies in 1990.

Two other ladies are also great helpers in terms of organisation in his wife Gill, who does wonders for ladies' physical and mental health well-being at the club,

and Naomi Dalton, who has now become a coach in her own right but also takes the role of the administrator who maintains all the documentation needed, grant applications. Child Welfare and a host of other things.

"I couldn't do without either of them in the club," Graham admitted and he is absolutely right!

Graham has also used his vast experience as a builder to provide even better facilities lately, helped by some of his coaches, so that the toilet facilities have been improved, as have the changing facilities and shower room!

Graham has a great boxing pedigree

Graham is held in enormous esteem across other clubs in Wales and when he recently travelled up to the headquarters of the Welsh Amateur Boxing Association in Cardiff 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 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 as well as having over 70 bouts, most of them victories, he eventually became assistant to Roy Witts as coach.

As a coach, he has 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 the Commonwealth Games), Andy Robinson and others, followed by Chris and Wayne O'Sullivan and now Ffion Evans, another British Champion, then Sean Bolger and Alex O'Sullivan as recent Welsh champs.



Boxing coaches Ian Roberts, Gareth Williams, Barry Frearson, Will Godrun & Joe Kelly

It could be a memorable night for the O'Sullivan family

Both the last two are hoping to compete at the annual show, with 24 year old Alex likely to help achieve something of a Welsh record because he will be joined by his brothers Sion (27), Kyle (20) and baby brother Alfie (15) as the first time four boxers from one family who will take part – and with dad Wayne, who attends the gym at least three times a week with his sons, alongside Graham in the corner. The boys have been involved in a combined total of over 120 bouts and it will be amazing if all four can make it on to the programme for a special night!

Graham's wife Gill is also a genuine help on the night with her organisational skills and another female who does so much work on the night, and also throughout the year is Naomi Dalton, small of stature but a giant in terms of work for the club! It is a pleasure to visit the packed gymnasium, which had to be enlarged because of the interest shown, not only by outstanding boxers but others who just want to get fitter or lack confidence and the club has a fine record of dealing with everyone – no matter what their needs are.

And another plus is the fact that no-one is ever pushed into sparring or any form of contact unless they ask for it! The coaches take small groups of youngsters so that they can give them close attention and expert one-to-one advice.

Experienced coaches galore

Barry Frearson is one of Graham's longest-serving lieutenants who has been involved for over a decade after going to 'The Shack'; a training facility across town owned by Graham for use by adults only, and after doing really well in his quest for better fitness, started to pop down the club – and has been there ever since. "Graham is great to work with and it is wonderful to see children who have been in trouble benefit from the self-discipline expected, or the way that others come in nervously and soon grow in confidence."


Boxing coaches Ian Roberts, Gareth Williams, Barry Frearson, Will Godrun & Joe Kelly

Ian Roberts is another experienced coach of well over a decade, who told me exactly why he joined the club.

"Someone told me to my face that I had put on weight and looked really fat!" said Ian with a chuckle, "and I decided to do something about it. So, I joined the Boxing Club because it was so accessible for parking and I was made very welcome. I lost weight and have kept it off – and gradually started to help and joined some of the coaches on a course in Cardiff over three days to qualify as a boxing coach. It is a decision I've never regretted and still enjoy working with the kids."

Mark Jenkins, who is known to all as 'Jenks', is another of the older coaches and he is brilliant with young children starting out at the club, but also commands respect from the older boxers – and then there's Gareth Williams, a former rugby player who started taking his son Morgan to train, and who could be boxing on the show - and Gareth enjoys a little bit of fitness work himself, despite the fact that he is in his 50s like the earlier trio!

Younger coaches also heavily involved

More recent coaches are Alex Ward, an-ex boxer and top kick boxer who is very good at working with the growing number of girls and women who now use the club, plus Joe Kelly, another 'youngster' at 39 who arrived to work at his fitness and now loves his coaching role.

Will Lukins is from Cardiff and boxed in Welsh finals there - and is now imparting his knowledge gained in almost 70 bouts, and hoping his step-son, Miley Flynn, will be matched up on the night!

Talent galore waiting to get in the ring

Our photograph, taken last week at the gym, shows just how many boxers want desperately to be on the programme, including relative youngsters like Alfie, Louie Taylor and Amirah McGowan, plus Osian Evans, Joshua Wall, Lewis Jones, Adam Lawrence, Miley Flynn, Osian Warden, Max Williams, Morgan Williams, Ashton Lewis, Gethin Roberts and Alfie Wardrun.

All the boxers from Merlins Bridge ABC have the same aim, to represent the club with pride and follow its mantra of just doing their best - and will receive every encouragement from Graham Brockway and his merry band of helpers, plus good advice between rounds and the chance to look back fairly soon afterwards in the gym.

And finally . . .

A great deal of thought is put into the organisation of the big night, which is carefully stewarded and which promises not only quality boxing but a real festival of sound and lights supplied by Pure West Radio, with large screens above the ring which give those sitting a little away from ringside in such an inevitably large and enthusiastic audience the same chance to view the bouts.

There is one thing for sure - and that is the fact that everyone in attendance with be guaranteed a great evening - and tickets are selling like hot cakes so contact the club or any member to buy yours.

FeelGood Pembrokeshire Magazine will be there on the night - and we promise a full report and superb photographs in our next issue as a bonus if you are unable to be there for local boxing's big night!

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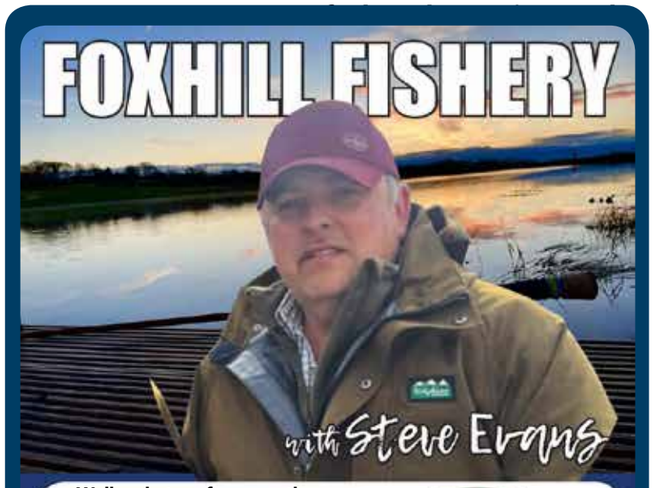
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FOXHILL FISHERY



Well, what a few months it's been here at Foxhill Fishery! If anyone had told me at the start of the summer what we'd have to go through to host an international fishing competition, I'm not sure I'd have believed them!

