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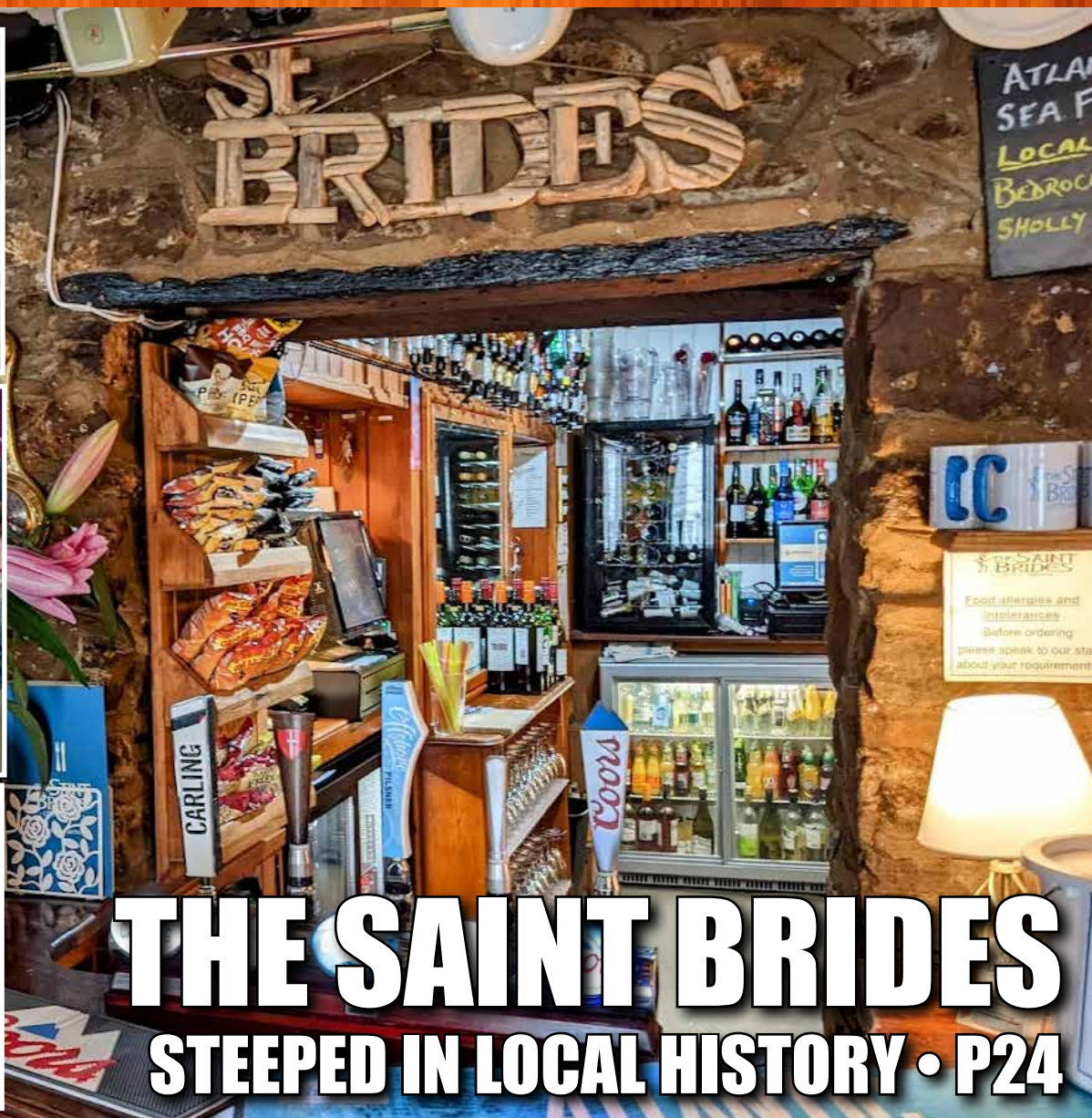


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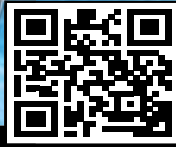

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NATIONAL AWARD FOR SUBWAY STUDENTS

A group of students from Haverfordwest High School have been recognised on the national stage after winning a prestigious award at the Wales final of The King's Trust and TK Maxx Awards.

The students received the JD Foundation Community Impact Award during a ceremony held on Monday, January 19, at voco St David's Cardiff, in recognition of their work transforming a vandalised and neglected subway into a bright, welcoming mural for the community.

The project was delivered through the Achieve programme, run locally by Pembrokeshire Youth Service, which offers pupils a more hands-on and practical approach to learning outside the traditional classroom.

RECLAIMING A NEGLECTED SPACE

The group identified the graffiti-covered underpass — used daily on their walk to school — as a space that left a poor impression of the town.

Ffion, one of the students involved, said: "The subway was really unwelcoming and gave people a negative impression of the town. We wanted to reclaim the space and turn it into something positive."

Determined to make a change, the students applied for funding, secured sponsorship from local businesses and organised fundraising events within the school. They also partnered with local artist Lloyd Griffiths to design and paint a vibrant mural celebrating wellbeing, identity and pride in Haverfordwest.

The finished artwork even incorporates their daily emotional "check-in" system — a tool they used throughout the programme to support each other's mental health.

Many of the young people involved had faced challenges in mainstream education, including social and emotional barriers or caring responsibilities at home. Some were at risk of leaving school with limited qualifications.

Through the Achieve programme, they found a more supportive environment in which to develop confidence and practical skills.

Latesha said: "We were really pushed outside of our comfort zone throughout the project, which helped us discover confidence in ourselves and just how much we're capable of."

Throughout the project, the

students strengthened their teamwork, communication, fundraising and public speaking skills — while delivering a lasting improvement to their neighbourhood.

Ffion added: "This project is our legacy. We've created something lasting that represents who we are and where we come from. It's amazing what a cup of tea and a conversation can result in."

RECOGNITION BEYOND PEMBROKESHIRE

The award was presented by JD Foundation Manager Aaron Probert, who praised the group's commitment and impact.

"It is an honour to present this very special group of young people with the Community Impact Award," he said. "The

way you have worked together to benefit your community is truly inspiring and the impact you have had is clear to see."

The win now places the Haverfordwest students in the running for a national King's Trust Award, with finalists invited to a celebration event in May at London's Royal Albert Hall.

The King's Trust supports young people aged 11 to 30 with skills, training and opportunities, with three in four participants moving into work, education or further training.

For these Pembrokeshire pupils, their award-winning mural already stands as proof of what can be achieved when young people are given the opportunity — and the support — to make a difference in their own community.



SUPPORT FOR MARINE STUDENTS



Pembrokeshire College students enrolled on the Pre-Cadetship course will gain hands-on maritime experience thanks to additional funding from the Port of Milford Haven.

Launched in 2023, the Enhanced Marine Engineering Pre-Cadetship programme offers learners with aspirations of a career at sea the opportunity to develop technical knowledge and practical skills essential for the maritime industry.

Over the past 3 years, the Port has funded students' uniform to help foster pride and teamwork. This year, its support goes even further, covering Royal Yachting Association (RYA) practical courses in Radar Operations, First Aid Training for Mariners, Navigation and Seamanship Essentials and Professional Practices and Responsibilities.

Brian Stewart, Assistant Harbourmaster at the Port of Milford Haven, said:

"The Pre-Cadetship training at Pembrokeshire College gives students a real insight

into life in the maritime, deck and engineering sectors, while building key qualities such as discipline and teamwork. It's great to see these enhanced practical opportunities being offered this year, which will provide students with invaluable experience and a clearer pathway into our diverse industry."

Tim Berry, Maritime Lecturer/Faculty of Engineering and Computing at Pembrokeshire College, said:

"The additional support from the Port of Milford Haven makes a tangible difference to our learners. These RYA-accredited practical courses allow the Pre-Cadets to translate classroom theory into real maritime skills, building their confidence and readiness for a career at sea. We're incredibly proud of the opportunities this partnership continues to create for the next generation of marine engineers."

For more information on the Enhanced Marine Engineering Pre-Cadetship, visit www.pembrokeshire.ac.uk/courses

£370 RAISED FOR NARBERTH FOOD BANK



Volunteers at Narberth Food Bank were grateful to receive a cheque for £370 which was presented by Narberth and Whitland Rotary President, Robin Bradbury.

The money was raised by Bucket Collections at Narberth RFC on Saturday 13 December and the Santa Run in Narberth on Sunday 14 December.

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WATCH SANNA DUTHIE'S RECORD-BREAKING COASTAL RUN ONLINE

A powerful new documentary charting ultrarunner Sanna Duthie's record-breaking run along the entire length of the Pembrokeshire Coast Path is now available to watch online.

Filmed and directed by Martin of Kelp and Fern, the documentary follows Sanna on her extraordinary attempt to complete the 186-mile National Trail in one continuous effort. Battling fatigue,

weather and the relentless ups and downs of one of Britain's most demanding coastal routes, Sanna completed the challenge in an astonishing 48 hours, 23 minutes and 49 seconds, setting a new Fastest Known Time for the route.

The film captures far more than just the physical feat. Viewers are taken deep into the reality of non-stop ultrarunning, from moments of intense physical strain and exhaustion to quieter, reflective stretches along Pembrokeshire's dramatic cliffs, beaches and hidden coves.

Through candid footage and intimate storytelling, the documentary reveals the grit, grace and inner motivation that drove Sanna to push beyond her limits on one of the UK's toughest solo endurance challenges.

The documentary premiered in November at Theatr Gwaun in Fishguard, at a special screening hosted by the



Pembrokeshire Coast Charitable Trust. The event brought together members of the local community, outdoor enthusiasts and supporters of the Trust's work, raising more than £500 through ticket sales and a raffle. This added to the £3,000 already raised through Sanna's run, with all proceeds going towards conservation, heritage and engagement projects across the Pembrokeshire Coast National Park.

In recognition of her achievement and her deep connection to the landscape, Sanna has since been named an official Ambassador for the Pembrokeshire Coast Charitable Trust. The role

reflects her passion for the Pembrokeshire coastline and her continued commitment to supporting the Trust's mission to protect, enhance and promote the National Park for future generations to enjoy.

The full documentary is now available to watch online via the Trust's Fundraisers page at pembrokeshirecoasttrust.wales/impact/our-fundraisers, offering viewers the chance to experience this remarkable journey and support the ongoing work of the Pembrokeshire Coast Charitable Trust.

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'ALFIE' DELIGHTS HUNDLETON SCHOOL



by Bill Carne

There was a real treat for pupils at Penrhyn Church in Wales School in Hundleton towards the end of last year when a very special guest paid a visit to officially open the school's rugby pitch – a project that had been driven forward with real enthusiasm by caretaker, minibus driver and all-round sports champion Jonathan Williams.

The surprise visitor was none other than Gareth 'Alfie' Thomas CBE – former Wales international, British & Irish Lions captain and the first player to win 100 caps for his country.

With a playing career packed

with achievements, Gareth rounded off 2025 by swapping his boots for the stage, appearing in pantomime at The Boulevard Theatre in Milford Haven during the festive season.

FAMILY TIES BROUGHT ALFIE TO HUNDLETON

Jonathan, who previously played rugby for Pembroke and remains a key figure in local cricket with Hundleton – following in the footsteps of his late father John – lives just a cricket ball's throw from the school. After retiring from self-employment as a carpenter, he took on the roles of caretaker and minibus driver, before naturally becoming involved in sport at the school.

