

## Our news

### Sparkling Solva 2023

For the 5<sup>th</sup> year running, the village was transformed into a life-sized advent calendar.

The Solva Care's Sparkling Solva project saw at least one window in the village decorated and lit up in the run up to Christmas.

Free maps detailing the houses and businesses taking part, and when each window will be lit, were available in Bayview Stores, Memorial Hall, Football Clubhouse and in Window on Wales.



### Outings/events



On 4 Dec 2023 we arranged an outing to **St Davids Cathedral** with a guided tour by one of our volunteers – The Reverend Enid Morgon, followed by a visit to the library and a talk by the librarian. Afterwards we went for something hot to drink and a snack at the Mill Café.



We arranged a very pleasant outing to **Llys y Fran** on 25 September 2023.. We had a short walk along the reservoir, followed by lunch in the café. We had the following thank you message from one of the participants afterwards:

*"T here, just to say what a lovely day it was yesterday. I couldn't see much but it was a lovely day. A lovely group of people as well. Just talked to M, she enjoyed it immensely as well. Yes, it was a nice day, thank you very much. God bless."*



On 17 July 2023 we organised a trip to **the Bishops Palace in St Davids**. West Wales Walking for Wellbeing provided transport as the trip included a walk around the Palace. The custodian – Amanda Canby-Lewis – did a guided tour and we had brought tea/coffee and cakes with us. The weather was so beautiful and everyone enjoyed the day.



We had a volunteer brunch in Café 35 in Solva on 6 June 2023 to say thank you to the Solva Care volunteers for all that they do. We have volunteer meet-ups once or twice a year, to get together and have a chat. Most of the volunteers 'work' individually, and may not see much of each other. Sometimes, we use these events for feedback and evaluation.

### **Friday Club is still going strong**

We have been running our *Friday Club* since 2015. It's for two hours in the afternoon and we start with some light seated exercise – part of our preventive work to keep people active and healthy for as long as possible. Then there are refreshments - tea, coffee and cake.

There is another activity for the second half: music, craft, storytelling, games, talks or quizzes. These are mostly delivered by local people free of charge. However, we do invite organisations in the area to come and do talks as well.. It is open to everyone and we regularly have people attending from outside the village,