SOLVA CARE

Annual Report



1 April 2022 – 31 March 2023

Solva Care, Registered Charity No: 1172878

Executive summary

With the Covid years hopefully behind us, we set about 2022 to progress fully with our core activities and to go back to our residents to see what else we needed to do. The long-standing impacts of the pandemic remain, and we sought to see how people felt they had been affected and how we could help. This report looks at our goals and achievements over the past year, and how we can work together to support those in our community who would like support, by maintaining connections with our local GP surgery, local social workers and third sector organisations. However, this year we did see changes to our local GP service due to the retirement of our general practitioner. Solva Community's involvement working with the Health Board supported a way forward which is documented elsewhere, and the current arrangements as a managed practice by the local health board appear to be successful. We continue to learn, to record the lessons learned from our endeavours, and to apply the learning to improve what we do in the future to build and maintain resilience and sustainability.

We are now in the fourth year of our Five-Year Strategic Plan, in which we set out six strategic objectives that we will continue to progress and review. These include continuing to deliver and extend our volunteering service and providing ongoing and new activities for individuals and groups, to maintain and enhance health and well-being. During the year we have been able to extend our programme and continue to forge constructive working relationships with other organisations to benefit our community and share our learning. This report also outlines our continued commitment to research and evaluation and our approach to seeking ways of ensuring our financial security and sustainability as a small charity in the future.

This report continues to highlight the outcomes and learning from the *Together for Change Programme of research* alongside an ongoing commitment to work towards a holistic local care service. During the year we embarked on a project to establish a domiciliary care service in partnership with an established provider.

The report also outlines the activities we have provided and the benefits we think they bring. Our work is both rewarding and appreciated with some of the comments from our villagers included. In Spring 2022 we surveyed local people in Solva to ensure that we are continuing to provide what is needed and wanted to the best of our ability.

As stated earlier, we do not work alone and intend to continue to work with and learn from others, outlining in the final section some thoughts for our major focus in the next year prior to the cessation of our lottery funding.



Foreword from the Chair

Having joined Solva Care as a trustee in 2018, I have seen the Charity develop progressively to meet the needs of our community. We are very proud and grateful that according to our 2022 survey, the vast majority of residents are happy with the services we offer. This report summarises some of our work over the past year and focusses on our attempts to move forward with the original idea to provide a domiciliary care service within Solva.

Although this is our 6th Annual Report, it is my first foreword. Mollie Roach stepped down in February 2022 remaining as a very active member of the trustee board, for which we are all very grateful.

Whilst Solva Care's main activities are highlighted here, the full range of projects led by Together for Change (TfC) is not included but can be found on their website https://www.tfcpembrokeshire.org/en_gb/

Our research portfolio has gone from strength to strength due to the hard work of Sue Denman and the RME team. We are proud to have a national and international profile.

Our profile and reputation together with the enthusiasm and dedication of our volunteers, staff and trustees have enabled Solva Care to develop new ideas to support wellbeing as well as becoming an active partner in negotiations regarding the continuation of general practitioner services in Solva.

On a more challenging note, is the knowledge that our five-year funding from the National Lottery comes to an end in March 2024. This grant has paid for the hire of premises, activities, and outings as well as our part time coordinator, activities assistant, clerk, and volunteer expenses. It has enabled us to offer a free service to all. Trustees are working hard to seek ways of securing further funding and still hope one day to be fully sustainable. We will update residents regularly via the village newsletter to keep everyone informed of our progress. Please wish us luck and support our efforts.

Best wishes to all.