Working closely with member of staff Jo Jones, and with the full support of headteacher Mrs Julie Davies, Jonathan helps organise a packed sporting calendar including rugby and cricket festivals, rounders and football tournaments. For a school of around 80 pupils, Penrhyn consistently punches above its weight.

The link that brought Gareth Thomas to the school came through pantomime. Playing the

role of The Genie in Aladdin at The Boulevard, Gareth appeared alongside Rhys Williams – a Hundleton lad and Jonathan's son – who took on the role of Wishee Washee.

On what seemed to be one of the few sunny days Pembrokeshire enjoyed at the time, Gareth wasted no time getting involved with the pupils. He offered tips on rugby skills, joined in the fun on the field and even took part in a sprint over the length of the pitch. In a closely contested finish, Vinnie Wilson crossed the line first, with Gareth claiming a very respectable fifth or sixth place – just missing out on a podium spot. Regardless of the result, it was widely agreed that he was the best visitor the school had ever welcomed.

A PITCH BUILT WITH PURPOSE

Sport has always played a big part at Penrhyn School, and Jonathan identified the space for a dedicated junior rugby pitch – the only primary school in the county to have one. Measuring 45 metres by 15 metres, it is perfectly suited to the under-11s tag rugby format.

After receiving the go-ahead

a couple of years ago, Jonathan constructed the posts himself using welded drain pipes, complete with secure crossbar fittings. Safety pads were donated by Pembroke RFC, while a proper line-marking machine was sourced through generous support.

Since then, the pitch has hosted a number of matches against other schools. Jonathan has added referee and coach to his already impressive list of duties, and the team has enjoyed notable success. Former pupils Tyler Ayers, Thomas Russell and Kody Culshaw went on to represent Pembrokeshire Under-11s, reaching the Welsh final at the Millennium Stadium, narrowly losing to Neath, and also lifting the Scarlets Regional competition.

By the time Gareth Thomas and Rhys Williams were midway through their December 2025 run at The Boulevard, Penrhyn School had closed for the Christmas holidays. But it was a fair bet that more than a few pupils were busy dropping hints about the perfect festive present – tickets to see Gareth 'Alfie' Thomas starring in Aladdin in Milford Haven.



Gareth and his captive audience



Gareth with some of the school's rugby players

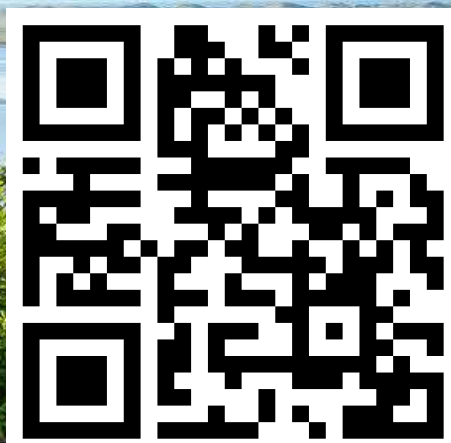


A strong front row with Gareth as hooker

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MURAL EARNS WALES TITLE AND LONDON TRIP

A group of young people from Haverfordwest High School are celebrating a major achievement after being crowned Wales country final winners at the King's Trust Awards 2026.

The students secured the JD Foundation Community Impact Award and will now represent Wales at the King's Trust National Awards in London.

The award recognises an outstanding community project delivered through the King's Trust Achieve Programme, a Key Stage four GCSE option offered at the school and delivered locally by Pembrokeshire Youth Service.

Led by school-based youth worker Ell Lewis, the programme supports pupils who may find traditional academic routes challenging, including those facing emotional, social or caring responsibilities.

As part of their Community Impact project, the group identified a vandalised pedestrian tunnel in Haverfordwest that is used daily by students travelling to and from school. Determined to



improve the space, they worked together to design and paint a large-scale mural celebrating wellbeing, identity and local pride.

The once run-down underpass has now been transformed into a colourful and welcoming feature, drawing praise from residents and passers-by.

Community members

described the artwork as uplifting and inspiring, with many noting the positive difference it has made to young people using the route each day.

One participant said: "This project is our legacy. We've created something lasting that represents who we are and where we come from. It's amazing what a cup of tea and

a conversation can lead to."

Mr Lewis said the benefits extended far beyond the finished mural.

He said: "Beyond its physical impact, the project has helped the young people build confidence, teamwork, leadership and communication skills. Their courage, resilience and ambition can't be faulted. I am incredibly proud of them. All members of the group have since progressed into further education or employment."

The students secured funding through the Pembrokeshire Youth Bank Grant and received support from local businesses including GD Harris & Sons. They also worked with local councillors, the local authority and local artist Lloyd Griffiths.

Additional funds were raised through school-led activities including bake sales and raffles.

The group will now travel to London to compete in the national finals, representing both their school and Pembrokeshire on a national stage.

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 - 600ml whole milk
 - 150g mature Cheddar cheese, grated
 - 1 tsp Dijon mustard
 - Salt and black pepper, to taste
 - A pinch of nutmeg (optional)
 - 50g extra grated cheese for the topping
 - Optional topping: breadcrumbs or Parmesan for extra crunch

Creamy, golden and bubbling with cheese, this cauliflower and potato bake is the ultimate comfort food. Perfect as a hearty side dish or a vegetarian main, it's simple to prepare and guaranteed to please.

Start by preheating the oven to 190°C (170°C fan) so it's good and hot by the time the dish is ready. Lightly butter a large ovenproof dish and set it aside — this is where everything will come together. Bring a large pan of well-salted water to the boil. Add the sliced potatoes first, as they take slightly longer to soften. After about five minutes, tip in the cauliflower florets and let everything simmer together for a further two to three minutes. You're not looking to fully cook the vegetables at this stage — just soften them enough so

they finish perfectly in the oven. Drain well and allow the steam to escape. While the vegetables are draining, turn your attention to the cheese sauce. Melt the butter gently in a saucepan over a medium heat, then stir in the flour to form a smooth paste. Let this cook for a minute or so, stirring constantly — this removes the raw flour taste and gives the sauce a richer depth. Gradually pour in the milk, whisking all the time to keep the sauce smooth. Once all the milk is added, simmer gently until the sauce thickens to a creamy

consistency. Lower the heat and stir through the grated Cheddar, Dijon mustard and a pinch of nutmeg if using. Season generously with salt and black pepper. Keep stirring until the cheese has fully melted and the sauce is glossy, rich and well-flavoured. Arrange the potatoes and cauliflower in the prepared dish, mixing them lightly so they're evenly distributed. Pour the cheese sauce over the top, making sure it seeps into all the layers and coats the vegetables completely.

Finish with a generous scattering of extra grated cheese — and a handful of breadcrumbs or Parmesan if you fancy a crispier topping. Place the dish in the oven and bake for 35–40 minutes, until the top is golden, bubbling and irresistibly crisp around the edges. Once cooked, remove from the oven and allow the bake to rest for five minutes before serving. This helps it settle and makes it easier to portion. Serve straight from the dish as a comforting vegetarian main, or as a rich and indulgent side to roast meats and winter greens.



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EVAN WATTS - BACK IN IRELAND AFTER STRONG SEASON



by Bill Carne

Evan Watts signed professional football forms for Swansea City as a talented young goalkeeper in 2022 and in the intervening time he has become a Welsh under 21 level international - and as part of his natural progression with The Swans he has just completed a campaign on loan in the Republic of Ireland, where he played for Galway United in their top league, all professional, and with a season that runs from January to December.

There are ten teams in the top section that include well-known clubs like Shamrock Rovers,

Derry City, St Patrick's (who play at the famous Richmond Park) and Sligo Rovers; and Evan was involved in 16 of their 18 league games, plus two cup games, all of which featured on the League of Ireland TV channel and often on RTE, the country's national television station, as play is of a standard that has been compared to the English League Division Two.

"We trained as much as five times a week, with games usually on Friday evenings, and we are pushed hard to make sure that week our edge of fitness."

Caught the commentators' eyes but sustained a late hand injury

He certainly caught the eye of the commentators with some spectacular saves, some of them point-blank, commenting on his courage as well as his ball distribution from the back. The team plays in front of up to 4,000 at home games and sometimes even bigger crowds for local derbies.

Amongst this, he kept clean sheets against Shamrock Rovers and Bohemians (away) and

also contributed two 'assists' from his own goal area, one of them being a 3-1 win against St Patrick's, amongst the many highlights during his first loan spell.

They finished eighth in the league so avoided relegation and maintained their status for their next campaign, which starts soon and takes in the summer months as well.

Unfortunately, he sustained a broken wrist towards the end of the season in a training session and is now back in Swansea, receiving treatment in Cardiff, and waiting to find out his next step in early February, which could include joining a football League club or have another trip to the Emerald Isle, which he wouldn't mind in the slightest because he enjoyed his stay in Galway so much.

Other sports - and great family support

Evan has always been a talented sporting all-rounder who caught the eye very early on as a fastbowler in cricket, where he played for Haverfordwest in the Pembrokeshire first division as a 14-year-old. He has also been a good athlete and tennis player but there eventually came the time when he had to focus on his football because of the incredible amount of travel to and from Swansea, and for much longer at away games all over the south-west of England.

He is quick to sing the praises of his parents, Neil and Debbie, for their total support and so it was a very proud moment when they were there to watch him play when his commitment paid off and he was selected for Wales at under 21 level.

Rightly thrilled with international recognition

"It was a great moment when I heard I had been chosen," Evan told us, "and I know it is a cliché but pulling on the kit and walking onto the pitch for the first time was a moment I'll never forget - and singing the national anthem with the crowd. was fantastic."

"I played matches in the European Competition against Denmark, Lithuania and the Czech Republic, plus a couple of trips to Spain to compete in a competition where we took on Slovakia, Sweden, Norway and Andorra - and it was another boost that we were allowed to keep our kit and at the end of the season we all received our caps, which was another proud moment for me."

"I also had the opportunity to take part in a training session with the Welsh National team, a surreal experience that showed the level that I need to get to in my career."

So, what of the next stage in Evan's career?

"I'm looking forward to start building towards full fitness and being back at the Swansea City Stadium because everyone, including the senior players, is very helpful and we train regularly with the first team squad, which is always a learning experience in itself."

"Then I want to be back playing and if it means another loan spell, I would be happy because I know that Liam Cullen, another Pembrokeshire footballer at the club, had spells away and is now a regular in the squad and is a full Welsh international."

And finally ...

"I think it is important that I continue to build on this important loan experience. In the short term I need to get back to full fitness and then I will weigh up my options. The Number One priority is to get back out there playing consistent games at a high level, whether it's back to the Premier Division in Ireland or closer to home amongst the EFL. It's a really exciting period for a young footballer like myself, getting a taste of playing in front of big crowds in a highly competitive league has only fueled the fire in wanting to experience as much as I can of what this game has to offer."

"It is also extremely encouraging having the likes of Joe Allen and Liam Cullen in the building at Swansea. Both are from Pembrokeshire like me and seeing what they have both achieved so far during their careers has been hugely inspirational. To be able to have that close contact with them and learn from their experience is priceless and will only put me in good stead going forwards."

There is no doubt that if commitment, willingness to learn and genuine enthusiasm for what he does is anything to go by then Evan Watts is already on the road to success and we at FeelGood Magazine wish this modest, intelligent and talented young goalkeeper every success in the future because he deserves it!

****STOP PRESS NEWS!****

Evan is on his way back for a second season with Galway United and if you read the comments on the football club's web site then it is very evident what their supporters think of him - and can't wait to welcome him back!



