

Solva Care Highlights during Covid19

March – Solva Stories - a Blog was set up for people to interact during the lockdown, when there was little else we could do. There are poems, quizzes, stories, recipes etc.

<https://solvastories.wixsite.com/community/blog>



From June – end Oct: Solva Mouse Trail

The idea came from Aberporth, where they had one and they were happy for us to do something similar. Mice were painted on slabs, stones, walls etc around the village to eventually form a trail. The project was run by a couple of Solva Care volunteers, Chris and Ellie. There were over 40 mice in the village and as far as Whitchurch. Free maps were available from Bayview Stores, Window on Wales and on our website. There was also a little quiz on the map.

Feedback:

'We enjoyed being part of it, thank you. Customers who had collected maps from us came back and reported that they had loved doing the trail and especially appreciated discovering more of the village. Look forward to whatever is next.'

'Thank you, both. We had fun doing this and our 2 nieces really enjoyed being a part of it. Looking forward to the next one!'

'Thank you so much for organising it, really enjoyed seeing them around the village. Many thanks'

8th May - VE Day

We organised a VE street party in Glanhafan/St Brides View in Solva. People decorated their houses with bunting and had afternoon tea in their front gardens and mingled at a distance.



June – outdoor library

As the Memorial Hall – with its mini library - was closed, we arranged a book box at the entrance of the hall, for people to swap books. This was later replaced by a small shed on the village green. There you can pick up books and DVDs that people have donated.

Support during bereavement

We helped a family, who live away, when their mother in Solva passed away: distributed plants and items from her house and passed clothes on to Shalom. A cooker, crockery and cutlery went to the football club. We found a place for them to stay when they came down for the funeral – during lockdown - and found a new home for the dog. The son kindly recorded a short video about this for *Not The Welsh Charity Awards*, which they put on Twitter and Facebook. The daughter nominated Solva Care co-ordinator, Lena Dixon, for Good Housekeeping's *National treasure (Dec issue)*.



14 August - Friday Club Afternoon Tea

Thirty Friday Club members, volunteers and others enjoyed an afternoon tea provided by Solva Care volunteer Margaret. Individual packages of sandwiches and scones were delivered by volunteers, some who stayed and enjoyed their tea with the people they delivered to. Some people met up and had theirs together. All outside and at a safe distance, of course. It was much appreciated by everyone as a lovely, sociable occasion in these strange times!



Friday Club

We started up Friday Club again at the beginning of October and had four sessions before the 'circuit breaker' was introduced for Wales:



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There was a music quiz by Solva Care volunteer, Ifor. The next three sessions started with 45 minutes of Qi gong with Rhys Rogers, followed by talk on the Community Land Trust by Ifor, Solva Community Council, a 'This is my life' by Lena and reminiscing by Cliff on his work with the BBC during WW2. Volunteers provided cakes.

After the 'circuit breaker', we had six sessions in Nov & Dec, attended by 6-7 people plus volunteers/employees. All apart from the last session started with *45 minutes of Qi gong* with Rhys Rogers, followed by a quiz by volunteers, Ifor & Gill, a talk about a *Walk from Nine Wells* by Sandra (volunteer) and Carol from St Davids, a presentation of *The Bishops Palace* by Amanda Canby-Lewis, custodian – in costume!, a picture quiz/talk by Ian Meopham, Pembrokeshire Coast National Park and a *St Lucia/ Swedish Christmas celebration* by Lena with mulled 'wine'. Volunteer Nadia had a full two-hour session for the last one to make



advent windows at the football club.

13 Nov Fish & Chips delivery by volunteers to 36 Luncheon Club members and people supported by Solva Care. The feedback was very positive – 7 people called me to say thanks.

28-29 Nov Vicky's Tree planting around Lyn's path - with the help of Solva Care volunteers

<https://www.westerntelegraph.co.uk/news/18982398.solva-community-council-joins-woodland-trust-tree-planting/>



1 – 24 December: Sparkling Solva Advent Calendar Windows

As many as 31 people in Solva decorated an Advent window this year. We had also planned to have an event in Parc y Capel the week of 16th Dec with mulled 'wine', mince pies and maps, but the weather was too bad and sadly we had to cancel.

[Western Telegraph 17 Dec 2020: Solva Advent Windows](https://www.westerntelegraph.co.uk/news/18952763.solva-cares-advent-windows-add-shine-village/)

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We have inspired Manorbier to do their own Advent window trail!

<https://www.westerntelegraph.co.uk/news/18955388.manorbiers-magical-advent-calendar-sparkling-surprise-around-every-corner/>

5 Dec Christmas lunch in Solva Memorial Hall and deliveries of food to people staying at home. There was some very good feedback from people about how nice the food was.



'Just a note to say a very, very big thank you for my Christmas lunch.... It was indeed delightful and good to eat! Please thank all who were involved.'

16 Dec Mince pie, cake & Christmas card delivery to Friday Club people & others by volunteers (baking by Margaret, another volunteer).



'Many thanks for the mince pie and cake. What a lovely treat. Love....'

'Thank you for all your help in 2020. Best wishes...'

'I have just answered a call from one of your very kind gentlemen at my door. He was asked to deliver a very lovely gift – via a lovely friend. A nice surprise! 1 lovely mince pie & a piece of chocolate cake. I have to tell you all, I felt quite overwhelmed by the kind gesture & now I look forward to enjoying eating my very nice surprise at Christmas. Thank you all and best wishes for all at Christmas.'

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23 Dec Christmas food & treat boxes St Davids food hub delivered these to 47 households on the St Davids peninsula. Solva Care contributed chocolate Santas to all children, chocolate boxes/cakes/Christmas puddings, cheese, biscuits and presents to single mums and a dad. Volunteer Naomi collected toys and games to go in the boxes too.