Barbara

Barbara Bale
Chair Solva Care
Board of Trustees



Introduction

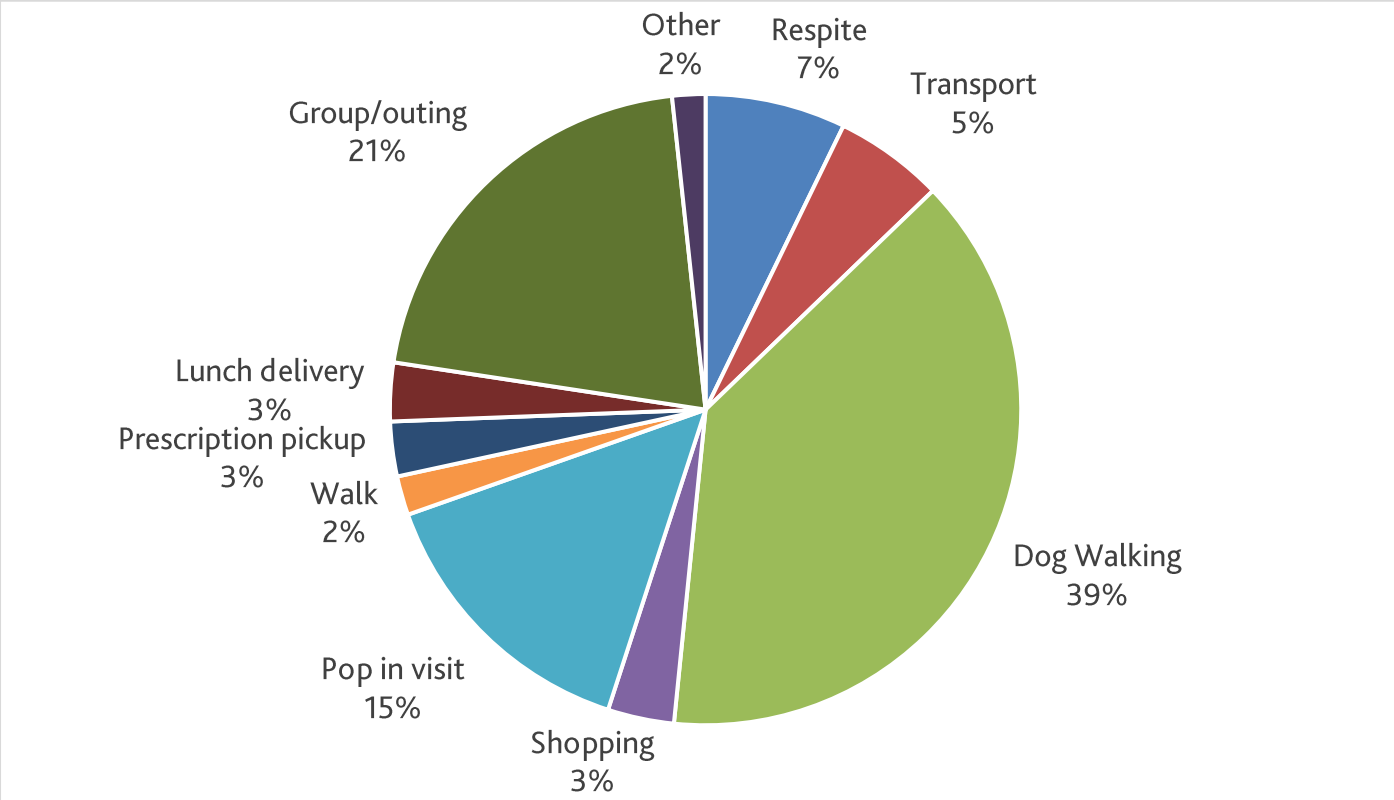
This report provides an overview of Solva Care's achievements over the period April 2022 to March 2023. Whilst we have included our plans for 2023/24 and beyond, we identify the challenges regarding the cessation of our funding in March 2024.

Following some facts and figures regarding our work, we revisit the aims and objectives we set for last year and summarise our achievements and progress. Our intentions for 2023/24 and thereafter are optimistically detailed at the end.

Finally, as we have had a presence in Solva for 8 years we hope that people know who we are and why we exist. However, we have included a summary of both in Appendices 1 and 2.

What we do - the facts and figures

In the period 1 April 2022 to 31 March 2023, 41 volunteers gave 2591 hours of support to more than 40 People in Solva. Included in this figure is 458 hours spent helping at events organised by us. Trustees spent over 50 hours per month on admin, meetings, and training.



(Note: 'Other' includes baking & preparing for events, help to fill in forms/IT support, and projects – e.g., the Mouse trail and the Advent Windows. Dog walking usually involves the volunteer staying for a cup of tea and a chat).

A reminder of what we planned to do during 2022/23 to meet our strategic objectives

(Taken from Annual Report 2021/22)

1. Short term:

1.1 Following our **village survey** some time will be dedicated to the analysis and sharing of results to inform what is required from Solva Care in the future. Results will be presented and discussed with residents at a village event in the autumn. We will also share the results with Solva Community Council and consider areas where we could work together if required.