As many of you will know, we've had one of the driest summers in 50 years, and keeping enough water in the ponds has been a real challenge. Throw in a few water leaks for good measure and there were times when I wondered whether we'd be able to pull everything together.

But somehow, with a lot of hard work and some fantastic people rallying around, we managed to welcome the Bank Teams International competition to Foxhill.

And what an honour it was!

We had some of the finest anglers from Wales, Scotland, Ireland and England competing, and seeing that level of talent here was something I'll never forget.

Of course, the weather had other ideas! After relatively calm practice days, competition day arrived with winds gusting at more than 40mph, making conditions incredibly challenging.

All four nations gave it everything, but congratulations must go to England, who got off to a flying start, held their lead and eventually took gold.

For me, though, the biggest highlight was seeing how many people came together to make it happen.

Friends and supporters spent weeks fetching supplies, carrying diesel to keep the pumps running and generally doing whatever was needed. When everything seemed to be going wrong, those people kept me going, and I can't thank them enough.

A special mention to all the controllers who stood out in that howling wind. Without them, there simply wouldn't have been a competition.

Thanks also to Teleri for the catering, Simon from SHM Electrical, Kirsty from Pembrokeshire Marquee Hire, Tania at Stephen Hancock Concrete, and Sara and Amy for helping with the programmes.

Tracy at the St David's Cross Hotel deserves a mention too, for keeping everyone fed and watered and checking in to see what the latest disaster was! Thanks also to the Hats and Barrels for the presentation meal and all our generous peg sponsors.

It was exhausting, stressful and occasionally chaotic, but also one of my proudest moments at Foxhill.

And wouldn't you know it, after all those weeks worrying about water levels, the rain finally arrived and filled the ponds! You couldn't make it up.

On another note, an auction was arranged at the Mariners Hotel in Haverfordwest featuring a lifetime's collection of fishing tackle belonging to the late David Nattress, with proceeds supporting Rosebush Reservoir Fishing Club. A lovely way to celebrate a fellow angler's passion while helping a local club.

As we head towards the end of another year, a huge thank you to everyone who has supported Foxhill, whether you've helped behind the scenes, competed or simply enjoyed a day's fishing

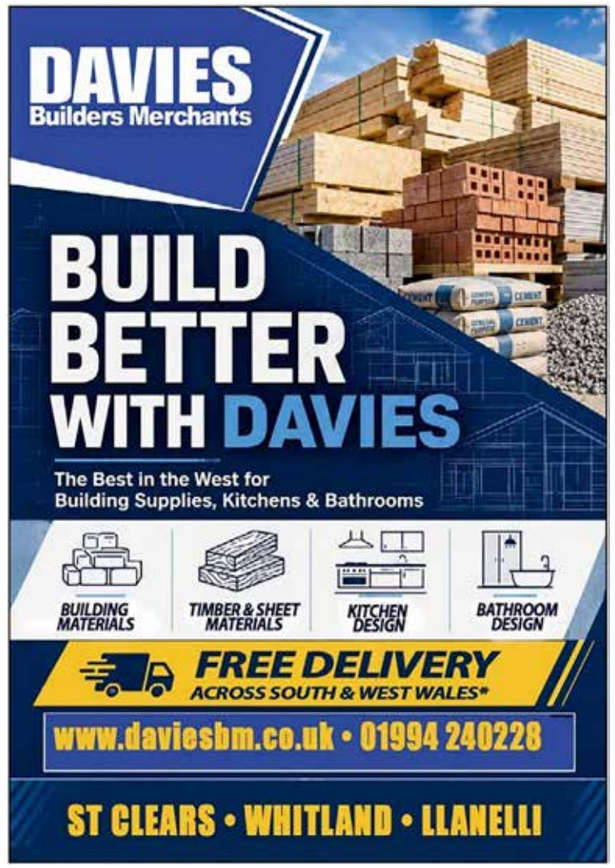
It's been quite a year!

Until next time, take care and tight lines!

Steve









BUSINESS FOCUS

CONTINUE? ARCADES TENBY

WHERE THE GOOD OLD DAYS COME BACK TO LIFE!



Looking for a brilliant day out in Tenby this autumn and winter? Forget the weather, forget the rain and step inside Continue Arcades Tenby, where the lights are bright, the games are loud and the nostalgia is turned up to maximum!

Situated on White Lion Street, Continue has brought something a little bit special to the heart of Tenby — a huge celebration of arcade gaming, packed with classic favourites, modern games and plenty of opportunities for some serious family competition.

And the best bit? You pay once and then the games are free to play! That means you can spend hours battling it out without constantly putting coins into machines.



A TRIP DOWN MEMORY LANE

There is something about walking into an old-school arcade that instantly brings back memories the sounds, the flashing lights, the competition and that feeling of having the whole day ahead of you.

Continue has captured that feeling brilliantly. From Pac-Man and pinball to racing games, shooters and SEGA Rally, there is something to get everyone involved. And while the adults can enjoy a serious dose of nostalgia, younver visitors get the chance to discover why arcade first place.



FEELGOOD MAGAZINE'S TIM PAYS A VISIT!

FeelGood Magazine owner Tim Evans visited Continue Arcades this Saturday and he wasn't disappointed!



"Wow! What a fantastic day out. From the moment you walk through the door, there's a brilliant energy and atmosphere, with all those classic games bringing back memories.

My personal favourite had to be SEGA Rally absolutely awesome! There's something about playing those old-school games that takes you straight back to those days out in Tenby when you were younger.

Continue Arcades has captured that feeling brilliantly. I'd highly recommend giving it a go, especially with the winter months approaching. You can spend hours inside having fun, competing with friends and family and enjoying that fantastic arcade atmosphere.