Evan with proud parents Debbie and Neil



Evan delighted with a Galway goal



Evan making another great save



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£57K SECURED TO BRING LEGENDARY HMS EREBUS HOME FOR 200TH ANNIVERSARY



The Pembroke Dock Heritage Centre has secured £57,015 from The National Lottery Heritage Fund to create a major new exhibition marking 200 years since the launch of HMS Erebus — one of the most famous exploration ships ever built in Wales.

Titled HMS Erebus: From Dockyard to Discovery, the exhibition will open to the public on Monday 8 June 2026, exactly two centuries after the vessel was launched from Pembroke Dock's Royal Dockyard.

Built in 1826 by local shipwrights, Erebus stands as a powerful symbol of Pembroke Dock's maritime past and the exceptional craftsmanship that once made the town a centre of naval excellence. From its origins in a small Welsh dockyard, the ship went on to play a key role in some of the most significant expeditions of the nineteenth century.

The vessel later served on Sir James Clark Ross's pioneering Antarctic expedition before joining Sir John Franklin's ill-fated Arctic voyage, during which both ships and crew were lost. The dramatic rediscovery of the wreck beneath Arctic waters in 2014 reignited worldwide interest in one of exploration's greatest mysteries.

For the first time, rare artefacts recovered from the wreck — on loan from the Royal Navy Museum — will be displayed to the British public, offering visitors a direct and tangible connection to life on board and the brutal realities of polar exploration.

The exhibition will also place Erebus within the wider story of the Georgian dockyard community that built her, exploring Pembroke Dock's role in Britain's naval expansion and the

skilled workforce that shaped the town's history.

Visitors can expect bilingual interpretation, immersive digital interactives, an Arctic diorama featuring a scale model of the ship, and dramatic underwater footage of the wreck site provided by Parks Canada. The displays will also connect historic exploration with modern discussions around climate change and the vulnerability of polar environments.

Community involvement sits at the heart of the project, with local schools helping to co-produce elements of the exhibition. Oral histories and shared memories will ensure the story reflects both Pembroke Dock's past and its present.

Andrew White, Director of The National Lottery Heritage Fund — Wales, said: "This project will help people better understand Pembroke Dock's vital role in maritime history while creating new opportunities for communities to engage with their heritage in meaningful and inspiring ways. Thanks to National Lottery players, this internationally significant story will be brought back to the place where it began."

John Evans, Patron of Pembroke Dock Heritage Centre, added: "We are delighted to receive this support. Thanks to National Lottery players, we can celebrate a story of national and international importance while reconnecting HMS Erebus with the community that built her. We hope the exhibition will inspire pride, learning, and long-term cultural and economic benefits for the town."

HMS Erebus: From Dockyard to Discovery opens on Monday 8 June 2026.

FeelGood Magazine

TAKEAWAY OF THE MONTH



Pizza Point, Fishguard – A Firm Family Favourite

Pizza Point in Fishguard has become a real family favourite for us and is very much our go-to takeaway.

We order from here a few times a month, and the quality and service are consistently spot on.

Our regular order rarely changes—and for good reason. The large grilled chicken kebab is always cooked to perfection: tender, flavoursome chicken paired with a fantastic selection of sauces. The spicy chilli brings the heat, while the sweet chilli and garlic balance it beautifully. The accompanying salad is always fresh and crunchy, adding a great contrast.

The Meatfeast pizza is another standout. Served on a thin base, it's loaded with flavoursome meats and generous toppings, all cooked just right—never greasy, just properly satisfying.

We're also big fans of the donner meat and chips. The meat comes in lovely herby

slithers, smothered in a zingy garlic sauce that really lifts the dish and keeps us coming back for more.

Service is another area where Pizza Point really shines. The staff taking orders are always helpful, thorough, and genuinely insightful if you need advice. Delivery is consistently quick, and the delivery drivers are brilliant—courteous at the door and wonderfully considerate, especially when they know little ones are asleep.

Pizza Point is a real asset to Fishguard, and owner Sean is always approachable and ready to help, whether you're popping into the shop or ordering for delivery. Reliable, friendly, and consistently delicious—exactly what a great local takeaway should be.

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SAINT BRIDES INN – TRADITION, FAMILY AND GREAT FOOD BY THE SEA



In 2001 The Castle in Little Haven was closed and put up for rent by brewery James Williams.

Local couple Malcolm and Mary Whitewright decided to take the plunge and give the pub trade a go – an adventure they relished and enjoyed greatly, quickly establishing The Castle as a popular community venue.

Fast forward to 2014 and the Saint Brides came on the market with Marston's. Malcolm, Mary, Vivienne and Andrew – a local family quartet – put in an offer and eventually got the keys to their new venture on 6 March 2014.

The Saint Brides back then was somewhat different to the locally famous eatery it is now. Primarily a hotel with some food service, it focused mainly on the four letting rooms – two of which were previously situated where the upstairs dining area is now, and two across the road in the annexe. The team decided to gut the upstairs converting it to the new 30+ cover dining area. They also renovated the beer garden, which is now a big hit with locals and holidaymakers alike in the summer months, seating an extra 30 covers. This is a real sun trap where folk can enjoy a cool beer and a bite to eat just seconds from the sea.

Once the dining areas were set, Mary took hold of the menu and created an offering of traditional pub food and

seafood, along with daily specials.

Mary sadly passed away in 2016, and at the helm now are Malcolm and Andrew, who keep the traditions alive.

The menu is ever-changing and is now kept fresh and varied by chefs Michelle and Michael, who show their culinary flair by introducing new dishes.

The core staff remain throughout the year, supported by local students who help during the busy summer season. Sophie has been there from the start and looks after the bar. We can confirm from our visit that the Saint Brides keeps a well-kept pint. :)

There is a very significant feature of the Saint Brides that some people may not know. In the corner of the bar there

is an 11-foot well. Before the extension to the rear of the building, the well was accessible by Point Road, and was one of the main supplies of water to the village. The well was piped to houses in the row and each home had a pump to provide drinking water. It is not exactly known how old the well is, but it is estimated to predate Roman times. An archaeologist was asked to look, but was unable to give a firm or conclusive outcome.

Another interesting fact is that Malcolm's in-laws, Eric and Trudy Bradley, ran the pub from 1963–1980 before it was taken over by their daughter Joan and her husband Phil.

I would like to conclude with how I see the Saint Brides.



Welcoming as you enter, you see the open fire in winter, whisky water jugs hanging from the ceiling, and walls steeped in local history with pictures of fishermen and lifeboats from years gone by. If the walls could talk, I'm sure there would be some fantastic stories from families that still live in the village and generations of visitors.

The Saint Brides is open every day of the year and offers coffees in the morning, lunches, evening meals, or simply a drink after a day at the beach or a long coastal path walk. The Saint Brides has no intention of changing, and in Malcolm's words: "we are settled as we are" – a traditional coastal tavern.

They also cater for small parties and have a table seating 12 upstairs for special occasions, or smaller functions such as birthdays, christenings or wakes.

Set in the picturesque Pembrokeshire fishing village of Little Haven, the Saint Brides Inn is well worth a visit. We recommend giving it a go and seeing what they have to offer.

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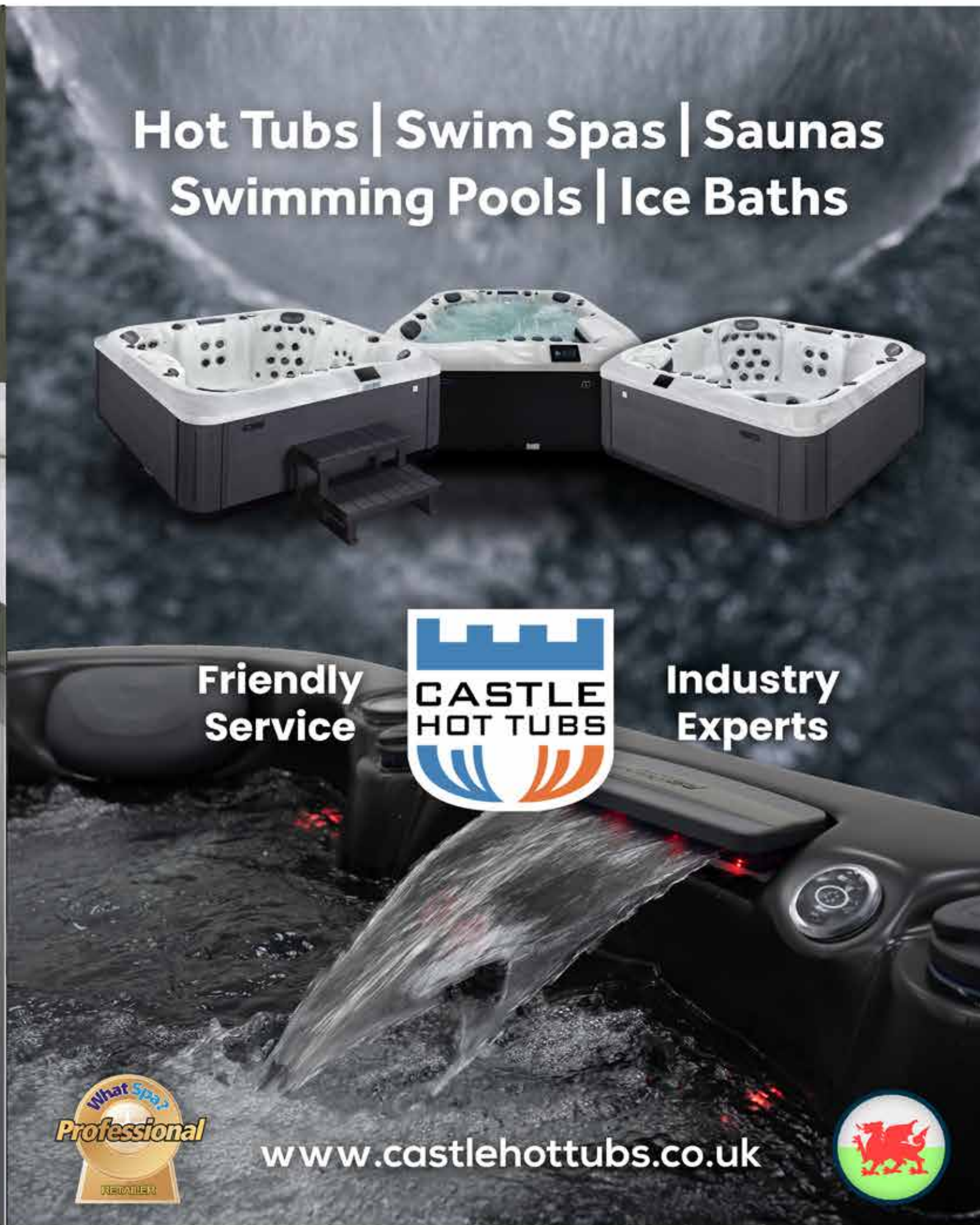
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LUKE STEELE (BARE KNUCKLE & BOXING)

Luke has made a name for himself as a standout Welsh bare-knuckle boxer, competing internationally and representing South West Wales on big stages, including in BKFC events. He's been celebrated for his journey into the sport and his ambitions to put the region on the map.

DAVID "ONE MORE" ROUND (BKFC)

A seasoned bare-knuckle fighter, David competes in the BKFC light heavyweight division and is known for



his aggressive style and experience across multiple bouts in the UK bare-knuckle scene.