1.2 **Satisfaction** with our services will help to determine what needs to change or additional services that would be welcomed. Where funds allow, we will try to respond as far as possible.

1.3 As our **joint project** with Rural Health & Care Wales '**Cardi Care'** has been recommenced we will continue to investigate the transferability of our Tool kit to other communities with support. We will also be able to share our learning from the *Ready to Go Project* which completed earlier in 2022, supporting two other local communities in their endeavours to improve wellbeing.

1.4 '***Together for Change,'*** which has been our flagship programme of research and evaluation, will require continued access to grant funding if the next stages are to be implemented. Focus will therefore be on grant applications with our partners. Responding to other wider opportunities to research and evaluate community development will continue.

2. Medium Term:

2.1 Informed by the village survey, we intend to continue to move towards working more closely with domiciliary care workers, trying to create a more integrated care system, and towards a preventative care programme which will keep people healthier for longer.

2.2 We will actively pursue our aim of the development of a **domiciliary care service** to run alongside the volunteer service. The feasibility, achievability and desirability will need to be tested as a pilot project. Funding to undertake such a pilot will need to be sought via grant schemes. It is inevitable that we will need to learn from others and collaborate to ensure success.

2.3 This year we are acutely aware that our **lottery funding** will be ending in 2024. In the absence of new funding, it will be essential to consider exactly what Solva Care can and cannot deliver on donations alone. We will be working with the community and our partners as the year progresses to fully inform longer term plans and co-produce future strategies.

3. Longer Term:

What we do know is that Covid-19 has affected the community, and we will continue to work with Solva Community Council to maintain our support to the whole community. Obviously, we should not let local initiatives and our successes to date slip away in the absence of additional grants.

1. Short term goals -What we have achieved

Throughout the year we have continued to maintain and improve our core activities. The following section provides an overview of our day-to-day activities during 2022/23, followed by an update on our other short-, medium- and long-term goals.

Maintaining and improving our core work

We have continued to support people in the parish with a variety of things, which enables them to stay living in their own homes, even if they do not have family living nearby. Examples of support: picking up prescriptions, befriending, dog walking, shopping, short respite for those caring for a family member, signposting, transport, and support to access statutory & other services. This makes it possible for people to take part in community life and attend events they would not be able to get to without our support. We continue to run events, outings/trips, projects, and training for our volunteers as outlined below. During 2022 we revised and updated our leaflet together with invitation cards to our events.

In May 2022, collaborating with local artists and Solva Community Council we coordinated another Mosaics project to create a memorial to people who passed away during Covid. Designs were chosen by family or friends of those to be commemorated and they were made by local people attending mosaics classes in the village hall, with separate classes offered for young people and families. The memorial has since been erected on the village green with an opening ceremony held in August 2022, and photos of the finished designs were sent to relatives living away.

Also in May, we hosted *Sinfonia Cymru* in the Memorial Hall. Four cello players entertained with tangoes, music by Gershwin etc. The concert was free but the 45+ people who attended gave generous donations, Solva Care paid for the rental of the hall, provided the musicians with a meal, and offered refreshments to all after the concert.

Once again, we ran the Mouse Trail over the summer with 50+ mice dotted around Solva and Whitchurch. Free maps were printed and placed at the local store and shop. There were also links on our website and Facebook page. The trail ended on 31 October. 142 maps in total were printed.

For the Queen's Jubilee in June 2022, Solva Care Friday Club hosted a cream tea, open to all. Over fifty people attended for tea/coffee, scones, and cakes. An afternoon tea was also kindly offered by two residents in their garden in July. Fifteen people came including two part-time (summer) volunteers from Canada, who helped serving.

In December 2022 we organised Sparkling Solva for the fourth year running with 27 Advent Calendar Windows festively lit up, including the Football Club, with decorations made by Friday Club attendees. Maps were available in the local shops for people to take. This was followed by an evening with mulled wine and mince pies in the Memorial Hall. Throughout the year we hold our Friday Club, which was initially set up for people with dementia and their carers.

Now everyone is welcome, and we have about 10-12 who attend every week. Almost half now come from outside of Solva. We provide light exercise and offer talks, craft sessions, bingo etc.