It's a great addition to Tenby and definitely somewhere I'll be heading back to!"

WHAT ARE VISITORS SAYING?

One recent Tripadvisor visitor described Continue as an "excellent retro arcade", highlighting the classic 80s and 90s machines, pinball, gun games, driving games, pool, basketball and air hockey and particularly liked the fact that everything is free play once you've paid entry.

Another visitor said they spent almost three hours inside with their husband and teenage daughter and felt they had received really good value for money, praising the huge variety of games.

Another family visitor went even further, explaining that their Come & Go pass allowed them to return throughout the day, eventually spending more than six hours enjoying the arcade!



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MAKE CONTINUE YOURS!

Looking for somewhere different for your next celebration? Continue Arcades Tenby is available for birthday parties, Christmas parties and private hire — including exclusive use of the whole arcade!

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FeelGood FARMING

BUSINESS AWARD FOR INSURANCE TEAM

NFU Mutual's Carmarthenshire Central Agency is celebrating after scooping the Agriculture Business of the Year title at the prestigious 2026 Businessin Wales Awards.

The team, which operates from Carmarthen and St Clears, received the accolade at a glittering ceremony held at The Parkgate Hotel in Cardiff, recognising its outstanding support for farmers, agricultural contractors and rural businesses across the county.

The agency faced strong competition from fellow finalists Hopkins Machinery and Ifor Williams Trailers in the category, sponsored by Nathaniel Cars.

The inaugural Businessin Wales Awards celebrated the achievements of businesses across Wales, recognising excellence, leadership and contributions to the Welsh economy.



NFU Mutual Carmarthenshire Central provides specialist insurance, financial services and risk management advice to farming families and rural businesses, with many of its team members bringing their own agricultural backgrounds and first-hand understanding of the challenges facing the industry.

The agency is also actively involved in the local farming community, supporting agricultural shows, rural events and community initiatives throughout Carmarthenshire.

Paul McCarthy, Senior Partner at NFU Mutual Carmarthenshire Central Agency, said: "We are absolutely delighted for our team and the industry we represent to be recognised at such a prestigious event.

"It's a testament to our hard-working team and the support of our customers in the community.

"Whether supporting clients through adverse weather events, livestock disease outbreaks, equipment losses or changing industry pressures, the team works closely with customers to help them navigate challenges and recover quickly.

"The evening was a great celebration of amazing businesses across Wales, and I'd like to pay particular thanks to Ffion Raymond, who did a fantastic job with our application."

The award is a proud achievement for the Carmarthenshire team and reflects its continued commitment to supporting the farming families and rural businesses at the heart of the county's agricultural community.



FeelGood FARMING

CALL FOR ACTION ON BOVINE TB

Campaigners in Pembrokeshire and Ceredigion are urging the Welsh Government to rule out badger culling and instead invest in improved cattle testing, farm biosecurity and vaccination to tackle bovine tuberculosis (bTB).

The two counties' Badger Groups have joined forces to call for a greater focus on preventing the spread of the disease within cattle herds, arguing that protecting wildlife and supporting the farming community should go hand in hand.

"This is not a choice between farming and badgers," the groups said in a joint statement.

They believe more attention should be given to identifying undetected infections in cattle and improving measures to prevent transmission between farms, including through contaminated equipment, vehicles and clothing.

A spokesperson for Pembrokeshire Badger Group said: "The BCG vaccination for cattle is on the horizon, so let's work towards getting Wales bTB free with improved biosecurity and cattle management, without the needless killing of badgers."

The appeal comes as the latest figures show encouraging progress in tackling bovine TB, although the disease continues to have a devastating impact on Welsh farms.



In the 12 months to June 2026, Wales recorded 477 new TB herd incidents, compared with 616 the previous year. Meanwhile, 10,090 cattle were slaughtered as part of disease control measures. Both figures represented a reduction of 22.6%.

NFU Cymru has advocated a targeted approach that includes wildlife controls, with decisions on culling or vaccination based on local circumstances and disease levels.

During a Senedd debate in July, Rural Resilience and Sustainability Minister Llyr Gruffydd acknowledged the importance of cattle controls and biosecurity while recognising wildlife as a potential source of infection. He stressed that future decisions must be guided by scientific evidence, animal welfare and practical considerations.

The effectiveness of badger culling remains a subject of debate. A 2024 study by Animal and Plant Health Agency researchers estimated that a package of disease-control measures in England was associated with a 56% reduction in confirmed cattle TB incidents by its fourth year, compared with modelled expectations without the policy.

In August, the Welsh Government announced extensions to bovine TB pilot projects in Pembrokeshire and north Wales. Involving 28 farms and 12 veterinary practices across the two areas, with support from Aberystwyth University, the projects are exploring ways to identify infection risks and strengthen farm biosecurity.

Campaigners also highlight public concerns about culling, pointing to RSPCA polling which found that 46% of Welsh respondents opposed the practice, compared with 27% who supported it.

Pembrokeshire and Ceredigion Badger Groups are now encouraging residents to support a Senedd petition calling for badger culling in Wales to be rejected and for a full public consultation before any policy changes.

The petition has already attracted more than 24,000 signatures and remains open until November 11.

To find out more or sign the petition, visit petitions.senedd.wales/petitions/247039.

YOUNG FARMERS GIVE BACK



Members of Fishguard Young Farmers Club have been helping those in need by collecting food for a local food bank as part of this year's harvest celebrations.

The donations followed the County Harvest Thanksgiving Service at St Davids Cathedral, organised by Pembrokeshire Young Farmers and the Pembrokeshire Agricultural Society.

Over recent weeks, Fishguard YFC members have been gathering food donated by supporters, with the collection now going towards helping individuals and families facing hardship in the local community. The club thanked everyone who contributed, saying the generosity shown towards the collection was greatly appreciated.

The initiative was another great example of the important role young farmers continue to play in supporting their local communities.



CEO TAKES ON 100KM SAHARA TREK FOR WALES AIR AMBULANCE



FeelGood SNIPPETS

A Pembrokeshire businessman is swapping the boardroom for the Sahara Desert as he prepares to tackle a gruelling 100km trek in aid of Wales Air Ambulance.