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SNIPPETS

VINCENT DAVIES RAISES OVER £13000

An independent Haverfordwest department store has raised more than £13,000 for a vital emergency service following a year of community-focused fundraising.

Staff at Vincent Davies Department Store collected £13,682 for the Wales Air Ambulance Charity after choosing the organisation as their Charity of the Year for 2025.

Throughout the year, the family-run retailer hosted a wide range of fundraising events, including Easter bingo, bake sales, quizzes, raffles, staff sales, Christmas jumper days and a festive wreath-making workshop. Charity jam jars placed in Café Vincent also generated regular donations from customers.

One of the standout attractions was the store's charity singing penguin trio, which proved especially popular with shoppers and helped boost contributions while bringing a smile to visitors of all ages.

Sarah John, Joint Managing



Director at Vincent Davies, said: "Raising £13,682 for the Wales Air Ambulance Charity is something we are extremely proud of. It has been fantastic to see our staff, customers and the wider community come together to support a charity that truly saves lives."

The Wales Air Ambulance is a consultant-led service providing hospital-level critical care at

the scene of serious incidents. Working in partnership with the NHS through the Emergency Medical Retrieval and Transfer Service, crews can deliver advanced treatments such as anaesthesia, blood transfusions and minor surgical procedures before transferring patients to specialist hospitals.

Operating across both rural and urban areas, the charity

relies on helicopters and rapid response vehicles to reach patients quickly throughout Wales.

This is not the first time Vincent Davies has supported the cause. In 2016, staff raised £5,831 when the Wales Air Ambulance Charity was previously selected as the store's beneficiary.

Mike May, West Wales Regional Fundraising Manager for the charity, said: "We are incredibly grateful to Vincent Davies Department Store for raising such a fantastic amount. The variety of events held throughout the year made this a hugely successful fundraising effort."

"The charity needs to raise £13 million annually to keep our helicopters flying and vehicles on the road. The £13,682 raised by staff and customers will play an important part in helping us save lives across Wales."

Vincent Davies Department Store is expected to announce its Charity of the Year for 2026 in the coming weeks.



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PRINCESS OF WALES HIGHLIGHTS CRAFTSMANSHIP ON WEST WALES VISIT



Catherine, Princess of Wales, shone a spotlight on west Wales' textile heritage and modern manufacturing during a visit to Pembrokeshire and Ceredigion on Tuesday, February 3, celebrating traditional skills, local jobs, and small-scale production rooted in our community.

The Princess spent the day meeting staff and apprentices at two iconic Welsh manufacturers — Melin Tregwynt near Fishguard and Hiut Denim in Cardigan — both known nationally for combining heritage craftsmanship with contemporary design.

STITCHING TRADITION AT MELIN TREGWYNT

Her visit began at Melin Tregwynt, the historic woollen mill founded in 1912 and now

run as an employee-owned trust. The mill is renowned for its distinctive Welsh-designed blankets and throws, woven on site using traditional techniques passed down through generations.

Guided through each stage of production, from weaving to finishing, the Princess spoke with workers whose families have long-standing ties to the mill. In the quality control room, she was invited to try her hand at mending a blanket using needle and thread.

Carefully repairing the fabric under the watchful eye of experienced staff, she earned warm praise from Paula Harding, who has worked at the mill for more than a decade.

"She did it right — and she didn't go through the other side. That's skill," said Ms Harding. "She's got the skill."

Laughing, the Princess responded: "You make it look so easy," adding that the craft was clearly "a labour of love".

She asked about the mill's history, its employee ownership model, and how traditional skills are being preserved and passed on to newer generations — an issue she has spoken about previously in relation to sustainable employment and local economies.

'MADE IN WALES' DENIM IN CARDIGAN

Later, the Princess travelled to Cardigan to visit Hiut Denim, the company credited with bringing jeans manufacturing back to the town after the closure of large factories in the early 2000s.

Hiut Denim focuses on small-batch, premium jeans made entirely in Wales, employing skilled local cutters and machinists. During a tour of the factory floor, the Princess tried cutting out a pair of jeans and helped stitch a "Made in Wales" label onto a finished garment.

Staff told her the jeans would be presented to the Prince of Wales, prompting her to smile and reply: "He will love those."

She joked there was "no pressure" when handed the cutting tools and revealed that she enjoys sewing herself, describing the most ambitious item she had made as a pair of pyjamas.

The visit also included a brief but popular stop to greet Barney, the factory's English cocker spaniel, who quickly became an unexpected highlight for staff and visitors alike.

WARM WELCOME FROM THE COMMUNITY

Crowds gathered outside both sites, with the Princess taking time to speak with families, children, and well-wishers before continuing her tour.

The visit forms part of ongoing efforts by the royal household to recognise skilled manufacturing, traditional industries, and sustainable employment across the UK. In west Wales, textiles remain a vital link between heritage and modern economic life.

For workers at both Melin Tregwynt and Hiut Denim, the day was about more than a royal appearance — it was a chance to showcase the pride, skill, and care that go into products made in Wales, by Welsh hands.



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Well, it's that time again, and what a few weeks it's been here at the fishery. Time seems to have a habit of slipping past, yet somehow the lakes have kept us all entertained, rain or shine.

We kicked things off with a stretch of rather unpredictable weather—sun one minute, showers the next—but the trout didn't seem to mind at all. In fact, some of our regulars reported that the fish were particularly lively after a downpour, making for some very enjoyable sessions. There's something satisfying about seeing a determined angler rewarded with a solid catch, especially when they've braved a bit of mud and drizzle to get there.

It's also been great to welcome some new faces to the water, along with the usual crew. Seeing families introduce the next generation to the joys of fishing is always a highlight—especially when those little victories, like a first trout landed, come with huge grins and a healthy dose of excitement. Night fishing has continued to prove popular, and I have to say, the early morning tales of slightly bleary-eyed success never fail to bring a smile.

Over the past month, we've added another batch of quality trout to the lakes, including a few proper specimens that have had experienced anglers scratching their heads in delight. Nymphs and



buzzers are still doing the trick in the calmer periods, while spinners and lures shine when the breeze picks up. There's plenty to keep everyone on their toes and trying new approaches—keeps it interesting, that's for sure.

Behind the scenes, our team has been busy keeping Foxhill in tip-top condition. Paths tidied, pegs repaired, and the grass bravely attempting to keep pace with our attention—thanks to everyone for their patience while we've been ticking off the small jobs that make a big difference.

We also held another weekend match, which turned out to be a cracking affair. Big weights, fair play, and good humour all round—it's moments like that which remind you why the fishing community is so special.

As always, a big thanks to everyone who's visited, chatted, and fished with us over the past month. Your support really does mean a lot, and it's what keeps Foxhill ticking along.

Tight lines, and see you all back on the bank soon!



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VINE ROAD JOHNSTON

FROWEN FIELDS IS A MUST VISIT FeelGood FARMING

At Frowen Fields, a smallholding near Whitland in Carmarthenshire, the work never really stops. Home to a wide mix of rare and heritage livestock, the site has become both a sanctuary for animals and a carefully managed landscape shaped by ethical, low-impact principles.

After a winter of severe storms and snow damage, however, the pressures facing small, self-funded rural ventures in Wales are becoming increasingly clear.

Frowen Fields is home to six rehomed alpaca, five peafowl, 10 rare-breed ducks, 20 goats, nine pigs and 35 pedigree Llanwenog sheep — a rare Carmarthenshire breed due to lamb in April. Many of the animals arrived after previous owners could no longer care for them, adding an unplanned but deeply valued responsibility.

"Our animals come first," says Helen, who runs the site with her husband Ash. "That shapes every decision we make, even when it's the harder or more expensive option."

Recent winter storms caused significant damage to animal housing, including the near failure of a livestock polytunnel installed just two years ago at a cost of £5,000. Temporary repairs are under way ahead of lambing season, but replacement materials alone are expected to cost around £2,000, alongside an estimated 80 hours of labour.



Elsewhere, a damaged duck pen was dismantled and repurposed to create a new chicken area using recycled materials. While this aligns with the farm's environmental values, it adds further strain on already limited time and resources.

"The biggest challenge isn't just money," Helen explains. "It's time. Ash works full-time off the farm to pay the mortgage, so everything else has to fit around that."

During the worst of the storms, ducks and chickens were moved into barns to protect them, a welfare-first decision that brought additional costs, increased straw use and reduced egg production.

Sustainability underpins the entire site. Buildings are temporary or reversible, using

ground screws rather than concrete, materials are reused wherever possible, hay is made on-site, and local suppliers are prioritised. More than 400 trees have been planted over the past five years, alongside careful management of hedges, streams and soil health.

Financially, the past year has been one of the hardest. A quieter tourism season reduced income from the site's small glamping and camping operation, increasing reliance on personal funds to cover feed and veterinary costs. Rising fuel prices, insurance, planning fees and inflation have added further pressure.

Unlike larger organisations or funded sanctuaries, Frowen Fields is entirely self-funded, with all income reinvested into animal care and land management. The



family also supports the local community through reduced-cost workshops and educational activities, while raising two children, including one with additional needs. Despite the challenges, there is pride in what has been built. Visitors reconnect with nature, children learn where food and fibre come from, and the land continues to recover under careful stewardship.

Looking ahead, Helen hopes to develop the site as a small educational space for those who struggle in mainstream settings, alongside expanding fleece, craft and small-scale production.

"You don't realise the true cost of land and livestock until you live it," she reflects. "But we're still here, still trying, because we believe this way of living matters."

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DAIRY FARM DEVELOPMENT APPROVED

More than 300 Welsh farmers and landowners have been granted permission to bring a High Court challenge against energy developer Green GEN Cymru, following claims of unlawful conduct linked to proposed electricity infrastructure across Wales.

The judicial review has been lodged on behalf of community groups Justice for Wales and the Campaign for the Protection of Rural Wales (CPRW). It challenges Green GEN Cymru's actions on four separate legal grounds, including allegations of unlawful behaviour, procedural impropriety, abuse of power, and failures to properly safeguard biosecurity and the environment.

At the heart of the dispute are plans for three major overhead electricity pylon routes, forming part of a wider energy infrastructure scheme spanning more than 200 kilometres. The routes would



cross large areas of Powys, Ceredigion, Carmarthenshire and Montgomeryshire, before extending into Shropshire in England. Opponents argue the scale of the proposals could have lasting impacts on rural communities, farmland, wildlife habitats and landscapes.

During a three-and-a-half-hour hearing at the Cardiff Civil Justice Centre on Tuesday, January 20, Mrs Justice Jefford ruled that the legal challenge

could proceed on all four grounds put forward by the claimants. These include claims of abuse of statutory powers and failures to follow lawful processes when attempting to gain access to privately owned land.

The judge also accepted an undertaking from Green GEN Cymru that it would not rely on section 172 powers—which allow acquiring authorities to enter land for surveys or valuations under the Housing and Planning Act

2016—until an urgent application for interim relief has been heard. This provides temporary protection for landowners while the legal process continues.

A two-day High Court hearing is now expected to take place in April 2026, with a confirmed date yet to be announced.

Natalie Barstow, founder of Justice for Wales, said the decision marked an important step for those affected. "For months, many farmers and landowners have felt unsafe in their own homes and stripped of their rights," she said. "This case is not about opposing renewable energy. It is about how these projects are delivered, and whether people are treated with dignity, fairness and respect."

She added that hundreds of landowners across Wales have since come forward with similar experiences, supported by public donations to fund the legal challenge.