Music by the Ukulele band is always popular and a representative from the *Pembrokeshire Coast National Park* has come regularly to do a talk. We seek publicity when we can and there was an article in the Western Telegraph in December about the visit to Friday Club by the Therapy Hounds: Greyhound Rescue Wales therapy hounds visit Solva Care club | Western Telegraph

We also arrange for organisations to come to the weekly coffee morning with helpful information, e.g., *Age Cymru* and *Frame.*

In May 2022 we arranged an outing to the Scrimpology Museum in Llangwm. Ten people went – a mix of volunteers and people we support. The proprietor did a talk on how technology had developed over the ages, with the help of items he had collected over many years. We then had to guess what a few obscure items had been used for.

In September 2022, Friday Club attendees went on an outing to Scolton Manor, where there were guided tours of the house and walled garden, followed by refreshments in the café. Twelve people attended, travelling on the Bws y Bobl minibus, driven by a volunteer. In November 2022 we had another outing to the Green Shed Café, Haverfordwest, for lunch and a bit of shopping in the Frame charity shop. Fifteen came along on Bws y Bobl, again driven by a Solva Care volunteer.

We also have a Solva Pop-up Shop, started by one of our trustees and run with the help of volunteers. The aim is to reduce waste and to fundraise for Solva Care. It is held twice a month on a Sunday afternoon at the Solva Football Hub and on a Thursday morning in connection with the coffee morning. The shop has raised several thousand pounds since it started in May 2021.

The Solva Care AGM was held in Solva Memorial Hall in September 2022 with thirty people attending, including trustees and employees.

We arrange get-togethers for the volunteers once or twice a year to thank them for all that they do. In the spring of 2022, we organised a quiz in a local village pub with the help of people from Shalom in St Davids

Where possible we try and work collectively for residents e.g.to coordinate the installation of solar panels. The co-ordinator met up with two volunteers in early April 2022 to explore whether we could do something on a village, or part of the village, basis. Several people were looking into installing solar panels and there are grants available for community projects, to help people with electricity costs. The Community Council are now looking at how to take this project forward.

We also try to meet the needs of our volunteers. In November 2022 eight volunteers and the co-ordinator received First Aid training. The training was free and provided by ReallyPro.

We also provided training in 'Difficult conversations' (e.g., end of life) provided by Shalom, in January 2023. Six volunteers/trustees attended along with our coordinator and activities organiser. Shalom has offered regular session for volunteers, and there is also a possibility of providing this in-house in the future.

Other Short-term goals

1.1 Village Survey

We continually work to find ways to build on what we do and to support Solva and other communities in defining and meeting their own needs at a local level. To this end, as planned, our village survey was circulated in April/May 2022, asking residents what more we could do to meet the community's needs. The table below summarises some of the key features of our community and the results.

Solva Care 2022 Questionnaire - the results

General 320 questionnaires were delivered, and 263 were completed & returned. 42% of our population are over 65. Fortunately, most of them are well and happy. 90% of those responding own a car. Some 25 households do not have transport. 75% of people were confident using IT and 7% would welcome some help. 78% exercise regularly, 21% do not exercise at all - usually by reason of disability or age. 36 people use a variety of mobility aids to help them get about.
Covid 43% had not been affected at all by Covid, 40% had felt some effect and 16% had been affected a lot. People had felt isolated, there were medical problems and families had been unable to meet up. Moving on post Covid was felt to be important - getting back to normal, offering more social events, looking outward, being positive, getting back to seeing the doctor, helping those who had lost confidence were among the points made.
Care (*Note: there were problems about defining 'care')* 28 people completed the Care Section. 23 households said they receive personal care. Responders were selective and added brief statements *'My neighbour does my shopping and washes my hair.' 'We look after each other.'* Care needed/offered: Preparing/ eating food – 22. Washing bathing/ using the toilet – 10. Dressing and undressing -11. Reading/communicating – 9. Managing medicines/ treatments – 21. Making decisions about money – 14. Engaging with other people – 9.
Solva Care 275 responses, most households felt that the Solva Community benefitted from Solva Care (some households did more than one response). Generally, help is needed with small repairs, general maintenance, heavy lifting, and garden upkeep. There were many suggestions about other support activities that might be offered. E.g., cooking activities, nutrition info, book club, craft club, fitness program and another community info event. **On the question of Solva Care providing domiciliary care, 257 people responded and 71% said yes, it would be a good idea.**