Darren Briggs, founder and CEO of Ascona Group, will set off on November 8 alongside six other supporters for the charity's first-ever Sahara Trek fundraising challenge.

The group will spend five consecutive days crossing the Moroccan desert, tackling huge sand dunes, rocky trails and exposed plateaus while walking for up to nine hours a day.

Some days will see them cover as much as 34km, with the group camping overnight in the desert and facing temperatures ranging from around 9°C to 30°C.

The challenge is the latest chapter in Ascona Group's long-running support for Wales Air Ambulance. Since 2022, the Pembrokeshire-headquartered company has pledged to raise £1 million for the lifesaving charity, with more than £450,000 already raised.

Darren, who is also a trained helicopter pilot, became the charity's first Business Ambassador and says the challenge combines his growing passion for fitness with a cause close to his heart.

He said: "I've always believed that the best challenges are the ones that push you beyond your comfort zone, and trekking 100km across the Sahara certainly does that.

"The trek will test us physically and mentally, but if we can turn that determination and effort into essential funds and greater awareness of the charity's incredible work, it will all be worthwhile."

As recognition of Ascona Group's support, the company's logo now appears on the tail fin of one of the Wales Air Ambulance helicopters.

Gail Windley, Head of Fundraising for Wales Air Ambulance, thanked Darren and his fellow trekkers for taking on the challenge.

She said: "Taking on the Sahara is no small feat, and we are hugely grateful to everyone who has committed their time, energy and determination to raise funds for our charity.

"Every step they take across the desert will help ensure our crews can continue delivering advanced critical care to people across Wales."

Wales Air Ambulance needs to raise £13 million every year to keep its helicopters flying and rapid response vehicles on the road, with the service relying on charitable donations.

Darren is now encouraging people to support his Sahara challenge and help add to the hundreds of thousands of pounds already raised for the charity.

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FROM CATHEDRAL CHORISTER TO ARCHDEACON OF ST DAVIDS



A homecoming for Canon Leigh Richardson as he takes on a leading role in the church where his journey began

It's a case of coming full circle for the Revd Canon Leigh Richardson, who has been appointed the new Archdeacon of St Davids – returning to a place that has played a special part in his life since childhood.

Although born in Liverpool, Leigh grew up in St Davids, attended Ysgol Dewi Sant and sang as a young chorister at the city's famous cathedral. Now, almost 30 years after being ordained in that very same building, he is preparing to take on one of the Diocese's most important leadership roles.

Appointed by the Bishop of St Davids, the Rt Revd Dorrien Davies, Canon Leigh brings a wealth of experience gained through a varied career in education, parish ministry, chaplaincy and cathedral life.

Before entering the Church, Leigh worked in primary education. He later trained for the ministry at St Michael's College, Llandaff, and Cardiff University, before being ordained in 1997.

His career has taken him across West Wales, serving churches in Abergwili and Carmarthen, helping establish further education chaplaincy at Coleg Sir Gâr, and becoming Rector of St Peter's and Area Dean of Carmarthen.

His experiences have also extended far beyond Pembrokeshire. As a chaplain in the Army Reserve, Leigh served on an operational deployment to Iraq in 2007, before retiring from military service in 2022.

In 2018, he returned to St Davids Cathedral as Sub-Dean and Canon Residentiary, later taking responsibility for its worship and music. He currently serves as Acting Precentor and Diocesan Director of Ordinands, helping others explore their own calling to the ministry.

Welcoming the appointment, Bishop Dorrien Davies said he was "absolutely delighted" that Leigh had accepted the role, praising his dedication, experience and understanding of the communities served by the Diocese.

He added that Leigh's lifelong connection with St Davids made the appointment particularly special.

For Leigh himself, the opportunity to serve the community where he grew up is clearly something to celebrate.

"I am absolutely delighted and deeply honoured to have been appointed Archdeacon of St Davids," he said.

"Having grown up here, sung as a chorister in the Cathedral and later been ordained here, St Davids has always held a very special place in my heart."

He added that he was looking forward to supporting local clergy, congregations and communities, and helping the Church continue to play an important part in people's lives.

Away from his church duties, Leigh enjoys music, singing, walking, local history, cooking and family holidays. He is married to Christa, a Welsh-medium primary school headteacher, and the couple have four daughters.

For someone whose journey began singing in the cathedral choir, it's a remarkable homecoming – and the beginning of an exciting new chapter.

DOUBLE BRONZE FOR MILFORD HAVEN KARATE STAR

FeelGood SNIPPETS

A talented young karate competitor from Milford Haven has made his mark on the European stage, returning from the European Championships with an impressive two bronze medals to his name.

Representing Milford Haven Karate Club and Team Wales, Connor delivered a series of determined performances against some of Europe's talented young competitors, demonstrating the skill, commitment and fighting spirit needed to compete at international level.

His first medal came in the individual kumite 16–17 years, over 75kg category, where he battled his way through the competition to reach the semi-finals.

In a closely contested encounter, Connor found himself trailing 2–0 but showed tremendous determination to fight his way back into contention. Despite his spirited comeback, he narrowly missed out on a place in the final, losing by just a single point in a thrilling 3–2 contest.

The result secured him a well-deserved European bronze medal, a fantastic achievement in such a competitive category.

However, Connor's success did not end there, as he went on to add a second bronze medal to his collection in the team rotation event.

Competing alongside fellow Team Wales members Liam, Joseph and Samuel, Connor once again demonstrated his abilities on the international stage, with the Welsh quartet combining their talents to secure a place on the European podium.

The double medal success represents a tremendous achievement for Connor, his teammates and everyone involved with Milford Haven Karate Club.

Competing at European Championship level requires countless hours of training, dedication and perseverance, and Connor's performances are a fitting reward for the hard work involved in reaching such a high standard.

His achievements also provide another proud moment for Milford Haven Karate Club, highlighting the strength of grassroots karate in Pembrokeshire and the opportunities available for talented young athletes to progress onto the international stage.

With two European bronze medals to celebrate, Connor has every reason to be proud of his performances, while his success will undoubtedly provide plenty of inspiration for other young karate enthusiasts at the club.

A fantastic achievement for Connor, his Welsh teammates and Milford Haven Karate Club, proudly flying the flag for Pembrokeshire and Wales on the European stage.