FUW FARMHOUSE BREAKFAST WEEK FeelGood FARMING



The FUW (Farmers Union of Wales) will begin 2026 on a charitable and community-focused note with the return of its annual Farmhouse Breakfast Week.

More than twenty breakfast events will take place across Wales, bringing farmers, families and rural communities together over locally produced food while raising funds for good causes. Last year's initiative raised more than £21,000 for local and national charities, including over £13,500 for the FUW President's chosen charity, the Wales Air Ambulance.

This year's Farmhouse Breakfast Week will also shine a spotlight on the forthcoming Senedd election in May, with the FUW calling on the next Welsh Government to deliver stability, sustainability and long-term support for Welsh family farms.

A flagship breakfast event in Cardiff Bay, sponsored by Samuel Kurtz MS, will bring together politicians and key stakeholders to discuss the future of farming in Wales.

The week will also provide an opportunity for farmers to learn more about the Sustainable Farming Scheme (SFS), as well as the local expert support and services offered by the FUW as the scheme moves from design into delivery.

Ahead of the event, FUW

President Ian Rickman said: "January can be a challenging time for farmers, with short days, cold weather and heavy workloads. Farmhouse Breakfast Week offers a welcome chance for farmers, friends and rural communities to come together, share the load and enjoy a hearty breakfast."

"With the Senedd election just months away, this year's breakfasts will also provide an important platform to highlight the FUW's key priorities — stability, sustainability and long-term support for Welsh family farms."

"There's a warm welcome to everyone, and we're looking forward to successful events in kitchens, community centres and cafés across Wales once again, celebrating the best of local produce while raising funds for vital charities, including the Wales Air Ambulance."

The week is once again being supported by FUW Insurance Services Ltd, which was recently named among the Insurance Age Top 100 UK Brokers for 2025.

FUW Insurance Services provides tailored insurance solutions for agricultural, commercial and personal needs, from farm and smallholding cover to life, home and motor insurance. The company focuses on delivering personalised local

service across Wales, with profits reinvested into supporting the Union's work on behalf of Welsh farmers.

Chair of FUW Insurance Services, Ann Beynon OBE, said:

"We're delighted to be supporting Farmhouse Breakfast Week once again. Rooted at the heart of rural communities, our business is proud to help bring people together to celebrate outstanding Welsh produce,

enjoy the company of friends and neighbours, and highlight how our services support rural businesses."

"The week perfectly showcases the strength and spirit of rural Wales — all over a plate of breakfast. We're incredibly grateful to the local producers and volunteers whose support makes these events possible year after year."

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FeelGood SNIPPETS

BIG YEAR FOR MANOR PARK AFTER ANNA'S RETURN

Manor Wildlife Park has welcomed more than 101,000 visitors over the past 12 months, marking a standout period for the Pembrokeshire attraction — and a symbolic new chapter following the return of its well-known founder, Anna Ryder Richardson.

The park was originally transformed into a conservation-led wildlife attraction by celebrity interior designer Anna Ryder Richardson and her family after they took it over in 2008, when it had been closed for many months. From the outset, Anna's vision was clear: to create a park where endangered animals could be seen in as natural and spacious an environment as possible.

Small concrete pens were removed and replaced with greener, more open enclosures, dramatically changing the lives of the animals in the park's care. One of the most famous transformations was that of Steve the gibbon, who had previously spent years confined to a small concrete enclosure. Anna created a dedicated island habitat for him, introduced him to companion Lisa, and the story came full circle with the birth of their offspring, Bryn — a moment that captured the hearts of visitors.

Under Anna's leadership, Manor Wildlife Park went



on to welcome a number of endangered species, including Sumatran tigers, southern white rhinos and red pandas, helping to position the park as a respected conservation attraction as well as a family destination.

In 2018, following her

divorce from husband and chef Colin MacDougall, Anna stepped away from the park, citing the personal and financial pressures of running a wildlife attraction. After a six-year absence, she made a much-anticipated return to the helm last year.



Speaking at the time, Anna said she was "finally back with my beloved animals, incredible team and excited to greet our visitors into the park".

The year of her return proved to be a landmark one. Manor Wildlife Park celebrated the birth of Zaza, the first Sumatran tiger cub born in Wales, a moment described as a symbol of hope for global conservation efforts surrounding this critically endangered species.

Other highlights since Anna's return have included the arrival of red panda Barney, a baby boom among howler monkeys, meerkats and saki monkeys, and the addition of Brenda the peahen, who has quickly become a visitor favourite.

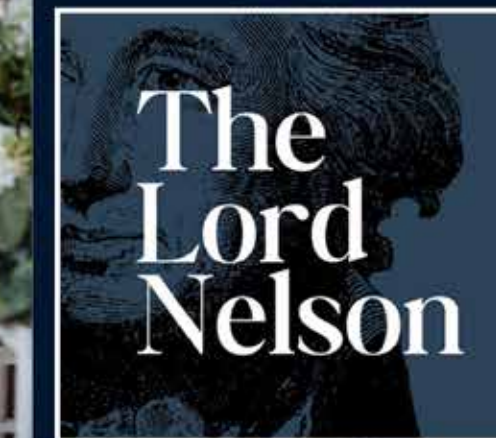
Looking ahead to 2026 and beyond, Anna says she has ambitious plans for the park's future, beginning with a renewed focus on the local community.

"Starting with our locals, who have supported us since 2008, we want the park to be open all year round," she said. "I'd love to work more closely with schools and groups of all ages — from toddlers to teenagers and older people — to create tailored experiences that suit them."

For more information about Manor Wildlife Park, visit www.manorwildlifepark.co.uk

ABOUT THE VENUE

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



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FEEDBACK

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



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WASPS CELEBRATE SPECIAL ANNIVERSARY IN TYPICAL STTyle



Llangwm Rugby Football Club celebrated being heavily involved in local rugby by holding their 140th anniversary as 120 guests flooded into the social club in Milford Haven, to share a special night with ‘The Wasps’, with the highlight being a speech by Nigel Owens, the Welsh referee rightly regarded by many as the best match official of his time

Nigel has now retired and specialises in breeding Hereford cattle at his farm - but on this occasion he was able to captivate his audience with stories from the time he reffed his first match through to being honoured as the match official for the World Cup Final between New Zealand and South Africa.



Nigel owens with key members of Llangwm RFC

Fantastic support from Wasps past and present

It was good to see that most of the current squad were in attendance, looking smart in their dinner jackets and bow ties, alongside some of the ‘greats’ from the past when The Wasps were a real force in the old Pembrokeshire

League and were league and KO Cup winners at various times.

Also gratifying was the support given by some other local clubs as MC Bill Carne opened the evenings before Nigel arrived, with his own thoughts about some of the characters who had become his friends over his 40 years of covering the club for local newspapers and Radio Pembrokeshire.

He gently pulled some of those friends’ legs but had the table turned on him a little later as Nigel Owens, who sat with the MC, club president Michael John and chairman Danny Chesmer, who had organised the dinner with current player Owain Jones - and said that in all his time speaking at dinners he had never met such a boring trio in all that time!

This was met with uproar from the packed audience, including the afore-

mentioned trio, but he did quietly admit afterwards that it was the traditional opener to all the functions he spoke at!

Great insight into players around the world

He also made earthy comments about players around the world, especially with regard to some of the ‘tough guys’ up front who he had to deal with in the full glare of the world’s sporting cameras, and some his trips abroad to referee in England and France, with a more gentle approach to the Scots and Irish.

Nigel certainly helped to make the evening a memorable one but the other major factor was the opportunity it gave to retired players to meet up with colleagues from their era and talk about matches and events that took place.

Special Wasps win in the Bishop Cup remembered by old-timers

I actually listened in to one such conversation about a shock win at Pill Parks against Narberth in the KO Cup, when The Otters were the top team in the county and The Wasps were playing in the lower echelons - but won the game 9-3.

This correspondent was there to watch and as well as a fantastic performance by the home squad there was such joy at the final whistle that Martin Inward, who is very much a Llangwm born and bred and an ex-county cricketer, jumped with delight and fell awkwardly.

He managed to have a few celebratory pints in the clubhouse afterwards and it was only the next morning that he could hardly walk and a visit to accident and emergency revealed that he had broken his ankle!

And finally . . .

I also spoke to Dave Duly, down from London and a key player when Llangwm beat old rivals Haverfordwest in the Bishop Cup, played annually between the clubs, and he was there with the likes of Ian ‘Gwangle’ Thomas, Tim Pounder, and Simon Kiff as they relived the events of that distant day.

And after that it was back to the rugby clubhouse for a few pints that took them well into the early hours - and other than the real old-timers, a number of them will be looking forward to the 150th anniversary in another ten years!



Llangwym guests begin to gather



Guests mingle before dinner



Mike John, Nigel Owen and Bill Carne

"We're proud to celebrate Llangwm Rugby Club's 140th Anniversary in 2025. Here's to many more years of success!"

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FeelGood ENTERTAINMENT

THE BOULEVARD THEATRE: A GROWING HUB FOR LIVE ENTERTAINMENT

Since opening its doors in 2022, The Boulevard Theatre has quickly established itself as a welcoming and vibrant destination for live entertainment, offering audiences an experience designed to entertain, surprise and delight.

The venue hosts an eclectic programme that spans plays, musicals, pantomime, tribute acts, live bands and comedy, making it a popular choice for theatre lovers and live music fans alike. Alongside headline performances, The Boulevard Theatre also runs regular social evenings including bingo nights, game show events and race nights, giving audiences the chance to enjoy a relaxed and friendly night out in its intimate setting.

A key part of the theatre's appeal is its commitment to showcasing a broad range of talent. The Boulevard provides a platform for local, national and international performers, welcoming both amateur and professional artists to its stage. This inclusive approach has helped foster

a lively atmosphere and a strong connection with the community, with audiences returning time and again to see something new.

Visitors can make the most of the venue's fully licensed bar, which opens around 45 minutes before each performance and during intervals. The bar serves a selection of wines, beers, spirits, soft drinks and snacks, as well as ice creams — the perfect way to settle in before the show or enjoy a break during the performance.

Whether attending for the first time or returning as a regular, audiences are met by a friendly and attentive team dedicated to making every visit enjoyable. With its varied programme, relaxed atmosphere and focus on quality live entertainment, The Boulevard Theatre has become a valued addition to the local cultural scene.

For full listings, upcoming shows and ticket information, visit www.boulevard-theatre.com



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FeelGood ENTERTAINMENT

MILFORD HAVEN AMATEUR OPERATIC BRINGS EVITA TO THE TORCH

Milford Haven Amateur Operatic Society is set to bring one of musical theatre's most powerful and enduring productions to the stage with its presentation of *Evita*, showing at the Torch Theatre from Monday 9 to Saturday 14 March 2026.

Following the recent acclaimed revival of the Rice and Lloyd Webber classic at the London Palladium, the society is delighted to present its own interpretation of this epic musical, which tells the extraordinary true story of Eva Perón. Rising from poverty to become the First Lady of Argentina, Eva's life was marked by ambition, charisma and controversy, making her one of the most fascinating political figures of the 20th century.