1.2 Satisfaction - how we attempt to demonstrate our impact

We know that people are less isolated, lonely, and able to keep living in their own homes. They can attend events, make new friends, and socialise. We have had data from Hywel Dda showing that hospital admissions of people in the village have gone down since Solva Care started. We are also able to provide support for people coming out of hospital. We collect all feedback and regularly evaluate events that we arrange, e.g., Friday Club

Below is feedback from July 2022 when we asked what they thought of our Friday Club summer program, the different activities and what they particularly enjoyed

It's been wonderful.
I particularly like the Pirates and other sessions where we can sing & dance.
Exercise sessions are good for me.
Very hard to choose because we appreciate & love everything that we do.
Appreciate it all.
Like the variety.
Meeting & chatting.
PEOPLE – making me so welcome!
Everything about it. The company.
I like community life

Feedback from a lunch outing in November 2022:

Thanks very much for organising another lovely outing today! I shall certainly be going to the Green Shed again – hopefully soon. It was also my first – not last – visit to Frame. Thoroughly enjoyed that too.

Feedback from the Advent Windows and Mosaics Projects

'My grateful thanks for all you do. Jean's tawny owl photograph & appreciate your calls inviting me to join in the village activities such as the seasonal window displays etc.' (Dec 2022).

'The three decorated columns are really striking. It's a brilliant piece of creativity and hopefully will stand up to the weather for many years. I also thought the location within the park had been chosen thoughtfully. …please would you pass on our appreciation and thanks to all those involved in thinking up and producing this lovely memorial'.

'They are beautiful. I must admit I had a cry. I'm humbled and thankful that others have recognised how wonderful my darling brother was, and I want to thank you and your team for always being there for him… you were his lifeline. Please pass on my thanks to the very talented people who made the memorial, I'm sure it has touched the heart of many people.

Feedback from *Writing for wellbeing* – four on-line sessions were run by a local person trained in creative writing and writing for wellbeing.

I have definitely taken more notice of the detail in the world around me and tried to use words to describe what I see.

I loved the positivity of the sessions, the beautiful poetry and the writing prompts, but what I liked most was seeing smiling faces every Wednesday afternoon.

I felt relaxed and in a good mood afterwards. If I had had a particularly busy day, it made me feel refreshed after.

There being no pressure to share or otherwise contribute meant I could relax and not worry about what I was writing. It was nice to have the space to notice my own reactions to the exercises and poems that you read out and consider them privately.

1.3 Working with others including CardiCare

Our peer-to-peer support collaborations included CardiCare - a joint project with Rural Health and Care Wales – in which Solva Care provided mentorship to help start up a similar support group in Cardiganshire, using our tool kit. The toolkit was found to be a good, adaptable framework for a community to use.

In June 2022, the CardiCare team visited Solva Care and Friday Club. Twelve members a mix of volunteers, people they support and employees - attended for discussions and refreshments before attending Friday Club with the Ukelele Pirates.

This was later reciprocated with members of Solva Care visiting CardiCare in Aberporth. We were shown the community fridge, clothes exchange, vegetable garden, coffee morning and their Friday Club. We met the 'Mouse Man of Aberporth,' who inspired our own Mouse trail, and saw some of the mice. The visit ended with refreshments and music by their Ukulele Pirates. In October 2022, the co-ordinator and a trustee attended the end of project celebration of CardiCare in Aberporth.

The CardiCare project showed how this type of mentorship project can result in two way - learning for both organisations. It can act as a catalyst for new ideas to be introduced and tested.

In addition, as part of our ongoing activities we collaborate with local community groups and events. For example, we bring people to and from the weekly luncheon club and coffee mornings, as well as help them with volunteers when needed. This year we worked with the energy project *Heat* to inform people about energy cost changes and how to get support. During the winter of 2022/23, we collaborated with Solva Community Council to support their warm rooms initiative. Our co-ordinator and volunteers organised events for people to attend to keep warm and we put hats, scarves, gloves etc in the 'cwtch corner' by the local shop for people to help themselves. With the help of Solva Community Cinema we arranged a monthly film matinée in the Memorial Hall as part of this initiative.

We have also been working with our neighbouring village, St Davids, and their Food Hub. This year we delivered mini-stollen cakes for the Christmas Day meal in Solva and St Davids and delivered blankets, to be passed on to a local family.