A BUSY FEW MONTHS AT THE QUEENS HALL



Live music, comedy, festive markets and much more as Narberth's popular venue gears up for a packed November and December

The Queens Hall in Narberth continues to be one of Pembrokeshire's most loved entertainment venues, bringing a fantastic mix of live music, comedy, theatre, workshops and family-friendly events to the town.

With a diverse programme lined up for November and December, there's plenty to look forward to as the year draws to a close.

Here's a look at just some of the highlights coming up at this iconic venue.



CYPRISH HILL & THE MACHINE RAGES ON

TWO HUGE TRIBUTE ACTS, ONE EXPLOSIVE NIGHT

Get ready for an unmissable double-headliner as Cyprish Hill and The Machine Rages On take to the stage on Saturday 7 November.

Cyprish Hill deliver the unmistakable sound and atmosphere of hip-hop legends Cypress Hill, complete with a full live band, DJ and percussion, while The Machine Rages On recreate the ferocious energy and politically charged anthems of Rage Against The Machine.

Expect a high-energy night packed with iconic music and an incredible live



MARTYN JOSEPH

A POWERFUL VOICE RETURNS TO NARBERTH

Acclaimed Welsh singer-songwriter Martyn Joseph brings his powerful songwriting and passionate performances to the Queens Hall on Sunday 8 November.

Known for his thoughtful lyrics, emotional storytelling and engaging stage presence, Martyn has built a devoted following through decades of live performances. This is an intimate opportunity to experience one of Wales' most respected artists.



THE PHOGUES

A CELEBRATION OF SHANE MACGOWAN'S LEGACY

Fans of The Pogues and the late Shane MacGowan are in for a treat when The Phogues take to the stage on Saturday 21 November.

Recreating the unique combination of traditional Irish music and rebellious punk spirit, the band deliver all the classic songs with infectious rhythms, heartfelt ballads and plenty of opportunities to sing along.

It promises to be a memorable evening for long-time fans and a chance for a new generation to experience the magic of The Pogues.



BEANS ON TOAST

HONEST SONGS AND GOOD TIMES

Singer-songwriter Beans on Toast brings his In Your Neck of the Woods tour to Narberth on Sunday 22 November.

Known for his witty, honest and often thought-provoking songs, Beans combines folk music, storytelling and observations on everyday life.

Expect an intimate, entertaining evening with plenty of humour and personality.



CHRISTMAS MARKET

THREE DAYS OF FESTIVE SHOPPING AND CHEER

The popular Queens Hall Christmas Market returns from Friday 27 to Sunday 29 November, with stalls spread across three floors.

Visitors can browse a fantastic range of unique gifts, crafts, food and drink, while enjoying mince pies and mulled wine. Younger visitors will also have the chance to meet Father Christmas.

Entry to the market is free, making it a perfect festive day out for all the family.



FAULTY TOWERS: THE DINING EXPERIENCE

CHAOS, COMEDY AND A DELICIOUS MEAL

Basil, Sybil and Manuel return to Narberth for an evening of hilarious mishaps, chaotic service and delicious food on Friday 4 and Saturday 5 December.

Inspired by the much-loved television comedy, this internationally acclaimed interactive dining experience combines a three-course meal with two hours of entertainment.

With much of the performance improvised, no two shows are ever quite the same, and diners might find themselves becoming part of the action!



FLASH: A TRIBUTE TO QUEEN

A NIGHT OF ROCK ROYALTY

Get ready for a spectacular celebration of one of rock music's greatest bands on Friday 11 December.

FLASH bring the unforgettable music of Queen to life, promising a night of soaring vocals, powerful guitar riffs and all the classic anthems.

AND THERE'S PLENTY MORE...

The Queens Hall also hosts regular comedy nights, open mic sessions, live music at BOCS Music Bar, record fairs, farmers' markets and creative workshops.

Among the upcoming activities are Christmas lino printing, wreath-making and lampshade workshops – perfect for getting creative in the run-up to Christmas.

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PUSS IN BOOTS RIDES INTO THE TORCH THEATRE FOR A WILD WEST CHRISTMAS ADVENTURE!

Get ready for a rootin'-tootin' festive treat as the Torch Theatre brings a brand-new pantomime to Milford Haven this Christmas!

There's plenty of Christmas magic heading to Milford Haven this festive season as the Torch Theatre prepares to transport audiences to the Wild West for its spectacular new pantomime, Puss in Boots, running from 5 December 2026 to 2 January 2027.

Promising a wonderful combination of comedy, music, colourful costumes and audience participation, this year's production puts a distinctly Pembrokeshire twist on the much-loved fairy tale.

Set in the wonderfully imaginative world of Wild West Wales, the adventure follows the clever and courageous Puss and a colourful collection of friends as they encounter daring heroes, dastardly villains and plenty of unexpected surprises.

But can one quick-thinking cat save the day and lead our heroes to fame and fur-tune? Audiences will have to join the adventure to find out!

Packed with original songs, laugh-out-loud comedy and all the traditional ingredients that make pantomime such a popular Christmas treat, the production promises entertainment for children, parents and grandparents alike.

The show comes from the talented creative team behind previous Torch Theatre Christmas favourites, including Rapunzel, Jack and the Beanstalk and Beauty and the Beast, and looks set to continue the venue's tradition of bringing festive fun to families across Pembrokeshire.

A CHRISTMAS TRADITION FOR ALL THE FAMILY

For many local families, a visit to the Torch Theatre pantomime has become an essential part of their Christmas celebrations, and this year's production promises another memorable experience.

Chelsey Gillard, Creative Director at the Torch Theatre, said:

"Our Christmas pantomime has become a much-loved festive tradition for families across Pembrokeshire, and this year we're excited to whisk audiences away to the Wild West with Puss in Boots.

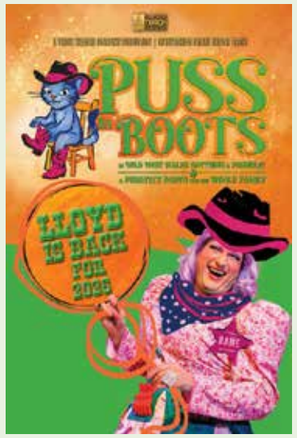
"Whether it's your first visit to the Torch or part of your annual Christmas celebrations, we're looking forward to sharing a fun-filled adventure packed with laughter, music and all the magic of pantomime."