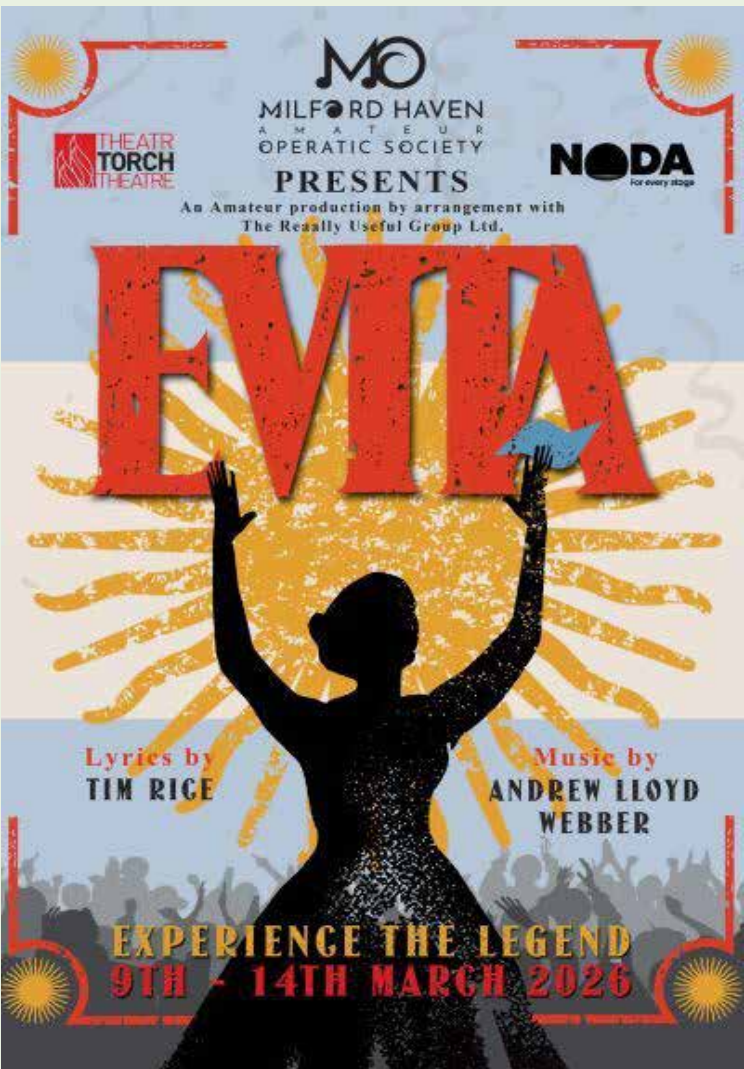
The musical charts Eva's meteoric rise to power, portraying her as a symbol of hope for the working classes while simultaneously provoking resentment and fear among Argentina's ruling elite. Her journey, triumphs and contradictions are brought vividly

to life through a richly dramatic score that captures both the scale and the intimacy of her story. Eva's untimely death at the age of just 33 adds a poignant note to a life lived at full intensity.

The story is framed through the eyes of Che, whose passionate and often sardonic commentary guides the audience through Eva's life, offering both admiration and critique. This unique narrative device gives the production much of its emotional depth and dramatic tension.

Audiences can look forward to a programme packed with some of musical theatre's most memorable songs, including the Oscar-winning 'You Must Love Me', the rousing 'Oh What a Circus', and, of course, the iconic 'Don't Cry for Me Argentina'.

With its combination of sweeping music, compelling storytelling and local talent, *Evita* promises to be a highlight of the Torch Theatre's 2026 programme. Tickets are priced at £20, and early booking is recommended for what is sure to be a popular run.



HAVERHUB OPEN MIC NIGHTS

HaverHub's much-loved Wednesday Open Mic continues to be a highlight of the local creative calendar, offering a relaxed and welcoming space for performers and audience members alike.

This free-entry event runs from 7-11pm and is open to anyone looking to share their talent or simply enjoy an evening of live entertainment.

The Open Mic is exactly that — open. Whether your passion is music, poetry, stand-up comedy or something entirely your own, the stage is ready and waiting. There's no pressure to perform, and just as much joy to be found in turning up for a pint, having a listen, and soaking up the atmosphere.

To help elevate performances, HaverHub provides a PA system, stage lighting, sound equipment, and even a selection of instruments and kit free to use. The venue's newly upgraded stage and production setup add a professional touch while keeping the atmosphere relaxed and informal.

The bar is open throughout the evening, and there's tasty food



available from The Box at HaverHub, making it easy to settle in for the night.

There's no need to book — just turn up and get involved. For any questions, contact the office on 01437 807224 or email info@haverhub.org.uk

Whether you're stepping on stage or cheering from the sidelines, Wednesday Open Mic at HaverHub is all about creativity, community and having a good time.

THE MAGIC OF OZZY COMES TO NARBERTH

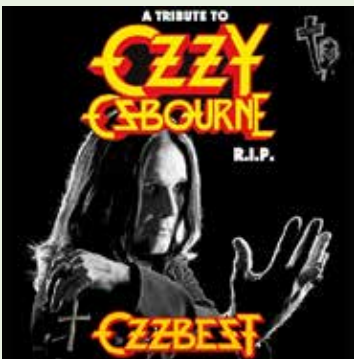
Ozzbest is the UK's ultimate tribute to the work and career of the Prince of Darkness himself, Ozzy Osbourne.

Ozzbest seamlessly blend the best elements from Ozzy's entire career, from the early days of Black Sabbath through to the Zakk Wylde-era Ozzy solo albums.

With nearly 50 years' worth of material to draw from, Ozzbest's set is classic after classic.

Formed over 25 years ago, the band is made up of top-level musicians who are more than capable of doing justice to such iconic songs, and put on an incredible crowd-pleasing rock show too, capturing the essence of one of rock's greatest frontmen!

This is no ordinary covers



band playing Ozzy and Sabbath songs, Ozzbest is a no-nonsense rock machine, delivering a high energy show with skill and passion.

Sat, 21 Feb 2026 - Presented by:

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Event Style: 14+

This is a Standing Event
Doors Open at 7:30pm

SNIPPETS

CHARITABLE TRUST LAUNCH APPLE PRESSING 2026



Farm has expressed its gratitude for his continued support in promoting the park's conservation work.

Hafod yr Adar — which translates as "the birds' summer dwelling" — is a striking 6.5-metre-high purpose-built tower located within Folly Farm's zoo. The project was made possible thanks to funding from the Pembrokeshire Coast Charitable Trust's 'Force for Nature' grant, which supports

initiatives that deliver positive outcomes for biodiversity and conservation. Installed at the park last year, the tower provides essential nesting opportunities for multiple bird and bat species, including UK Red-Listed swifts and house martins, as well as barn swallows, whose numbers are also in decline.

All three target bird species have experienced significant population losses in recent decades. The RSPB

reports that swift numbers alone fell by 62% between 1995 and 2021. While efforts to improve the energy efficiency of buildings are vital for tackling climate change, sealing gaps and cavities has unintentionally removed traditional nesting sites for birds that have lived alongside humans for centuries. Barn swallows are similarly affected by barn and garage conversions, which reduce access to safe nesting spaces.

RESCUE SERVICE TRAINING



Mid and West Wales Fire and Rescue Service crews took part in a large-scale water rescue training exercise at Llys-y-frân Lake on Monday, January 19th.

Mid and West Wales Fire and Rescue Service crews took part in a large-scale water rescue training exercise at Llys-y-frân Lake on Monday, January 19th. The lake, set in the foothills of the Preseli Mountains and spanning more than 200 acres, provided an ideal environment for the scenario-based exercise.

Specialist teams from Carmarthen, Haverfordwest and Milford Haven Fire Stations attended the training session, each equipped with swift water rescue capabilities.

The exercise simulated a serious incident involving a collision between two boats, resulting in multiple casualties dispersed across the lake and along its shoreline.

To create a realistic training environment, mannequins of different sizes

and weights were placed at various points around the site, some floating on the surface, others submerged, and several positioned along the water's edge. Crews were tasked with locating and recovering these casualties under conditions designed to mirror the challenges of a real emergency.

Boat crews navigated the lake to search the water and retrieve casualties, while wading teams were deployed to areas inaccessible by boat, combing the shoreline and the shallows. Throughout the exercise, Firefighters practised essential skills including coordinated search techniques, casualty handling and effective communication with the Incident Commander and fellow crew members.

Held across the afternoon and into the evening, the session provided the opportunity for Wholtime and On-Call Firefighters to participate and put their skills into practice.



nourish

Serving breakfast, lunch, coffee, smoothies, healthy options, great bagels, sweet and savoury!

BREAKFAST REVIEW

with Tim Evans

Tucked away on the Withybush Industrial Estate, Nourish has quietly built a loyal following over the years, earning a reputation for honest food, good coffee, and a warm welcome. It's the kind of place that locals know well—and for good reason.

With football called off due to the weather, we decided to turn a washed-out morning into a breakfast outing, and Nourish proved to be the perfect choice.

I opted for the poached eggs on tiger bread, and they were cooked to absolute perfection—silky whites giving way to a rich, golden yolk that oozed beautifully with the first cut. The tiger bread was lightly toasted, providing that ideal crunch while staying soft inside, and the dish was finished with crispy, salty bacon that delivered just the right balance of smokiness



and seasoning. Simple ingredients, executed properly, and all the better for it.

Mathew chose the avocado on toast with smoked salmon, and it was just as impressive. The avocado was fresh and creamy, well seasoned, and paired perfectly with the delicate, smoky richness of the salmon—a clean, well-balanced plate that felt both indulgent and wholesome.

The coffee deserves a special mention. The latte was genuinely one of the best I've had locally—smooth, well-textured, and full of flavour. It would honestly give Costa Coffee a real run for their money, and that's high praise.

With generous portions, excellent quality, and great value for money, Nourish once again delivered on every level. A cancelled football match turned into a brilliant breakfast, and it's safe to say I'll definitely be returning.



**Unit 34 Withybush Trading Estate
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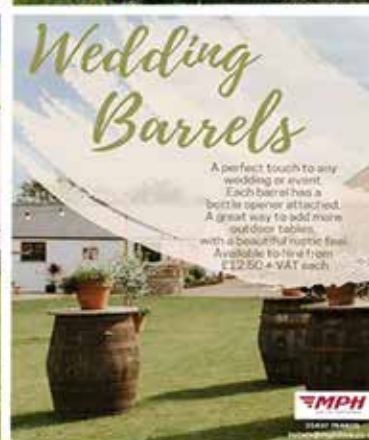
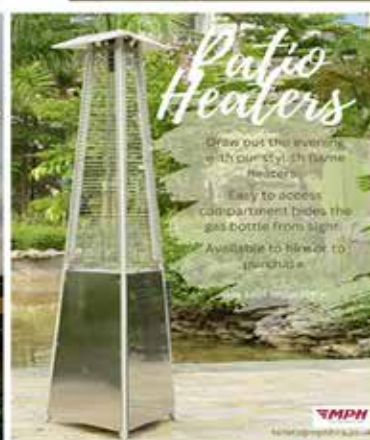
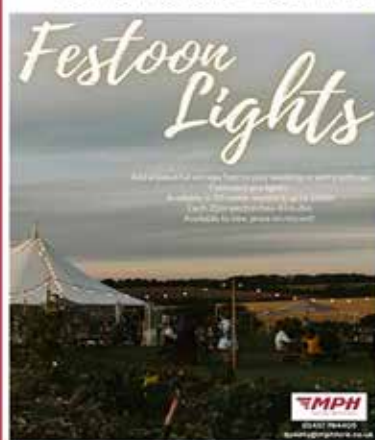
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SNIPPETS

Folly Farm has been named runner-up in the Great British Wildlife Restoration Awards, organised by BIAZA (the British and Irish Association of Zoos and Aquariums), in recognition of its innovative Hafod yr Adar swift conservation tower project.