A joint project between St Davids & Solva Art Group and Solva Care was a 2023 calendar, with scenes of Solva drawn by local artists. Available from the end of July 2022, we sold our quota of 250 calendars, with help from local shops. The Art group sold another 250 in St Davids. We were invited to attend the opening of their art exhibition in St Davids City Hall in August 2022, which was also the launch of the Solva Care/Art Group Calendar. All proceeds less costs went to Solva Care.

In June 2022, our co-ordinator took part in the project *Inspiring Primary Futures* at Roch School, aimed at giving young people insight into different types of jobs. The first 45-minute session took place at the morning assembly, where the junior school children played a version of twenty questions with the four visiting adults, aiming to guess what their jobs were. The second visit was a more detailed Q&A session with one class in a classroom, where they broke into groups with the adults circulating. We liaise with the local schools and offer volunteering opportunities for students. Currently we have a young volunteer, doing his Welsh Baccalaureate, who helps at Friday Club.

We liaise with West Wales Walking for Wellbeing, encouraging people to join the walks with one of our volunteers helping with the walks.

We have supported a newly started Macular Degeneration Support Group from when it started in June 2022 and paid the cost of renting the Football Club on Wednesday mornings every other week.

From mid-October 2022, our co-ordinator was able to resume using a room at Solva Surgery one morning a week, where people can drop in and Solva Care can keep close contacts with the surgery. Members of Solva Care were also part of the Action Group formed to help to 'Save Solva Surgery.' The surgery is now a managed practice and Solva Care engages in plans for exploring long term solutions.

1.4 Together for Change (TfC)

We are continuing to develop our programme of research through our organisation -known as Together for Change (TfC). TfC received funding from the National Lottery Community Funding Wales in September 2020 with a second phase of funding awarded in September 2022, for three years. TfC has continued to work with, and for, the benefit of communities of place and alongside individuals, groups, and organisations, which want to further that aim. Up to date developments are shared with the Trustees to benefit the Charity.

TfC is engaged in the development of the Integrated Communities Networks in Pembrokeshire. The team is helping Solva Care to present a case for being an integral part of the proposes Peninsula Wellbeing Hub. TfC launched its new website https://www.tfcpembrokeshire.org/en_gb/ on 29th June 2023 where up to date information about its projects can be found.







2. Medium term goals

2.1 Domiciliary Care

Based on our knowledge of ongoing local need, early in 2022 we applied for funding to develop a pilot project to continue with our intention of setting up a domiciliary care service. As we were unsuccessful, we actively sought alternatives including working with existing providers. Following the results of our survey which indicated support to continue to explore the idea, a discussion was held with Neyland CIC in June 2022. It was agreed that we would start a small pilot in Solva and the surrounding area, working through Neyland. In November 2023, an Enhancing Pembrokeshire Grant was secured to fund a part time member of staff to lead an exploration into the development of a Solva Domiciliary Care service alongside a Solva Volunteering service.

An informal partnership arrangement was formed with the Community Interest Care (CIC) in Neyland to deliver domiciliary care services in Solva, St Davids and the surrounding area. We were to support the recruitment of potential staff through the CIC and provide knowledge exchange and support for CIC to set up a volunteer care service using the Solva Care Toolkit.

Recruitment for staff in the first half of 2023 proved difficult, however oversees recruitment is now alleviating the skills shortage and CIC may be able to deliver services on the peninsula from September 2023. We will endeavour to help with locating accommodation on a commercial basis for any newly recruited staff.

We remain committed to supporting the CIC to develop volunteer care in the South of the county and in return CIC have committed to using the 'not for profit' status of delivering care to Solva and the surrounds to support the core costs of running Solva Care.

2.2 Lottery Funding

As our lottery funding will cease March 2024, it was agreed in June 2022 that we needed to undertake a piece of work to identify minimal core costs to maintain a basic service to our residents. This helped to inform the level of funding that we should be continuing to apply for (in the absence of being able to extend our work), and also the level of funding we would need to maintain Solva Care for a further 6 months to implement closure plans. As a result, a reserve funding policy was developed along with an exit strategy. To date we are hoping not to use either as we aim to continue to apply for funding from various sources trying to build on our successes to date and expand our working arrangements.

However, in acknowledging the timeline of our funding, we have established a working group to consider the risk of having to implement an exit strategy, alongside developing a new 5-year strategy from 2024. We are exploring new ways for extending our services and in securing ongoing funding. Having learnt the great value in working with other areas and agencies in seeking specific funding grants for research purposes, we will be focussing on new ways for Solva Care to continue to be innovative in our support of older and vulnerable people.