The theatre is also offering accessible performances to help more people enjoy the festive production.

A Relaxed Environment Performance will take place on Saturday 19 December at 2pm, while a BSL Interpreted Performance is scheduled for Tuesday 22 December at 6pm.

With performances running throughout December and into the New Year, there are plenty of opportunities to gather family and friends for a festive outing.

So dust off those cowboy boots, prepare for plenty of cheers, boos and laughter, and saddle up for a Christmas adventure where anything is possible!



Puss in Boots runs at the Torch Theatre, Milford Haven, from 5 December 2026 until 2 January 2027.

Tickets cost £25.50, with concessions at £21 and family tickets available for £80.

For full performance times, accessibility information and bookings, visit www.torchtheatre.co.uk.

NARBERTH WELCOMES ACCLAIMED ARTIST DAVID BELLAMY FOR SPECIAL EXHIBITION



Narberth Museum has welcomed back acclaimed Pembrokeshire-born artist, author and adventurer David Bellamy with a fascinating retrospective exhibition celebrating his remarkable artistic career and travels around the world.

From Pembrokeshire to the Polar Ice Cap: A Retrospective opened at the museum on Friday, November 6, bringing together a stunning collection of paintings inspired by Pembrokeshire's beautiful coastline and countryside, alongside works capturing some of the world's most spectacular and remote landscapes.

The exhibition features everything from familiar local scenery to dramatic mountain ranges, Arctic wildernesses, deserts and rugged coastlines, reflecting a lifetime spent exploring the natural world through art.

Born and raised in Pembrokeshire, Bellamy attended Narberth Grammar School before embarking on a career that has combined his passion for painting with a love of travel and adventure.

The retrospective offers visitors an opportunity to discover the work of one of Pembrokeshire's most accomplished artists, whose passion for the natural world has taken him from the landscapes of his childhood to the frozen reaches of the polar ice cap.



FeelGood
SNIPPETS



SPECIAL MEMORIAL UNVEILED FOR FOLLY FARM LION HUGO



A life-size bronze sculpture has been unveiled at Folly Farm in memory of much-loved lion Hugo, who died in 2025.

The striking tribute was created by Coleg Sir Gâr art student Katie Morrissey, from Rhondda Cynon Taf, despite Katie having never previously worked with clay or bronze on such a large scale.

The sculpture now has pride of place at Folly Farm's Pride of Pembrokeshire lion exhibit, close to where Hugo's mate Luna and their four daughters, Sola, Ebele, Alika and Zahra, still live.

Folly Farm approached the college's School of Art in Carmarthen after deciding it wanted to create a permanent memorial to Hugo.

The project was incorporated into the students' studies, giving them the opportunity to experience the process of working on a real commission, from creating an initial design and working to scale through to modelling and producing the finished piece.



Eight students spent several weeks creating clay models of Hugo before zookeeper Dan Sutton, who had worked closely with the lion for many years, was given the difficult task of selecting the winning design.

Katie's sculpture was chosen to be taken forward and transformed into the finished bronze memorial.

Lee Odishow, Fine Art Tutor and Technician at Coleg Sir Gâr, said the project had provided students with a unique opportunity to develop a wide range of artistic and practical skills while working to a real-life brief.

Katie joined fellow students, tutors, family and friends for the unveiling at Folly Farm, where she was presented with a cheque by managing director Chris Ebsworth for her prize-winning work.

She was also treated to a special behind-the-scenes visit to the lion house with Dan, where she met Hugo's family.

The new sculpture will now provide a lasting tribute to Hugo for Folly Farm's visitors and staff for years to come.

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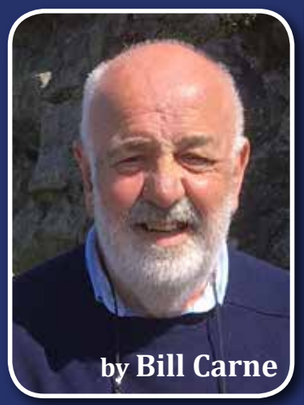
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MIKEY O'SULLIVAN

A YOUNG BOXER ON A MISSION



by Bill Carne

2-0
PRO RECORD

5X
WELSH CHAMPION

BRITISH
CHAMPION

WORLD
BRONZE MEDAL

Anyone who switches from amateur boxing to the professional version, as the likes of Scott Gammer, Mike Morrison, Lee Edwards and Steve Davies would tell you, will find an amazing difference in terms of the necessary commitment, stamina and sheer will to win - and someone who has already discovered that after just two fights is Mikey O'Sullivan.

Mikey hails from a family of boxers, his father Kevin, granddad Dacka, Wayne and his sons, and brother Chris , with dad Kevin still helping out with the coaching at Cardigan Amateur Boxing Club, where the Croft brothers, Iwan and Garan, are doing so well in the tough world of pro fighting.



GLITTERING CAREER AT AMATEUR LEVEL

Mikey went in to professional boxing after a glittering career at amateur boxing where his list of successes included five Welsh titles, being a British champion as he beat Paul Smith Jnr (whose father of the same name was one of four brothers who boxed professionally.

Not content with that little lot, Mikey also travelled out to Colorado for the World Championships and returned with a bronze medal - and when he competed in the Moldavian Competition in Romania, he did so well that he was awarded a special decorative belt to take home with him!

His final vest again qualified him for another tilt at the British Crown but it was at this time that Mikey decided it was the right time for him to turn professional, which he realised was a long and winding road but which he was prepared to give it his best shot.

PROMISING PROFESSIONAL DEBUT AT THE UTILITA STADIUM IN CARDIFF

Competing at super featherweight level, O'Sullivan made his pro debut opening the undercard on the Lauren Price v Stephanie Pineiro bout at the Utilita Stadium in Cardiff, and was on the front foot from the off as he easily out-maneuvered his Costa Rican opponent.

Perez was in his 47th pro fight but looked spent by the final round after O'Sullivan landed some heavy blows to the body, and with his family in attendance, the teenager was given every round by the judges to take the verdict by 40-32.