The awards celebrate outstanding efforts to restore native wildlife and reconnect people with nature, shining a spotlight on practical conservation projects taking place across the UK. This year, 26 zoos and wildlife parks were shortlisted, making Folly Farm's second-place finish a significant achievement among a highly competitive field.

The awards were voted for exclusively by Members of Parliament, with all shortlisted organisations invited to attend a special event at the House of Commons on 20 January, where the winners were announced. Local MP Henry Tufnell passionately championed Folly Farm's Hafod yr Adar project during the voting process and attended the event to accept the award on the park's behalf. Folly Farm has expressed its gratitude for his continued support and

FOLLY FARM RUNNER UP IN RESTORATION AWARDS



advocacy for local conservation initiatives.

Hafod yr Adar — meaning “the birds’ summer dwelling” — is a striking, 6.5-metre-high purpose-built tower located within Folly Farm's zoo. The project was made possible thanks to the Pembrokeshire Coast Charitable Trust's 'Force for Nature' grant, which supports communities and organisations driving positive change for biodiversity and conservation across the region.

Installed at the park last year, the tower provides vital nesting opportunities for multiple bird

and bat species, including UK Red-Listed swifts and house martins, as well as barn swallows, whose populations are also in decline. All three bird species have experienced significant reductions in numbers in recent decades. According to the RSPB, swift populations fell by a staggering 62% between 1995 and 2021.

These declines are largely linked to changes in modern building practices. While improving home efficiency helps tackle climate change, sealing gaps and cavities in buildings

has unintentionally removed traditional nesting sites for birds that have lived alongside humans for centuries. Barn swallows are similarly affected by the conversion of barns and garages, leaving fewer safe places to nest.

Folly Farm's Conservation Officer, Jack Gradidge, welcomed the recognition:

“We're incredibly honoured to receive runner-up in the awards alongside some truly remarkable conservation projects. Swifts, house martins and swallows need all the help they can get.

The Hafod yr Adar project is already inspiring people to make room for these birds — from installing nest boxes to encouraging more insects. We can all do our bit to help protect species that have lived alongside us for hundreds of years.

We'd like to thank Henry Tufnell MP for accepting the award on our behalf, and our funding partner, the Pembrokeshire Coast Charitable Trust, for making the project possible.”

The award highlights Folly Farm's ongoing commitment to conservation and its role in helping safeguard native species for future generations.

EXCELLENT RATINGS FOR CHILDREN CENTRE

A Pembrokeshire respite provision centre supporting children and young people with disability needs has been rated 'excellent' in all areas by Care Inspectorate Wales (CIW).

Following a recent inspection Holly House, in Haverfordwest, has met excellent standards in well-being, care and support, environment and leadership and management.

This follows substantial and sustained improvement thanks to the team at Holly House, having previously been considered a service of concern.

CIW inspectors said the move to an excellent rating is a direct result of highly effective leadership and management, which consistently places children's safety and wellbeing at the heart of every decision.

The inspection report adds: “The Responsible Individual (RI) provides excellent strategic direction and demonstrates a clear commitment to continuous improvement, while the manager is skilled and proactive in maintaining high standards. Oversight of the service is robust and has driven significant



improvements, resulting in positive outcomes for children's wellbeing.”

The report highlights the choice, independence, and opportunities the visiting children experience, enhancing their happiness and quality of life, adding they are supported to feel safe, valued and involved in decisions about their care.

There are strong relationships with families, with further plans to strengthen those along

with a continued increase in a wide range of activities and community trips.

Feedback from families is highly positive. All families who completed surveys rated care and support as excellent.

Head of Children's Services Chris Frey-Davies said: “The Council is delighted to hear the outcome of the recent CIW inspection of Holly House. Achieving excellent ratings across all four themes is an

incredible accomplishment and a true testament to the dedication and leadership within Holly House.

“As highlighted by CIW inspectors, to move from a position of significant concern to sustained excellence speaks volumes about the commitment to children's safety and wellbeing at every level.”

Cabinet Member for Young People, Communities and the Well-being and Future Generations, Cllr Marc Tierney, echoed the positive CIW comments and congratulated the team at Holly House for their fantastic work: “It is clear to see that the young people who attend Holly House really do benefit from the quality of care provided by our hardworking, dedicated team.

“I want to thank them for their role in supporting our young people which also provides essential respite for local families from their caring responsibilities. This external report puts on record the high quality of this provision and underlines that our young people are at the heart of this vital service.”

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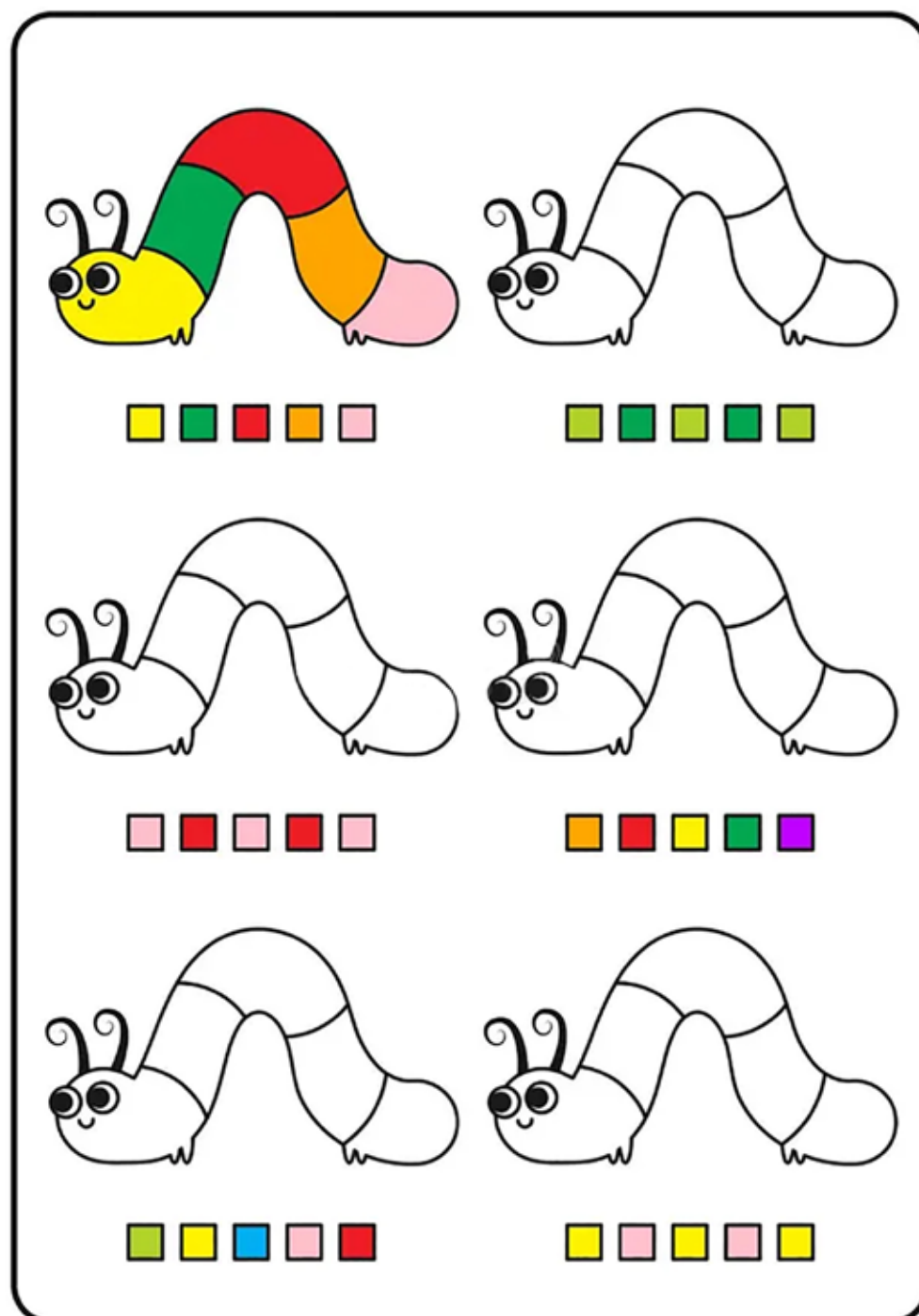
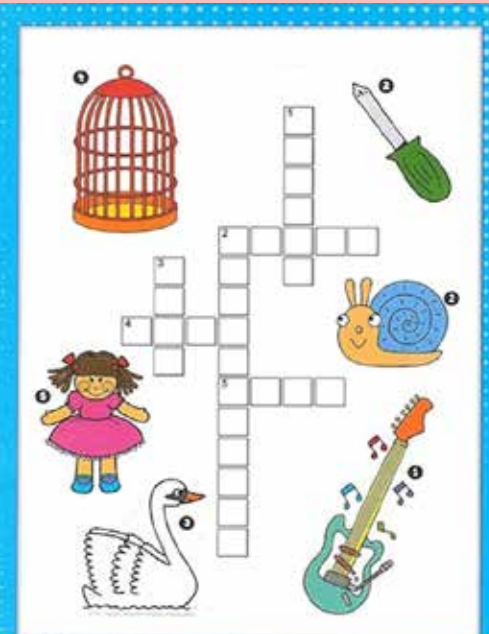
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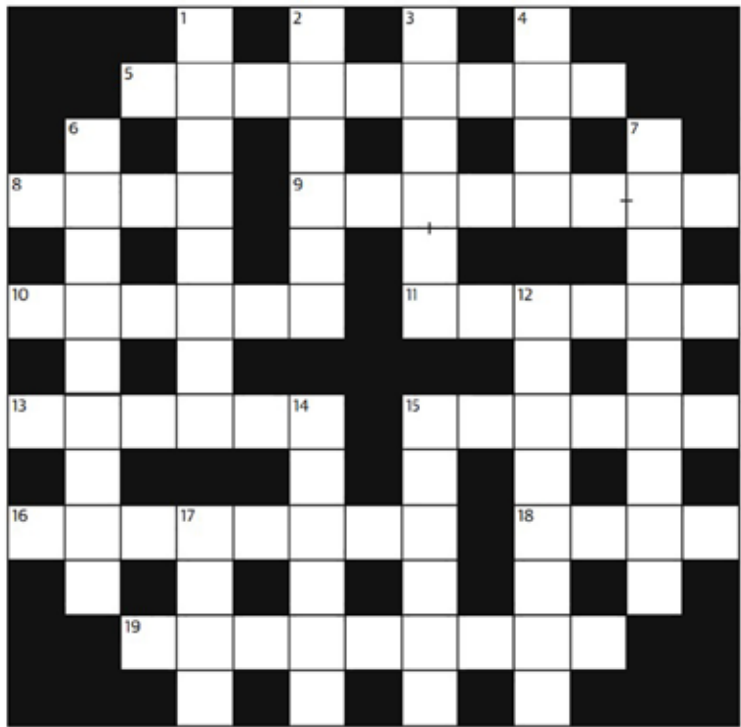
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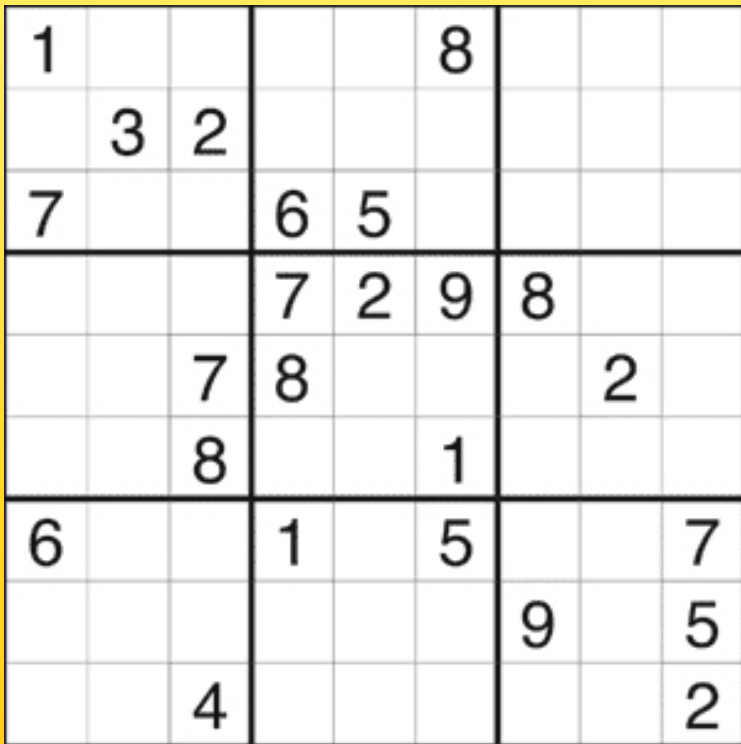
The FeelGood Puzzle Page