3. Long term goals (set for 2022/23)

Our long-term goals set for 2022/23 remain the same for 2023/4 and beyond. We continue to find ways to support Solva and other communities in defining and meeting their own needs at local level. We aim to continue to have a presence and influence both locally and nationally by demonstrating the differences that we know Solva Care can make.

Looking to the future - Goals for 2023/2024

- Securing ongoing funding is our major focus this year. A small team has been set up to consider ways of raising funds with the aim of one day becoming sustainable. Our ideas include social activities e.g., fêtes, fashion evening with preloved clothes, live music events etc.
- Sponsorship – we are asking local active members of the community to undertake special events to gain sponsorship in aid of Solva Care.
- Grant applications – as suitable, working with others as required.
- Domiciliary Care – we will continue with our current plans in the hope of providing statutory care alongside our voluntary service, supporting in a not-for-profit way.
- Establishment of a Health, Social Care and Wellbeing hub. This is seen as a long-term vision with Hywel Dda Health Board as a further extension of their managed GP practice in the village.

During the next year we will keep our residents informed of our progress and seek their support.

Conclusion and looking to the future

Solva Care was set up with and for the people of Solva parish. The demographics of the village will inevitably change overtime, but we remain exceedingly fortunate to have a wealth of willing and able volunteers to continue our mission to meet the expressed needs of our residents. This year we will use the information from our survey to agree what we can do more of to promote the health and wellbeing of our residents.

We continue to be grateful to local people for their fundraising efforts – the money is put to effective use and the community support is very encouraging. However, our work needs a more permanent funding basis, and we continue to negotiate with the County Council, the Local University Health Board and at Regional and National level. We continue to have a strong media presence which helps our informal methods to ensure a wider audience as well as local people know what we do.



Appendix 1
Who we are and why we are here

Solva Care is a community initiative focusing on providing specially designed social care support. The Pilot Project was originally set up by Solva Community Council in June 2015 and became a registered charity on 4 May 2017, offering friendly, local support to meet the expressed needs of residents in the parish of Solva. It is now a well-developed support system, which is run by a Trustee Board, a part-time Co-ordinator, a Clerk, and an Activities assistant, with the help of local volunteers.

Our aims are to maintain and improve the health and wellbeing of older people and others who need it in the village. We want them to have choices, be independent, feel well and play a part in village life. We connect people to add to neighbourliness and encourage friendships so that no one falls through the net. We also organise physical, cultural, and other activities, which are open to all. We try not to label or segregate people and we encourage the generations to come together and mix.

The Co-ordinator currently works with over forty-five local volunteers, who are all DBS checked and have signed a confidentiality agreement. They are insured and provided with induction training. Most volunteers are retired people who are still active in the community but have time to spare to assist their fellow villagers. We also have a few young volunteers. Our volunteer numbers have gradually increased over the years and most remain involved in the charity. Continuity has been maintained and relationships are strong.

Together, as a community, we have set up an operational co-ordinated volunteer service that underpins the work of statutory health and social care services in our area. Solva Care aim to fill gaps between services from local authorities, paid care services, family, and friends. We still maintain close links with Solva Community Council, with a representative on our Board of Trustees.

The work of our volunteers and what we do

Through our volunteers we support people with a variety of things such as collecting prescriptions, pop in visits, short respite for family carers, dog walking, shopping, signposting and transport to the surgery, bank/post office, shops, village events etc. The Co-ordinator provides the link between the volunteers, people we support and a variety of other organisations.







Appendix 2 -

The Solva Care Team



Barbara Bale
Chair of Solva Care



John Holland
Vice Chair



Mollie Roach
Trustee



Jonathan Higgins
Trustee



Sandra Young
Trustee



Enid Morgan
Trustee



Sue Denman
Trustee &
TfC Lead



Maggie McKenzie
Trustee



Susan Chichlowska
Trustee



Joe Griffin
Trustee & SCC
Representative



Fran Barker
Associate
Member



Carol-Ann Jones
Associate
Member



Bruce Payne
Treasurer



Lena Dixon
Co-ordinator



Lesley Robertson-Steel
Activity Assistant



Jessie Buchanan
TfC Co-ordinator