WIN NUMBER TWO COMES IN SIMILAR STYLE

It caught the eye of promoter Ben Shalom from the Boxxer Stable of fighters and after more intense training he had his second contest in Bolton against a strong Mexican named Jorge Luis Huerta Balleza, who is now resident in the UK.

He put his opponent on the canvas in the second of four rounds and again was a clear-cut winner. Mikey would day that just walking through the crowds is an experience that is impossible to describe - and they were on their feet again when he put Jorge Luis on the seat of his pants in the second round before winning on a unanimous points decision over four rounds.

WORKING HARD IN TRAINING IN MANCHESTER

Now Mikey is experiencing the frustrating side of the pro-fight game because he trained very hard

for 10 weeks in readiness for his third fight, again on a Lauren Price undercard but unfortunately the

show was called off because Lauren sustained an injury in training.

He has been boxing at Super Featherweight but eventually aims to compete in the Featherweight

category, which has a weight limit of 57kgs, which we estimate is just over nine stone so he needs to keep super-fit to keep at that weight!

Mikey now works out from Manchester, where he is trained by Anthony Krolla, himself a former World Champion, and has to adapt to another ten-week programme which builds him up in readiness to fight again, with sessions devoted to strength and conditioning, lots of running and care with diet - but with little sparring until before the final weeks because of the risk of a cut eye or muscle damage.

AND FINALLY . . .

"I normally train every day, other than a rest day every Sunday, and have to limit my time spent back home with my family - and I've even taken spells of work in places like an abattoir to make ends meet.

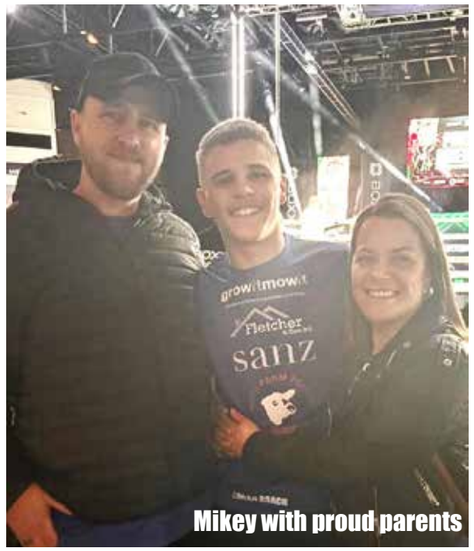
"It can be tough sometimes but I make sure I stay fully focussed, with dad and the rest of my family giving me every encouragement." Mikey told us - and we have no doubt that he will give himself every chance of making a name for himself in this very tough world of professional boxing!


Mikey en route to victory in Cardiff


Well done Mikey!



Mikey with his training team



Mikey with proud parents

KIDS FUN PAGE!

WORD SEARCH

Can you find all the boxing words in the grid below?

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

AMATEUR GLOVES POINTS BARE KNUCKLE HEAVYWEIGHT
PRIZEFIGHT CLINCH HOOK QUEENSBERRY CROSS
KNOCK OUT REFEREE CUTMAN LOW BLOW RING
DOCTOR MUHAMMAD ALI ROPE A DOPE ROUND
EIGHT COUNT OLYMPICS GENTLEMAN JIM PARRY

MAZE

Can you help the boxer get to the championship belt?



SPOT THE DIFFERENCE

Can you find 7 differences between these two pictures?

7 TO FIND!





YOUNG BOCCIA STARS SHINE AT COUNTY TOURNAMENTS

FeelGood SNIPPETS

Young boccia players from across Pembrokeshire have been showing off their skills as schools came together for two county tournaments.

Johnston School and Fenton School were crowned champions following events in Tenby and Fishguard, which attracted 19 teams from eight Learning Resource Centres.

The south Pembrokeshire tournament was held at Tenby Leisure Centre on October 13, with Johnston taking the title following a competitive day of action.

Teams from Tenby VC School, Gelliswick, Johnston, Pembroke Dock Community School and Monkton all took part.

A day later, attention turned to Fishguard Leisure Centre for the north Pembrokeshire competition, where Fenton School emerged as champions. Pupils from Fenton, Ysgol Glannau Gwaun and Waldo Williams competed.





Organised by Sport Pembrokeshire, the tournaments gave youngsters the chance to enjoy competitive sport while developing their skills, confidence and teamwork.

The events were also supported by Silver Young Ambassadors from Greenhill School in Tenby and Ysgol Bro Gwaun in Fishguard, who helped competitions run smoothly throughout the two days.

Jon Rowles, of Sport Pembrokeshire, said: "Both tournaments were played in great spirits and the standard of boccia was extremely high.

"The days were brilliantly run by the Young Ambassadors from Greenhill and Ysgol Bro Gwaun.

"Thanks to all schools, staff and volunteers involved in making the events such a success."

The organisers also thanked Valero, which sponsored the tournaments and continues to support school sport and inclusive opportunities for young people across Pembrokeshire.



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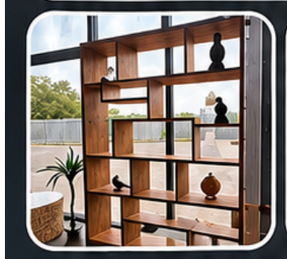
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IT'S TIME! ARE YOU WINTER READY?



YOUR SIMPLE CAR CHECKLIST FOR THE COLDER MONTHS

Dark mornings, wet roads, freezing temperatures and the occasional icy surprise – winter can be hard work for both drivers and their cars.

A few simple checks now could help keep you safe, avoid an inconvenient breakdown and make those cold morning journeys a little less miserable.

CHECK YOUR TYRES

Winter means less grip, so check your tyres for damage, correct pressure and plenty of tread. The legal minimum is 1.6mm, but good tread becomes even more important when roads are wet or icy.

TOP UP THE SCREENWASH

Mud, salt and spray can quickly turn a windscreen filthy. Keep your screenwash topped up with a proper winter mixture that offers protection in freezing temperatures – not just plain water.

GIVE YOUR BATTERY SOME LOVE

Cold weather can expose a struggling battery very quickly. If the engine sounds sluggish when starting, or your battery is several years old, consider having it checked before winter really bites.