Crossword



- | Across | Down |
|-----------------------------|--|
| 5 Policeman's club (9) | 1 God heard (anag) — Irish port (8) |
| 8 Suspended (4) | 2 Informer (6) |
| 9 Ta-ta (6-2) | 3 Certain winner (4-2) |
| 10 Spoken communication (6) | 4 Deep feeling — music genre (4) |
| 11 Settle comfortably (6) | 6 Adolescent infatuation (5,4) |
| 13 Constantly (6) | 7 Secret and illegal co-operation (9) |
| 15 Sea trip (6) | 12 Bicker (8) |
| 16 Sinister controller (8) | 14 Fragments of metal, glass or rock (6) |
| 18 Reserve (4) | 15 In-crowd (6) |
| 19 Fourfold (9) | 17 The sense you were born with! (4) |

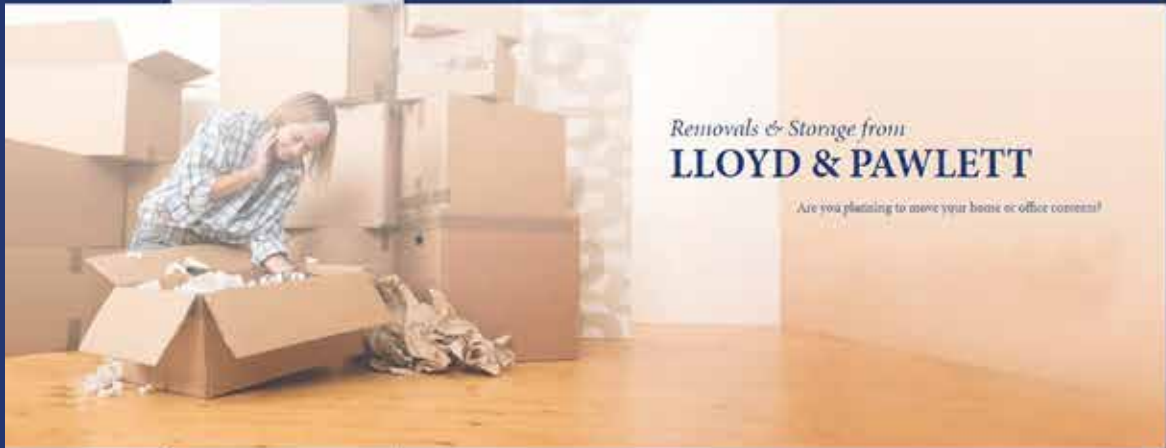
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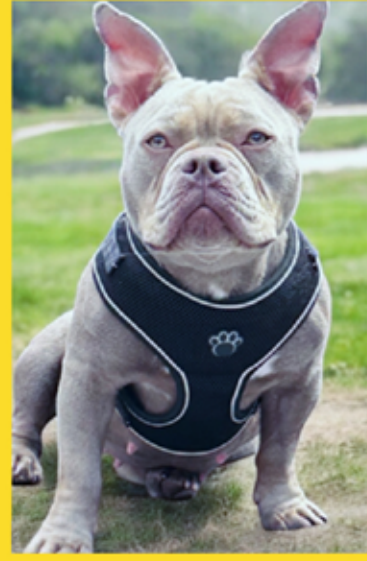
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THE FLYING CARS OF THE FUTURE?

Although they might have once been viewed as something only seen in sci-fi movies, could flying cars be seen in the skies in the UK in the near future?

Here, we have profiled five concepts that are in different stages of production.

What is a flying car?

A flying car is a type of vehicle that can travel both on the ground like a regular car and in the air, like an aircraft.

Although there aren't any seen on roads around the world, there are many manufacturers that are looking into the technology.

The idea is to offer the convenience of driving on roads while also having the ability to take off, fly, and land vertically or horizontally, depending on the model.

As innovations continue to change, and the leading brands within the industry evolve with technology, you might expect to see these vehicles in the future.

Toyota Joby eVTOL: In late 2024, Toyota Motor Corporation and Joby Aviation (Joby) announced



a partnership to change the future of air mobility.

The Joby eVTOL is currently in the midst of the regulatory testing and build stage – and has already passed three of the five stages of certification with the Federal Aviation Administration in the United States.

Currently working through the fourth stage, the finished product would be a zero-emission vehicle that could reach speeds of up to 200mph.

Suzuki SkyDrive: SkyDrive was officially founded in July 2018, following years of testing flying car concepts and prototypes starting in 2014. The company's mission is to 'lead the once-in-a-century mobility revolution'.

Its vision is to make eVTOLs

a common mode of daily transportation, both in Japan and globally.

In 2019, SkyDrive achieved a milestone with Japan's first crewed eVTOL flight test. In March 2024, the company began production of its SKYDRIVE model at a facility owned by its official production partner, Suzuki Motor Company.

Porsche/Boeing: Porsche and Boeing signed a Memorandum of Understanding in 2019 to explore the premium urban air mobility market.

Through this collaboration, the two companies will combine their unique expertise to investigate the future of high-end urban air mobility vehicles.

Boeing, Porsche, and Aurora Flight Sciences, a Boeing subsidiary,

are working together to develop a concept for a fully electric vertical take-off and landing vehicle.

Honda eVTOL: The Japanese manufacturer is working to create eVTOL, electric vertical take-off and landing aircraft, to add to their range of vehicles.

Honda Motor Company unveiled the new technology in 2024 as part of its initiatives as part of its 2030 Vision, which includes the development of an eVTOL aircraft.

However, specific details regarding the aircraft's cruise speed, range, and passenger capacity have not yet been disclosed.

Skai project with BMW: Skai, developed by Alaka'i Technologies, a leader in hydrogen-powered mobility solutions, is the first hydrogen-powered eVTOL (electric vertical takeoff and landing) vehicle being put into production.

It will be a four-passenger electric vertical take-off and landing (eVTOL) vehicle, that could reach a top speed of 118 mph.

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MODERN TECH IS CHANGING THE WAY WE DRIVE

Over the past decade, car safety has quietly undergone a revolution. Features once reserved for luxury vehicles are now commonplace, even on entry-level models, fundamentally changing how we drive and how safe we are on the road.

One of the biggest shifts has been the rise of advanced driver assistance systems, often grouped under the term ADAS. Technologies such as automatic emergency braking, lane-keeping assist and blind-spot monitoring are now standard on many new cars sold in the UK. These systems use cameras, radar and sensors to constantly monitor the vehicle's surroundings, stepping in when a driver fails to react quickly enough.

Automatic emergency braking (AEB) is perhaps the most impactful of these innovations. Designed to detect potential collisions, AEB can apply the brakes automatically if it senses an imminent impact with another vehicle, cyclist or pedestrian. Studies have shown that cars fitted with AEB are significantly less likely to be

involved in rear-end collisions, particularly in urban environments where stop-start traffic is common.

Lane-keeping systems are another increasingly familiar feature. By monitoring road markings, the car can gently steer itself back into the lane if it detects unintentional drifting. While these systems are not designed to replace driver input, they are proving especially valuable on long motorway journeys, where fatigue can lead to momentary lapses in concentration.

Beyond preventing accidents,

modern safety tech is also improving post-crash protection. Today's cars are built with advanced crumple zones, high-strength steel and strategically placed airbags to absorb impact forces and protect occupants. Some vehicles can even automatically contact emergency services after a serious collision, providing location details and potentially saving valuable time.

However, the growing reliance on technology is not without its critics. Some drivers worry that constant electronic intervention could lead to complacency,

encouraging motorists to rely on systems rather than their own awareness. Manufacturers are keen to stress that these features are designed to assist, not replace, attentive driving — a message reinforced by the requirement that drivers remain in full control at all times.

Looking ahead, safety technology continues to evolve rapidly. Adaptive cruise control systems that respond to traffic flow, junction-assist features that detect cross-traffic, and driver-monitoring cameras that watch for signs of fatigue are all becoming more sophisticated. These developments are seen as stepping stones toward more advanced autonomous driving in the future.


For now, the takeaway is simple: modern cars are safer than ever. While good driving habits remain essential, the latest safety technology provides an extra layer of protection — quietly working in the background to reduce accidents, protect lives and make everyday journeys a little less risky.




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50 DAYS, 14 HOURS AND 43 MINUTES

That is the extraordinary length of time it took Merched y Môr to complete their unaided charity row across the Atlantic Ocean — a feat of endurance, teamwork and sheer determination that places the Welsh all-female crew among a very small group of people who have ever taken on such a challenge.

Battling relentless waves, physical exhaustion and the mental strain of life at sea, the crew rowed thousands of miles across one of the most unforgiving environments on the planet. Completely unaided, they faced towering swells, unpredictable weather, equipment issues and long stretches of isolation, relying solely on their own strength, resilience and one another to keep moving forward.

Life aboard the boat was defined by a demanding shift pattern, with the women rowing day and night in



rotating watches, often surviving on minimal sleep. Every blister, aching muscle and moment of fatigue had to be overcome, not just once, but day after day for over seven weeks. Yet through the toughest moments, the crew remained united by a shared purpose and an unshakeable commitment to their mission.

The Atlantic crossing was undertaken in support of

charitable causes close to the crew's hearts, turning an immense personal challenge into something that would make a lasting difference beyond the boat itself. By pushing their bodies and minds to the limit, Merched y Môr raised vital funds and awareness, inspiring others with a powerful message about what can be achieved through courage, teamwork

and belief.

Their achievement is about far more than the numbers, though those numbers are staggering. It is about the quiet moments of perseverance when the ocean felt endless, the morale-boosting laughs shared in cramped conditions, and the strength found in showing up for one another when exhaustion threatened to take over. It is about proving that ordinary people, given a clear goal and the willingness to suffer a little for it, can do extraordinary things.

Completing the crossing in 50 days, 14 hours and 43 minutes, Merched y Môr not only conquered the Atlantic — they shattered expectations and set an inspiring example for future adventurers. Their journey stands as a powerful reminder of resilience, solidarity and the remarkable things that can happen when determination meets purpose.

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