LIGHTS, CAMERA, ACTION

With shorter days, you'll be relying on your lights far more often. Check headlights, brake lights, indicators, fog lights and number plate lights – and give the lenses a regular clean.

CHECK YOUR WIPERS

If they're smearing rather than clearing the windscreen, it's probably time for new blades. Never try to operate wipers when they're frozen to the glass.

DON'T FORGET THE COOLANT

Coolant doesn't just stop your engine overheating – the correct antifreeze mixture also protects it when temperatures drop. Check the level when the engine is cold and follow your vehicle manufacturer's guidance.



CLEAR THE WHOLE CAR

On frosty mornings, properly clear your windscreen, windows, mirrors and lights before setting off. Don't rely on one tiny letterbox-sized patch of windscreen and hope for the best!

PACK A WINTER KIT

It's worth keeping a few basics in the boot: an ice scraper, de-icer, torch, warm clothing or blanket, phone charging cable and something reflective. For longer winter journeys, some water and a snack aren't bad ideas either.

AND FINALLY... FUEL!

Try not to spend winter permanently driving around with the warning light glowing. Bad weather, diversions and unexpected delays are considerably less stressful when you've actually got some fuel in the tank.

TEN-MINUTE WINTER CHECK

Tyres • Lights • Battery • Wipers
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Ten minutes on the driveway could save you a very cold wait at the side of the road later.













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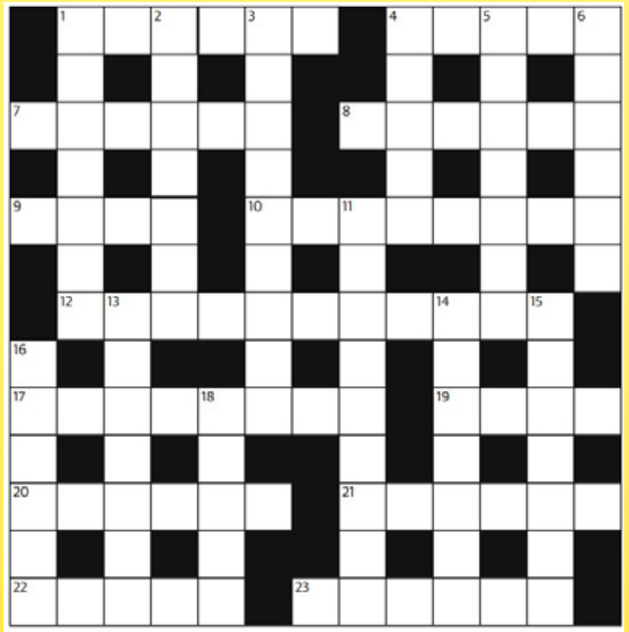
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The FeelGood Puzzle Page

Crossword



Across

1 Discourage (3,3)
4 Monk's garb (5)
7 Rather — with less delay (6)
8 Runner-up's award (6)
9 Enthusiastic enjoyment (4)
10 Mad, bad Roman emperor, assassinated AD 41 (8)
12 Study and collection of coins (11)
17 Team game with sticks (8)
19 Fall in drops (4)
20 £10 (6)
21 Do something as a favour (6)
22 Austrian symphony composer, d. 1809 (5)
23 Header (anag) (6)

Down

1 Essential dietary requirement (7)
2 A Christmas Carol character (4,3)
3 Predictions (9)
4 Country forming the western part of Hispaniola, independent since 1804 (5)
5 Temporary encampment (7)
6 Jungle hero created by Edgar Rice Burroughs (6)
11 Type of tenure (9)
13 Eerie (7)
14 Gratify one's appetites (7)
15 Mass of small rounded pebbles (7)
16 Brood of chicks (6)
18 Large expanse of water (5)

Crafty Sudoku

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



Solutions for last issue

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



and finally...

£2.75M CLEAN ENERGY BOOST


Valli and Bala

Seven organisations across Pembrokeshire, Carmarthenshire and Ceredigion are to share £2.75 million for clean energy projects aimed at cutting bills and supporting local communities.

The funding comes through the latest round of the Welsh Government's Ynni Cymru programme, with community halls, charities and local energy organisations among those benefiting.

One of the recipients is Skanda Vale, the Carmarthenshire charity and animal sanctuary near Llanpumsaint, which is home to rescued animals including Asian elephants Valli and Bala.

The charity has been awarded £251,545 to install battery storage and public electric vehicle charging points, allowing it to make better use of the renewable electricity it already generates.

Previous Ynni Cymru funding helped Skanda Vale install a wind turbine alongside its existing solar panels. The charity says the combination has reduced electricity bills from around £1,000 a week to almost zero, saving more than £40,000 a year.

Those savings are reinvested into the charity's free community services, including meals, accommodation, retreats and its Bwyd o Skanda food aid project, which distributed 98 tonnes of food through partner organisations during 2025.

Around 100,000 people visit Skanda Vale each year, and the latest investment will also help its services continue during power cuts and severe weather.

The organisations receiving funding are Renewable Power Pembrokeshire, Pembroke Dock; Clarbeston Road Memorial Hall; Clynfyw, Pembrokeshire; Mandala Yoga Ashram, Llanwrda; Carmarthenshire Energy Ltd (Ynni Sir Gâr); The Community of the Many Names of God (Skanda Vale); and Ynni Bro Rhian Cyfyngedig in Ceredigion.

Collette Sanders, of Big Bocs Bwyd Llandeilo, said Skanda Vale's donations had helped support more than 1,000 visits to its facility during the past year.

She added: "I know that this investment will directly strengthen the local food support network at a time when our communities most need it."

Cabinet Minister for Enterprise, Connectivity and Energy Adam Price welcomed the investment, saying the projects demonstrated how clean energy could deliver practical benefits for communities.

He said: "These projects show how clean energy can deliver real benefits for local people, whether that's supporting community halls, helping charities continue vital services or enabling organisations to reinvest savings into the people they serve."

Ynni Cymru was launched in 2023 to help communities, businesses and public services generate and use their own clean energy.

The latest round will provide £8.27 million to 24 organisations across Wales, taking total investment through the programme to more than £31 million.



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